



PEACE NEPAL TREKS

... guiding you through your journey of a lifetime.

Upper Dolpo Trek

OVERVIEW

Upper Dolpo is a remote region located in the Far West of Nepal. The region is protected as the Shey Phoksundo National Park. Upper Dolpo lies north of the Dhaulagiri Range that borders the Tibetan plateau. Most of the inhabitants of this region still rely on trading Tibetan salt as it is nearly impossible to grow anything in this region.

Our trek starts from Dunai and on the fifth day of our trek we reach the famous Shey Phoksundo lake. The alpine fresh water lake is religiously significant to the Tibetan culture as a number of stupas and a Gompa surround the lake. From Phoksundo, we trek to Shey Gompa . In Shey Gompa, we visit the famous Crystal Monastery, a place of religious significance to people of Dolpo.

Our trek comes to a stop in Juphal after 24 days of trekking. From Juphal we board a 35 minute scenic flight to Jomsom and catch another flight to Pokhara.

ITINERARY

- Day 1

Arrival at the Tribhuvan International airport and transfer to your hotel in Kathmandu, overnight stay in

hotel

After your arrival in Kathmandu our representatives at the airport will help you transfer to your hotel check in.

▪ Day 2

Official work/issue the special permit and preparation for the trek

▪ Day 3

Flight from Kathmandu to Nepalgunj (165m) 1 hour stays (accommodation in guest house)

▪ Day 4

Flight from Nepalgunj to Jhuphal (2,475m) and walk to Dunai (2,140m) 2-3 hours (camping services)

▪ Day 5

Trek Dunai to Ankhe (2,750m) 5-6 hours, (camping services)

▪ Day 6

Trek Ankhe to Ringmo Phoksundo Lake (3,641m) 5-6 hours, (camping services)

▪ Day 7

Acclimatization and resting at Phoksundo Lake (3,641m), (camping services)

▪ Day 8

Trek Phoksundo to Campsite camp (3,750 m) 7-8 hours, (camping services)

▪ Day 9

Trek Campsite camp to Nangdalo La Base Camp (4,717m) 6-7 hours, (camping services)

▪ Day 10

Trek Nangdalo La Base Camp – Nangdalo La pass (5,350 m) to Shey Gumpa (4,160 m) 6-7 hours, (camping services)

▪ Day 11

Trek Shey Gumpa Resting (4,160m), (camping services)

▪ Day 12

Trek Shey Gumpa – Sela (Gelu) La (5,094m) – Namgung (4,606 m) 5 to 6 hours, (camping services)

▪ Day 13

Trek Namgung to Saldang (3770m) 3-4 hours, (camping services)

▪ Day 14

Trek Saldang to Khomagaon (4060m) 4- 5 hours, (camping services)

▪ Day 15

Trek Khomagaon- Shimengaon (3850m) 3-4 hours, (camping services)

▪ Day 16

Trek Shimengaon – Tinjegaon (4110m) 5-6 hours, (camping services)

▪ Day 17

Trek Tinjegaon Resting (4110m), (camping services)

▪ Day 18

Trek Tinjegaon –Rapka Kholā (4600m) 6-7 hours, (camping services)

▪ Day 19

Trek Rakpa Kholā – Mo La Pass (5027m)- Chharka Bhot (4302m) 7-8 hours, (camping services)

▪ Day 20

Charka Bhot Rest day (4302m), (camping services)

▪ Day 21

Trek Chharka Bhot – Nulungsumade Kharka (4,987m) 8-9 hours, (camping services)

▪ Day 22

Trek Nulungsmade Kharka - Jungben La (5,550m)- Phedi (4,247m) 7-8 hours, (camping services)

▪ Day 23

Trek Phedi – Santa Village (4247m) 4-5 hours, (camping services)

▪ Day 24

Trek Santa Village – Kagbeni (2,818m) 4-5 hours, (camping services)

▪ Day 25

Trek Kagbeni – Jomsom ((2,720m)) 3-4 hours, (camping services)

▪ Day 26

Flight: Jomosom – Pokhara (827m), overnight stay in hotel

Note: Above holiday itinerary can be customized as our guest specific requirements and can make shorter and longer. We design your holidays accordingly.

INCLUDES

- Return transfers from International and Domestic airport to your hotel.
- One night stay at the Hotel in Kathmandu.
- All government taxes and Dolpo national park entry fees.
- TIMS CARD (Trekking Information Management System).

