



Introduction

The Upper Dolpo offers an adventure through a remote, rugged, and unspoiled corner of western Nepal, beyond the Himalayan valleys. This region is home to one of the last remaining traditional Tibetan cultures, where the pre-Buddhist Bon-Po religion is still practiced. Surrounded by high mountains, including the Dhaulagiri massif, Dolpo

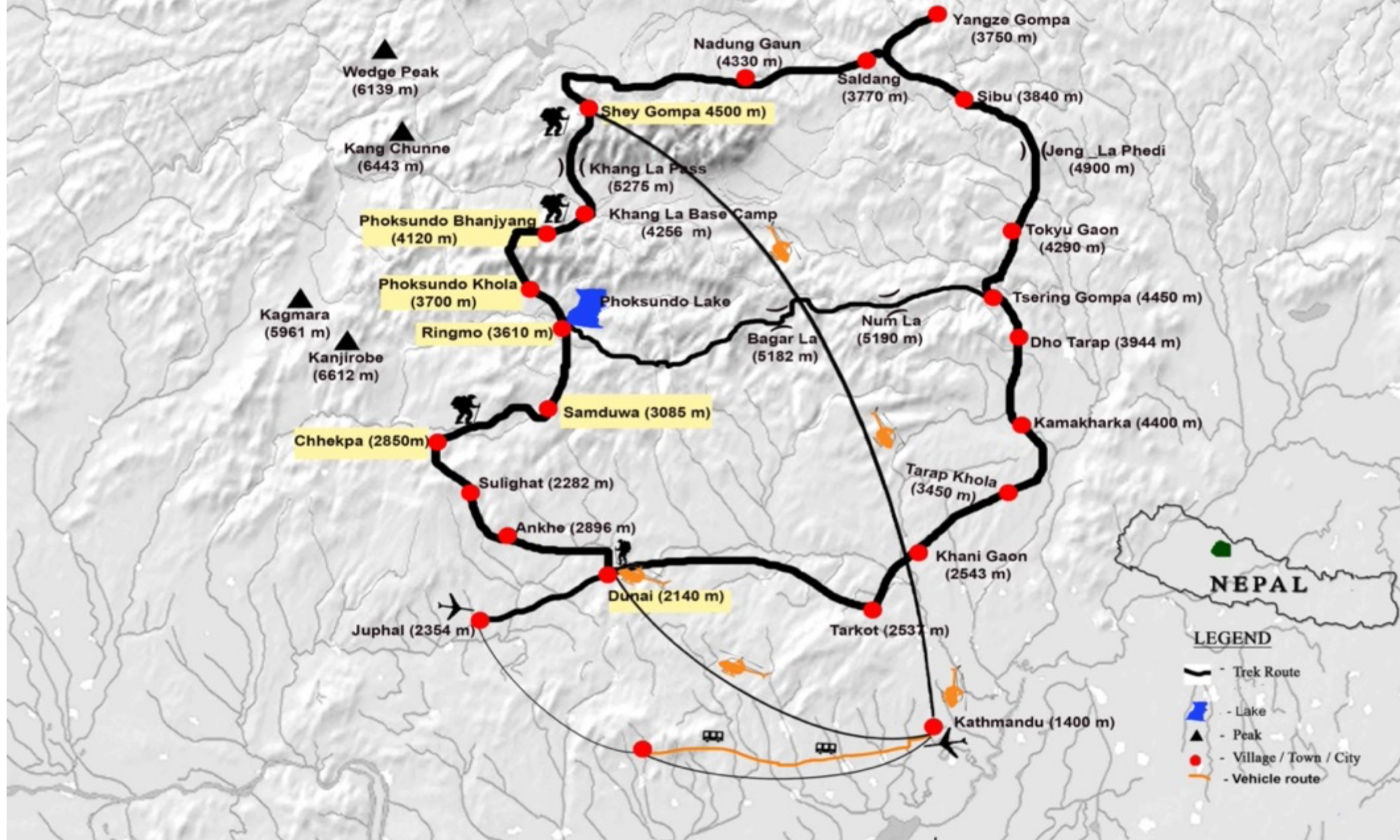
offers opportunities to visit ancient villages, high passes, beautiful lakes, isolated Buddhist monasteries, and a vast array of wildlife, including the legendary Snow Leopard. Upper Dolpo provides an unforgettable experience, with altitudes ranging from 2500m to 5,190m. This region inspired Peter Matthiessen's book 'Snow Leopards' and Eric Valli's Oscar-nominated movie 'Himalaya'. Dolpo remains a truly isolated corner of Nepal where time has stood still for centuries.

