Upper Dolpo Trek

Description

Upper Dolpo Trek is a high-altitude trek that passes through some of the highest settlements in the world and offers breathtaking views of the Himalayas. This trek provides a beautiful experience with a spiritual and mysterious aura in the remote far west of Nepal.

Upper Dolpo Trek typically takes about 28 days. It's a lot of adventure for trekkers who want to trek through the remote and rugged region of the Himalayas. The trek is considered challenging in grade. It is recommended that trekkers have prior trekking experience and good physical condition. The maximum altitude the trekkers venture through is 4,960m at Yangze Gompa.

Trekking in the Upper Dolpo region is an adventure of wilderness with fascinating landscapes and breathtaking mountain views. The breathtaking views of Dhaulagiri, Kanjirowa, Kagmara, Churen Himal and the Tibetan Himalayan plateau will take adventurer breaths away. Quaint settlement and villages never leave their serene surroundings and offer a unique lifestyle. Upper Dolpa is considered sacred by the Buddhist and Bon people.

This trek passes through the arid landscape, mostly dry regions and varied atmospheres to experience different topography of the Himalayas. Trekkers have a chance to encounter wildlife such as musk deer and Himalayan blue sheep making this trek a trek-to-remember destination. The diversity of flora and fauna along the hiking trail will add to your experience.

Upper Dolpo Trek is a complete camping trek. Teahouses are available at several points along the trek and have only basic facilities. Local families run these teahouses, so they may not offer the level of service you would expect in the city.

The Upper Dolpo Trek is a high-altitude trek in a remote part of the country. Therefore, there is always the risk of high altitude sickness. So, taking precautions before and during your trek would be advised. It is also recommended to trek with a proper guide to ensure beauty and culture don't go unnoticed.

Highlights

- Shey Phoksundo National Park a national park is home to a variety of flora and fauna, including the blue sheep and the snow leopard. It is also home to the beautiful Phoksundo Lake, which is known for its crystal-clear waters and surrounding forests.
- The Upper Dolpo Trek takes you along ancient trade routes that were used for centuries by traders and pilgrims. These routes offer a glimpse into the rich cultural history of the region. Visit 800-year-old Shey Gompu,also known as the Crystal Monastery.
- The Trek takes you to some of the highest settlements in the world, including the village of Yangjer Gompa, which is located at an altitude of 4,800 meters.
- High mountain passes- Kang La Pass (5,350 m) and Neng La Pass (5,368 m). The views from the high passes are particularly breathtaking, and offer a sense of accomplishment after the challenging trek.

- Breathtaking views of the Himalayas, including the Mt. Dhaulagiri massif, Mt. Api, Mt. Nilgiri and the Annapurna range.

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	Kathmandu: sightseeing and trek preparation	1,380 meters	
03	Flight from Kathmandu to Nepalgunj	150 meters	45 minutes
04	Flight from Nepalgunj to Jhuphal and trek to Dunai	2,850 meters	2-3 hours
05	Trek from Dunai to Ankhe	2,896 meters	5-6 hours
06	Trek from Ankhe to Sulighat	3,180 meters	5-6 hours
07	Trek from Sulighat to Phoksundo Lake	3,612 meters	4-5 hours
08	Acclimatization and rest at Phoksundo Lake	3,612 meters	
09	Trek to Phoksundo Khola	3,507 meters	4-5 hours
10	Trek from Phoksunds Khola to Phoksundo Bhanjyang	3,910 meters	6-7 hours
11	Trek from Phoksundo Bhanjyang to Shey Gompa via Kang-La pass	4,500 meters	5-6 hours
12	Acclimatization and rest at Shey Gompa	4,500 meters	
13	Trek from Shey Gompa to Namduna Gaun via Saldang La	4,800 meters	6-7 hours
14	Trek from Namduna Gaun to Saldang	3,620 meters	4-5 hours
15	Trek from Saldang to Yangze Gompa	4,960 meters	4-5 hours
16	Trek from Yangze Gompa to Sibu	4,560 meters	6-7 hours
17	Trek from Sibu to Jeng-la Phedi	4,900 meters	5-6 hours
18	Trek from Jeng-la Phedi to Tokyu Gaon via Jeng La pass	4,209 meters	5-6 hours
19	Trek from Tokyu to Dho Tarap	4,040 meters	4-5 hours
20	Rest Day at Dho Tarap	4,040 meters	
21	Trek from Dho Tarap to Tarap Khola (Kamakharka)	3,800 meters	6-7 hours
22	Trek from Tarap Khola to Khanigaon	3,150 meters	4 -5 hours
23	Trek from Khanigaon to Tarakot	2,537 meters	4 -5 hours
24	Trek from Tarakot to Dunai	2,850 meters	5-6 hours
25	Trek from Dunai to Jhuphal	2,500 meters	2-3 hours
26	Flight from Jhuphal to Nepalgunj and then to Kathmandu	1,380 meters	3-4 hours
27	Rest day in Kathmandu		
28	Departure to Airport		

