



Upper Dolpo Trek (5360m)

The Upper Dolpo Trekking program from Discovery Mountain Trek takes to the remote regions of Dolpa district in western Nepal. Dolpa is untouched by signs of modernity - lacking even the basic infrastructure. There are no motorable roads for miles and miles of terrain. The barren and sometimes rocky trails are preferred for adventurous trekking. Lying inside Shey-Phoksundo National park, the habitation of this region is sparse. But a brighter side of this trek is that it offers a complete sense of serenity, isolation, and quietness.

On this trek, you will see the closely knit culture of the people, see the traditions they practice - all in a landscape that seems exotic. The magical beauty of Dolpo instills in you a sense of isolated beauty. And since this is categorized under Restricted Trekking you will need special permits to travel in this region. Discovery Mountain Trek will take care of the paperwork while you can focus on the trek itself. You will need a very good level of stamina to go on this trek. It is best visited in monsoon and also in the summer when the skies are clear, offering better chances of seeing close-up views of the peaks. Avoid late autumn and winter as snowfall will make some passes impassable. It is a beautiful trek with lots of high-altitude passes, isolated hamlets, expansive valleys, majestic mountains, and beautiful people. You will travel through ancient monasteries, time-worn villages, intricate nature, and challenging terrains, and to top it all off, you will be staying at the shores of the famous Lake Phoksundo.

This itinerary is well prepared by Discovery mountain trek and expedition Pvt Ltd. Which will start an arriving at Kathmandu Tribhuvan international airport and transfer to the hotel in Kathmandu with short stay. The trek to Upper Dolpo continues with an amazing scenic flight in between to mountain hills to the Jupal. The trekking route takes trekkers along tropical forests, beautiful valleys, and different traditional settlements in the Dolpo region. And this trek passing through lower Dolpo to upper Dolpo heading alongside Gorge, you come across the beautiful (Shey Phoksundo Lake) the deepest lake of Nepal. You also trek past the beautiful remote village of Ringmo and cross the first pass Nagdalo La (5350m) or Kang La that leads you to the sacred Shey Gompa, one of the ancient Buddhist monasteries in Dolpo. Throughout the trekking journey, you pass a series of high passes which offer extraordinary views of Dhaulagiri and Kanjirova ranges along with Crystal Mountain and many other mountain ranges. You also explore the rich culture and tradition of the Drokpa's peoples as it has been considered as the last reserve of pure Tibetan culture left in the world.

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	5360m
Duration:	:	18 Days
Walking Days:	:	13 Days
Activity:	:	Trek
Best Period:	:	MAR APR MAY SEP OCT NOV

DAY 1: ARRIVAL IN KATHMANDU AND TRANSFER TO HOTEL (1365M)

After your arrival at Kathmandu International Airport, we will pick you up and transfer you to the hotel. You can spend the evening around Thamel.

Accommodation: Hotel

DAY 2: FLY FROM KATHMANDU TO NEPALGUNJ (270M)

Today we will take a flight to Nepalgunj from Kathmandu, a western-region town in the Tarai plains of Nepal. The flight takes around an hour, and the temperature can get soar during high summer (around 40C). Explore the town and drive to your hotel.

Accommodation: Hotel

DAY 3: FLY TO JHUPHAL (2380M) AND TREK TO DHUNAI (2140M)

The village of Jhupal can be reached with a 45-minute scenic flight from Nepalgunj. From Jhupal, get on a short off-road drive to Dunai. If you choose trek from Jhupal to Dunai instead of driving, it takes around three hours.

Accommodation: in tent

Walking Hours: 3/4 hours

DAY 4: TREK FROM DHUNAI TO CHHEKPA (2635M)

Today we start our trek from Dunai to Chhekpa vai Sulighat, a big suspension bridge will take us

to the entrance of Shey Phoksundo National Park. We then follow the trails of Sulighat enjoying the distant views of Dhaulagiri Range. And we will trek through the trail by pine trees and bamboo forests until we reach Chhepka.

Accommodation: in tent

Walking Hours: 5/6 hours

DAY 5: TREK FROM CHHEKPA TO JHARNA HOTEL (3110M)

We start the trek after our breakfast the trail takes us to cross suspension bridge from where we follow Phoksundo Khola and a narrow path high up in the valley. We move through forests with several bamboos stands further up the gorge and the trail alongside Phoksundo Khola to cross a bridge that takes us to Jharna Hotel.

Accommodation: in tent

Walking Hours: 5/6 hours

DAY 6: TREK FROM JHARNA HOTEL TO PHOKSUNDO LAKE (3730M)

After our breakfast the trail descends through birch forests leading to the upper part of the Phoksundo Khola. Then we ascend to Ringmo village, an attractive settlement with flat-roofed stone houses and lots of mud-plastered chortens and Mani walls. Just below Ringmo, we pass a bridge and move to the ranger station ahead of Phoksundo Lake (3730). We walk to the shores of the lake near the point where the Phoksundo Khola flows out. We move along the trail to finally reach Ringmo Gaon. Overnight at tented camp in Ringmo.