Highlights Lights of Upper Dolpo Trek;

- Upper Himalayas offer a picturesque landscape
- Boasts a pristine Buddhist culture and lifestyle
- Location for Oscar-nominated movie "Himalayas" and inspiration for the book "The Himalayan Leopard"
- Serene Shey Phoksundo lake is Nepal's deepest lake
- Trek through Cang Mara La pass (5115 m), Nagdala La (5353 m), and Tyonta (5220m) amidst pristine mountains, flora and fauna
- Experience the unique lives led in Nepali wilderness and scarcity

ITINERARY AT A GLANCE		FEATURES	
12 Aug:	Kathmandu Arrival.	National Park:	Upper Dolpo National Park
13 Aug:	Half Day Sightseeing tour in Kathmandu. Trek Briefing	Mountains:	Dhaulagiri, Manaslu,, etc.
14 Aug:	Fly to Dunai (2140 m) using Chartered Helicopter	Rivers:	Pshokundo Khola, Barbung Chu etc.
15 Aug:	Trek to Chhepka (2850 m) – 6 ½ Hrs	Villages:	Sepka, Chhepka, Ringmo,, etc
16 Aug:	Trek to Samduwa (3085 m) - 7 Hrs	Tribes:	Mostly Tibetans
17 Aug:	Trek to Shey Phoksundo lake (3,641 m) [Ringmo -3,610 m]– 7 Hrs	Passes:	Kang-la at 5,375 meters
18 Aug:	Explore around the Shey Phoksundo lake (3,641 m)	Forests:	Of Rhododendron and Pine.
19 Aug:	Phoksundo Khola (3,700 m) – 5 ½ Hrs	Landscapes:	Varying from temperate valleys to snow clad mountains.
20 Aug:	Phoksundo Bhanjyang (4,120 m) - 7 Hrs	TRIP FACTS	
21 Aug:	Trek to Shey Gompa (4,500 m) via Kang-La pass (5,375 m) - 7 ½ hrs	Time Period:	12 Nights / 13 Days.
22 Aug:	Explore Shey Gompa the crystal monastery	Trek Period:	09 Night / 10 Days
23 Aug:	Trek to Namgyung (4360 m) 6 ½ hrs - 7 Hrs	In Kathmandu:	03 Nights
24 Aug:	Trek to Saldang (3770 m) 4 ½ hrs	Domestic Flights:	2 Ways by Helicopter
25 Aug:	Take the Chartered Helicopter back to Kathmandu	Trek Type:	Strenuous
26 Aug:	Final Departure	Highest Altitude:	5375 meters
		Warning:	Altitude Sickness
		Trek Start Point:	Dunai
		Trek End Point:	Shey Gompa
		Accommodations:	Hotel in Kathmandu / tented camp on trek

Trekking Map of Dolpo Region



12 AUG: Arrival Day in Kathmandu (1,300 m)

Arrive at TIA in Kathmandu. Meet representatives and transfer to the hotel. Enjoy a welcome drink as you check in. Enjoy free time for the rest of the afternoon/evening.

Overnight at Hotel**13 AUG: AM: Sightseeing PM: Preparation**

AM: Tour Kathmandu valley and travel through time as you visit UNESCO Heritage sites of Kathmandu Durbar Square. Visit the Old Bazaar & spices market of Ason. Afterwards, visit Swayambhu Temple.

PM: Attend a briefing about the trek and allow time for last minute purchases of essentials.

Overnight at Hotel**14 AUG: Fly by helicopter from Kathmandu to Dunai (2,140m)**

Early morning transfer to airport and board the chartered helicopter to Dunai.

Dunai is a large village/small township, with a new hospital and it is the administrative headquarters of the Dolpo region. Enjoy ample time for leisurely walk around the village. Spend the day visiting the surrounding areas.

Overnight at Tented Camp**15 AUG: Trek to Chhepka (2,850 m)**

After breakfast, we begin our trek by descending towards Sulighat. We cross a suspension bridge over the confluence of Thulo Bheri and Suligat Khola rivers and continue along the north bank of the Suligat Khola. At Sulighat village, we check out Shey Phoksundo National Park before gradually ascending on a rugged trail. We continue to climb through a forest of rhododendron, magnolia, and bamboo, and beyond Kageni village, we began to see Tibetan Buddhist flags flapping in the wind, as well as mani walls and stone cairns with Tibetan script. We keep climbing up the grassy pasture and gritty trail until we reach Chhepka village.

