Upper Dolpo Trek is one of the popular off the beaten trekking in Nepal that provides true Tibetan culture and untouched landscape. Dolpo area is located in the mid-western region of Nepal in between the Dhaulagiri Himalayan range to the east and Tibetan Plateau in the north.

The highlights of the trek are walking through the remote area, traverses across the high passes, barren landscape, rugged trails and gorges villages exploring the untouched beauty, observing scenic mountain range, experiencing the abundant culture as we traverse through villages of spiritual devotees and distinct ethnical tribes.

Upper Dolpo trek mostly falls on the Shey Phoksundo National Park which is the biggest National Park in Nepal. Shey Phoksundo National park accelerates abundant diversity of flora and fauna with some endangered species such as Snow leopard, blue sheep, Musk deer, Himalayan black bear, Himalayan Thar, many species of butterfly, 200 species of birds and many more. Additionally magnificent landscape of this park makes it one of the most scenic mountain park in the world. The turquoise lake Phoksundo which is the one of the biggest freshwater lake situated at the altitude of 3625m is another major attraction of the trek.

In 1986 the region was opened for the trekkers to research. Upper Dolpo trek begins after you take a flight from Kathmandu to Nepalgunj then next morning you will take another short flight from Nepalgunj to Juphal. The trek route you'll pass through the forest of Pine, Birch, Walnut, Juniper, and Hemlock, Rhododendron and wild rose bushes passing through Chhepka, Rechi and Chunuwar village.

A day visiting Bon monastery exploring round the Phoksundo lake and getting acclimatization on this place, then we resume the trek further north to Kang La pass (5350m) also known as Nangdola Pass. Then descend to Shey Gompa which is the famous Buddhist monastery and it is spiritual heart of Upper Dolpo, regarded as mini Kailash.

Following the Shey Gompa, we enter to the upper part of Dolpo crossing Shey La pass, the trail winds through the Namgung Gompa, biggest village of Saldang, through Komas village to the more northern valley of two villages of Shimen and Tinje.

The trail turning south after Tinje village crossing the Choila pass 5050m into the upper Dolpo's leading trading center Dho Tarap valley. As long we encounter the high passes, exotic villages, and sculpted gorges, we also pay a visit to the century-old Bon and
Buddhist monasteries and watch the authentic Dolpo Pa culture across the route.

In the end, we return to Juphal round off this experience visit with descending through Tarap valley along the Tarap Khola to Dunai hiking and fly out to Nepalgunj and Kathmandu.

**Highlights of Upper Dolpo Trek**

- Crossing suspension/wooden bridges and walking through lush green forests
- Gorgeous Phoksundo Lake and Bon Monastery of Ringmo village
- Ancient villages of Dolpo Pa civilization
- Century Old Bon and Buddhist Monasteries

**Duration:** 23 days

**Price:** $4450

**Rating:** 5 Star

**Group Size:** 02 Pax. and above

**Grade:** Difficult

**Destination:** Nepal

**Activity:** Trekking in Nepal

**Region:** Far West/Mid West Region

### Date & Prices:

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### Equipment Lists:

1. Sleeping bag (down), rated to -10-degree centigrade (If you don’t have them it can rent in Kathmandu for your trek period).
2. Sleeping bag liner (optional)
3. Hiking boots should be lightweight to medium weight leather or Gore-Tex. Your boots should fit well and be completely broken in prior to your trek.
4. Sneakers or sandals for lodge and town.
5. Socks, thin liners (polypro or silk), thick outer socks (wool or polypro). Bring 3 changes of socks.
6. Thermal underwear, polypropylene or other synthetic (No cotton).
7. Lightweight hiking pants, Insulating pants (fleece or equivalent), Rain pants.
8. Several t-shirts, both long and short sleeved.
10. Rain jacket/poncho(Gore-Tex) or equivalent is ideal.
11. Down jacket.
12. Fleece Jackets
13. Warm hat.
15. Gloves or mittens.
16. Quality sunglasses with 100% UV and IV protection. (It is also recommended to bring a spare pair)
17. If you wear prescription glasses or contacts, bring spares.
18. Two (2) good quality 1-liter water bottles.
19. Trekking poles. (optional, and can be purchased in Kathmandu)
20. Flashlight or headlamp with extra batteries.
22. Camera and spare batteries.
23. Special snack items in zip lock bags.
24. Earplugs (for travel)
25. Particle masks (for dust)
26. Toilet kit with towel, washcloth, bandanna, scrub brush, short clothesline, safety pins, mesh laundry bag, biodegradable soap, toilet paper, pre-moistened towel, toothbrush, toothpaste, etc.
27. Women: bring extra sanitary supplies and zip lock bags to pack out used materials.
28. Personal medical/first aid kit with aspirin, ibuprofen or acetaminophen, nasal/throat decongestant, topical antiseptic, band-aids/bandages, sunscreen, and lip balm, laxative, anti-diarrhea medicines, antacid, water purification tablets (or filter), moleskin, bug repellent, and any personal prescriptions or medical items.

