

# Upper Dolpo Trekking

<https://www.nectravels.com/package/upper-dolpo-trekking/>

Upper Dolpo trekking is another remote hidden destination in far western Nepal. We can find Nepal's most tranquil and natural beauty is still unexplored. It is home of herbal land, unspoiled trans Himalayan culture, Buddhist monuments and unique human civilization at high altitude is worth to visit.

Trekking around the Dolpo region is an unforgettable journey in every visitor's life. You can observe different rain shadow landscapes with stunning mountain views, wild flowers, Himalayan blue sheep, snow leopards and huge birds Himalayan griffon.

Dolpo is protected by Shey Phoksundo National Park. It lies to the north of the Dhaulagiri range bordering the Tibetan Plateau. Here one can find a well-preserved eco-system of plants and wildlife including the blue sheep and the elusive snow leopard. The view of Kanjiroba peak, Phoksumdo Lake and the Dhauligiri massif is one of the most rewarding moments of this trek. Dolpo is still the homeland of the Spotted Leopard, Blue Sheep, wolves, and many other varieties of flora and fauna.

This trek needs well organized camping and a group is recommended. This trek is most suitable for those who are exceptionally fit and prepared to face the full challenge of the Himalayan wilderness.

## Itinerary

### **Day 01: Arrival in Kathmandu & Transfer to a Hotel**

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### **Day 02: Sightseeing in Kathmandu/Trek preparation**

Sightseeing in Kathmandu/Trek preparation

### **Day 03: Sightseeing in Kathmandu/Trek preparation**

Sightseeing in Kathmandu/Trek preparation

### **Day 04: Flight Kathmandu-Nepalgunj**

Flight Kathmandu-Nepalgunj

**Day 05: Flight Nepalgunj-Juphal (2475 m), walk to Chhepka (2838 m) 6 hrs**

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**Day 06: Trek Chhepka (2838 m) to Chunuwar/Amchi Hospital (3110 m) 6 hrs**

Chhepka (2838 m) to Chunuwar/Amchi Hospital (3110 m) 6 hrs

**Day 07: Trek Chunuwar/Amchi Hospital (3110 m) to Ringmo/Phoksundo Lake (3641 m) 3 hrs**

Chunuwar/Amchi Hospital (3110 m) to Ringmo/Phoksundo Lake (3641 m) 3 hrs

**Day 08: Trek Ringmo/Phoksundo Lake (3641 m), free day**

Ringmo/Phoksundo Lake (3641 m), free day

**Day 09: Trek Ringmo/Phoksundo Lake (3641 m) to Chunemba (3639 m) 5 hrs**

Ringmo/Phoksundo Lake (3641 m) to Chunemba (3639 m) 5 hrs

**Day 10: Trek Chunemba (3639 m) to Snowfields Camp (4400 m) 7 hrs**

Chunemba (3639 m) to Snowfields Camp (4400 m) 7 hrs

**Day 11: Trek Snowfields Camp (4400 m) to Shey Gompa (4310 m) via Nagdalo La (5350 m) 6 hrs**  
Snowfields Camp (4400 m) to Shey Gompa (4310 m) via Nagdalo La (5350 m) 6 hrs

**Day 12: Restday Shey Gompa (4310 m)**

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**Day 13: Trek Shey Gompa (4350 m) to Namgung (4430 m) via Shey La (5000 m) 6 hrs**

Shey Gompa (4350 m) to Namgung (4430 m) via Shey La (5000 m) 6 hrs

**Day 14: Trek Namgung (4400 m) to Saldang (4060 m) 3 hrs**

Namgung (4400 m) to Saldang (4060 m) 3 hrs

**Day 15: Trek Saldang (4060 m) to Sibü (4200 m) 5 hrs**

Saldang (4060 m) to Sibü (4200 m) 5 hrs

**Day 16: Trek Sibü (4200 m) to Lagmo Che (4570 m) 4 hrs**

Sibu (4200 m) to Lagmo Che (4570 m) 4 hrs

**Day 17: Trek Lagmo Che (4570 m) to Tokyu (4209 m) via Jeng La (5110 m) 7 hrs**

Lagmo Che (4570 m) to Tokyu (4209 m) via Jeng La (5110 m) 7 hrs

**Day 18: Trek Tokyu (4209 m) to Dho Tarap ( 4080 m) 2 hrs**

Tokyu (4209 m) to Dho Tarap ( 4080 m) 2 hrs

**Day 19: Trek Dho Tarap (4080 m) to Sisaul (3750 m) 4 hrs**

Dho Tarap (4080 m) to Sisaul (3750 m) 4 hrs

**Day 20: Trek Sisaul (3750 m) to Laina Odar (3370 m) 7-8 hrs**

Sisaul (3750 m) to Laina Odar (3370 m) 7-8 hrs

**Day 21: Trek Laina Odar (3370 m) to Lingdo (2391 m) 5 hrs**

Laina Odar (3370 m) to Lingdo (2391 m) 5 hrs

**Day 22: Trek Lingdo (2391 m) to Dunai (2140 m) 5 hrs**

Lingdo (2391 m) to Dunai (2140 m) 5 hrs

**Day 23: Trek Dunai (2140 m) to Juphal (2475 m) 3½ hrs**

Dunai (2140 m) to Juphal (2475 m) 3½ hrs

**Day 24: Flight Juphal-Nepalgunj-Kathmandu**

Flight Juphal-Nepalgunj-Kathmandu

**Day 25: Departure**

Departure to your onward destination.