Upper Dolpo Trek- The Hidden Gem of Nepal



Trip Overview

The Upper Dolpo Region offers a trekking adventure through the heart of the Himalayas. Around the nomadic routes, you can explore the far western part of Nepal. Tibetan Buddhist culture, the spectacular Lake Phoksundo, and diverse flora and fauna are the prime attractions of the Upper Dolpo Trek. The trek presents you with a dazzling glimpse of the Dhaulagiri mountain range and the Tibetan Plateau. Although this region was restricted until 1989, it has since been opened for tourism and trekking. The Upper Dolpo Trek belongs to Shey Phoksundo National Park and has an altitude of 4,000 meters. The Kang-La Pass connects the Phoksundo Valley and Shey Gompa. The 11th-century Shey Gompa, being one of the oldest monasteries in Nepal, is just the place to immerse yourself in the spiritual atmosphere of Nepal.

Trip Itinerary

- 1 - Arrival at Kathmandu, Tribhuwan International Airport

- 2 - Sightseeing and Flying from Kathmandu to Nepalgunj
- 3 - Flight to Jhuphal and Trek to Sulighat
- 4 - Trek to Chekpa
- 5 - Trek to Gharna
- 6 - Phoksundo Lake
- 7 - Acclimatization day
- 8 - Trek to Salagari (Pine Tree Camp)
- 9 - The Snowfall High Camp
- 10 - Shey Gompa Via Kang La Pass
- 11 - Acclimatization day
- 12 - Namduna Gaun (4800) through Saldang La (5200)
- 13 - Trek to Saldang La (3620)
- 14 - Saldang to To Yangze Gompa (4960)
- 15 - Trek to Sibu
- 16 - Sibu to Jeng La Phedi
- 17 - Trek to Tokyu Gaon vai Jeng La Pass
- 18 - Dho Tarap
- 19 - Trek to Dharapani
- 20 - Tarapkhola
- 21 - Kamakharka to Khanigaon
- 22 - Trek to Tarakot
- 23 - Trek back to Dunai
- 24 - Trek to Jhupal
- 25 - Flight to Nepalgunj and Kathmandu
- 26 - Departure

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Tourist bus from Kathmandu

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- 3-star Hotel stays at Kathmandu night stay in twin sharing
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- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- Salary and Insurance Cost of Staff
- Pure Adventure Nepal T-Shirt/ trekking maps.
- All necessary paperwork and permits (TIMS/ Conservation Fee).
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Helicopter Cost
- Extra cost for booking domestic flight other than planned

Gears and equipment

- Clothing

  Waterproof jackets and pants
  Sweaters and down jackets
  Lightweight trousers
  Hiking shirts- long-sleeved
  Hooded raincoat and Fleece jacket
  Innerwears
  Lightweight and heavyweight winter gloves
  Sun hat or scarf; Money belt; Cotton headscarf, bandana
  Winter hat or insulating hat

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- Personal accessories

  Headlights and extra batteries
  Face and body wipes
  Sunscreen and sunglasses with UV protection
  Money
  Watch
  Cell phone and camera

- Toiletries

  Medium-drying towels
  Toothbrush and toothpaste
  Washing kits, talcum powder, and toilet paper
  Degradable soap and shampoo
  Deodorant floss, nail clippers, and mirror

- Extra items

  First aid kit
  Passport-sized photos and passport photocopies
  Binoculars
  Personal medications
  1 swiss type knife
  Sleeping bags and sheets,
  Rucksack, backpack, and a small day pack
  Water bottle
  Water purification tablet solution

- Footwears

  Trekking Boots
  A pair of sports shoes
  Heavy wool and light socks

Faqs

1. **How long does the Upper Dolpo Trek take?**

   The Upper Dolpo Trek usually takes 15 to 25 days. You can alter this based on your routine, weather conditions, and time of year.

2. **What is the elevation of the Upper Dolpo Trek?**

   Baga La Pass is the highest point of the Upper Dolpo Trek, which is located at an elevation of 5,416 meters (17,769) meters. The average elevation of the trek is around 3,500 meters (11,500 feet)

3. **What is the best time to trek in Upper Dolpo?**

   The best time to trek in the Upper Dolpo region is from spring (March to May) to autumn (September to October), as the weather is mild and sunny with a clear sky during this time.

4. **How much does the Upper Dolpo Trek cost?**

   Upper Dolpo Trek costs an average of around USD 2000 to USD 5000 per person. However, the cost might vary as it depends on the type of accommodation, length, and time of the trek.

5. **How can I book a trek to Upper Dolpo?**

   You can book the trek through online and offline sites and agencies in Nepal. Pure Adventure is one of the reputable agencies to choose from that will plan and organize your trip.

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