Other Informations:

Nepal Entry Visa Procedures

Foreigners who intend to visit Nepal must hold a valid Passport (6 months) or any travel documents equivalent to a passport issued by the government for visiting a foreign country.

You can obtain the Nepal visa upon arrival at Tribhuvan international airport, Kathmandu. And you can apply for the Nepal visa online now. The application for the tourist visa has to be filled and submitted through this link of Nepal Immigration, www.online.nepalimmigration.gov.np/tourist-visa.

Please bring the printed copy and show them at the immigration in Kathmandu with the visa fees and 2 copies of passport sized photos. US$ 25 or equivalent foreign currency for 15 days multiple entry visa, US$ 40 or equivalent foreign currency for 30 days multiple entry visas. We suggest you take cash in hand. If you haven’t applied for the online visa then visa form will be provided during your flight to Nepal.

Note: Free Visa for Chinese citizens including HKSAR Passport holders.

Nepal Trekking Season’s

The two most pleasant seasons for trekking in Nepal are spring and autumn. The spring season is considered to be March to May. During the spring months, flowers are in bloom in the forests so it can be quite beautiful though it can also be a bit cloudy, especially in the afternoon. Autumn season is considered September through November. In autumn season you will get the best mountain views, with clear skies usually all day long. The fall season is slightly cooler with average temperatures. December is also generally the driest month of the year. Trekking in Nepal is possible at any time of the year.

It is worth remembering that we will get 75 percent of annual rainfall from the mid-June through August. This period is considered as the monsoon season. Winter in Nepal is considered December through February. These months are the coldest in temperatures depending on where you are. At higher altitudes in the Himalayas temperatures will drop below freezing and it can be extremely cold at night.
A Typical Day of the Trekking

The trekking day begins early at around 6.30AM in the morning with a cup of wake up tea. Before breakfast, pack your duffel bag which is carried by porters by keeping some essential things in your daypack. After breakfast, we are usually starting the good morning walk. After 3-4 hrs walking, we stop for lunch. Allowing about 1 - 2 hours for lunch break then we continue the walk to the destination where we stay overnight.

We reach the teahouse/camp by afternoon, as the afternoon walk is generally shorter than the morning. Check in the room and having afternoon tea, side trips or other activities are generally organized. You can spend the afternoon as you wish then meet for dinner around 7 PM and sleep.

Geography of Nepal

Nepal covers the land area of 147,181 sqkm, stretching 800 km from east to west and 90 to 230 km from north to south. Nepal is land-locked between China (including the Chinese autonomous region of Tibet) and India. Nepal has three geographic regions; the mountainous Himalayan belt (including 8 of the 14 highest mountain peaks in the world), the hill region and the plains region.

Nepal contains the greatest altitude variation on earth, from the lowland Terai, at almost sea-level to Mount Everest at 8848 meters. Nepal is divided into seven states and seventy-seven districts. Where the high Himalayas occupy 16% of the total land area of Nepal with elevation ranging from 4,000 m to above 8,848 m. This region accommodates the eight of the highest peaks in the world; Mt. Everest (8848 m), Kanchenjunga (8586 m), Lhotse (8516 m), Cho You (8201 m), Dhaulagiri (8167 m), Makalu (8463 m), Manaslu (8163 m) and Annapurna I (8091 m).

Currency in Nepal

Nepali Rupee notes come in Rupees 5, 10, 20, 50, 100, 500, 1000 denominations. Coins come in Rs. 1, 2 and 5 denominations. Foreign currencies must be exchanged only through banks or authorized money exchangers. Banks are usually open from 09.30 am to 3:00 pm Sundays through Thursdays and from 10.00 am to 1:00 pm on Fridays. Saturdays are closed.

