

# Upper Dolpo Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Strenuous

**Transport:** By Air

**Food:** Breakfast + Lunch + Dinner

**Accommodation:** Hotel + Teahouses + Lodges

**Group Size:** Min. 2 pax

**Max Elevation:** 5350m





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is one of the least ventured Himalayan destinations in the far flung corners of Nepal Far West. One can find complete ambiance within its beautiful scenic landscapes of rolling hills, verdant valley and high snow-capped mountains that includes Kanjibroba, Kagmara as far towards Dhaulagiri range. Upper Dolpo Trekking will be a great wonderful walk within its pristine environment from tall alpine tree lines of firs, pines and Himalaya spruce to desert like terrain.

The area around Upper Dolpo which is also well described in the famous Classic novel 'Snow Leopard' by Peter Mattessian who explored the region in late 1970's, one can find more information of this mystical place from the movie Himalaya. The film was nominated for Oscar award as best foreign film in 1998, certainly a picturesque country to experience once in your life time as this adventure leads you to beautiful areas around emerald lake of Phoksundo and then to Crystal Monastery or Shey Gompa.

Upper Dolpo covers country's largest national park with an area of 3,555 sq. kms known as '**Shey-Phoksundo National Park**' that extends from Dolpo to further west of Mugu districts. The park is enriched with exotic flora and fauna almost extinct in this planet like rare herbs, medicinal plants including elusive snow-leopard and blue sheep with other bird life.

Besides its dramatic landscapes and awesome views, the culture of local Dolpo people and its impressive villages is equally captivating to soak into the local culture and age-old heritage of ancient Bon (pre Buddhism) practice with present Buddhism religion.

**Upper Dolpo Trek** begins with scenic super flight to land at Nepal Far South East at Nepalgunj city airport, where air journey continues in smaller plane to reach at Dolpo at Jhupal. From Jhupal, adventure starts heading past nice farm areas towards large town at Dunai, headquarter and administrative place of Dolpo district where walk leads further west



to reach at scenic and beautiful Phoksundo Lake near Ringmo village.

Enjoying pleasant and scenic time at Phoksundo lake and exploring Ringmo village then walk leads to high Kang-la pass to reach remote and isolated **Shey Gompa** or **Crystal Monastery** , located close to nearby interesting crystal mountain embedded with semi-precious stones. At Shey Gompa tour of the monastery enriched with ancient religious scrolls, texts and colourful paintings with fresco, idols of Buddha and famous saint and gurus of both Bon and Buddhism sects.

From Shey Gompa return walk leads to cross several high scenic passes with excellent views of surrounding country with snow-capped peaks as route leads past Saldang to reach at large group of villages at Tokyu. Around Tokyu villages enjoy visiting nice and interesting places as walk continues heading into long Dho-Tarap valley which falls on old Trans Himalaya Salt Trade Route of Dolpo to Tibet.

Finally, walk comes slowly to an end on reaching historical village of Tarakot and then past Dunai to Jhupal where our walk completes taking a scenic exciting flight to Kathmandu via Nepalgunj, after concluding our marvelous adventure and experience on **Upper Dolpo Trek**.

#### **Related Treks:**

- [Kanchenjunga Trek \(https://www.marveladventure.com/kanchenjunga-trek\)](https://www.marveladventure.com/kanchenjunga-trek)
- [Makalu Base Camp Trek \(https://www.marveladventure.com/makalu-base-camp-trek\)](https://www.marveladventure.com/makalu-base-camp-trek)
- [Upper Mustang Trek \(https://www.marveladventure.com/upper-mustang-trek\)](https://www.marveladventure.com/upper-mustang-trek)

## Highlights

- An awesome journey within wildest country of Nepal Far Western Himalaya
- Explore time forgotten villages and by outside world on hidden areas of Dolpo
- On elusive and least visited destinations to Shey Gompa the Crystal Monastery
- Far from town and villages for some days in close harmony of pristine nature
- One of the longest and enjoyable adventure to scenic and high Upper Dolpo
- Visit impressive villages interwoven with both ancient Bon and Buddhism religion

## Day to Day Itinerary

- Day 01: Fly to Nepalgunj (150 m) with 55 mins flight then transfer to hotel**
- Day 02: Morning flight to Jhupal (2,475 m) drive to Dunai (2,140 m) - 03 hrs.**
- Day 03: Trek to Chepka (2,838 m) - 06 hrs**
- Day 04: Trek to Samdua village (2,960m) -06 hrs**
- Day 05: Trek to Phoksundo Lake (3,630 m) - 06 hrs**
- Day 06: Rest day at Phoksundo Lake for local excursion**
- Day 07: Trek to Phoksundo-Khola (3,750 m) - 05 hrs.**
- Day 08: Trek to Phoksundo Bhanjyang (4,717 m) - 04 hrs**
- Day 09: Cross Kang -La (5,350 m) and Trek to Shey Gompa (4,160 m) -06 hrs**
- Day 10: Rest day at Shey Gompa around Crystal Monastery**
- Day 11: Trek to Namgung (4,608 m) via Sela (Gela) La (5,094 m)**
- Day 12: Trek to Saldang (3,770 m) - 05 hours.**
- Day 13: Trek to Cha-Gaon (4,910 m) - 05 hrs.**
- Day 14: Trek to Dachu Khola Camp at (4,700 m) - 06 hrs**



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**Day 15: Cross Jyanta-La at (5,220 m) and walk to Phedi (4,900 m) - 06 hrs**

**Day 16: Trek to Tokyu Gaon (4,209 m) via Jeng La (5,090m) -06 hrs**

**Day 17: Trek to Dho Tarap (3, 944 m) - 05 hrs**

**Day 18: Trek to Ghyamgar (3,759 m) - 07 hrs**

**Day 19: Trek to Tarap Khola (3,652 m) via Chhyugar (3,440 m) - 06 hrs**

**Day 20: Trek to Tarakot (2,540 m) - 06 hrs**

**Day 21: Trek to Dunai - 05 hrs then drive to Jhupal - 02 hr jeep ride**

**Day 22: Morning flight to Kathmandu via Nepalgunj and transfer to hotels**

## **Cost Includes**

- Two nights hotel at Nepalgunj
- Round trip flight fare (Kathmandu - Nepalgunj - Jhupal - Nepalgunj - Kathmandu)
- Standard meals (breakfast, lunch and dinner) during the trek
- Government license holder guide
- Strong and helpful porter with proper equipments (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- Special Upper Dolpo Trekking Permit
- Comprehensive first aid kit
- Government taxes and official expenses

## **Cost Excludes**

- International airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- Lunch and dinner whilst in Kathmandu



- Entrance fee in the heritage sites during city tour.
- All the expenses of personal nature
- Any kind of drinks and desserts during the trek
- Tips to guide and porter (Tipping is expected)