

Trip Name : Dolpo To Jomsom Trek

Starting Point	Fly in KTM/KEP-Juphal
Ending Point	Fly out Jomsom-Pokhara/KTM
Type	Fully Camping Trek
Grade	Hard
Duration	24 Days
Daily Walk	5-7 hours
People in Group	Minimum 2 and Maximum 12
Best Time	April to June and September to November
Max. Elevation	5515 mt.

Trip Highlights:

- The spectacular view of the Phoksundo Lake
- Shey Gompa and many other isolated Buddhist monasteries
- Some challenging high passes
- Observation of the remoteness of Nepal
- Various species of flora and fauna
- Panoramic views of Snowy peaks
- Ancient and isolated villages
- Enthralling culture and tradition

Trip Details:

Dolpa district is situated in the Trans-Himalayan region of north-west Nepal. Dolpa is also spelt as Dolpo and remains as an isolated, wild, virgin and one of the remotest areas of Nepal which has a great biodiversity, cultural richness and challenging high passes. The Dolpo to Jomsom off-the-beaten trek is designed for the trekkers who prefer to accept more challenging trail that involves many high passes and is possible to do only in certain time of the year. Upper Dolpo is part of the Tibetan Plateau and culturally rich with Bön villages and gompas or monasteries. Bön is the main Tibetan religion that pre-dates Tibetan Buddhism. Shey Gompa is one of the most important spiritual sites in Upper Dolpo to be visited. This trek will require a reasonable fitness and some previous trekking experience in the Himalayas. Upper Dolpo is good walking country however there are several steeper trails with exposure such as around Phoksundo Lake. This is the same place where Eric Vailli's movie 'Caravan' was filmed. Although there are no technical passes on this trek, some toughest passes are recorded so far. The major attractions of Dolpo region is the wild and pristine landscape which is unlike to most other parts of the Nepal Himalayas having the fascinating villages, scenery and peace that offers opportunities to visit ancient villages, high passes, beautiful lake and isolated Buddhist monasteries. A great Tibetan influence can be experienced here and the villagers of Tibetan stock are skilled traders taking their yak caravans between Tibet and Nepal.

Season for Dolpo to Jomsom Trekking:

Trekking from Dolpo to Jomsom is the best in late spring (April to June) and autumn (Sept to Nov). The days are sunny and warm but the nights are cold and can fall to freezing in higher elevations. The only issue is cold and might be a problem due to ice/snow blockade over the high passes. The high passes are closed in winter and early spring. The weather must be favourable in order to complete this trek.

High Altitude Warning:

Altitude sickness is a serious concern in the Dolpo to Jomsom trek that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath. We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Dolpo to Jomsom trekking as hard trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, this trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous rope climbing experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Upper and Lower Dolpo special trekking permits
- Shey-Phoksundo National Park and Annapurna Conservation Area (ACAP) permits
- A City Hotel in Nepalgunj for one night
- A City Hotel in Pokhara for one night
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- A Sherpa Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Necessary equipment including high mountain Tents, Ropes, Mattresses, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Nepalgunj (KEP)-Juphal and Jomsom-Pokhara-Kathmandu & ground transfers
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu, meals in Pokhara
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal equipment that may require for high passes such as Ice-axe, Crampons, etc.
- Insurance for accidental, medical and evacuation

- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly from Kathmandu to Nepalgunj, overnight at a hotel.

Day 02 : Fly Nepalgunj to Dolpo (Juphal) and trek to Ankhe (2,660m/8,727ft).

Day 03 : Trek Ankhe to Sulighat (2,900m/9,514ft).

Day 04 : Trek Sulighat to Phoksundo Lake (3,600m/11,811ft).

Day 05 : Rest day at Phoksundo Lake for excursion and acclimatization.

Day 06 : Trek Phoksundo Lake to Phoksundo Khola (3,510m/11,516ft).

Day 07 : Trek Phoksundo Khola to Phoksundo Bhanjyang (4,405m/14,452ft).

Day 08 : Trek Phoksundo Bhanjyang to Shey Gompa (4,500m/14,764ft) across Kang la pass (5,360m/17,586ft).

Day 09 : Rest day at Shey Gompa for excursion.

Day 10 : Trek Shey Gompa to Namduna Gaon (4,800m/15,748ft) across Saldang la pass (5,200m/17,061ft).

Day 11 : Trek Namduna Gaon to Karang (4,050m/13,288ft).

Day 12 : Trek Karang to Mugaon (4,200m/13,780ft).

Day 13 : Trek Mugaon to Shimen (4,250m/13,944ft).

Day 14 : Trek Shimen to Tinje (4,180m/13,714ft).

Day 15 : Trek Tinje to Rakpa (4,550m/14,928ft).

Day 16 : Trek Rakpa to Chharka (4,300m/14,108ft) across Chharka la pass (5,015m/16,454ft).

Day 17 : Rest day at Chharka for excursion.

Day 18 : Trek Chharka to Norbulung (4,750m/15,584ft).

Day 19 : Trek Norbulung to Sangda Phedi (5,100m/16,733ft) across higher Sangda la pass

(5,515m/18,094ft).

Day 20 : Trek Sangda Phedi to Sangda village (3,800m/12,467ft) across lower Sangda la pass (5,035m/16,519ft).

Day 21 : Trek Sangda village to Dhagarjun (3,290m/10,794ft).

Day 22 : Trek Dhagarjun to Jomsom (2,720m/8,924ft).

Day 23 : Fly Jomsom to Pokhara. Free time in Pokhara.

Day 24 : Fly from Pokhara to Kathmandu.