Detailed Itinerary

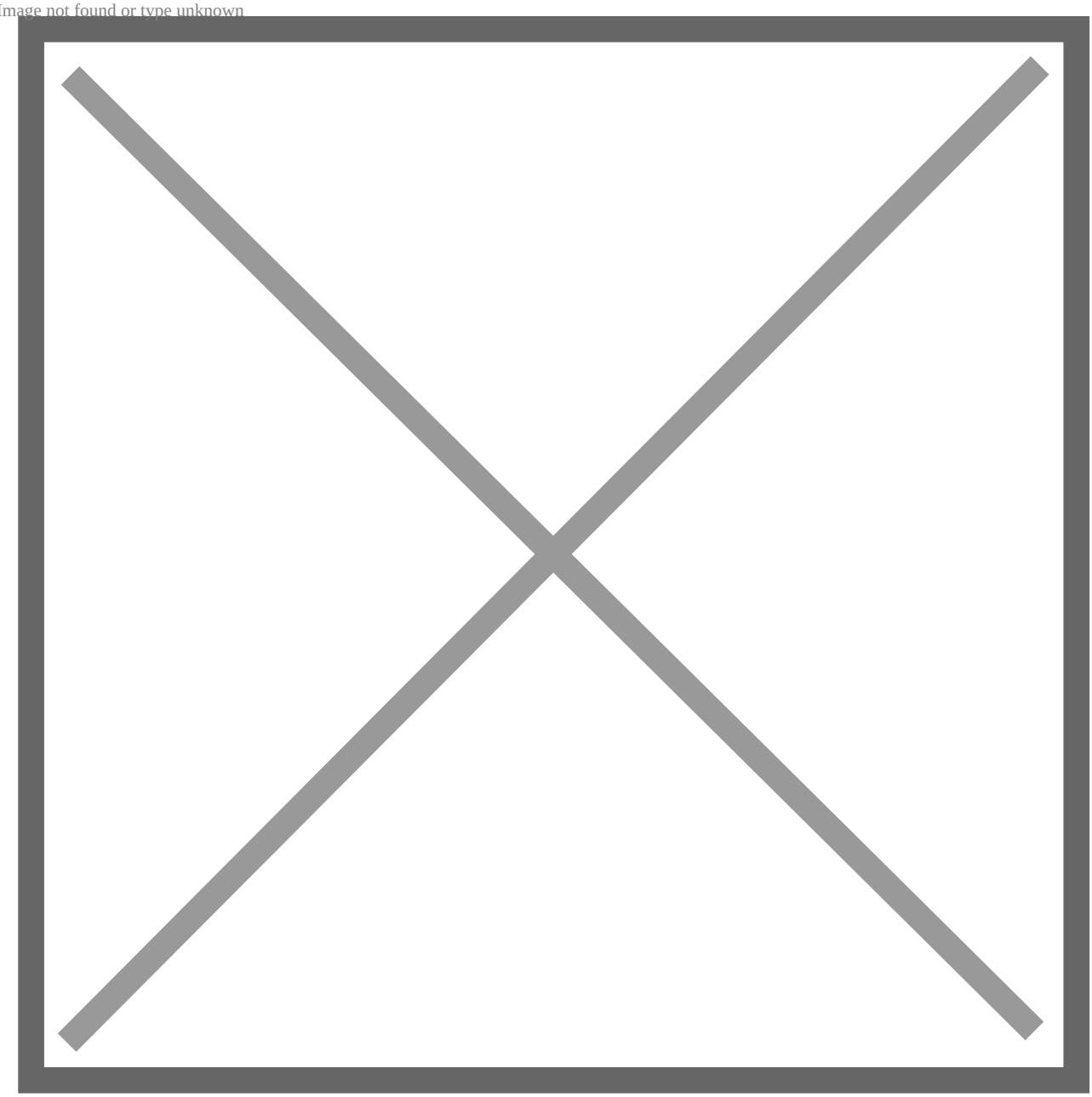
Includes

?? Standard accommodation in Kathmandu and Nepalgunj
?? Camping Equipment
?? Domestic flight
?? Guide and Trekking Staff
?? All ground transportation as per itinerary
?? Meal During the trek

?? All permits (special permits, National park, Conversation area)

Map

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Practical Information

Q. Food and Accommodation
A. The Upper Dolpo Trek is a complete camping trek. Teahouses are available at several points along the trek and have only basic facilities. Local families run these teahouses, so they may not offer the level of service you would expect in the city. The trekking team will prepare all meals during the camp trekking. Typical foods include Dal, Bhat, and Tarkari. You can get Tibetan, Continental, Italian and Indian from time to time. The higher the altitude, the higher the cost of food and lodging. Most toilets have squat toilets without toilet paper and other necessities.

