Upper Dolpo Trek Itinerary

Day 1: Arrival on Kathmandu. Overnight in the Hotel.

You will be hearty welcomed by our office, staff. Then you will transfer to the hotel. Our team will give a brief explanation of the program.

Day 2: Pre-trip meeting and visiting around the Kathmandu valley.

After breakfast, we will move to Pashupati temple, which is one of the main temples of lord shiva. The main pagoda style temple has a roof, which all sides are covered in Silver, and exquisite wood carvings. Temples dedicated to several other Hindu and Busshists deities surround the temple of Pashupati. We will move to Bouddhanath stupa, which is one of the oldest and largest stupas in South Asia. Then, we take a drive about 20 minutes Kathmandu e Kathmandu Darbar Square, where we observe the living god "Kumari." It is also known Hanuman Dhoka Durbar square and then, we will move to Swayambhunath temple. Swoyambhunath Stupa, where Swayambhu means "Self-Created." The name comes from an external self-existence flame over which a stupa was later built. Back hotel for overnight based on bed and breakfast.

Day 3: Fly to Nepalgunj from Kathmandu-1 hrs Flight.

From Kathmandu, we will take a flight to Nepaljung, which will give you a mesmerizing view of Himalayans and beautiful scenery. Our staff will receive you from the airport and transfer you to the hotel. Stay overnight in the hotel.

Day 4: Fly to Juphal for 35 minutes (2,400meter). Trek to Dunai(2,150meter)-3 hours.

After breakfast, we fly from Nepalgunj to Julpu for 35 minutes. After landing in Nepalgunj Airport, to will catch a Twin Otter, which is the dominant mode of transportation from Nepalgunj airport to Juphal and Juphal to Nepalgunj. At the airport, we will do the packing of equipment and start a hiking program through a BEri river, which leads us to the beautiful and large village Dunai

Day 5: Trek to Ankle (2,600meter

Early in the A.M, we start our trek by crossing the suspension bridge. After meeting the Thuli Beri and Suli Gad, we follow the river Suli Gad and move ahead with the pleasant sound of the river. On the way, we can see beautiful fields where different crops are growing on like Millet, Barley, Potatoes, Sweet corn. The primary agricultural products of that area are "Chuk" which is used a Vinegar and Medicine. We pass through the different villages like Pamela, which means Eyelash, Rahagaon, which means Eyebrow, Anke, which means Eye, after walking a mile, we reach to the striking settlement of Ankhe which is our destination for a day. Stay overnight in Ankle.

Day 6: Trek to Renji(3,104meter)

Early in the morning, we ascend toward Renji by crossing the river, which makes our trek bit difficult — passing through narrow path side by side the cliff. We will observe the beautiful views of landscapes and spend a beautiful night in the camp which is on the side of Suligad River.

Day 7: Trek to Phoksundo Lake

Early in the A.M, we start our trek, beginning a few hours are entirely east, but from Sumdo trek becomes much tricky because the path was inclined. We should follow the road high above the water about 3,875m .from that height. We can see a beautiful view of 300m waterfall, which is the highest in Nepal. Then we see the beauty of Phoksundo lake, which makes our heartfelt. Then we descend toward a village Ringmo, which has solar panels to give more facilities to visitors. Crossing the community, we reach to the coast of Poksundo lake where we spend our night.

Day 8: Trek to Phoksundo Lake (3,507meter)

This day we follow the border of the lake, which leads us to the village, which is the too remote and non-developed village. Our trek rises to 4,040m and again descends to the bottom of the valley to see Phoksundo Khola and follow the bank for night stay. Overnight in tented camp.

Day 9: Trek to Phoksundo Bhanjyang(4,402metre)-

After breakfast, we will move to Phoksundo Bhanjyang. Ws have to carry footwear today as we are crossing streams. We cross the glacial valley and narrow path. At the meeting of Phoksundo River and many others unnamed, there is an old bridge. Then you take an obvious way to noth, which has a vast beauty. We will climb over rocks and boulders. A long steep trail brings us to another valley from where we can see the Kang La, which leads us to Shey Gompa. Overnight in camp.

Day 10: Pass the Kang La Pass(5,151meters) and trek to Shey Gompa(4,402meters)

After breakfast, we travel toward Shey Gompa by crossing Kang La pass, which takes about two or 3hours to reach the top of Kang la. From the top, we can see amazing views of mountains and beautiful sky. Then our trek descends to the bottom of the valley. Following the bank of the river, we reach Shey Gompa. Stay overnight in Shey Gompa Compound.

Day 11: Exploration day at Shey Gompa.

Today is the day of relaxation and happiness, where we observe the beauty of Shey Gompa. Here the meaning is Shey stands for Crystal, so the Shey Gompa is also known as the Crystal Mountain. The residence of Shey Gompa belongs to the Chaiba community who used to follow the culture and traditions of Padmasambhava and Kagyu. There is a meditation center where visitors used to enjoy a lot. Taking Gompa is another heritage place. Shey is one of the best attractions of Tibetian for its Buddhist background. Kagyupa is the first monastery that was built by Lama Ten-skin-Ra-Pa. There are many untold things which surprise you a lot. Stay overnight.

