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Dolpo wild Trekking



Tour Overview

Walk through wild & pristine landscapes, ancient & isolated villages, the nomadic Tibetan people, snow caped peaks, beautiful lake Shey Phoksundo, this has been dubbed as one of the world's "Natural Hidden Wonders". Fly to Dolpa's Juphal airport from Nepaljung and then begin your trek with our friendly staff.

Detailed Itinerary

Day 1: Arrival day in Kathmandu

Upon your arrival at the Tribhuvan intl. airport our representative welcomes you and assists

to transfer to your hotel in Kathmandu (1,300m/4,264 ft). After time to get refreshed, evening you will meet and transfer for a welcome dinner in one of the typical Nepalese restaurants in the heart of Kathmandu, and after a meal briefing about your trip and overnight at Hotel.

Day 2: Pre-trip Meeting and Sightseeing around Kathmandu valley.

For the meeting, please make sure you bring your passport, three copies of passport-size photos, and a readable copy for your Trekking permit & travel insurance policy. During this meeting, please clear the due balance, if any, and sign the legally binding trip form as well as the non-liability disclaimer.
After the meeting and a hearty breakfast, your sightseeing trip will start at around 9:45am. You will have a private vehicle and a professional tour guide at your disposal. We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. The rest of our time in Kathmandu is free for further exploration and some last-minute shopping in the Thamel area near by your hotel. Overnight at a hotel. (Breakfast Included)

Day 3: Fly to Nepalganj from Kathmandu- 1 hr Flight.

The flight to Nepalgunj will give you good views of the Himalayas towards the North. Upon arrival, you will be transferred to your hotel. There will be a time in the evening to have a good look around the town, which is 3 km from the Nepal-India border. Overnight at a hotel.(Breakfast, Lunch and Dinner Included)

Day 4: Fly to Juphal (2,400m). Trek to Rupgad village (2,070m) - 2 hrs

From Nepalgunj we take a flight to Juphal, it is about 35 minute’s flight. Twin Otter is the primary mode of transport to from the airstrip of Nepalgunj to Juphal and Juphal to Nepalgunj. This service is fairly dependable. Sometimes, flights may be cancelled due to weather conditions or other technical problems.
After landing in Juphal we will meet the trekking crew, do equipment packing of trekking goods and walk through terraced fields to the Bheri River and the narrow canyon which after 2 hours will lead you to a small village called Rupgad. Overnight at tented camps.(Breakfast,

Lunch and Dinner Included)

Day 5: Trek to Shyangta village(2,478m) - 6 hrs

From Rupgad you cross the new suspension bridge and At the confluence of the Thuri Bheri and Suli Gad rivers, you turn to the north and follow the Suli Gad. The trail is fairly undulating but mostly up while the going is firm underfoot. You are never far from the river and can always hear its roar. You pass through an area that is overgrown with marihuana plants but also has crops for the villagers and animals including millet, pumpkin, potatoes, sweet corn and chilies. Many of the villages in this area are involved in the production of a lotus-like plant called 'chuk' that is used to make vinegar and medicines. You continue to track the river and eventually reach the settlement of Hanke, which is also the entrance to the Phoksundo National Park. The three villages you pass through have a strange name connection: Parela, meaning eyelash, Rahagaon meaning eyebrow, and Ankhe meaning eye. Overnight at tented camps.(Breakfast, Lunch and Dinner Included)

Day 6: Trek to Sanduwa/ boding village (3,038m) – 6- hrs

The trail starts becoming very hectic but once you cross the river twice on well made bridges, you then make a steep ascent on a very narrow path, hugging the cliff face. Having descended to the river again the trail takes another steep ascent requiring frequent stops to watch the panorama of the landscapes and also for rest. You may camp on the side of Suligad River. Overnight at tented camps.
(Breakfast, Lunch and Dinner Included)

Day 7: Trek to Phoksundo Lake (3,600m) - 6.5 hrs

From here the initial hours of the trek is fairly easy. But from Sumdo the trail becomes very much like an incline. Here the river is left behind and you follow the path high above the water. Climb up to a ridge, about 3,875m, from where you will have the most staggering views of a 300m waterfall, the highest in Nepal, and your first view of Phoksundo Lake. You then descend through birch forests to the upper reaches of the Phoksundo Khola and on to the picturesque settlement of Ringmo with its mud-plastered chortens and mani walls. The village now has solar panels helping to improve the quality of life of the villagers. From the settlement, it is a short walk to the shores of Phoksundo Lake where you set up the campsite. Overnight at tented camps.(Breakfast, Lunch and Dinner Included)

Day 8: Acclimatizing day - Rest day

A well-deserved rest day free from packing, at Phoksundo we can go for a short hike to the village of Ringmo and its Tibetan Buddhist Monastery is well worth a visit.