Credit Cards: All major cards are accepted for tourist services. There is usually a 4% mark-up on top of the price.

Effects of Global Warming & Climate Change

Nepal is one of the most vulnerable countries in South Asia to climate change, yet it has limited capacity to address the impacts of climate change or to take advantage of the opportunities. It has a highly variable climate and fragile ecosystems. The Himalayan glaciers are retreating faster than any other major body of ice.

With climate change, climate variability, a driver of poverty in a country where 60% of the population is reliant on agriculture, will only increase. The monsoon rains are already more intense, but of shorter duration, and are arriving later, which has a devastating impact on the rice fields.

The Greater Himalaya region is the water tower of Asia. Nepal sits at a strategic point, in the headwaters of the Ganges basin. 500 million people live in this basin, which is one of the most flood-prone in the world. Currently, Nepal's Himalayan Rivers supply 70% of the dry season water in the Ganges and 30% of the peak flood waters.
Nepal's potential for hydropower is 100 times its existing energy use. Current development of rivers is sub-optimal, focusing solely on hydro rather than also storing water in the summer to use for irrigation during the rest of the year and reduce flooding.

**Clothing in Nepal**

From April to the end of September, it is warm in Kathmandu. In Nepal clothing for traveling purpose should be comfortable and lightweight. You can also wear longer shorts provided that it is weather-friendly. In the months of October to the end of March, days are usually warm and evenings are cool.

Put on your summer clothes during the day time but in the evening and night, it is advisable to carry a light jacket. Winter season starts from December to February. One must be equipped with sufficient winter wears like down jackets, sweaters, trousers etc to stay protected from the cold. In accordance with Nepali weather, you can have your clothes well-packed in your luggage or you can also purchase clothes of your choice and needs from the clothing stores in Kathmandu.

**Health Issues Regarding Altitude Sickness**

Those in good health should have no difficulty traveling to Nepal. But people with health conditions including asthma, diabetes, high blood pressure, epilepsy, and cardiac problems should seek a doctor’s approval before planning a trip to Nepal.

Trekking and Climbing in Nepal involve high altitude and can be strenuous. A simple headache, fever, loss of appetite or stomach disorders can happen before the acclimatization. Altitude sickness, if not treated when symptoms first appear, can lead to death. Often known as AMS or Acute Mountain Sickness, it can ruin a Treks and Climblings and should be treated very seriously.

The Himalayan Mountains begin where other mountain ranges end. As altitude increases, especially above 3,000 meters, the air becomes thinner, creating certain difficulties for the human body. Youth, strength, and fitness make no difference here. The only prevention is to give ones body time to adjust to high altitude. Those who go too high too fast are liable to be victims of Acute Mountain Sickness. To minimize its threat, we recommend following this advice:

01. Drink adequate fluids. At 4,300 meters, for example, the body requires 3 to 4 liters of liquid a day. At low altitudes try to drink at least 1 liter a day.

02. Accept the fact that you cannot go very high if your time is short.

03. Learn to recognize the symptoms of AMS: a headache, nausea, loss of appetite, sleeplessness, fluid retention and/or swelling of the body. The cure is to climb no higher until the symptoms have disappeared.

04. Do not expect everyone in your group to acclimatize at the same rate. If you experience such discomforts, tell the accompanying Best Nepal Trekking facilitators immediately.

05. For the sake of safety, if the trek leader deems it necessary to ask a participant who is suffering from AMS to descend, he will have the authority to do so even though it may go against the will of that participant.

**People and Religions of Nepal**
Nepalese people are mainly divided into two distinct groups, the Indo-Aryans and the Mangoloids. Since 2008AD, Nepal has been declared a secular country. The Hindu Temples and Buddhist Shrines are scattered all over the Kingdom. Nepal is the birthplace of Lord Buddha, Herald of Peace, The Light of Asia. Hindus, Buddhists, Muslims, and Christians live together in harmony. And other nature worshippers, too, exist here.

Ethnic diversity and custom of Nepal make Nepal the most fascinating tourist destination in the world. Official statistics indicate that the Nepali population of around 35 million includes more than 90 ethnic groups speaking 100 different languages and dialects.

