

# Upper Dolpo Jomsom Trek

## Trip Overview

The upper Dolpo Trek takes you to the far western region of Nepal. The Dolpo district lies in the Karnali province. The area is a remote and secluded area of Nepal. Trekking in the Dolpo region can be challenging. There is no proper development of any infrastructure. You can explore the magnificent high Himalayan valleys, rugged trails, and unique culture of distant, far-west Nepal. This can be an experience for a lifetime. The landscape of the Dolpo resembles the Tibetan plateau. Trekking in the Dolpo region gives you an intellectual feeling of being in the wilderness.

The Shey Phokshundo Lake lies in the central part of the region. The lake is also the deepest in Nepal. A large portion of the area is covered by Sheyphokshundo National Park. The national park shelters a variety of flora and fauna. It is also home to endangered flora and fauna. The oldest Shey monastery is also part of this trek. The influence of Tibetan Buddhist culture can be seen in this region and is also the main highlight of this trek. The gorgeous Dhaulagiri and the Churi Himal ranges surround the east, west, and south of the Dolpo region. Thus, the magnificent view of Dhaulagiri, the Chure Himal range, and the snowy peaks are the backdrop throughout the journey.

Trekking in this area compulsorily needs a special kind of permit. Therefore, you cannot travel independently on the trail. The number of teahouses is limited; you may need to carry a tent too. Trekking in this area can be challenging, but it is all worth it when you encounter the Himalayan valleys, quaint Lake Phoshundo, lush vegetation, and the unique culture of this area.

Explore the secluded area of Nepal and get more insights into the diverse culture and vegetation with the Highland Eco Trek.

## Trip Highlights

- A day tour of the cultural heritage sites of Kathmandu Valley
- Fascinating Shaldang 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
- There are three main passes: Kangla, Thugla, and Choila

## Trip Itinerary

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

## Cost Includes

- pickups and drops in a private airport vehicle upon arrival and departure.
- All ground transportation is on a comfortable private vehicle as per the itinerary.
- 3-star hotel accommodation in Kathmandu with breakfast (the hotel standard will be changed as you wish).
- The Kathmandu Sightseeing Tour includes all entry fees, a tour guide, and a private vehicle as per the itinerary.
- Domestic flights as per the itinerary.
- Full board Meals include 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.
- Guide and staff wages, equipment, accommodation and meals
- 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
- Meals not indicated in the City
- International flights
- Personal equipment (a suggested list will be mailed to you)
- Travel and rescue insurance **(Required)**
- Tips to the guide, porter, driver, or any other trekking staff
- Other expenses of a personal nature.
- Nepal Entry visa fees