

Upper Dolpo

Dolpo region is still one of the off the beaten trek due to its remoteness and gives you the lifetime experience. It is one of the strenuous treks with some steep up and down hill crossing over passes of Nagdalo la 5350m, Sela la 5095m and Syanta la 5220m. We enter to inner dolpa through Nepal's largest national park situated in the trans-Himalayan region of northwest Nepal having important habitat for some endangered species including the snow leopard, grey wolf and musk deer.



Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal " KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

Day 2: Explore Kathmandu

"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of it most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.

Day 3: Kathmandu fly to Nepaljung

Attend a scenic flight from Kathmandu to Nepaljung which is the south west lowland of Nepal close to the Indian boarder. The city is extremely hot during summer.

Day 4: Fly from Nepalgunj to Juphal & trek to Chhepka

Another short scenic flight from Nepalgunj allows you to land in a small mountain village of Juphal. From Juphal we walk downhill through fields to Thulu Bheri river and follow the river to Suligad Ghat village which is the entry point for Shey Phoksundo National Park and arrive at Shyangta from here its steep uphill walk up to our camp site of Chhepka village.



Day 5: Chhepka to Chunuwar

We follow the Phoksundo River through mixed forest with lots of up hill and downhill walk and sometime narrow valley with huge rocks towering above us we arrive at another village of Rechi and another two more hours of walk takes us to our overnight place at Chunuwar.

Day 6: Chunuwar to Ringmogaon

It's a short walking day today but some of the climbs are steep. We pass through one of Nepal's biggest waterfalls on the way and little above the waterfall you could have a first view of beautiful Phoksundo Lake and descend down to the river again and follow it all the way to Ringmo village which lies on the shore of Phoksundo Lake.

Day 7: Rest Day and explore Phoksundo Lake

Nothing could be better than this when you sit next to Phoksundo Lake and contemplate. The blue surface of the lake resembles heaven when it reflects the white clouds and mountains. It also makes us realize our state of being in remote landscapes when some yak caravans pass by. Then we visit a centuries-old monastery in Ringmo village.

Day 8: Ringmo village to lake side camp

Today we leave the lower section of Dolpo and enter the upper and inner section though the spectacular trail going high above some narrow trail climbing to a ridge from where you could have amazing view of phoksundo lake and village and forests. Spending some time on the top we descend down to the other side of lake and climb up through wide valley and arrive to alpine zone and make a camp at lake side.

Day 9: Lake side camp – Tuk kyaksas khola camp

Today it is going to be hard day we follow the narrow valley going steep climbing with high rocks on both side and climbing boulders and rocks we arrive at our camp side and ready for our pass of nagdolo la the next day.

Day 10: Tuk Kyakas khola – Nagdola la pass (5350m) – Shey gompa

Another hard day of the trek, the trail climbs steep up to the top of Nagdola pass 5350m and descend steep down to the valley and meandering trek following the river for about three hours takes us to Shey Gompa. Passing mane walls and Chorten we arrive in a small village of Shey gompa where the most popular monastery in Dolo region lies, established in 11th century.

Day 11: Explore Shey Gompa

Today we relax and explore the area and visit another interested monastery situated high on the red rocky hill known as Taskang monastery which lots of chances to see blue sheep and if lucky snowleopard.

Day 12: Shey Gompa – Sela la (5095m) to Namgung

Another day of pass, the day begins with pleasant trail and go through narrow stony canyon and rock climbing steep up to the pass of sela la 5095m with good view of Tibetan plateau and descend steep down to the pasture for yak and nomadic tents which gives the signal of reaching to Namgung village.

Day 13: Namgung – Saldang

After namgung village it's a hard climb above the river through Barren Mountain and descends down to the large village of saldang. The village stretches out surrounded by fields and a trade route to Tibet.

Day 14: Saldang – Sibü

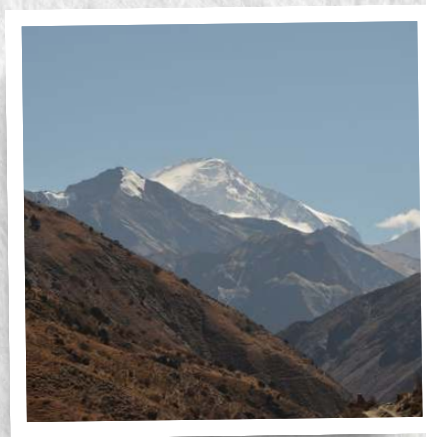
Today we follow the nagaon khola southward and pass through small villages and monastery to Sibü.

Day 15: Sibü – Syanta la base camp

We continue following the river pass through the Rakyo village and enter to the large valley and climb steep up to the base camp of the syanta la pass.

Day 16: Syanta la base camp – Syanta la pass (5220m) – Tokyu 4240m

We have a steep climb waiting for us up to the pass from where you could have great view over the snowcapped mountain and descend down the valley of Tokyu. situated at the height of 4240 m with a beautiful monastery.



Day 17: Tokyu – sisual

Pass by the Crystal mountain school where the people from Do and other surrounding area gets education and arrive to beautiful village of Dho tarap. People from Dho Tarap are distinct in terms of attire, lifestyle and dialects. We spend some time exploring the village and leave the beautiful Dho village passing some mane wall and chortens we continue downhill trail following tarap river and narrow valley. The landscape changes to some greenery when we arrive to sisual.

Day 18: Sisual – Laina

Following the river valley with high rock towering above us we arrive at nawal pani and fairly descend through some forest to the river side of Laina.

Day 19: Laina – Lingdo

Trail goes steep down through forest and hug cliffs following the tarap river. At laisicap we cross Thuli Bheri river and follow the thuli bheri river downward with impressive landscape and you start seeing villages in distance after just before we arrive at small village of lingdo we pass by some mane wall and chortens.

Day 20: Lingdo – Dunai

Continue following thulo bheri with some rough landscape and narrow path with uphill and downhill passing small village of Byasgad we arrive at Dunai, the district headquarters of Dolpo. Dunai is a large village mixed of Hindu and Buddhist people.

Day 21: Duani – Juphal

Today is the last day of walking, we follow the river pass by small villages and fields and take our final step up hill to reach the village of Jhuphal.

Day 22: Juphal fly Kathmandu via Nepaljug

Taking a morning flight saying bye to the spectacular Dolpo we land in the lowland area of Nepaljung and take another flight back to Kathmandu.

Day 23: Free day, souvenir and more

Use your free day to see the local market and shop around.

Day 24: Drive to airport and fly back

We will drive to the airport and farewell



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