

Upper Dolpo Trek

Standard Itinerary

Explore Dolpo 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: 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 10km. Overnight at hotel on BB plan.

Day 05: Chhepka

Trek to Chhepka 2838m 7 hours 14km. Overnight at tent.

Day 06: Jharna

Trek to Jharna Hotel 3110m 6 hours 11km. Overnight at tent.

Day 07: Shey Phoksundo Lake

Trek to Shey Phoksundo Lake 3730m 3/4 hours 5km. Overnight at tent.

Day 08: Shey Phoksundo Lake

Rest day and explore Phksundo Lake and Ringmo village.

Day 09: Forest Camp

Trek to Forest Camp 4400m 6 hours 10km. Overnight at tent.

Day 10: Kangla Pass Base Camp

Trek to Kangla Pass Base Camp 4800m 5 hours 9km. Overnight at tent.

Day 11: Shey Gompa

Trek via Ngangda La/Kang La pass 5360m to Shey Gompa 4160m 7 hours 12km. Overnight at tent.

Day 12: Shey Gompa

Rest day and explore Shey Gompa

Day 13: Namgung

Trek via Sela Shey Bhanjyang pass 5010m to Namgung 4430m 6 hours 11km. Overnight at tent.

Day 14: Saldang

Trek to Saldang 3770m 3/4 hours 7km. Overnight at tent.

Day 15: Chagaon

Trek to Chagaon 3840m 6 hours 9km. Overnight at tent.

Day 16: Darsumna Doban

Trek to Darsumna Doban 4310m 5 hours 10km. Overnight at tent.

Day 17: High Camp

Trek to the High Camp of Janta Bhanjyang 5121m 5 hours 7km. Overnight at tent.

Day 18: Tokyu

Trek to Tokyu 4290m via Janta Bhanjyang 5121m 5 hours 10km. Overnight at tent.

Day 19: Dho Tarap

Trek to Dho Tarap 3944m 3 hours 5km. Overnight at tent.

Day 20: Excursion Day

Visit Dho Tarap 3944m. Overnight at tent.

Day 21: Toltol

Trek to Toltol 3523m 7/8 hours 18km. Overnight at tent.

Day 22: Khanigaon

Trek to Khanigaon 2950m 7/8 hours 18km. Overnight at tent.

Day 23: Juphal

Trek to Tarakot 2950m 3/4 hours and drive to Juphal 1-hour 36km (total 5/6 hours). Overnight at lodge.

Day 24: Kathmandu

Fly to Nepalgunj 25 minutes and fly to Kathmandu 1 hour. Evening farewell dinner. Overnight at hotel with BB Plan.

Day 25: Departure

Departure from Kathmandu to your onward destination.

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/Jomsom/Pokhra.
- Staff transportation Kathmandu /Juphal /Jomsom/Kathmandu.
- Drive to Kathmandu 200 km by tourist bus guest and guide (optional: flight to Kathmandu or private vehicle if guest required).
- 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 license holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porters during the trek.
- All Government local tax Annapurna Conservation Area (ACAP) 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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