Day 9: Trek to Phoksundo Khola (3,507m) - 6 hrs

You follow the trail that skirts the edge of the lake itself. This precarious trail is suspended on a gangway of wood supported on pegs, driven into crevices in the rocks and signals the remoteness of the area you are about to enter. You go very steeply up, to 4,040m, and then plunge down again to the valley bottom to enter the flood plain of the Phoksundo Khola and trek to your night stop alongside the river, within the confines of the forest to avoid the worst of the wind which is prevalent in the valley bottom. Overnight at tented camps.(Breakfast, Lunch and Dinner Included)

Day 10: Trek to Phoksundo Bhanjyang (4,402m) - 7 hrs

Today you should take sandals or footwear suitable for Knee deep as you are crossings a few streams. This morning you continue along the level path through a glacial valley that now heads north. As this becomes narrower and narrower there are impressive vertical cliffs and contorted rock formations. At the confluence of the Phoksundo Khola and another, unnamed, mountain stream there is an old wooden bridge. Here you take the barely discernible path to the northeast up a side valley which has a cavernous look. There is no trail as such, so it is necessary to clamber over rocks and boulders and to ford a stream that rushes down the steep valley. A long climb brings you to a sheep meadow where the trail veers up a steep ravine. A hard climb to the top brings you to yet another valley where you can see the Kang La, the pass will lead you to Shey Gompa. You camp just before the pass in a place that Peter Matthiessen christened 'Snowfields Camp'. Overnight at tented camps.
(Breakfast, Lunch, and Dinner Included)

Day 11: Cross the Kang La pass (5,350m) and trek to Shey Gompa (4,343m) - 7 hrs

The somewhat indistinct track is physically demanding, especially on the loose slate screed. It will take about 2.5 to 3 hours to reach the top of the Kang La. The views from the top are magnificent and well worth all the hard work. The height of the Kang La is variously given

between 5,200m and 5,500m depending on the map one uses. On descending steeply to the valley floor, not more than 45 minutes, you make a long meandering trek along the banks of the river, crossing it once. A red chorten heralds your arrival at Shey Gompa where a quaint wooden log bridge leads up to the Shey compound. Overnight at tented camps.
(Breakfast, Lunch and Dinner Included)

Day 12: Rest and exploration day at Shey Gompa

Shey means crystal - this monastery is also known as the Crystal Mountain. The lama of Shey resides at a red hermitage known as Tsakang Gompa which is west of Shey. It is not really a monastery but a retreat. Tsakang has been a meditation center to many famous lamas from Tibet. Shey Gompa belongs to the Chaiba community, followers of the Padmasambhava and Kagyu sects.
It was the first Kagyupa monastery and its founder was the lama Ten-szin-Ra-Pa. The monastery was built during the 11th century. Shey is famous for its ancient Buddhist culture. In Dolpo, the ancient Tibetan way of life combines animism with the teachings of Buddha. Drutup Yeshe introduced Buddhism in the Dolpo valley. Many years ago he came to Dolpo and came across wild people, whose supreme God was a 'fierce mountain spirit'. Crystal Mountain is to the west of Shey monastery. It is a very strange mountain indeed. Its contorted cliffs are laced with quartz and embedded with a rich variety of marine fossils. Shey Gompa stands above the confluence of Kangjunala and Yeju nala. Near the confluence, there is a group of prayer mills turned by water wheels. Overnight at tented camps.
(Breakfast, Lunch and Dinner Included)

Day 13: Cross the Sela La pass (5,095m), and then trek to Namgung Gaon (4,360m) - 7 hrs

Today, you start by following a pleasant track amidst juniper, which ascends to a grey, stony canyon. This begins to zig-zag over bare rocks and coarse eroded soil until it eventually brings you to a flat spot, suitable for a brew or lunch, if the weather is fine. Then continuing very steeply up for 20 minutes before traversing to the top of the Saldang La pass. Here you will enjoy great views of the arid landscapes of Mustang and the distant snow peaks of Tibet. The subsequent descent towards the north is long and tiring, but you finally come upon the welcome sight of pastures of grazing yaks and sheep and nomadic tents made from yak hair. This signals your approach to Namduna Gaon. Like Shey, the Namgung monastery is of the Karma-pa sect. The monastery, a red stone structure, is built against the backdrop of a cliff on the north wall of a gorge. The red and white colors of the Gompa and its Stupas are the only color in this stark landscape. The village itself consists of only six stone houses and has terraced fields on both sides of the tributary, which flows down to the Nam Khong valley. The

economy of the region is based on agriculture, animal husbandry and trading. In Dolpo only one crop a year can be grown and this is mainly barley. In some village buckwheat, oilseed, potato and radish are also cultivated. Recently the main cliff temple collapsed and the villagers have now built a beautiful new monastery in the village itself. Overnight at tented camp.(Breakfast, Lunch and Dinner Included)

