

Ultimate Dolpo Trek

Standard 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: Permit Preparation

Permit preparation and sightseeing in Kathmandu valley overnight at hotel on BB plan.

Day 03: Nepalgunj

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

Day 04: Dunai

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

Day 05: Tarakot

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

Day 06: Laini

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

Day 07: Newarpani

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

Day 08: Dho Tarap

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

Day 09: Dho Tarap

Rest day for acclimatization.

Day 10: Numala Phedi

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

Day 11: Bagala Phedi

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

Day 12: Bagala Base Camp

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

Day 13: Ringmo

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

Day 14: Ringmo

Exploration day at Phoksundo lake.

Day 15: Forest Camp

Trek to Forest Camp 4400m 6 hours. Overnight at Tent.

Day 16: Kangla Pass Base Camp

Trek to Kangla Pass Base Camp 4800m 5 hours. Overnight at Tent

Day 17: Shey Gompa

Trek via Ngangda La/Kang La pass 5360m to Shey Gompa 4160m 7 hours. Overnight at Tent.

Day 18: Shey Gompa

Rest day

Day 19: Namgung

Trek via Sela Shey Bhanjyang pass 5010m to Namgung 4430m 6 hours. Overnight at Tent.

Day 20: Saldang

Trek to Saldang 3770m 3/4 hours. Overnight at Tent.

Day 21: Khomagaon

Trek to Komagaon 4060 via Koma La 4565m 5 hours. Overnight at Tent.

Day 22: Pu Gumba

Trek via Shimen La 4270m and Shimengaon 3870 to Pu Gumba 4200m 7hours. Overnight at Tent.

Day 23: Campsite (Trarkai Sumdo)

Trek to Tarkai Sumdo 4200m 6 hours. Overnight at Tent.

Day 24: Lajar Sumna 4700m

Trek to Lajar Sumna 4700m 7/8 hours. Overnight at Tent.

Day 25: Chharka Bhot 4110m

Trek via Mola Bhajyang 5027m to Chharka Bhot 4110m 8 hours. Overnight at Tent.

Day 26: Molum Sumna 4860m

Trek to Molum Sumna 4860m 8 hours. Overnight at Tent.

Day 27: Sangda Phedi

Trek via Newar pass 5120m and Sangda Bhanjyang 5185m to Sanda Phedi 4190m 8 hours.
Overnight at Tent.

Day 28: Sangda

Trek to Sangda 3710m 4 hours. Overnight at Tent.

Day 29: Phalayak

Trek to Phalayak 3175m 6 hours. Overnight at Tent.

Day 30: Pokhara

Drive via Jomsom 2720m to Pokhara for 8 hours. Overnight at hotel on BB plan.

Day 31: Kathmandu

Drive to Kathmandu, farewell dinner

Day 32: Departure

Departure from Kathmandu to your onward destination. Our representative will drop you at the airport for your further destination.

Includes and Excludes

Includes

- Cost 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 UNESCO world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide.
- Domestic flight from Kathmandu to Nepalgunj/Juphal/Jomsom/Pokhara.
- Drive from Pokhara to Kathmandu by tourist stander bus
- Staff transportation Kathmandu /Juphal /Jomsom/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.
- Staff's medical insurance during the trek.

Excludes

- Cost 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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