Upper Dolpo Trek

Facts

Destination: Nepal

Trip Difficulty: Very Strenuous

Trip Style: Trekking and Tour

Transport: Private Vehicle / Bus / Aeroplane

Food: Kathmandu-Breakfast, Mountain-Breakfast+Lunch + Dinner

Accommodation: 3-Star Hotel + Camping

Group Size: 02 - 10

Max Elevation: 5,000m

Upper Dolpo Trek is the enchanting mystic experience amalgamated with Himalayan nature. The journey takes the trekkers far away up to the Tibetan plateaus covering the hilly and Himalayan belt of Nepal. Nepal Hiking Trek takes you for this magnificent trekking which has the astounding views of the mountains including the clearer view of Dhaulagiri range.

Upon starting the Upper Dolpa trek from the Juphal after the flight from Nepalgunj, the journey is greeted by gleeful innocent locals. The journey is similar to Lower Dolpo Trek however the extending period means more villages and more adventure. The Shey Gompa Monastery, Himalayan animals and birds inside Nepal's largest national park the Shey Phoksundo National Park and the deepest lake of Nepal Phoksundo are the major highlights of the journey. The people of the Dolpo follow Buddhism and Bon Po. Therefore their acts and lifestyles are similar to those of the traditional Tibetan people. It is believed that Guru Rimpoche himself created this tranquil valley during troubled times of Buddhists. You can

observe the varieties of animals like Blue sheep, Himalayan Thar, leopards and many more in the region. The trail passes along the Phoksundo River originated from the Lake itself. Therefore, you can have every chance to witness the civilization on banks of the river as well. The journey takes you to alpine and scarce tree lines passing by the villages Ringmo and Palam. The gigantic waterfalls and landscapes continue to inspire you to trek further even if your body gets tired. Witness the authentic Himalayan lifestyle of the Nepalese people by trekking in the Dolpo region of Nepal.

Upper Dolpa Trek An energetic and vibrant team of the Nepal Hiking Trek provides the authentic logistics and support for the successful Upper Dolpo Trek. Book the off the beaten trekking trail and experience Nepal in a different way.

Are you Looking for less crowded area Upper Dolpa Trek is the best

Highlights

- One of the legendary and the off-beaten trek in Nepal.
- Less crowded and remote trek in Nepal.
- Walk through the natural vegetation, green terraced field blooms rhododendron, experiencing the unique Himalayan flora and fauna
- Jungen La Pass- the attractive and challenging pass of the Dolpa region.
- Explore the Shey Phoksundo Lake.
- Views of the highland monasteries at the Shey.
- Explore the charming village with the high influence of Tibetan and Buddhist people.

Day to Day Itinerary

Day 01: Arrival in Kathmandu (1300m/4264ft).

Day 02: Kathmandu: Sightseeing and Trek Preparation.

Day 03: Fly from Kathmandu to Nepalgunj

Day 04: Fly from Nepalgunj to Jhupal (Dolpo) (2,320m/7,610ft).

Day 05: Dunai to Ankhe (2,896m/9,499ft): 5-6 hours.

Day 06: Ankhe to Sulighat: 5-6 hours.

Day 07: Sulighat to Phoksundo Lake (3,611m/11,849 ft) 4-5 hours

Day 08: Today will be a merited rest day for acclimatization at Phoksundo Lake.

Day 09: Trek to Phoksundo Khola: 4-5 hours.

Day 10: Phoksunds Khola to Phoksundo Bhanjyang: 6-7 hours

Day 11: Phoksundo Bhanjyang to Shey Gompa (4,500m/14,760ft) via Kang-La pass (5,360m/17,581ft): 5-6 hours.

Day 12: Acclimatization and rest at Shey Gompa.

Day 13: Shey Gompa to Namduna Gaun (4,800m/15,744ft) via Saldang La (5,200m/17,056ft): 6-7 hours.

Day 14: Namduna Gaun to Saldang (3,620m/ 11,874ft): 4-5 hours.

Day 15: Saldang to Yangze Gompa (4,960m/16,267ft): 4-5 hours.

Day 16: Yangze Gompa to Sibu (4,560m/14,957ft): 6-7 hours.

Day 17: Sibu to Jeng-la Phedi (4,900m/16,072ft): 5-6 hours.

Day 18: Jeng-la Phedi to Tokyu Gaon (4209m/13809ft) via Jeng La pass (5,090m/16,695ft): 5-6 hours.

Day 19: Tokyu to Dho Tarap(4,040m/13,251ft): 4-5 hours.

Day 20: Rest Day at Dho Tarap.

Day 21: Dho Tarap to Tarap Khola (Kamakharka) (3,800m/12,464ft): 6-7 hours.

Day 22: Tarap Khola to Khanigaon(3,150m/10,332ft): 4-5 hours

Day 23: Khanigaon to Tarakot (2,537m/8,321ft): 4-5 hours.

Day 24: Tarakot to Dunai (2,140m/7,019ft): 5-6 hours

Day 25: Dunai to Jhuphal: 2-3 hours.

Day 26: Fly from Jhuphal to Nepalgunj and then to Kathmandu

Day 27: Rest day in Kathmandu.

Day 28: Departure kathmandu.

Cost Includes

- Transport from the international airport to your hotel at your arrival by car/van/Bus.
- Meals prepared by our best cook while trekking all days.
- kathmandu Valley Sightseen included tour Guide with private Car.
- We provide Foam mattresses.
- Very warm Sleeping bag. (if you want to use ours)
- Good Sleeping tents, dining tent & toilet tent
- Staff Wages Sherpa's, porters, cook, and Sirdar.
- Staff Insurance's Sherpa's, porters, cook, and Sirdar.
- All transportation costs of staff, equipment, and food.
- All trek permits, park fees, and local taxes.
- Equipment allowance, wage, food and lodging of Environmental Officer
- (Liaison Officer) deputed by the government (if applicable).

Cost Excludes

- Lunch and dinner in Kathmandu
- Expedition personal climbing gears
- Personal accident insurance
- Emergency evacuation, Helicopter rescue if required
- Bar bills & beverage
- Extra expenses for personal and Tips for Guide, Porter, and Driver.