

Trekking Type : Camping  
Trekking Grade : Hard  
Trekking Duration : 22 Days  
People In Group : 2+  
Trekking Price : \$.0  
Max. Elevation : 5400 mt.



**Upper Dolpo Trekking - Highlights:** " Journey into the remote cultural destination of Nepal on the least traveled path, land of the snow leopard and blue sheep, extension of Tibetan plateau, ancient Bon Po culture, religion, in the far remote north **western region of Nepal**".

[Upper Dolpo Trekking](#) , situated in the midway between the Tibetan Plateau and the **Dhaulagiri Himal range**

is one of the highest inhabited land of

[Dolpo](#)

. Geographically a southern extension of Tibet, it lies within the borders of the kingdom of Nepal, since 1984 has been the country's

**largest national park and conservation**

, the park sustains an abundance of wild life including Musk Deer, Himalayan

Blue Sheep and the legendary elusive Snow Leopard, as well as being home to a fascinating race of Tibetan speaking people. The hardy highlanders of **Dolpo are traders**, exchanging

barley for Tibetan rock salt and they take their

### **yaks**

onto the Tibetan plateau during the summer for grazing. From

### **Jhupal village**

, beginning this wonderful adventure, encountering interesting places, people, villages, valleys and serene forest of pines, oaks and rhododendron, the trek passes many gigantic mountain ranges and over the

### **Numala pass**

at 5,400m till we reach the

### **Phoksundo lake**

at Ringmo village in the "Phoksundo National Park".

## **Upper Dolpo Restricted Area trekking... *when the earth kisses the sky...***

**If you are wishing to get well off the beaten track you may wish to consider a journey to some of the fascinating restricted regions of Nepal.**

These regions remain pristine wilderness & ecological cultural museums where life has changed very little. An intimate experience of the differing ways people arrange their lives in order to cope with their often harsh physical conditions on some of the toughest terrain on earth. A journey full of questions and contrast awaits everyone who visits this side of Nepal.

Some of the remote areas of Nepal were restricted for foreign visitors until 1991. After multiparty democracy in Nepal, rules have been changed together with new democratic constitution regulations and opened for visiting the most inaccessible and firmly controlled areas in Nepal. The regulation is designed primarily to protect the environment and cultural aspects of the remote regions and provide security and safety for both foreign trekkers and Nepal's northern borders with China.

**The treks must be fully arranged through a registered Trekking Company. It has to be fully equipped with tents, all Support staffs, cooks, etc. The trekking agency arranges the trekking permit through a series of applications and guarantee letters. You cannot trek**

alone in these restricted areas. You should be at least 2 people in the group.

***Encounters Nepal*** has a decade of experience in operating in restricted zones & we will arrange all your trek formalities & logistics for some of the most challenging & thrilling adventures in the great outback of Nepal.

### **Itinerary List**

**Day 1** : Kathmandu to Nepalgunj: Fly.

**Day 2** : Nepalgunj to Dolpo (Juphal) to Hanke (2660m): Fly early morning and trek.

**Day 3** : Hanke to Samduwa: Trek.

**Day 4** : Samduwa to Shey-Phoksundo Lake (3600m): Trek.

**Day 5** : Rest at Shey-Phoksundo Lake: Excursion and acclimatization.

**Day 6** : Shey-Phoksundo Lake to Baga~La (5090m) cross and camp: Trek.

**Day 7** : Baga~La to Num~La base camp (5190m): Trek.

**Day 8** : Num~La base camp to Chutung Dang (3967m): Trek.

**Day 9** : Chutung Dang to Chibu Kharka (3915m): Trek.

**Day 10** : Chibu Kharka to Saldang (4100m): Trek.

**Day 11** : Saldang to Yang Tsser village (4300m): Trek.

**Day 12** : Yang Tsser village to Karang (4100m): Trek.

**Day 13** : Karang to Ramanan (4600m): Trek.

**Day 14** : Ramanan to Samling Gompa (3800m): Trek.

**Day 15** : Samling Gompa to Shey Gompa (4500m): Trek.

**Day 16** : Rest day at Shey Gompa, visit Chakang Gompa: Excursion.

**Day 17** : Shey Gompa to Yak Kharka (4500m): Trek.

**Day 18** : Yak Kharka to Ringmu (3600m): Trek.

**Day 19** : Ringmu to Rachi: Trek.

**Day 20** : Rachi to Roha village: Trek

**Day 21** : Roha village to Juphal: Trek.

**Day 22** : Juphal to Nepalgunj to Kathmandu: Fly.

### **Note**

The 22 Days Upper Dolpo Trekking Itinerary we propose to you is only on outline. It is entirely based on your interest & as per your wishes; however, when you are in the field our itinerary is implemented practically by our guides who are very comfortable, flexible and understanding if

any minor changes are required by you; but this is only done after consulting the tour leader & the group. Our itinerary is purely based on making your trip enjoyable with full of pleasure to give you maximum benefits in the course of your holidays. Encounters Nepal has a decade of experience in operating in restricted zones & we will arrange all your trek formalities & logistics for some of the most challenging & thrilling adventures in the great outback of Nepal.