

Upper Dolpo Trekking

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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 to herbal land, unspoiled trans Himalayan culture, Buddhist monuments and unique human civilization at high altitude.

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 ecosystem of plants and wildlife including the blue sheep and the elusive snow leopard. The view of Kanjiroba peak, Phoksundo Lake and the Dhaulagiri 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

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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.