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Kapan Marg, Kathmandu, Nepal



### Upper Dolpo Phoksundo Lake Trek

Upper Dolpo is a high-altitude culturally Tibetan region in the western Himalaya of Nepal. The inhabitants of Dolpo region are mainly Tibetans; the region is rich in ethnic Tibetan culture and arts. Upper Dolpo trekking initiates at the north-west region behind the Dhaulagiri massif, towards the Tibetan plateau. There is abundance of Himalayan wildlife. We can find Musk Deer, Himalayan Blue Sheep and rare Snow Leopard. The deepest lake of Nepal Shey Phoksundo also lies here. This lake stands at 3900 m above sea level. It is 4.8 km long, 1.5 km wide and has a depth of 145 m. This lake is also known as "Rigmo" locally. The route is most demanding as we traverse heights in excess of 5350 m and some of the most remote territory in Nepal. As we trek through the heart of Dolpo we get to see a variety of both scenery and people. From Magar villages with lush green paddy fields surrounded by dense jungles in the south of Dhaulagiri to Bhotia fortress hamlets and Gompas (monasteries). Undoubtedly, Dolpo Trek caters some of Dolpo's most intriguing highlights. The highlight of Dolpo natural paradise like Phoksundo Lake, unique cultural encounters as often as we traverse through villages of different ethnic tribes and religious devotees. Near Phoksundo lake some of the oldest and most important monasteries like Shey Gompa are exciting trek highlights. Also the pain that every trekker would love to endure while crossing 5000m+ passes like Nangdala and Shey La lifetime experiences of Dolpo Trek. This itinerary is changeable as per your interest and time frame.

Price:

Trip Start:

Trip Ends:

Duration: 27

Grade: Challenging

Altitude: 5190 m

Destination:

Trip Style:

Transport:

Group Size: 10+

Best Time: Summer, Autumn and Spring Season

## Itinerary

Day	Title	Description
1	<u>Arrival day in Kathmandu (1,300m/4,264 ft)</u>	Arrive in Kathmandu, where you will be greeted by our staff and taken to your hotel. Enjoy a brief rest, followed by free time for sightseeing or personal activities. In the evening, we get to try Nepalese cuisine (or your preferred meal) at a welcome dinner hosted by the hotel.
2	<u>Valley sightseeing and trek preparation</u>	Explore the cultural wonders of Kathmandu Valley with a full-day sightseeing tour. Visit UNESCO World Heritage Sites, including Swayambhunath (Monkey Temple), Boudhanath Stupa, and Durbar Square. Experience the city's rich history, vibrant markets, and architectural marvels. After the tour, we meet our entire trekking team, and our guides will tell us what we can expect on our trek. Overnight in Kathmandu.
3	<u>Fly from Kathmandu to Nepalganj</u>	Take a morning flight to Nepalganj, a bustling city in Nepal's Terai region. Upon arrival, check in at the hotel and explore the local area, known for its subtropical climate and cultural diversity.
4	<u>Fly from Nepalganj to Juphal (Dolpo), trek to Dunai (2,850m/9,348ft)</u>	Fly from Nepalganj to Juphal, the gateway to Dolpo. Begin your trek to Dunai, the district headquarters, taking approximately 3-4 hours.
5	<u>Trek to Tarakot (2,850m/9,348ft)</u>	Hike to Tarakot, an ancient village rich in history and scenic beauty. Trekking duration: 5-6 hours.
6	<u>Trek to Khani Gaon (2,543m/8,341ft)</u>	Trek through scenic trails to the peaceful village of Khani Gaon. Trek duration: 3-4 hours.
7	<u>Trek to Tarap Khola (3,450m/11,316ft), 4-5 hrs.</u>	Continue your journey to Tarap Khola, a serene river valley surrounded by towering peaks. Trek duration: 4-5 hours.

8	<u>Trek to Yak Kharka (3800m/12,464ft)</u>	Ascend to Yak Kharka, an alpine pastureland where yaks graze on lush meadows. Trek duration: 4-5 hours.
9	<u>Trek to Dho Tarap (4,090m/13,415ft)</u>	Reach Dho Tarap, a high-altitude village with stunning Himalayan views. Trek duration: 5-6 hours.
10	<u>Rest Day at Dho Tarap for acclimatization</u>	Take a rest day to acclimatize to the altitude. Explore the surrounding landscapes and experience the Tibetan Buddhist culture.
11	<u>Trek to Tokyu Gaun (4200m/13776ft)</u>	Trek to Tokyu Gaun, home to Buddhist monasteries and breathtaking scenery. Trek duration: 5-6 hours.
12	<u>Trek below Numala pass (4665m/15301ft)</u>	Begin your ascent towards Numala Pass. Trek duration: 4-5 hours.
13	<u>Cross Numala (5,190m/17,023ft), and camp at Phedi</u>	Cross the challenging Numala Pass, offering panoramic Himalayan views. Trek duration: 6-7 hours.
14	<u>Trek and cross Baga La (5,070m/16,630ft) and camp</u>	Cross another high-altitude pass, Baga La, and set up camp in stunning surroundings. Trek duration: 5-6 hours
15	<u>Trek to Ringmo (3,600m/11,808ft)</u>	Descend to Ringmo, a charming village near Phoksundo Lake. Trek duration: 6-7 hours.
16	<u>Rest Day at Ringmo &amp; for a hike to Phoksundo Lake (3730m/12234ft)</u>	Enjoy a rest day in Ringmo with an optional hike to the breathtaking turquoise waters of Phoksundo Lake.
17	<u>Trek to Pungmo village (3170m/10397ft)</u>	Trek to the peaceful settlement of Pungmo, surrounded by forests and streams. Trek duration: 4-5 hours
18	<u>Trek below Kagsara La</u>	Trek towards the foot of Kagsara La Pass. Trek duration: 5-6 hours.
19	<u>Cross the Kagsara-la (5,115m/16777ft)</u>	Cross Kagsara La and descend to Hurikot Village. Trek duration: 4-5 hours.
20	<u>Trek to Hurikot village (3600m/11808ft)</u>	&nbsp;a remote settlement with spectacular mountain views.
21	<u>Trek to Chaurikot (3060m/10036ft)</u>	Descend to the picturesque village of Chaurikot. Trek duration: 5-6 hours.
22	<u>Trek to Chorte Gompa (3200m/10496ft)</u>	Trek to Chorte Gompa, a tranquil village with a Buddhist monastery. Trek duration: 5-6 hours.

23	<u>Trek to Gothi Chaur (2,700m/8856ft)</u>	Hike through forests and villages to reach Gothi Chaur, a quiet and scenic area. Trek duration: 4-5 hours.
24	<u>Trek to Jumla (2,370m/7773ft)</u>	Trek to Jumla, a historic town with a rich cultural heritage. Trek duration: 6-7 hours.
25	<u>Fly from Jumla to Kathmandu with brief stop at Nepalganj</u>	Take a morning flight from Jumla to Kathmandu with a brief stop in Nepalganj. Transfer to your hotel upon arrival.
26	<u>Leisure at Kathmandu</u>	Spend a relaxing day in Kathmandu, exploring markets, temples, or shopping for souvenirs.
27	<u>Departure from Kathmandu</u>	Transfer to the airport for your departure, concluding your Dolpo trekking adventure.

## Includes

Airport Pick up and transfers to hotel

All accommodation as BB in 4/5 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

**Excludes**

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

Personal expenses like hot shower and battery charge.

Personal equipment.

Personal equipment.

Tips for trekking staff.