**History of Nepal**

Nepal has witnessed many rulers and dynasties play contributing roles in molding Nepal to present day’s Modern Nepal. Karin's ruled Nepal from 9th century BC to 1st century AD Later Lichchhavis took over Karin from 3rd to 13th century and then were followed by Thakuri belonging to Malla dynasty.

Then Shah Dynasty held the reign. Prithvi Narayan Shah is solely responsible for today’s modern day Nepal for he is the one who united different kingdoms into one single nation in 1769. In 1846, the Kot massacre led by Jung Bahadur Rana back seated the power of the monarchy and made Rana regime more powerful. In 1950 Tribhuvan with the support from India restored monarchy.

A coalition government comprising the Nepali Congress party and the Ranas was thereafter installed with the promise of free elections in 1952. In 1960, Mahindra, son of Tribhuvan tactically established Panchayat system, meaning ‘five councils system,’ by engineering a coup, declaring a new constitution, imprisoning all the leaders of the then government and enforcing a ban on all political activities.

People’s movement of 1990 opened up a new chapter for a decade of democracy in Nepal which led to multiparty democracy with a constitutional monarchy. Democracy came with heavy price leading to incompetent political leaders, political conflicts, Maoist insurgency, corruptions and downfall in the national economy. Royal family massacre in 2001 left the whole world in complete shock. Gyanendra was crowned Nepal’s king after his brother, Birendra’s assassination.

With the advent of 2006, all major political parties committed to reform their past mistakes and Maoist rebels came together with the support from Nepali people and jointly went on several days strikes to restore democracy. Finally, Gyanendra Shah handed over the political power to Nepali people and democracy was once again restored in Nepal. Then Maoists has been the biggest political party of Nepal 2008 election. Nepal recently(September 2015) declared the new constitution for the country.

**Shopping in Nepal**

In the major cities of Nepal, like Kathmandu, Patan, Bhaktapur, Pokhara, you will find well-resourced shopping malls. From clothes, shoes, accessories, sportswear, electronic goods, cosmetics, food and decoration items to kitchen wares you can purchase any goods. In Nepal shopping of both local and imported goods are possible. Most shops and clothing stores have fixed price tagged along with their goods.

But in the case of small shops, you can bargain the prices for purchasing goods. While shopping in Nepal it is advisable to carry Nepali currency in cash as most of the shops only accept cash. In Kathmandu, Thamel, New-road, and Durbar-Marg are the most popular Shopping centers.

**What Foods You Will Expect In Nepal**

Kathmandu is a paradise for food lovers. Besides Nepali food, Nepal restaurants here serve varieties of hygienic delicacies from
Indian, Chinese, Tibetan, Japanese, Italian, Australian, Russian, Korean, Mexican, Thai etc to continental at the remarkably reasonable price. If you desire to lead a Nepali lifestyle during your stay in Nepal, then there are also some restaurants serving pure Nepali cuisine (Dal Bhat) which comprises of steamed rice, lentil soup and varieties of vegetable/non-vegetable curries.

Thamel, the tourist hub of Kathmandu, is well known for many excellent restaurants, cafés, and pubs. Pokhara also has numerous restaurants that serve every kind of delicacies complementing your taste. The foods in the mountains (trekking routes) also fresh, hygienic and delicious.

Travel Insurance For Traveling in Nepal

Travel insurance is not included in the trip price. It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation (including helicopter rescue) and personal liability. We also recommend that it cover trip cancellation and loss of luggage and personal effects.

Hotels in Nepal

Nepal offers a wide range of accommodation, from 5-star luxury hotels to budget-priced guesthouses. Top hotel in Nepal gives you high-quality services. Whatever your requirements are, Nepal hotels can meet them all.

Best Nepal Trekking P(LTD), is always recommend the best Hotels in Nepal for your holidays.

Itinerary:

Day 01: Arrival in Kathmandu and Transfer to the Hotel (1340m)

The representative from our company and driver will meet you at the airport and escort you to the hotel. Overnight in Hotel.

Day 02: Kathmandu to Nepalgunj by flight (150m) and transfer to the Hotel.

Today you will have half day sightseeing tour in Kathmandu valley and in the afternoon fly to Nepalgunj. From Kathmandu, we fly by domestic flight to Nepalgunj which takes 55minutes. Nepalgunj is the city in the western Terai, closer to the Indian border. Overnight stay will be in the hotel that is 10-15 minutes drive from the airport.

