

Trip Name : Upper Dolpo Shey Gompa Trek

Starting Point	Fly in KTM/KEP-Juphal
Ending Point	Fly out Juphal-KEP/KTM
Type	Fully Camping Trek
Grade	Hard
Duration	21 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	5360 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:

Dolpo or Dolpa district is situated in the Trans-Himalayan region of north-west Nepal. Dolpo remains as an isolated and one of the remotest areas of Nepal and is generally dry, cold and sparsely vegetated. A trek through Dolpo will be an experience of lifetime. 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. It is a part of the Tibetan Plateau and is still a land of mystery and also known as "Ba Yul" or the 'hidden valley'. The Dolpo region has been opened to foreign trekkers since mid-1989. The Dolpo region is split between two very distinctive areas as Lower Dolpo and Upper Dolpo. Special Permits are required to enter both sections. The finally preserved ecosystem encompasses a wild and wonderful variety of plants and wildlife and the park is home to many rare and endangered animal species including the snow leopard, musk deer, blue sheep, Tibetan wolf and 29 species of butterflies including the highest flying butterfly in the world. The trek to Upper Dolpo region starts after the Phoksundo Lake and includes a visit to the popular Shey Gompa (4,500m/14,764ft) Buddhist monastery. This region has a long characteristic of mysticism about it. 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. The air strip at Juphal allows access connecting a flight between Nepalgunj and Juphal.

### Weather in Dolpa region:

Trekking in Dolpa region 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.

### **High Altitude Warning:**

Altitude sickness is a serious concern in the Upper Dolpo 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 Upper Dolpo and Shey Gumpa 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, the Upper Dolpo 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 hiking 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 permit
- A City Hotel in Nepalgunj 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
- Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Nepalgunj (KEP)-Juphal-Nepalgunj (KEP)-Kathmandu and 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
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots 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.

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

**Bhote Koshi 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 Shey-Phoksundo Lake (3,600m/11,811ft).

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

**Day 06 :** Trek Shey-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 crossing over Kang la pass (5,360m/17,586ft).

**Day 09 :** Rest day at Shey Gompa (4,500m/14,764ft) for excursion.

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

**Day 11 :** Trek Namduna Gaon to Saldang (4,100m/13,452ft).

**Day 12 :** Trek Saldang to Sibru (4,560m/14,961ft).

**Day 13 :** Trek Sibru to Jeng la Phedi (4,370m/14,337ft).

**Day 14 :** Trek Jeng la Phedi to Tokyu Gaon (4,240m/13,911ft) crossing over Jeng la pass (4,845m/15,896ft).

**Day 15 :** Trek Tokyu Gaon to Dho Tarap (4,050m/13,288ft).

**Day 16 :** Trek Dho Tarap to Tarap Khola (3,800m/12,467ft).

**Day 17 :** Trek Tarap Khola to Khani Gaon (3,150m/10,335ft).

**Day 18 :** Trek Khani Gaon to Tarakot (2,540m/8,333ft).

**Day 19 :** Trek Tarakot to Dunai (2,150m/7,054ft).

**Day 20 :** Trek Dunai to Juphal (2,400m/7,874ft).

**Day 21 :** Fly Juphal to Kathmandu via Nepalgunj.