Accommodation: in tent

Walking Hours: 3/4 hours

DAY 7: DAY EXCURSION AROUND PHOKSHUNDO LAKE

We have set aside this day for rests and exploration. In order to adapt to the altitude, we will spend the day in serenity, and also take little hikes to the villages nearby. This kind of immersive beauty is rare in Nepal. Sleep overnight in the tent.

DAY 8: TREK FROM PHOKSHUNDO LAKE TO SALLAGARI (3620M)

After breakfast, we follow the tiny trail carved into a rocky path to overlooking the beautiful lake. The trail then makes its way through a green meadow opening up into the flood plain of Phoksundo River. Then, we walk through the valley, cross the river and descend to the bank of Shey-Phoksundo Khola and make a final ascent of the day to Sallaghari where we will set our tents in the lovely pine forest.

Accommodation: in tent

Walking Hours: 5/6 hours

DAY 9: TREK FROM SALLAGARI TO KANGLA HIGH CAMP (4410M)

Today we heading to Kangla high camp via Kangla Base Camp. After few hours walking, we will have a slow and easy pace ascending through the Kyaksa River narrow track that leads us through a glacial valley and an old wooden bridge at the confluence of the Phoksundo Khola. A long climb from the northeast of the bridge takes us to a green grassland from where we make hard climb to the top and then finally we will arrive at Kangla high camp from where massif rock that offers a spectacular view of Kang-La pass, peak 6 (6710), and peak 7 (6120m).

Accommodation: in tent

Walking Hours: 5/6 hours

DAY 10: TREK TO KANGLA HIGH CAMP PASS (5360M) THEN SHEY GOMPA (4160M)

Today we start a long ascent over a dusty trail to reach Kangla pass. An amazing view of Phoksundo Lake and the Upper Dolpo region can be seen from the top of the pass including the view of the Kanjirowa Himal range. Then we descend on a path covered with snow to reach Shey Gompa, a very small village with a couple of houses and the Gompa. It is an 11th century gompa, located below the Crystal Mountain, sephu khola.

Accommodation: in tent

Walking Hours: 6/7 hours

DAY 11: DAY ACCLIMATIZATION AND VISIT TSAKANG GOMPA

Today we will spend the day walking around the Shey Village renowned for its ancient pre-Buddhist culture, the Bonpo, and visiting the Shey Gompa. It is also the first Kagyupa monastery, with the monk Tenzing rakpa as its founder. We also visit Tsakang Gompa, which is located north of Shey Gompa. It's more of a retreat than a monastery. To the east of the Monastries is Crystal Mountain which is a unique mountain as its twisted cliffs with a rich variety of aquatic fossils.

DAY 12: TREK FROM SHEY GOMPA TO NAMGUNG (4430M) VIA SHEY LA (5010M)

We start our trek a steep climb to Shey la pass. From the pass we descend through magnificent view and enjoy the beautiful sight of the northern part of the Tibetan plateau, which is the highest highland in the world. Then we visit Namgung Monastery before moving into the village.

Accommodation: in tent

Walking Hours: 7/8 hours

DAY 13: TREK FROM NAMGUNG TO SALDANG (3765M) 5/6H TREK

Our trek to Saldang starts with ascending slope lines with a few trees. We have to climb for a while before going downhill to the attractive village of Saldang, situated on a highland above Namha Khola. The village also used to be a separate kingdom of Dolpo in the ancient times.

Accommodation: in tent

Walking Hours: 4 hours

DAY 14: HIKE TO YANGIR GOMPA (3850M) AND BACK TO SALDANG

After our breakfast, we hike to Yangir Gompa which is located in the northern part of Saldang. Walking along the Nagon Khola and we walk a few ups and downs passing through the Marang and Ki. And heading towards the east finally reaching Yangir Gompa. It is also the region's most extensive monastery, with several stupas' then we return to Saldang after exploring the monasteries.

Accommodation: in tent

Walking Hours: 5/6 hours

DAY 15: TREK FROM SALDANG TO RAKYO (4160M)

Today we start our trek after our breakfast following the trail to the riverbed, passing various terraced farms along the way. Then we pass through Mani walls, chortens, prayer flags, and prayer wheels as we go on. Our walk goes along a river taking us to Chaiba Monastery and Namdo Monastery. We follow the river for a couple of hours and reach Rakpa.

Accommodation: in tent

Walking Hours: 6 hours

DAY 16: TREK FROM RAKPATO JYANTA BASE CAMP (4550M)

Today our trek continues as we following the trail along the Nam Khong Khola edge. We then enter the deep juniper, pine, and silver birch forests from here. We continue walking till we reach a fork in the trail and rise to Jenga La's base via yak farms.