Day 03: Nepalgunj to Juphal (2475m) flight and Trek Juphal to Dunai (2140m) 3 hrs walking.

Today we take a 35 minutes flight to Juphal in early morning. Our trekking starts from Juphal. The road from Juphal to Dunai is comfy and simple as the road on this component of trek has a couple of jeeps running to and from. The first forty-five minutes of the trek descends down to Kala gauda followed by two hours of increase along the trail above Thuli Bheri River. We trek by the riverside and pass Roop Ghar with all the water mill and eventually reach the Dunai (2150m) a small city, the headquarter of this district.

Day 04: Dunai to Chhepka (2680m) 6 hrs walking.
The adventure trek starts today via Sulighat, which will be pretty much cozy walk along the valley trail. We check the trekking permit of Dolpo and Shey Phoksundo National Park Permit at Sulighat Check-post. Our trek follows the road beside Phoksundo River till Kageni. As the trek goes further, the landscapes from the area begin to modify. We trek through the lush green forests often emerging at isolated mid-hill villages like Jutung and arrive at Shangta. In Shangta we cross the bridge twice- after over Phoksundo River and once over the confluence of Phoksundo Khola and Maiba Khola then continue north towards Chhepka. Trekking upstream along the trail beside Phoksundo Khola for a while we arrive at Chhepka. Overnight in Camping.

**Day 05:** Chhepka into Chunuwara / Amchi Hospital (3000m) 6-7 hrs walking.

Now the trail leads you beside Phoksundo Khola- the course of renowned Lower Dolpa Circuit. As we approach closer to Kharka trekking along the amazingly peaceful area the trail goes above Phoksundo Khola to Rechi village where we stop for the lunch. After Rechi, across the bridge on the other side and the trail leads to Suligad Dovan where we cross the bridge across the confluence of Phoksundo Khola and Yulung Khola and arrive at Amchi Hospital. Amchi Hospital is the treatment center of the natives of Dolpo, where specialist Amchis treat the patients. Overnight in Camping.

**Day 06:** Chunuwara to Phoksundo Lake (3625m) 4-5 hrs walking.

The path today ascends on switchbacks through open fields to an altitude of 3300 meters, then starts up another pair of dusty switchbacks to a ridge at a viewpoint of a lake and highest waterfall in Nepal (200 meters high). Our route then continues on to Ringmo village, a picturesque settlement of flat-roofed stone houses with lots of mani walls. At Phoksundo Lake, where we camp at the national park camping ground.

**Day 07:** Rest Day For Acclimatization.

Today we explore the area around Ringmo Village and also the magnificent Phoksundo Lake. First, we explore around Ringmo Village and visit to Tshowa (the lake-shore Bon Monastery). Exploring this rich Bon Monastery is a fascinating experience. Then we drop down to Phoksundo Lake along steep-sided cliffs. The lake is famous for its magnificent turquoise color and stunning scenery.

**Day 08:** Phoksundo to Sallaghari (3700m) 5-6 hrs walking.

Today's trek is probably among the best trekking days of Dolpo. It climbs along the narrow trail cut a cliff position vertically directly over Phoksundo Lake. It climbs along the narrow trail which is standing vertically directly over Phoksundo Lake. This treacherously fascinating trail brings us to another side of Phoksundo Lake. For the Phoksundo Khola camp on another side of the lake, we descend across the beautiful forests. The final portion of today's trek continues up into the beautiful campsite at Sallaghari. Overnight in camping.

**Day 09:** Sallaghari to Nangdala Base camp (4700m ) 5-6 hrs walking.

Today's trek is relatively longer as we trek for almost 6 hours to achieve Kangla/Nangdala Base Camp. The first part of the trek is easy and we follow the valley gradually up and then the trail switches to the right side of the valley up and we cross the stream many times. Further higher up we all come across the wide valley followed by the canyon brings us the possible campsite. A walk for some time further reaches to the huge rock slab, which is Kang La/Nangdala Base camp. Overnight in camping.