Day 14: Cross the Nengla-la (5368m) and Trek to Saldang (3,903m) - 4 hrs

Leaving Namgung monastery and start climbing. Further on it begins a long thrilling traverse along some dusty barren mountains. Looking down into the valley bottom it is very evident that the people have made best use of the fertile valley as one sees the neat terraced fields showing bright patches of green and ripening crops. You ascend before going down steep slopes to the picturesque village of Salding, situated on a plateau high above the Nam Khong nala and the biggest village of the inner Dolpo area.

Day 15: Rest day

Today we walk the around the near villages.The village lies at about the same altitude as Ringmo, it is totally different. Ringmo, a Himalayan village is situated below the tree line while Saldang belongs to the arid zone of the trans-Himalayan Tibetan plateau. The village stretches for two kilometers on an open slope and consists of five villages having eighty well-built houses with nearly six hundred villagers. It is prosperous, not only agriculturally, but also for its strategic location on a trade route to Tibet. Overnight at tented camps. (Breakfast, Lunch and Dinner Included)

Day 16: Trek to Sibu (3,942m) - 6 hrs

After leaving Saldang on the way down to the river bed you pass through terraced fields, Stupas, Chortens, heaps of Mani stones and a Chaiba monastery. Namdo, the next village is also prosperous with sixty houses having nearly four hundred inhabitants. It stretches for more than 5 kms on the high slopes to the left of Nam Khong Khola. The Namdo monastery is located near the river bed. There is also another monastery on top of a high cliff. You camp near the small Settlement of Sibu, right on the river bank. Overnight at tented camps.(Breakfast, Lunch and Dinner Included)

Day 17: Trek to foot of the Jeng La (4,369m) - 5 hrs

Following the line of the river valley the trail is fairly easy going initially. After about two hours it is necessary to wade another stream before turning into a side valley and the rise becomes very sharp. This is a pleasant meadow, but bestrewn with rocks, yak and other animal droppings. Overnight at tented camps. (Breakfast, Lunch and Dinner Included)

Day 18 : Cross the Jeng La pass (4,845m), trek to Tokyu Gaon (4,240m) - 7 hrs

Day 19: Trek to Dho Tarap (4,090m) - 4.5 hrs

Before leaving Tokyu a short visit can be made to the Chaiba Gompa. The trail is broad and well traveled, making the going easy and there is evidence of work in the fields, where the women will be bringing in the harvest - the men are away bringing down the herds of animals for the forthcoming winter. There are many Mani walls but some of the Chortens are in a bad state of repair. The ' French School ' is just outside the village of Dho Tarap where you have your night stop. Tarap is inhabited mostly by Magars who have lived here for generations but also by a few Tibetans. They wear home-spun clothing that is sometimes dyed maroon and they favor Tibetan-style Somba (boots with upturned toes) for footgear. Men and women often wear both religious amulets and strings of coral and turquoise. The inhabitants of this village are both Bon Po and Buddhist (Nyingmapa). In the afternoon a walk up to the Buddhist Gompa is very worthwhile. There is a resident lama who is very happy to show off his monastery and might even let you see his private Gompa and the Tankas he has made himself. The Bon Gompa is about half an hour's walk from camp. Overnight at tented camps. (Breakfast, Lunch, and Dinner Included)

Day 20: Trek to Nawarpani/Pibuk (3,475m) - 6 hrs

Your route follows the course of the Tarap Khola, generally downhill. You go through narrow gorges with the river rushing through. One may see blue sheep, marmots, yaks, sheep, and goats and perhaps meet people from Dolpo taking their flocks of sheep and goats to lower pastures for the winter. The afternoon brings more undulations in the path when it leaves the immediate course of the river. There is evidence of improvements to the trail where parts of the rock have been blasted out. You will also see the first of the modern steel suspension bridges which have been built to facilitate movement of people and animals. The track is very narrow in places. You reach your overnight camp on a grassy strip by the river. Overnight at

tented camps. (Breakfast, Lunch and Dinner Included)

Day 21: Trek to Khani Gaon (2,550m) - 7 hrs

You continue to walk down the gorge of the Tarap River, at times alongside it and at others high above, on a narrow trail built out from the steep slopes. The quality of the path varies from broad, smooth and firm to very narrow and crumbly. There are also flights of manmade stone staircases which need to be tackled with care – some of the constituent rocks wobble when stepped upon! An exciting day in deep and awe-inspiring gorges. Your camp site is a pleasant meadow in the shade of a stand of trees. Overnight at tented camps. (Breakfast, Lunch and Dinner Included)

