

# Dolpo Jumla Trek

## Standard Itinerary

### Dolpo Jumla Trek Itinerary:

#### Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan.

#### Day 02: Nepalgunj

Flight from Kathmandu to Nepalgunj 50 minutes. Overnight at hotel on BB plan.

#### Day 03: Dunai

Flight to Juphal 25 minutes and trek to Dunai 2150m 3 hours. Overnight at hotel on BB plan.

#### Day 04: Tarakot

Trek from Dunai to Tarakot 2543m 3 hours. Overnight at lodge.

#### Day 05: Laini

Trek from Tarakot to Laini 3160m 7 hours. Overnight at tent.

#### Day 06: Newarpani

Trek from Laini Odar to Nawarpani 3545m 5 hours walk.

#### Day 07: Dho Tarap

Trek from Nawarpani to Dho Tarap 4090m 7 hours walk. Overnight at tent.

#### Day 08: Dho Tarap

Rest day for acclimatization.

#### Day 09: Numala Phedi

Trek to Numala Phedi 4870m 5/6 hours. Overnight at tent

## **Day 10: Bagala Phedi**

Trek Bagala Phedi 4400m via Namala Pass 5100m 6/7 hours. Overnight at tent.

## **Day 11: Bagala Base Camp**

Trek to Bagala Base Camp 3982m via Bagala Pass 55214m 7 hours. Overnight at tent.

## **Day 12: Ringmo**

Trek from Bagala Base Camp to Ringmo 3510m 8/9 hours. Overnight at tent.

## **Day 13: Ringmo**

Excursion at Ringmo village.

## **Day 14: Pungmo**

Trek from Ringmo to Pungmo 3400m 5 hours. Overnight at tent.

## **Day 15: Lasa**

Trek from Pungmo to Lasa 4060m 5 hours. Overnight at tent.

## **Day 16: Kagmara Phedi**

Trek from Lasa to Kagmara Phedi 2900m via Kagmara Bhanjyang 5115m 6 hours. Overnight at tent.

## **Day 17: Hurikot**

Trek from Kagmara Phedi to Hurikot 2600m 5 hours. Overnight at tent.

## **Day 18: Chaurikot**

Trek from Hurikot to Chaurikot 3060m 5/6 hours. Overnight at tent.

## **Day 19: Chotra Gumpa**

Trek from Chaurikot to Chotra Gumpa 3200m 6 hours. Overnight at tent.

## **Day 20: Gothi Chaur**

Trek from Chotra Gumpa to Gothi Chaur 2700m 5 hours. Overnight at tent.

## Day 21: Jumla

Trek from Gothi Chaur to Jumla 2540m 6 hours. Overnight at lodge.

## Day 22: Nepaljunj

Fly from Jumla airport to Nepaljunj and fly back to Kathmandu. Evening farewell dinner. Overnight at Hotel

## Day 23: Departure

Departure from Kathmandu to your onward destination.

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## Includes and Excludes

### Includes

- 6 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3\* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- 1 Night Hotel in Nepalgunj diner and breakfast plan.
- Sightseeing world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide.
- Domestic flight from Kathmandu to Nepalgunj/Juphal/Jumla/Nepalgunj/Kathmandu.
- Staff transportation Kathmandu /Juphal /Jumla/Kathmandu.
- Twin-sharing accommodation during the trek (according to programs Tent/Tea house/lodge).
- All camping equipment's two-man tent north face kitchen tent dining tent toilet tent chair mattress kitchen equipment including kitchen and camping staff etc.
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porters during the trek.
- All Government local tax Shey Phoksundo National Park entry permit and TIMS card).
- Dolpo restricted area permits.
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.

- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staffs medical insurance during the trek.

## **Excludes**

- Lunch and dinner in Kathmandu
  - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
  - Emergency rescue and travel Insurance (most required factor in high altitude trek).
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Tips and gratuities for the staff.
  - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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