**Day 10:** Nangdala Base Camp to Sey Gompa(4310m) crossing over Nangdala Pass (5350m) 5-6 hrs walking.

Today we trek to the fabled Shey Gompa and the neighboring crystal Mountain, which is the very sacred peak in Dolpo which pilgrims circumambulate each summer prior to the harvest. We're now entering the real Dolpo, and also to enter to this mysterious land we have to cross the Kangla/Nangdala pass. The trek to the top of Kang La/Nangdala Pass is along the gravelled trail uphill for three continuous hours. However,
all the efforts put to come up to the peak of the pass rewards us with lovely views. The eye feast viewpoints in the Kang La Pass includes Crystal Mountain, the hills in Tibetan land as well as the majestic landscapes of Dolpo. In addition, we have views of the peaks Shey Shikhar and Kang Chunne, equally over 6000 meters, before descending steeply down to the valley floor and along the river. A red chhorten marks the entrance to Shey Gompa. Each Dragon year based on the Tibetan calendar that comes in every 12 decades there occurs a grand festival. People from various areas and countries come to join this festival. Overnight camping.

Day 11: Shey Gompa to Namgung Gompa (4360m) crossing Shey La Pass (5100m) 6-7 hrs walking.

After Sey Gompa, we follow the Shephu Khola valley gradually for a few hours. Then we turn left valley and the landscape during this section of the trek are normal Dolpo landscapes- barren and enchanting. Then we start to climb towards the top of Shey La Pass, which can be almost two hours steep up. The Shey La Pass has magnificent views of Dolpo into the East, Tibet to the North and Kanjiroba, Kagmara and Riu Dhukta, along with the Crystal Mountain, to the West. The last push down from the pass, which is nearly two hours of walk brings us into Namgung. We spend our night at Namgung, a Neighborhood nomadic herding settlement and visiting the Monastery there. Overnight in Camping.After Sey Gompa, we follow the Shephu Khola valley gradually for a few hours. Then we turn left valley and the landscape during this section of the trek are normal Dolpo landscapes- barren and enchanting. Then we start to climb towards the top of Shey La Pass, which can be almost two hours steep up. The Shey La Pass has magnificent views of Dolpo into the East, Tibet to the North and Kanjiroba, Kagmara and Riu Dhukta, along with the Crystal Mountain, to the West. The last push down from the pass, which is nearly two hours of walk brings us into Namgung. We spend our night at Namgung, a Neighborhood nomadic herding settlement and visiting the Monastery there. Overnight in Camping.

Day 12: Namgong Gompa to Saldang (4000m) 4-5 hrs walking.

The trek from Namgung Gompa begins following Namga Khola and passing summer herding stains and emerge out of spur to get a short hike down to Saldang. Saldang is a gorgeous village with a lot of dry lands surrounded mountains. Amchi tradition and Buddhism in Dolpo thrives here at Saldang. We’ll get an opportunity to visit some local homes in the village.

Day 13: Day hike to Yangjer Gompa and Back to Saldang. 5-6 hrs walking.

Today we are going to take a day hike to Yangjer Gompa which is the one of the biggest monasteries in Dolpo so we take an early breakfast. We will have packed lunch and will come back into Saldang for the night.

Day 14: Saldang to Komash Village (4060m) 5-6 hrs walking.

Today, the trail descends to the riverside and then follows the Saldang Lekh across the Rapyha Khola to the bare hillside. Then we ascend up to the ridge of nearly 4600m, the road descends down to Komash Village a village which bears similarity to a Tibetan village. Overnight in Camping.

Day 15: Komash Village to Shimen (3850m) 5-6 hrs walking.

Today we trek from Komash village and on the way we might see some endangered animals such as snow leopard and Blue sheep. The landscapes in the area are full of highland deserts. After almost 3 hours of easy walk, brings us to Shimen Pass then descend to the village as we arrive at Shimen.

Day 16: Shimen to Tinje Village (4200m) 4-5 hrs walking.

Today the trail goes by the side of Panjang Khola. There are some villages and gompas on the way to Tinje. Tinje is a really beautiful big village in the most northern corner village.

Day 17: Tinje Village to Yak Kharka (4300m)
Today, the trail to Yak Kharka follows upstream the trail beside Panjang River to the small settlement of Chhamdang. Past Chhamdang the trek across the river bank proceeds into the confluence of both Chholtam Khola and Panjang Khola. Trekking further we cross the bridge over Thalum Khola, which flows out of Thalum Lek and arrive at Yak Kharka. Yak Kharka is open grazing ground for yaks and sheep. Overnight in camping.