Day 12: Cross a Saldang La pass (4,85meter) and then trek to Namduna Gaon (4,400meter)

Today, we begin our trek by following a pleasant track. On the way, we observe the beautiful views of mustang and mountain peaks of Tibet. Then our trail moves toward the north, which is very long and challenging after a mile we reach on the greeting view of pastures of yaks, sheep, and different material made by the hair of Yaks. We found the monastery called Namduna, which is one of the Karma-pa sects. The

village Namduna serves you the beautiful scenes of landscapes. People of that area totally depend upon agriculture and animal rearing. The population of Namduna Goan is too low; there are only six houses. Stay overnight in Namduna Gaon.

Day 13: Trek to Saldana (3,942meter)-6hrs.

After breakfast, we leave for Sakdang through different infertile mountains. Looking at the bottom of the valley makes your heartfelt, which very neat and clean terraced farming by the villagers. We ascend our trek to reach the village Saldang, located on flat terrain and also the biggest town of inner Dolpo. Through the city Saldang, you can see Ringmo village in the same elevation, which is a Himalayan village and different than Saldang. Saldang also connects a trade relation with Tibet. We spend our day in Saldang. Overnight in camp.

Day 14: Trek to Sibu (3,942m)-06hrs.

Early in the morning, after having a small breakfast, our trail toward the Namdo village, which is full of sixty houses and four hundred inhabitants. On the way, we cross many fields, Stupas. Namdo monastery is situated in the riverbank, and also there are many monasteries on top cliffs. Following the river bank, we reach to the Sibu settlement. Stay overnight in camps.

Day 15: Trek to the foot of the Jeng La(4,845meter) trek to Tokyu Gaon (4,240meter

After having light breakfast, our trail follows the bank of the river, which is quite more natural for us. After walking for a few hours, we reach our destination — overnight in camp.

Day 16: Cross a Jeng La Pass(4,845meter), trek to Tokyu Gaon(4,340meter

After having breakfast, we start our trek, but it is not so easy as we think. After walking for two hours, we reach the top of Jeng La. From, the top we can see mesmerizing views of Dhaulagiri and morning views. We cross the Tarap valley, which is the dream place for every visitor. We pass through more than twenty villages and many Gompas. Stay overnight in Tokyu Gaon.

Day 17: Trek to Dho Tarap(4,090meters)

Early in the morning before leaving Tokyuwe visit to Chiba Gompa. The trail is far better than the previous one. Villagers are busy in their field works, where women are working in fields and men are with animals in forests. There is mainly the Magar community with Tibetians. People follow all Tibetian culture and traditions. Inhabitat of this region still follows the Bon Po. There are lots of Gompas which are made by local peoples themselves. There is a 'French school" nearby the village where we spend a night. Stay overnight in camps.

Day 18: Trek to Serkam(3,630meters)-

After leaving Dho Tarap, we follow the bank of Tarap Khola. On the way, we can see sheep, yaks, and goats, which make our trek enjoyable. The path is quite right and makes our trek easier. We cross the modern bridge, which is well-facilitate and helps a lot to villages and animals. We spend our night in a grassy strip near the river.

Day 19: Trek to Khani Gaon (2,550meters)-

Today, our trek descends toward the bank of the Tarap River and also ascends sometimes so hight. The condition of the path varies from place to place. Also, there are many human-made staircases which should

behold carefully. It would be the most exciting day of this trip. Stay overnight in Khani Gaon.

Day 20: Trek to Tarakot

Now we are leaving Khanigoan by the new suspension bridge. Some of the track is commanding and one bridge known to have been out of 6 years, necessities crossing on wet stepping-stones.

Day 21: Trek to Dunai

Our trip will be down and relatively firm. You will walk in an original path built twenty feet above the Bheri river.after some minute's walk, we will be in the village of Dunai. Now you have completed the mysterious journey to land Dolpo, and we will attend a celebration party. Overnight in tented camps.

Day 22: Trek to Juphal

Initially, the way is flat, but near to our destination, our path will steeper, which makes you remember of Day 1.Overnight at tented camp.

Day 23: Fly to Kathmandu

Today is our last day of trekking. Our flight will be to Nepalgunj. Then with a pleasant 35 minutes flight, we will be connected with a trip to Kathmandu. Our representative will be at the domestic Tribhuvan airport, which helps us to stay in a hotel. Overnight at the hotel.

Day 24: Free day at Kathmandu

Today you have your own time. You can visit any place where you want if you want to consult with us we will be there for your services. In the evening, we will have a great farewell dinner in a traditional Nepalese restaurant with varieties of cultural performances. Overnight at the hotel.

Day 25: Departure from Kathmandu

Today is your last day inland of Nepal. Our staff will drop you at the airport.

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