

Upper Dolpo



Trip Overview

The hidden gem of Upper Dolpo exists in the isolated vicinities of Western Nepal to the north of the Dhaulagiri range. Dolpo had long remained secluded from the outer world till the successful screening of the Oscar-nominated prestigious movie entitled 'Caravan' brought immense response and soon became the best western Nepal Trekking.

Upper Dolpo Trek is still a Restricted Area, trekking that was opened for foreigners only in 1989. Remaining cut off from the outer world made the Upper Dolpo Region immune to the negative impacts of modernism and thus enabled them to retain the decade-old traditions, culture, and way of life alive in their original form. Dolpo is among the few regions where ancient Bon Po religion and Shamanism are still in practice.

Being in the rain shadow of the Dhaulagiri and Annapurna Mountain Ranges, Dolpo Region gets no rainfall even in monsoon due to being in the rain shadow of Dhaulagiri and Annapurna Mountain ranges which make Upper Dolpo Region feasible even in Monsoon.

Our Trekking Expert from 'Khumbu Alpine Travel' has formulated a 28-day adventure package that commences with a flight to Juphal that marks the initiation of trekking to Dunai and undergo through gorges, woods, villages, lakes, and rivers at different levels before turning up once more in Dunai and Jhupal.

Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Sightseeing in Kathmandu
- Day 3 - Flight to Nepalgunj
- Day 4 - Flight to Jhupal Trek to Dunai
- Day 5 - Trek to Ankhe
- Day 6 - Trek to Sulighat
- Day 7 - Trek to Phoksundo Lake
- Day 8 - Rest Day at Phoksundo Lake
- Day 9 - Trek to Phoksundo Khola
- Day 10 - Trek to Phoksundo banjyang
- Day 11 - Trek to Shey Gumpa via Kang La Pass
- Day 12 - Rest day in Shey Gomba
- Day 13 - Trek to Namduna Gaon via Saldang La
- Day 14 - Trek to Saldang
- Day 15 - Trek to Yangze Gumpa
- Day 16 - Trek to Sibu
- Day 17 - Trek to Jeng La Phedi
- Day 18 - Trek to Tokyu Gaon via Jeng La
- Day 19 - Trek to Dho Tarap
- Day 20 - Rest Day at Dho Tarap
- Day 21 - Trek to Tarap Khola (Kamakharka)
- Day 22 - Trek to Khanigaon
- Day 23 - Trek to Tarakot
- Day 24 - Trek to Dunai
- Day 25 - Trek to Juphal
- Day 26 - Flight to Nepalgunj and Flight to Kathmandu
- Day 27 - Restday in Kathmandu

- Day 28 - Transfer to Airport for final departure for homeland

Cost Includes & Excludes

Includes

- All airport/hotel pick ups and drops within Nepal
- Flight Fare for both way (Ktm-Nepalgunj-Jufal)
- All trekking permits , TIMS card, Government and local taxes for the trek
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide
- Medical kit incase of Emergency
- All Meals (Breakfast , Lunch and Dinner) During the trek
- Insurance for Nepali Staffs
- Sleeping Bag for the trek
- All the tents, kitchen equipment etc
- Staffs Cost including their Salary, food , accomodation and equipments
- Welcome and farewell dinner

Excludes

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itinerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges (can be carried only 15 Kg including in Airfare)

Gears and equipment

- Upper Body

Warm Hat Cap
Face Mask / Muffler
Wind stopper/Waterproof Jacket
Down Jacket
Fleece Jacket/ trousers
Thermal
T-shirts
Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)
Underwear
wind stopper/waterproof Pant
Fleece or woolen pants
Thin Lightwear/heavy poly or wool Socks
Sandals
Trekking Boot
Gaiters
Spare Shoes

- General

Medium Rucksack (50-70 Ltr)
Small Day Pack
Personal Medical Kit
Chapstick/Sunscreen
Water bottle
Large Duffel bag
Trekking Pole
Spare batteries for the Camera and Flash Light
Hand Towel
Head lamp with extra Batteries
Sun Glasses with UV protection

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