

**Upper Dolpa Trek** was open in 1989 to outsiders as it were. This region lays shrouded valley which is among **Tibet and Dhaulagiri range** on the mid-western region of Nepal Himalayas. This region is one of the restricted zones of Nepal trekking route. **Dolpo is described by a semi-arid topography for deep narrow hidden valleys** while **upper Dolpo, this trek offers a vast arid of rolling semi-desert highlands to walk** Where tourist flow is controlled by the government to minimize the environmental and cultural influences. The voyage begins subsequent to flying from Kathmandu to Jhuphal and keeping in mind that trekkers follow the trekking trail in the western region of Nepal with magnificent mountain views. There is a delightful lake which is outstanding as **Shey Phoksundo (deepest lake in Nepal)** lake by Local individuals and witness unique culture..Dolpo trek is a daring trek which is requiring the accomplished trekkers. If it's not too much trouble you welcome and unite with **Snowy Dream World** for this surprising and unique experience.

#### **Day 01:Arrival in Kathmandu.**

- 1350m
- Three star rated Hotel.
- 6-7 km


Welcome to Kathmandu. On entry to Tribhuvan International Airport (TIA), you will meet office delegate from Snowy Dream World who will be waiting for you holding your name card with our company name. Then we transfer you to the Hotel and you will take a rest.

#### **Day 02:Fly from Kathmandu to Nepalgunj: 1 hour, overnight at Hotel.**

- 165m
- Best Available Hotel
- Breakfast


Fly from Kathmandu to Nepalgunj: 1 hour, overnight at Hotel.

#### **Day 03:Fly from Nepalgunj to Jhuphal (Dolpo) and trek to Dunai (2,850m/3 hours trek), overnight at lodge.**

- 2850m
- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  3 hrs.


Fly from Nepalgunj to Jhuphal (Dolpo) and trek to Dunai (2,850m/3 hours trek), overnight at lodge.

#### **Day 04:Trek from Dunai to Ankhe (2,896m/6 hours walk), overnight at lodge.**

- 2896m
- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  6 hrs.

Trek from Dunai to Ankhe (2,896m/6 hours walk), overnight at lodge.

**Day 05:Trek from Ankhe to Sulighat 6 hours walk, overnight at lodge.**

- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  6 hrs.

Trek from Ankhe to Sulighat 6 hours walk, overnight at lodge.

**Day 06:Trek from Sulighat to Phoksundo Lake (3,611m/5 hours walk), overnight at lodge.**

- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.


Trek from Sulighat to Phoksundo Lake (3,611m/5 hours walk), overnight at lodge.

**Day 07:Acclimatization and rest at Phoksundo Lake, overnight at lodge.**

- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.


Acclimatization and rest at Phoksundo Lake, overnight at lodge.

**Day 08:Trek to Phoksundo Khola 4/5 hours walk, overnight at lodge.**

- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  5 hrs


Trek to Phoksundo Khola 4/5 hours walk, overnight at lodge.

**Day 09:Trek from Phoksunds Khola to Phoksundo Bhanjyang 6/ 7 hours walk, overnight at lodge.**

- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  7 hrs

Trek from Phoksunds Khola to Phoksundo Bhanjyang 6/ 7 hours walk, overnight at lodge.

**Day 10:Trek from Phoksundo Bhanjyang to Shey Gompa (4,500m) via Kang-La pass (5,360m) 5/6 hrs, overnight at lodge.**

- 5360m
- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  6 hrs.


Trek from Phoksundo Bhanjyang to Shey Gompa (4,500m) via Kang-La pass (5,360m) 5/6 hrs, overnight at lodge.

**Day 11:Acclimatization and rest at Shey Gompa, overnight at tent/ lodge.**

- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.


Acclimatization and rest at Shey Gompa, overnight at tent/ lodge.

**Day 12:Trek from Shey Gompa to Namduna Gaun (4,800m) by passing Saldang La (5,200m) – total walking time 7 hours, overnight at lodge.**

- 5200m
- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  7 hrs.


Trek from Shey Gompa to Namduna Gaun (4,800m) by passing Saldang La (5,200m) – total walking time 7 hours, overnight at lodge.

**Day 13:Trek from Namduna Gaun to Saldang (3,620m/4-5 hours walk), overnight at lodge.**

- 3620m
- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  5 hrs


Trek from Namduna Gaun to Saldang (3,620m/4-5 hours walk), overnight at lodge.

**Day 14:Trek from Saldang to Yangze Gompa (4,960m/5 hours walk), overnight at lodge.**

- 4960m
- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  5 hrs.

Trek from Saldang to Yangze Gompa (4,960m/5 hours walk), overnight at lodge.