Overnight at Tented Camp

Trek Duration 6 -6 ½ hours

16 AUG: Trek to Samduwa (3,085 m)

After breakfast, the trail continues along the Phoksundo Khola. After crossing the river, the path ascends through a narrow valley with bamboo forests and conifers. The terrain becomes easier until we arrive at the bridge in Rechi Village. Afterwards, we continue ascending until we reach a hilltop, then descend until we reach the confluence of the Phoksundo River and Pungma Khola. A short distance beyond this point lies our designated overnight campsite.

Overnight at Tented Camp

Trek Duration: 6 ½ -7hours

17 AUG: Trek to Shey Phoksundo lake (3,641 m) [Ringmo -3,610 m]

Commencing from Samduwa, our ascent continues along the Phoksumdo Khola until we arrive at Palm village. From this point, we proceed upwards to a ridge that divides the open fields of Ringmo from the adjacent narrow valley. Here, we are treated to a stunning view of one of Nepal's tallest waterfalls, accompanied by our initial sighting of Phoksumdo Lake. Following this, we descend steeply through

the forest before steadily ascending to the charming Dolpo-pa settlement of Ringmo. This village is characterized by its flat-roofed stone houses, chortens, and extensive walls of mani stones adorned with prayer inscriptions.

Overnight at Tented Camp **Trek Duration: 6 ½ -7hours**

18 AUG: Explore around the Shey Phoksundo lake (3,641 m) & Tshowa Gompa (monastery)

Today's itinerary involves a captivating exploration of the scenic area surrounding the illustrious Phoksundo Lake. Your first stop is Tshowa Gompa, a 900-year-old Bonpo monastery situated on a slope overlooking the lake. The lake holds great religious significance for both Buddhists and Bonpo practitioners, who believe that it encompasses an underwater palace and a tantric spirit mandala. Renowned for its striking turquoise hue and breathtaking landscape, the lake is surrounded by several stunning glaciers. As part of the day's activities, you can opt to embark on a 6-hour trek to the View Point, stopping by Yak Drop Point, which featured in Eric Valley's CARAVAN documentary, with a pack lunch in tow. From the View Point, you can take in the entire "r" shape of the lake and the magnificent Kangirowa Peak. Overall, Phoksundo Lake is an exquisite alpine freshwater lake that is truly worth exploring.

Overnight at Tented Camp

19 AUG: Trek to Phoksundo Khola (3,700 m)

After departing from Phoksundo, the trek continues by following the western bank of the lake along a rocky ledge. This precarious trail, supported by wooden gangways and pegs driven into the crevasses of rocks, signifies the remote and rugged terrain we are about to traverse. As we approach the far western edge of the lake, the path opens up into a lush meadow, which then leads into the floodplain of the Phoksundo Khola. We will then cross the river and navigate through occasional boggy marshes before arriving at the riverbank, where our overnight camp awaits.

Overnight at Tented Camp **Trek Duration: 4½ ~ 5 ½ hours**

20 AUG: Trek to Phoksundo Bhanjyang (4,120 m)

The first hour of today's trek takes us along a level path through a glacial valley heading northward. Upon reaching the confluence of the Phoksundo Khola and another mountain stream, we will come across an old wooden bridge. From there, we will take a small path to the northeast of the valley, where there is no established trail. This will require us to clamber over rocks and boulders and ford a stream that runs down the steep valley.

Eventually, we will reach a sheep meadow where the trail will veer up a steep ravine, requiring a strenuous climb to the top. From here, we will find ourselves in yet another valley, where we can catch a glimpse of the Kang-La pass (5,375m) that leads towards Shey Gompa.

Overnight at Tented Camp **Trek Duration: 6½ ~ 7 hours**

21 AUG: Trek to Shey Gompa (4,500 m) via Kang-La pass (5,375 m)

In the morning, a leisurely walk precedes a challenging ascent up a steep incline covered with slate, leading to the pass. The climb can be quite arduous, particularly on the slate terrain. Upon reaching the peak of Kang-la at 5,375 meters, you can enjoy breathtaking panoramic views of a vast valley,

divided by a fast-flowing river. Along the hills overlooking the river you can behold mud caves, as well as the meadows that are home to hundreds of grazing yaks, sheep, and domestic mountain goats (Chengra), in addition to a few nomadic huts of herders. Our arrival at Shey Gumpa, situated at an elevation of 4,500 meters, is marked by a red chorten. A charming wooden log bridge leads to our campsite for an overnight stay.