Q. Best season for the trek
A. Autumn (September to November) and Spring (March to May) are the best times for this trek. In

Spring, you can enjoy clear skies and wildflowers such as Rhododendrons and Magnolias. Autumn is a time of pleasant and predictable weather with little chance of rain and snow. Rain and snow pour down on the trail in monsoon and winter, making them slippery. Both seasons enchant travelers to discover the mystical valleys.

Q. Trip Category
A. This trek is a strenuous trek with steep uphill with 6-8 hours of hiking per day. Therefore, few travelers visit Upper Dolpa. The trail includes multiple climbs and descents on steep and unstable paths. So, prior knowledge of trekking and a high level of physical fitness is required. As the journey leads to 5,000m+ elevations, altitude sickness is very common on this trek. Acclimatization is necessary to avoid altitude sickness.

Q. Health and Safety along the trail
A. The Upper Dolpo Trek is a high-altitude trek in a remote part of the country. Therefore, there is always the risk of altitude sickness. So, taking precautions before and during your trek would be best. If you have a chronic medical condition that requires attention, we strongly encourage you to let the company know. And if you take medication regularly, at least stock up for the trek. When hiking the trails, keep your pace, walk slowly, drink plenty of water, and avoid smoking and drinking alcohol. Medical facilities are basic in Upper Dolpa, so insurance is mandatory.

Frequently Asked Questions

Q. How long is the Upper Dolpo trek?
A. The duration of the Upper Dolpo trek can vary, but it typically takes about 2-3 weeks to complete.

Q. What is the highest altitude reached on the Upper Dolpo trek?
A. The highest altitude reached on the Upper Dolpo trek is around 5,100 meters (16,732 feet) at the Shey Gompu pass.

Q. What is the best time of year to do the Upper Dolpo trek?
A. The best time to do the Upper Dolpo trek is during the spring (March to May) and autumn (September to November) when the weather is generally clear and dry.

Q. Is the Upper Dolpo trek suitable for beginners?
A. The Upper Dolpo trek can be challenging, as it involves long days of hiking over rough terrain at high altitudes. It may not be suitable for beginner trekkers, but those with some trekking experience and a good level of fitness should be able to complete it.

Q. What is the accommodation like on the Upper Dolpo trek?
A. Accommodation during the Upper Dolpo trek is usually in basic teahouses or tents. The facilities in the teahouses can be quite basic, with shared toilet and washing facilities. Trekkers should be prepared for a rustic and simple style of living.

Q. What should I pack for the Upper Dolpo trek?
A. Some essential items to pack for the Upper Dolpo trek include good quality walking boots, warm and waterproof clothing, a sleeping bag, sun protection, a first aid kit, and snacks and water. It's also a good idea to bring a head torch, as there is limited electricity in the remote villages.

Q. Is the Upper Dolpo trek safe?
A. The Upper Dolpo trek is generally considered safe, but as with any trek in a remote area, it is important to be prepared and take necessary precautions. Trekkers should be in good physical condition and properly acclimatized to the high altitude. It is also advisable to hire a reputable trekking company and a local guide, who can provide guidance and assistance if needed.

Q. Can I charge my electronic devices on the Upper Dolpo trek?
A. Electricity can be limited on the Upper Dolpo trek, and it may not always be possible to charge electronic devices. It is advisable to bring a power bank or portable charger and to use it sparingly. Some teahouses may have a generator that can be used for a small fee, but this is not always available. It is best to be prepared for limited access to electricity and to use electronic devices sparingly.

Q. how do i get to Upper Dolpo?
A. To reach the Upper Dolpo region, you will need to fly to Nepalgunj, which is the nearest city to Upper Dolpo. From Nepalgunj, you can take a jeep or local bus to Jhupal, which is the starting point of the Upper Dolpo trek. The journey from Nepalgunj to Jhupal takes about 8-9 hours by jeep or 12-14 hours by bus, depending on road conditions. It is also possible to fly from Kathmandu to Nepalgunj, which takes about 1 hour.