

# Explore Dolpo Trek

## Standard Itinerary

### Explore Dolpo Trek Itinerary:

#### **Day 01: Kathmandu**

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

#### **Day 02: Permit Preparation**

Permit preparation and sightseeing in Kathmandu Valley overnight at hotel on BB plan.

#### **Day 03: Nepalgunj**

Flight from Kathmandu to Nepalgunj 50 minutes. Overnight at hotel on BB plan.

#### **Day 04: Dunai**

Flight to Juphal 25 minutes and trek to Dunai 2150m 3 hours 10km. Overnight at hotel on BB plan.

#### **Day 05: Chhepka**

Trek to Chhepka 2838m 7 hours 14km. Overnight at tent.

#### **Day 06: Jharna**

Trek to Jharna Hotel 3110m 6 hours 11km. Overnight at tent.

#### **Day 07: Shey Phoksundo Lake**

Trek to Shey Phoksundo Lake 3730m 3/4 hours 5km. Overnight at tent.

#### **Day 08: Shey Phoksundo Lake**

Rest day and explore Phksundo Lake and Ringmo village.

#### **Day 09: Forest Camp**

Trek to Forest Camp 4400m 6 hours 10km. Overnight at tent.

## **Day 10: Kangla Pass Base Camp**

Trek to Kangla Pass Base Camp 4800m 5 hours 9km. Overnight at tent.

## **Day 11: Shey Gompa**

Trek via Ngangda La/Kang La pass 5360m to Shey Gompa 4160m 7 hours 12km. Overnight at tent.

## **Day 12: Shey Gompa**

Rest day and explore Shey Gompa

## **Day 13: Namgung**

Trek via Sela Shey Bhanjyang pass 5010m to Namgung 4430m 6 hours 11km. Overnight at tent.

## **Day 14: Saldang**

Trek to Saldang 3770m 3/4 hours 7km. Overnight at tent.

## **Day 15: Chagaon**

Trek to Chagaon 3840m 6 hours 9km. Overnight at tent.

## **Day 16: Darsumna Doban**

Trek to Darsumna Doban 4310m 5 hours 10km. Overnight at tent.

## **Day 17: High Camp**

Trek to the High Camp of Janta Bhanjyang 5121m 5 hours 7km. Overnight at tent.

## **Day 18: Tokyu**

Trek to Tokyu 4290m via Janta Bhanjyang 5121m 5 hours 10km. Overnight at tent.

## **Day 19: Dho Tarap**

Trek to Dho Tarap 3944m 3 hours 5km. Overnight at tent.

## **Day 20: Excursion Day**

Visit Dho Tarap 3944m. Overnight at tent.

## **Day 21: Toltol**

Trek to Toltol 3523m 7/8 hours 18km. Overnight at tent.

## **Day 22: Khanigaon**

Trek to Khanigaon 2950m 7/8 hours 18km. Overnight at tent.

## **Day 23: Juphal**

Trek to Tarakot 2950m 3/4 hours and drive to Juphal 1-hour 36km (total 5/6 hours). Overnight at lodge.

## **Day 24: Kathmandu**

Fly to Nepalgunj 25 minutes and fly to Kathmandu 1 hour. Evening farewell dinner. Overnight at hotel with BB Plan.

## **Day 25: Departure**

Departure from Kathmandu to your onward destination.

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## **Includes and Excludes**

### **Includes**

- 6 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3\* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- 1 Night Hotel in Nepalgunj diner and breakfast plan.
- Sightseeing UNESCO world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide.
- Domestic flight from Kathmandu to Nepalgunj/Juphal/Nepalgunj/Kathmandu.
- Staff transportation Kathmandu /Juphal /Jomsom/Kathmandu.
- Twin-sharing accommodation during the trek (according to programs Tent/Tea house/lodge).
- All camping equipment's two-man tent north face kitchen tent dining tent toilet tent chair mattress kitchen equipment including kitchen and camping staff etc.

- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porters during the trek.
- All Government local tax Shey Phoksundo National Park entry permit and TIMS card)
- Dolpo restricted area permits.
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staff's medical insurance during the trek.

### **Excludes**

- Lunch and dinner in Kathmandu.
  - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
  - Emergency rescue and travel Insurance (most required factor in high altitude trek).
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Tips and gratuities for the staff.
  - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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