Overnight at Tented Camp

Trek Duration: 6½ ~ 7 ½ hours

22 AUG: Explore Shey Gumpa the crystal monastery

Today day offers a welcome respite for a local hike around Shey, also known as the Crystal Mountain (as famously depicted in Peter Matthiessen's classic novel Snow Leopard.) Shey Gumpa, belonging to the Chaiba community of followers of Guru Ringpoche and Kagyu sects, was the first Kagyupa monastery established in the 11th century by Lama Tenzing Ra-Pa. The lama of Shey resides in Tsakang gumpa, a red hermitage renowned as a retreat for famous lamas from Tibet. Shey is also renowned for its pre-Buddhist culture, Bon Po, and attracts people from all over the Dolpo region for its annual festival and circuit of Crystal Mountain. This trek to Shey Gumpa is a rare and remarkable experience, as only a handful of Westerners have journeyed here.

Overnight at Tented Camp

23 AUG: Trek to Namgyung (4360 m)

As your trek progresses through Inner Dolpo, you will venture towards the east, traversing through a narrow valley and ascending to the peak of Shey La. This pass, also known as Gelu La and standing tall at an altitude of 5000m, will offer you stunning vistas of the arid Tibetan Plateau to the north and Mustang to the east. After taking in the breathtaking views from the summit, you will descend towards the north, eventually reaching the peaceful pasture of Namgung, where you will come across a handful of stone houses and a serene gumpa.

Overnight at Tented Camp

24 AUG: Trek to Saldang (3770 m)

After breakfast the trail will take you high above the Namgung Khola river before descending steeply towards Saldang village. Saldang is located in close proximity to the Nepal-Tibet border, and as such, sees frequent yak caravans passing through the area. Saldang is actually a cluster of five separate villages and is considered the largest settlement in Inner Dolpo. The local people are semi-nomadic, and during the warmer months, they lead their herds of yaks and sheep to the highlands. The more affluent members of the community usually leave this work to the nomadic people, known as the Drokpa. You may even have the opportunity to see a camp of the Drokpa in the area.

Overnight at Tented Camp

25 AUG: Take the Chartered Helicopter to Kathmandu

After breakfast we will wait for the helicopter to arrive. Board the heli and fly back to Kathmandu.

Overnight at the Hotel. Overnight at the Hotel.

26 AUG: Final Departure

Last minute shopping of souvenirs and transfer to TIA - Kathmandu.

Head home, or to your next destination with beautiful memories and a wide glossary of experiences.

Watch the Himalayas pass by.

<p>COST FOR UPPER DOLPO CAMPING TREK</p>
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The cost stated below is nett cost per /person based in US\$ on twin sharing basis and valid till 30th September 2023

Number of Persons	02 Pax
1. Tour & Trek cost with permits	US\$ 7920.00 per person on twin sharing
2. Helicopter charter (both ways)	US\$ 13910.00 per helicopter

The cost includes

- 3 Nights' accommodation at Hotel Dwarika's in Kathmandu using Executive suite room with daily breakfast at Hotel
- 13 % VAT
- All transfers to and from Airport in a deluxe a/c vehicle accompanied by an English-speaking representative.
- All Sightseeing as per itinerary in a deluxe a/c vehicle accompanied by an English-speaking guide.
- All monumental Entrance fees as applicable for sightseeing in Kathmandu
- All paper work and documentation and Permit fees as applicable for Upper Dolpo trek.
- Chartered Helicopter from Kathmandu to Dunai (pre trek) and Saldang to Kathmandu (post trek)
- 11 Nights / 12 Days trek in the Upper Dolpo Region inclusive of the Sirdar/Escort/Guide will be assisted by Sherpas who will pitch the Tents, serve food and guide and assist the members on the trail. Cooks, assisted by necessary kitchen staff, will do the cooking and surprise you with both western and local culinary delights in remote conditions. The staff will be assisted by reliable porters hired locally to carry the luggage, food and camping equipment's (dinning tents, toilet tents, portable chairs and tables, mattresses etc).
- Map of each route for each client.
- All insurance for the Nepali staffs
- Satellite Phone in case of emergency (for personal use it will cost US \$ 5.00 per minute using satellite phone)
- Comprehensive medical kit
- Oxygen cylinder with regulator mask for emergency use.