**Day 18:** Yak Kharka to Dho Tarap (4350m) 6-7 hrs walking.

Today, the trek begins with the bridge crossing over Sulun Khola. The trail to Choila North BC is an arduous and hard trek. Nearly two hours of steep climb brings us into the very top of Choila Pass (5360m) from where the fascinating sights of Dho Tarap valley will be seen. Then we descend to Tokyu village and continue further to Dho Tarap. Overnight in Camping.

**Day 19:** Dho Tarap To Naworpani (3475m) 6-7 hrs walking.

As we start the trek, we hike along the flat trail beside Tarap Khola to Mirububane Khola Dovan - the confluence of Tarap Khola and Mirubabane Khola. Then the trek slides down to the bridge over Kang Khola at Langa Camp. The trail continues to follow Tarap Khola with the gorgeous views of arid landscapes. As the path goes further the trail emerges and cross passes several villages like Sisaul, Gyaamghar, Toltol and finally, we come to Nawarpani. Overnight in Camping.

**Day 20:** Naworpani To Lashicap (2775m) 6-7 hrs walking.

The trek today begins along the Tarap Khola and the landscape is starting to change. The green forest begin to emerge. For a while, we walk up high over Tarap Khola into Lamchaur. Cross passing Lahini Odar, we descend down the hill to Chhedhul Gompa. Once again, a short walk along the trail beside Tarap Khola we arrive in Lashicap. Overnight in Camping.

**Day 21:** Trek Lashicap to Dunai and drive to Juphal (2475m) 6-7 hrs walking.

Today we trek along the lush green forest high above Thuli Bheri River towards Tarakot. Just before coming to Tarakot, we cross the bridge across the small stream. The final day of the trek is more interesting. We trek on the road that stretches beside Thuli Bheri River into Dunai via Lawan and Byasgad. The trail has a forested region on the west, Thuli Bheri River and cultivated terraced areas on its East. We now have our lunch in Dunai. After lunch, we drive by jeep to Juphal. Overnight in Lodge.

**Day 22:** Juphal to Nepalgunj/Kathmandu by Flight.

Today, we will have an early morning flight from Juphal to Nepalgunj. Then from Nepalgunj, we are going to take another flight back to Kathmandu in the afternoon. Overnight in Hotel in Kathmandu.

**Day 23:** Departure Back to Home.

Today we will bring you to the International airport for your departure flight back home.

**Cost Include:**

- Airport transfers to/from by private vehicles.
- Accommodation 2 nights at Kathmandu (3 star hotel/twin sharing basis) with breakfast and including all govt. taxes. (Hotel Tibet or similar)
- Accommodation 1 night at Nepalgunj (3 star hotel/twin sharing basis) with breakfast and all government taxes.
- Airfare Kathmandu/Nepalgunj/Juphal/Nepalgunj and back to Kathmandu by regularly scheduled or chartered flights.
Accommodation in Tents and full board meals prepared by our experienced cook during the trek, all kind of hot drinks, boiled water etc.

Service of experienced Sherpa Guide, trekking cook, kitchen crews, assistant guides and required number of porters while on trekking and as well their wages, foods and insurance.

All necessary trekking equipments such as north face tents, chair and table, Hard and foam mattresses, Sherpa tents, cooking/eating utensils

Upper Dolpo and Lower Dolpo Restricted area permit fee US$520 Per Person.

Warm clothing and trekking gear for porters: trousers, fleece jacket, trekking shoes, woolen hat, gloves, shocks, sunglasses etc.

Sey Phoksundo National park permit fee.

Stafs transportation costs and guide airfare.

Transportation Juphal/Dunai/Juphal by jeep.

Agency service charges and all govt. applicable fees.

Cost exclude:

- All meals (Lunch/Dinner) during staying in Kathmandu.
- Air travels to and from Nepal.
- Nepal Visa fee (US$ 40) per person.
- All personal expenses, travel insurance, rescue charge in emergency.
- Extra cost due to flight cancellation or road condition.
- Purchases of bottled water while on the trek, gifts and alcohols.
- All personal clothing and equipments including sleeping bag, personal climbing equipment etc.
- Sightseeing cost in Kathmandu.
- Any tipping for the staffs.

Other Features:

- Max. Altitude: 5350M (Nangdola Pass)
- Trek Starting/Ending Point: Juphal
- Accommodation: 3 Star Hotel in Kathmandu/Nepalgunj/Camping on Trek
- Meals: Full Board Meals During Trek
- Transportation: Private Vehicles/Domestic Flights