- 10 days Upper Dolpo special permit fees.
- Required number of experienced English speaking guides and support staff/horse to carry the luggage (we pay for their daily wages, insurances, trekking equipments, food and accommodation).
- Tent accommodation during the trek on camping services.
- Necessary ground transportation depends on your services requested via tourist bus or private transport.
- Guest flight ticket Kathmandu – Nepalgunj and Nepalgunj to Juphal (Dolpo)
- Trek end Jomsom to Pokhara flight
- Guide and Nepali crew flight Kathmandu – Nepalgunj and Juphal (Dolpo)
- Light for a night by Battery or “generator” as a group size.
- Trekking poles, sleeping bag/Duffle bag (if necessary we provide).
- Trekking maps.
- Rubbish care to clean up the environment.
- PNT official services charge and government taxes.

Medical support: emergency first aid kit carried by the support staff

Camping equipments: We always provide every guest holiday trek with high qualities equipments: good qualities tent, Gas stove for food prepare, toilets tent and papers, kitchen tent with necessary utensils, Dining tent (for eating), table and chairs as a group, hand clean up towel and soap with tap water, Ice axe and sable.

Accommodation and meals: During camping treks an expert cook accompanies us and serves the best local dishes with different items on our plates. Both food and accommodation during camping treks are our responsibilities. We serve three meals on camping treks.

Breakfast Verities: Tea, coffee, hot chocolate, milk, boil

water/different kinds Tibetan bread, toast, omelet fried or scrambled, boil egg, porridge, musli, cornflake, chapatti, jam, honey, pinner butter, rice pudding, pani cake, butter, salami, sinoman role.

Lunch: Juice, tea (black/lemon/coffee), boil water/ sandwich, potato cheaps, different items bread, vegetable, macaroni, chaumin, fried/boil potatoes, plan chapatti, backbeans.

Dinner: Different items Soup, popcorn, prawan, cookies, papad/ local Nepali verities food (Daal/rice/vegetables/meat/pickle), pizza (vegetable/mushroom/chicken), burger, pasta, chicken meat, can meat, veg/non veg momo, spagity, noodles, tuna fish, sasit, spring role.

Desert: tea, coffee, milk, chocolate, boil water, cake, pie, seasonal fruits, tin fruit, mango, apple, banana.

Water: we serve with boil water drink along the trek either you can make tea or coffee for day trip. It should be better to bring good quality water bottle for trek.

EXCLUDES

- All meals in Kathmandu and Pokhara city
- Tips to guides and support staff.
- Additional costs in case of emergency (You must have adequate travel insurance to cover any kind of emergencies).
- Additional medication for altitude sickness (Acetozolomide etc).
- Personal expenses and any other unforeseen expenses.
- Personal trekking equipments,

Travel Insurances: –

Travel Insurances are compulsory for clients trekking or

climbing with us. The insurance should cover you in case of emergencies like accidents, altitude sickness and ambulance and helicopter rescue charges if required. Please carry a copy of your insurance papers while travelling in Nepal and do send us a copy as well. This will help us in making all the necessary arrangements in case of any sort of emergencies.

SEASONS

Nepal has four climatic seasons

- Trek Starting: From middle of May/June/July/August/September and mid October

While there are no seasonal constraints on traveling to Nepal, different regions are best visited in different seasons. Enquire about any trekking region and we will tell you about the best season to visit that area.

EQUIPMENTS

Check-list of personal equipment:

- Good standard trekking boots
- Camping shoes/thongs
- Socks-polypropylene
- Down Jacket
- Fleece
- T-shirts
- Trekking trousers
- Shorts (both casual and for treks)
- Swim wear
- Sun Hat
- Woollen Hat

- Nylon Windbreaker
- Gloves
- Gaters
- Strong Rucksack
- Sleeping Bag
- Water Bottle
- Torch/headlamp (with spare batteries)
- Toiletries/soap
- Toilet paper
- Sun block
- Travel Towel
- Wet-wipes
- Medication (cough medicine, throat soothers, water purification tablets)
- Sunglasses
- Binoculars
- Camera & lenses
- Memory cards
- GPS Tracking Units may be helpful
- Altimeter
- Compass
- Book/music player/pack of cards
- Padlock
- A plastic bag for waste
- Energy/snack bars

The following equipment are required during the Climbing period: –

(Warm Down Jackets, Sleeping Bags, Warm Trousers, Koflach Shoes, Trekking Shoes and Sandals, Perfectly fitting Crampons, Gaiters, Ice Axe, Jumar, Ice Screw, Rock, Picton, Snow Bar, 2 locking Carabiners, Gloves, Sun Glasses, Head Light, Helmet, Rope, Stove, Harness, Figure -8, Gore – Tax Jacket with hood)