

## Overview

### Trip Overview

Upper Dolpo Trek ending at Jomsom is a long and demanding journey in the high altitude area of western Nepal but shows the most beautiful and remote areas of the country. Juphal to Jomsom trek is recommended to expert trekkers who are used to trekking to great heights. This trek crosses more than eleven mountain passes, seven of them higher than 5,000 m. Thus this is a difficult route compensated however by the beauty of the countryside and the kindness of the people. This trekking tour is undoubtedly one of the best that can be carried out in the whole of the Himalayas.

We start our trek from Jumla, after two small flights to Nepalgunj on the first day and to Jumla on the second day. The route goes through the high and remote alpine areas and passes and finally comes to beautiful Shey Phoksundo Lake (3600m). From here we will trek via Numala and Bagala pass and get to Upper Dolpo, Do Tarap, the beautiful village of this region. Trek towards Charkha, probably the most beautiful village of high altitude. Then we will trek towards Jomson after passing Sangda La, the highest pass of this trek.

### Outline Itinerary

Day 01: Get permits, flight to Nepalgunj (152m) at around 2:00 pm, transfer to hotel

Day 02: Nepalgunj flight to Juphal (2490m) trek to Dunai (2150m)

Day 03: Dunai trek to Chepka (2670m)

Day 04: Chepka trek to Renje(3010m)

Day 05: Renje trek to Shey Phoksundo Lake ((3730m)

Day 06: Rest day for Excursion around Phoksundo.

Day 07: Phoksundo Lake trek to Chunemba (3630m).

Day 08: Chunemba trek to Lar Tsa (4120m)

Day 09: Lar Tsa trek to Mendok Ding (4610m)

Day 10: Mendok Ding trek to Shey Gompa(4390m)

Day 11: Shey Gompa trek to Namgung(4430m)

Day 12: Namgung trek to Karang (4050m)

Day 13: Karang trek to Mugaon (4100m)

Day 14: Mugaon trek to Shimen (4010m)

Day 15: Shimen trek to Tinje (4150m)

Day 16: Tinje trek to Rakpa (4530m)

Day 17: Rakpa Cross Charka la ( 4920m )trek to Chharka (4120m)

Day 18: Charkha trek to Norbulung ( 4750M)

Day 19: Norbulung Cross Sangda la (5460m) trek to Sangda Phedi(5100m)

Day 20: Sangda Phedi trek to Sangda (3700m)

Day 21: Sangda trek to Dhagarjun (3290m)

Day 22: Dhagarjun trek to Jomsom (2670m)

Day 23: Jomsom flight to Pokhara transfer to Hotel (820m)

Day 24: Fly to Kathmandu.

## Outline Itinerary

### Cost Includes

- An experienced registered and friendly local trekking guide.
- 1 Cook/chef to prepare the group meal during the trek.
- Support and helping assistant guide/Sherpa.
- Necessary porters/yak/donkey to carry our trekking gear and luggage
- Freshly cooked healthy food (breakfast, lunch, dinner, tea, coffee)
- All camping gear and kitchen utensils during the trek
- Kathmandu – Nepalgunj – Juphal – Nepalgunj – Kathmandu flight and airport taxes.
- Dolpa restricted area trekking permit,
- Shey Phoksundo National park entrance permits.
- Tented accommodation and food for your trekking staffs
- Salary, insurance and trekking gear for trip crew.
- Office service charge, government taxes and vat etc.

### Cost Excludes

- Accommodation and meals Kathmandu.
- Guided sightseeing and monuments entrance fees in Kathmandu.
- All bar bills, beverages such as coke, fanta, mineral water
- Nepal visa, International flight, Toiletries and laundry service,
- Personal travel insurance, rescue operation charge in case of emergency.
- Any other costs whatsoever, that is not mentioned in the service include list.
- Items and expenses of personal nature
- Tips and gratitude for guide and porters.