The above rates exclude:

- Nepal Visa Fees
- Personal trek equipment's like sleeping bag, duffel bag, water bottles, etc.
- charging of batteries of mobile/camera etc. (payable directly) * Average cost US \$ 4.50 to 8.50

- Items of a personal nature such as bar bills telephone calls, laundry, extra mileage and any extra costs incurred due to natural calamities, flight delays etc.
- Personal insurance and medical expenses.
- Expenses arising due to cancellation of flights, strikes, landslides, snowfall or due to unforeseen uncertainties beyond the control of the Organization that arranges the trip.
- Liability for or against theft, loss of goods, injury, accidents etc.
- Personal travel /medical/cancellation/rescue insurance (**Its compulsory** to get comprehensive medical insurance/ accidental insurance **and should include evacuation by helicopter** due to any emergencies that may arise)
- Any rescue costs (helicopter evacuation /using horse etc)
- Costs associated (transportation, accommodation and meals) with the trek finishing early OR you leaving the trek early OR the trek being extended due to bad weather of any other reason etc.
- Permit fees if using person satellite phones or other communication devices or if filming is done. * **Special permits are required for filming and drone projects.**
- Tips to Nepali staffs

Key Notes

First, we recommend that you travel light. A good-sized duffel bag with a top length zipper that can lock is best, together with a day pack for carrying personal items on the trek. An extra smaller bag would be handy to carry back your souvenirs after the trip.

AFTER ARRIVAL IN KATHMANDU

1. TREK BRIEFING:

On your arrival in Kathmandu, we will arrange to meet for a pre-trek briefing. Full information on all aspects of your trek, questions and doubts will be discussed. On trek your guide will give you more details about the route, villages, people and other information regarding the trek.

2. PACKING:

Please bear in mind that on this trek a maximum of 7 ½ kilograms per person is the weight (a porter will be carrying your bags for you.) You may leave behind part of your luggage in your hotel or our locker room before the trek, in Kathmandu. All bags are to be clearly marked and locked. Kindly refrain from carrying or wearing valuables on the trek. You may leave them behind at the safety deposit box at your hotel or with us.

3. HOW TO PACK:

Your clothes and equipment should fall into the following 4 categories:

1. What you are going to leave behind in Kathmandu.
2. What you are going to wear on the trail.
3. What you are going to carry in your day pack.
4. What you would like the porters to carry for you.

Excess clothes and luggage can be stored in your hotel's storeroom, and valuables in the safety deposit box. Please label your luggage and make sure to take a ticket from the front desk of your hotel for all the things you would like to leave behind while you are away.

ON TREK / FAQ's

1. FOOD AND DRINKING WATER ON TREK

On the trek the food will be prepared by a dedicated kitchen team. They will delight you with a variety of local and western dishes. Breakfast consists of a choice of porridge, muesli and cereal followed by omelette, fried or scrambled eggs with chapattis or bread. Lunch is generally a selection of salad, cooked vegetable dishes, pasta and traditional breads. Dinner is a hearty 3 course meal – soup, followed by a variety of vegetable, meat, rice and pasta dishes and completed with a simple dessert. Tea, coffee and hot chocolate are also provided at all meals. We use as much fresh produce as possible and special diets are regularly catered for. Please bring water bottles for the trek (01 litre). These can be filled in by **boiled water** provided by the kitchen staff before the trek and then again at the lunch spot.

2. MONEY ON TREK:

You may want to buy drinks at wayside shops and souvenirs from the natives, so local cash (Nepalese rupee) for the extra food and drinks should also be carried

ATMs are NOT available on the trek route.

Please note that ATMs in Kathmandu have max withdrawal amounts, and your bank may have a max daily withdrawal limit, so you may not be able to withdraw the total amount that you need all in one day.

3. INSURANCE:

There are no medical insurance policies in Nepal for foreigners. We strongly recommend that you arrange for comprehensive holiday insurance in your own country covering adventures involving some elements of risk. **This should include helicopter evacuation.**

Please provide a copy of the document with a contact person's name so that the insurance company can be coordinated with in case of emergency.

4. WIFI / INTERNET ON TREK

There will be very limited internet and Wi-Fi facilities on your Dolpo journey. The mobile network is accessible in a few places but the network may not be working as in this region it depends on weather, maintenance of towers etc. * Most places do not have mobile connectivity

When you arrive in Nepal, you should get a Nepalese SIM card in Kathmandu and buy tourist data packs.

