

# Upper Dolpo via DhoTarap Trek

## Trip Overview

Upper Dolpo via the DhoTarap Trek is one of the interesting treks in the Karnali Zone of north-western Nepal. The village of Dho and its neighboring villages Lang and Take You Together are called DhoTarap. The trail to DhoTarap is off the beaten path, so it is not an easy trek but not that hard either. The trek is full of beautiful sights of the mountains, rivers, forests, unique landscapes, and a series of high passes closed off with snow. The trek is not only about exploring the grandeur of Upper Dolpo but also about meeting the diverse culture of Nepal. The trek to Upper Dolpo via DhoTarap begins after the sightseeing tour of the UNESCO-listed world heritage sites in Kathmandu Valley.

Dolpo is an isolated place, so the place is not exposed to a glimmer of technology and modernization. The lifestyle is very simple, and the influence of Tibetan culture can be seen. Moreover, Dolpo is close to Tibet's border, so the culture is quite similar to theirs. The village of DhoTarap can be reached from different villages in Dolpo. Therefore, there are 8 different monasteries. As the Bon Po religion is still practiced in the Dolpo region, the Bon monastery is one of the highlights of the trek. Dolpo is the only place in Nepal where the Bon Po religion is still in practice. Since the place is remote and inaccessible, it has been able to preserve its culture, beauty, and tradition intact and unexposed.

The trek to upper Dolpo via DhoTarap will be an amazing experience since it is a chance to see the unexplored part of Nepal and the natural habitat of the people living in that area. Most prefer trekking in Everest or Annapurna, but trekking in the Dolpo region will give you different experiences and memories as you will get to encounter people who are not unknown to modernization. Join Highland Eco Trek in this one-of-a-kind trek and explore the rarely explored part of Nepal.

## Trip Highlights

- A day tour of the cultural heritage sites of Kathmandu Valley
- Fascinating Dho village and stellar views of the Trans Himalayas
- Highland monasteries and stunning landscapes
- The nomadic lifestyle of upper Dolpo
- The rawness of nature and tranquil Phokshundo Lake
- The main passes are Kang-la, Thug-la, Choi-la, Jharkoi-la, and Junben-la

## Trip Itinerary

**Day 1: Pick up from airport transfer to Hotel**

## Cost Includes

- pickups and drops in a private vehicle at the airport upon your arrival and departure.
- All ground transportation is on a comfortable private vehicle as per the itinerary.
- 3-star hotel accommodation in Kathmandu with breakfast ( hotel standard will be changed as you wish).
- Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per the itinerary.

- Domestic flights as per the itinerary.
- Breakfast, lunch, and dinner during the trek.
- Accommodation is in a tent house during the trek.
- An experienced, English-speaking, and government-licensed trekking guide.
- Porter service, trekking crew, including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- Highland Eco's duffel bag.
- All necessary paperwork and trekking permits ('Restricted Areas' Permit, National Park Permit, ACAP, TIMS).
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees.

## **Cost Excludes**

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco Trek,
- Travel and rescue insurance
- Tips to the guide, porter, driver, or any other trekking staff