**Day 15:Trek from Yangze Gompa to Sibiu (4,560m/7 hours walk).**

- 4560m
- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  7 hrs

Trek from Yangze Gompa to Sibiu (4,560m/7 hours walk).


**Day 16:Trek from Sibiu to Jeng-la Phedi (4,900m/5-6 hours , overnight at lodge,**

- 4900m

- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  5 hrs

Trek from Sibiu to Jeng-la Phedi (4,900m/5-6 hours , overnight at lodge,

**Day 17:Trek from Tokyu to Dho Tarap (4,040m) - 5 hours Walk, overnight at lodge.**

- 4040m
- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  5 hrs


Trek from Tokyu to Dho Tarap (4,040m) – 5 hours Walk, overnight at lodge.

**Day 18:Rest Day at Dho Tarap, overnight at lodge.**

- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.

Rest Day at Dho Tarap, overnight at lodge.

**Day 19:Trek Dho Tarap to Tarap Khola (Kamakharka) (3,800m/7 hours walk), overnight at lodge.**

- 3800m
- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  7 hrs


Trek Dho Tarap to Tarap Khola (Kamakharka) (3,800m/7 hours walk), overnight at lodge.

**Day 20:Trek from Tarap Khola to Khanigaon(3,150m/5 hours walk)., overnight at lodge.**

- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.


Trek from Tarap Khola to Khanigaon(3,150m/5 hours walk)., overnight at lodge.

**Day 21:Trek from Khanigaon to Tarakot (2,537m/5 hours walk), overnight at lodge.**

- 2537m
- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  5 hrs


Trek from Khanigaon to Tarakot (2,537m/5 hours walk), overnight at lodge.

**Day 22:Trek from Tarakot to Dunai (2,140m/5-6 hours walk), overnight at lodge**

- 2140m
- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  6 hrs

Trek from Tarakot to Dunai (2,140m/5-6 hours walk), overnight at lodge

**Day 23:Trek from Dunai to Jhuphal - 2-3 hours walk, overnight at lodge.**

- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.
-  3 hrs

Trek from Dunai to Jhuphal – 2-3 hours walk, overnight at lodge.

**Day 24:**

- Best lodge/Tea house Available.
- Breakfast Lunch Dinner.

**Day 25:Fly from Jhuphal to Nepalgunj and then connect your flight to Kathmandu. Upon arrival, drop at your hotel.**

- 1350m
- Three star rated Hotel.
- Breakfast Lunch

Fly from Jhuphal to Nepalgunj and then connect your flight to Kathmandu. Upon arrival, drop at your hotel.

**Day 26:Final Departure**

- 1350m
- Breakfast

Today is the final day of our trip. Our agent will drop you Airport 3 hours before your planned flight. Have a nice and safe flight. See you next time.

**Notes:**

- All above trekking hours and distances are approximate and it's absolutely for general ideas only.
- The above data is a guide and standard layout of what we give. Our trek can be customized at your request to suit your particular necessities
- Your safety is of supreme concern while engaging with Snowy Dream World. Please note that your leader has the authority to adjust or cancel any part of the itinerary if it is estimated required due to safety issues. Every determination will be made to keep to the above itinerary; though, since this journey involves travelling in remote mountainous areas, we cannot assurance that we will not suffer from it. Weather conditions, health condition, unexpected natural disasters can all affect in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared for the happening if required.

### **Included in the Cost**

- Airport pick up and drop off services - (Airport- Hotel- Airport)
- 2 nights' Accommodation service in Kathmandu with twin sharing basis.
- All accommodation and meals (Breakfast, Lunch and Dinner) during the trek.
- An experienced and governmental licenced English-speaking trek guide and Sherpa porters to carry luggage including their salary, insurance, equipment, food and lodging.
- Porter 1:2 ratio. 1 porter for 2 people weighing around 15-20 kg of weight.
- Sleeping bags and duffel bags, Walking Sticks in return basis, if necessary. ➤
- First aid kit will be available if necessary.
- Trekking maps.
- Our Company provides Adventure Trekking Certificate.
- Our administration charge and government charges.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance.

### **Not Included in the Cost**

- Food in city like Kathmandu and Pokhara.
- Extra Hotel Lodging Charges in Kathmandu because of Early arrive or late departure. early arrive from mountain than our schedule Itinerary.
- Tips to Guides and porter.
- Additional charge in case of emergency (You must have adequate travel insurance to cover any kind of emergencies, like (ground transportation & Heli rescue/medical/hospitalization. Medical etc).
- Your International flight ticket airfare.
- Chocolates/energy drinks/alcohol/mineral water/cigarettes/packing food /snacks etc.
- Additional medication for altitude sickness (Acetazolamide etc).
- Personal and any other expenses such as Laundry/WIFI on trek/phone call.
- Trekking equipment.