Day 22: Trek to Byasgad (2427m) via Tarakot (2,281m) – 5.30 hrs

Leaving Khanigoan by the new suspension bridge and then walk alongside the river, sometimes going very high before reaching down to the water again. Some of the trail is quite demanding and one bridge, said to have been out for six years, necessitates crossing on wet stepping-stones.
Coming into the broad fertile valley of the Barbung Chu, you walk amongst the various crops of millet, sweet corn, barley, buckwheat, green beans, chilies and marijuana. Your lunch and night stop is high above the river but there is a standpipe for water. Tarakot is an old fortress town known by the local people as Dzong, meaning 'fort'. Before the Gorkha dynasty Tarakot was the capital and had a dzong. The famous Sandul Gompa, which lies 8km east of Tarakot and at the junction of Barbung Khola and Tarap Chu, stands on a knoll to the south of Bheri river and at one time supervised collections of tolls for the trading caravans traversing an area called Tichu Rong. Overnight at tented camps.
(Breakfast, Lunch and Dinner Included)

Day 23: Trek to Dunai (2,150m) - 4 hrs

The trail is mostly down and fairly firm. Walking beside the Bheri river, you use the ingenious path built twenty feet above the river. All too soon you have reached the village of Dunai and the camp site you used before. You will now have completed the circuit of mysterious land Dolpo and a celebration party is sure to happen. Overnight at tented camps. (Breakfast, Lunch and Dinner Included)

Day 24: Trek to Juphal (2,404m) - 3 hrs

You now retrace your steps to Juphal. Initially the way is flat but the final hour up to your destination seems steeper than you remember on Day One! Overnight at tented camps. (Breakfast, Lunch and Dinner Included)

Day 25 : Fly to Kathmandu via Nepalgunj

Early morning flight to Nepalgunj from Juphal. This is a wonderful 35-minute flight over the Himalayan foothills, with fine views of giant peaks including Annapurna and Dhaulagiri to the north. You then connect with the flight back to Kathmandu. Overnight at a hotel in Kathmandu.
(Breakfast and Lunch Included)

Day 26 : Leisure day and farewell dinner in Kathmandu

It's also spare day in case the flight to Kathmandu is delayed. You have the option to extend your trip to continue onto Chitwan jungle safari, rafting adventure, Kathmandu valley shopping tour, and scenic Everest flight, mountain biking and other activities.
Overnight at a hotel in Kathmandu. (Breakfast and Farewell Included)

Day 27 : Transfer to the international airport for your final departure

The trip concludes today. Our Airport Representative will drop you at the international airport in Kathmandu for your flight departure from Nepal.(Breakfast Included)

Pricing Information

Price Details

Cost Information:
The trip price will vary depending on the group size, duration and services required. Please contact us via our email with your details to obtain a quote. Thank you.

Price Includes

>>Airport / Hotel / Airport pick up & drop by private tourist vehicle

>>Standard twin sharing accommodation in hotel in Kathmandu; Breakfast included. (4 nights)

>>Twin sharing standard hotel accommodation in Nepalgunj (1 night).
>>Guided city tour in Kathmandu by private tourist vehicle.

>>All your standard Meals prepared by our expert camping cook and kitchen team during the trek (Breakfasts, Lunches and Dinners).
>>Tented accommodation and equipment during the camping trek. (We will provide two man tents, dinning tents, kitchen gear,)
>>English speaking guide.
>>The required number of local staff, porters and Yaks or Jhopkey (Strong Animal similar to Yak) to carry your luggage during the trek.
>>Food, accommodation, salary, insurance, equipment and medicine for all staff.
>>Special Trekking Permit US$ 500 for upper part + $20 for lower part per person per day and all local conservation fees. >>Flight fare from Kathmandu – Nepalgunj– Juphal – Nepalgunj - Kathmandu including airport departure taxes. >>Nepalese (guide, cook & sherpa) flights for all.
>>Surface transfer from and to Kathmandu.
>>All our government taxes, vat, tourist service charges.
>>Official expenses.

Price Excludes

>>Lunch and dinner whilst in Kathmandu.

>>Travel insurance which covers emergency Rescue and Evacuation.

>> International airfare

>>Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (Tourist Visa with Multiple Entries for 30 days can be obtained by paying **US $ 40** or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 90 days can be obtained by paying **US $ 100**. Please bring 2 copies of passport size photos).

>>Alcoholic and cold drinks.

>>Personal trekking Equipments

>>Tips for trekking staff and driver (Tipping is expected).

>>Any others expenses which are not mentioned on 'Price Includes' section.

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