5. BATTERY CHARGING

If you wish to keep your phone battery charged, you will need to carry solar chargers. There are a few lodges along the way where you can access charging outlets but they will cost a small fee.

6. SHOWER ON TREK

We will provide boiled bucket water for you to shower. However, due to the terrain and scarcity of water sources, we recommend to take as few showers as possible!

7. ACCOMODATIONS & TOILETS ON TREK:

Our camping treks are meticulously planned expeditions designed to ensure your comfort and relaxation during your trekking holiday in Nepal. Our trek crew will assist with camp duties such as setting up and dismantling camps, while our cooks prepare three delicious meals a day. We provide personal tents, which are spacious enough to accommodate both you and your gear. We use only high-quality western branded tents like North Face tents used in high altitude expeditions. A dining tent with chairs is provided for breakfast and dinner, and we also offer toilet tents for group and crew use.

8. YOUR STAFF ON THE TRIP:

Your local team will consist of one English speaking guide who will be wholly responsible for the execution of the trip once it hits the trail. Sherpa(s) and reliable porter(s) , kitchen staff and assistant guide will assist him.

9. A TYPICAL DAY:

A normal day on trek would start at about 6:30/7:00 am with a wakeup call. Warm water in bowls will be ready for brushing and washing (towels with soap will also be provided.) Breakfast will be ready and served in dining tents or outdoors, depending on the weather.

The morning portion of the trip will begin after breakfast and last about three to four hours, at which point a stop for lunch would occur. The afternoon portion of the trip will be another two to three hours until we reach camp. Relax through the evening until dinner time.

10. DAILY WEAR:

Your guide can help you plan your daily wear before each day's walk. Please carry an extra shirt or a T-shirt and a light jacket in your backpack. The mountain air is cold, so you should pack the proper gear to keep dry and warm. Rain gear should be carried in your day pack.

11. WHAT TO CARRY DURING THE TREK?

Your daypack (preferably waterproof) should be light, small and comfortable. All small personal items such as water bottles, medicines, extra shirt, light warm layers, rain gear, gloves, head torch etc, that may be needed for the day's trek should be packed. Your duffel will be carried by porters whom will meet you at the lodge.

HOW TO PACK

In The Day Pack:

Sun glasses
Moisturizing/Sun screen lotion
Spare batteries
Camera
Binoculars.
Reading Reference book/Note book
Pencil/Pen
Water bottles
Trek permits
Toilet paper
Umbrella/rain gear
Sweater
Flash light
Prescribed medicines

In The Duffel Bag:

Towels

Toiletries
Washing soap
Spare clothes all wrapped in plastic bags

NOTE:

You will check your sleeping bags during the pre-trek briefing to make sure that it is the right one for the trek you will be going on.

TREK KIT

To help you pack for the trek here are some of the essentials:

- ☐ SLEEPING BAG – minus 20 degree centigrade one should be enough
- ☐ TROUSERS – Gore-tex or other comfortable trekking trousers
- ☐ FULL SLEEVES T-SHIRTS – three or more
- ☐ HALFSLEEVES T-SHIRTS – three or more
- ☐ UNDERGARMENTS – three or more
- ☐ LONG JOHNS

- ☐ FLEECE / SWEATER
- ☐ PULLOVER / WOOL SHIRT/ACRYLIC PILE JACKET
- ☐ HATS / BASE BALL CAP– one with a brim, warm one for the cold
- ☐ SHORTS / SKIRTS
- ☐ SOCKS – several warm and thick ones
- ☐ SHOES - Trek boots
- ☐ SLIPPERS/FLIP-FLOPS/SANDALS OR TRAINERS / SNEAKERS – for camp/lodge wear
- ☐ JACKETS – PARKA /DOWN JACKETS/GORE-TEX SHELL (wind proof is advisable)
- ☐ GLOVES – Light
- ☐ TOWEL/TOILETRIES
- ☐ SUN GLASSES/SNOW GOGGLES
- ☐ SUN SCREEN LOTION
- ☐ RAIN GEAR
- ☐ WATER BOTTLES - two - 1 Liter each
- ☐ FLASH LIGHTS - EXTRA Batteries & bulbs
- ☐ POCKET KNIFE
- ☐ BAGS – one duffel
- ☐ LIGHT DAY PACK – one waterproof
- ☐ WALKING POLES - one pair (OPTIONAL)