Accommodation: in tent

Walking Hours: 4/5 hours

DAY 17: TREK TO TOKYO (4210M) VIA JYANTA LA PASS (5220M)

We start early in the morning to Jyanta La Pass. After couples of hours walk, then we reach the top of Jeng La Pass which offers a magnificent view of the Dhaulagiri Mastiff. After enjoying the valuable time at the vantage point admiring the magnificent views, we descend via a rough trail towards a fascinating valley named Tarap Valley through a challenging route.

Accommodation: in tent

Walking Hours: 6/7 hours

DAY 18: TREK FROM TOKYO TO DHO TARAP (3945M)

Today our trail goes downhill on a plain valley along with the fields, Mani Walls, and Chortens again. Once we reach at Dho Tarap then we set up our camp and explore the village.

Accommodation: in tent

Walking Hours: 4/5 hours

DAY 19: REST DAY AT DHO TARAP

Today we take a rest and roaming around the village of Dho Tarap. Dho Tarap is a big village with colorful Buddhist prayer flags, and monasteries surrounding. Beautiful wheat, buckwheat, barley, potatoes, and other green crop fields add to the village's splendor. This village is popular for film (Caravan) in which Karma, Thinley, and their companions set out to sell salt for barley across the high passes. This day can use also if any change itinerary due to the bad weather condition.

Accommodation: in tent

DAY 20: TREK FROM DHO TARAP TO TOLTOL (3530M)

After our breakfast we start enter the bushes of Juniper and wild roses. After couples of hours walking in the afternoon, we will reach the junction of Lang Khola and Tarap khola from where the Tarap River flows further east. And we continue to the toltol.

Accommodation: in tent

Walking Hours: 6/7 hours

DAY 21: TREK FROM TOLTOL TO LAINA ODAR (3370M)

After our breakfast we walk down then we continue to trek next to the right bank while ascending trail until the camp site. Our trek continues to the Laina odar.

Accommodation: in tent

Walking Hours: 6 hours

DAY 22: TREK FROM LAINA ODAR TO TARAKOT (2540M)

We start our trek and head towards the village of Laisicap. We then walk through a dense forest, move downwards into another village, follow the river and reach Tarakot. There lies the Sandul Gompa standing on a hill at a confluence of Barbung Khola and Tarap Khola.

Accommodation: in tent

Walking Hours: 6/7 hours

DAY 23: TREK FROM TARAKOT TO DUNAI (2150M)

Today we start our trek after our breakfast following the path beside of the Bheri River to reach to the Dunai.

Accommodation: in tent

Walking Hours: 5/6 hours

DAY 24: TREK FROM DUNAI TO JUPHAL (2540M)

After our breakfast we following again the Bheri River and enjoying the beautiful landscapes. We walk past Dhupichaur and Ruggad Villages and continue towards Juphal. We will celebrate our beautiful memorable upper Dolpo trek with all of our crews, members.

Accommodation: in tent

Walking Hours: 3/4 hours

DAY 26: FLY FROM DUNAI TO KATHMANDU VIA NEPALGUNJ

We will board the earliest flight from Juphal and Nepalgunj and take another connecting flight to Kathmandu. Once you arriving in Kathmandu, you can do some shopping and in the evening, we will take you for the farewell dinner in Thamel at an authentic Nepalese restaurant.

Accommodation: in Hotel

Flight Time: 45m and 25m

DAY 25: EXTRA DAY IN KATHMANDU

This day can use in case of the bad weather for flight from Dunai to Kathmandu. Otherwise we can stay free day in Kathmandu, and walking around and shopping in thamel.

Accommodation: in Hotel

DAY 27: FINAL DEPARTURE

According to your schedule, we will take you to the airport for your flight ahead.

INCLUDED IN THE COST

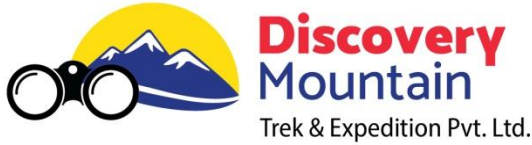
- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- 3 -star hotel accommodation in Kathmandu with bed and breakfast
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: lower dolpo and national park
- Domestic flight from KTM-Nepalgunj-Dunai-Nepalgunj-KTM
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service: 1 participant: 4 porter
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- All Government and local taxes

NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- Special permit for Upper Dolpo \$500 per person
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.



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MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -10° or -15° (*)
- Fleece sleeping bag liner (optional)

FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- Warm gloves, Hat and scarf
- Suitable shorts, Walking trousers
- Thick walking socks
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns

- A pair of high rise walking boots
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

PRACTICAL ITEMS

- Tissue /toilet roll
- Anti-bacterial hand wash
- Female hygiene products
- Wet wipes (baby wipes)
- 1 compass or GPS (optional)
- 1 medium-sized quick drying towel
- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries

MEDICAL

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Small personal first-aid kit simple and light
- Water purification tablets or water filter
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.