Upper Dolpo Trek

Duration: 24 Days | Location: Dolpo Region, Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Dolpo Region, Nepal

Duration: 24 Days

Difficulty: 7/10

Trip Style: Upper Dolpa Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 4,000 m

Group: Min-2, Max 20

Summary

Upper Dolpa Trek is one of the hidden treasure of Nepal.Dolpo is still a strong hold of the pre-Buddhist,upper-dolpa-trek. Dolpo kept Bhoriya culture alive.

Overview

Trip Introduction

Upper Dolpa Trek is one of the hidden treasure of Nepal. This hidden treasure lies in the western site of Nepal. Shy Phoskondo lake is another major highlights of this region. Dolpo is still a strong hold of the pre-Buddhist, Bon Po religion. This is a high mountain region of fortified villages, 'dzongs' and many high passes.We pass through many ancient monasteries and highland villages and wonderful natural scenery as we make our way to Phoksundo Lake and the fabled Shey Gompa. Everest View trek is another trek on this region to do for the option.

We explore alpine meadows and exotic villages in Upper Dolpo Trek which has kept Bhoriya culture alive. We also get to experience Thakkali culture in Mustang.The most interesting factor of this trek is that we get to witness the cultural difference of the people of different regions, had centuries ago. Dolpo the high mountainous settlement holds the nomads that migrated to the region in the ancient period. People of Mustang also called Lopas also migrated from Tibet almost during the same time. Still, the contrast between the people of these two regions in the past and in recent times is so huge in terms of civilization; it is an interesting discovery. Rara Lake Trek

Upper dolpo Trek is also called "beyul" or refuge has been inhabited by Tibetan nomads, called Drokpas, for over a thousand years. It has remained isolated, due to its remote location and has only been open for trekking and tourism since 1989. The Buddhist saint, Guru Rimpoche, who spread Tibetan Buddhism throughout the Himalayas, discovered this hidden land over 1700 years ago. As you trek to Upper Dolpo, you pass through some of the highest settlements of the world. People here live even above 4000 meters amazing. Annapurna Circuit Trek

Day by day itinerary

Trip Itinerary

Day 01: Arrival in Kathmandu/ (1400 m).

Day 02: Kathmandu to Nepalgunj (150m)/ flight.

Day 03: Nepalgunj to Juphal (2475m)/ flight and Juphal to Dunai/ 3 hrs trek.

Day 04: Dunai to Chhepka (2687m)/ 6 hrs.

Day 05: Chhepka to Chunuwar (3110m)/ 6 Hrs.

Day 06: Chunuwar to Phoksundo Lake (3600m)/ 5-6 Hrs.

Day 07: Phoksundo – Rest day.

Day 08: Phoksundo- Sallaghari/ 5-6hrs trek.

Day 09: Sallaghari to Nangdala HC (4717 m)/ 5-6 hrs trek.

Day 10: Nangdala HC to Shey Gompa/ (4280m) Crossing Nangdala pass (5240m)/ 5-6hrs.

Day 11: Shey Gompa to Namgung Gompa / 6-7 hrs crossing Shey La Pass (5100m).

Day 12: Namgong Gompa to Saldang/ 4-5 hrs camping.

Day 13: Saldang to Day hike to Yangjer Gumba/ 4599m.

Day 14: Saldang to Khoma village.

Day 15: Khoma village to Shimen.

Day 16: Shimen to Tinje.

Day 17: Tinje to Yak Kharka.

Day 18: Yak Kharka (4780m) to Chharka / 5 hrs walk crossing Mola Pass (5030m).

Day 19: Chharka to Norbulung/ Nulungsumda.

Day 20: Nulungsumda/ Norbulung to Golden Ghuldum (4247m) Crossing Niwala (5120m) and Jungbenla (5550m) passes.

Day 21:Golden Ghuldum/ (4247m) to Santa/ (3777m).

Day 22: Santa to Phalyak/ (3175m)

Day 23: Phalyak to Jomsom/ (2720m).

Day 24: Jomsom to Pokhara/ flight and Pokhara to Kathmandu/ flight.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Airport pickups and drops in a private vehicle

3-star hotel accommodation in Kathmandu with breakfast

Teahouse accommodation during the trek and Camping.

All meals (breakfast, lunch and dinner) during the trek

All ground transportation on a comfortable private vehicle as per the itinerary

Domestic flights (Kathmandu- Nepalgunj -Jhupal round trip)

An experienced, English-speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)

Porter service (2 trekkers: 1 porter)

Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation

All necessary paperwork and trekking permits (National Park Permit, TIMS)

Medical kit (carried by your trek leader)

All government and local taxes

Exclusions

Nepalese visa fee

Excess baggage charge(s)

Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary

Lunch and evening meals in Kathmandu

International flights

Travel and rescue insurance

Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bot

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.

- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners

- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 24 Days.

Group Size: Min-2, Max 20.

Trekking Region: Dolpo.

Trip Type Name: Upper Dolpa Trek.

Highest Altitude of the trek: 4,000 m.

Highest Point: Upper Dolpa Trek(4,000 m)

Grade: Difficult.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Upper Dolpa Trek is one of the hidden treasure of Nepal. This hidden treasure lies in the western site of Nepal. Shy Phoskondo lake is another major highlights of this region. Dolpo is still a strong hold of the pre-Buddhist, Bon Po religion. This is a high mountain region of fortified villages, ‘dzongs’ and many high passes.We pass through many ancient monasteries and highland villages and wonderful natural

scenery as we make our way to Phoksundo Lake and the fabled Shey Gompa. Lower Dolpo trek is another trek on this region to do for the option.

Departure

Departure

Review

Trip gallery

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