Upper Dolpo Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**27 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5090m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 4,090 per person**

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrive at Tribhuvan International Airport, where you'll be met by your trekking agency representative. Transfer to hotel. In the evening, you'll receive a trek briefing, check your gear, and meet the guide and support staff. Optional welcome dinner.

Day 2 : Sightseeing and Permit Preparation

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Spend the day sightseeing in Kathmandu Valley (optional visit to Boudhanath, Swayambhunath, Pashupatinath, or Patan Durbar Square). Simultaneously, your agency will prepare:Restricted Area Permits (Upper Dolpo)Shey Phoksundo National Park entryTIMS card

Day 3 : Fly Kathmandu -> Nepalgunj -> Juphal -> Trek to Dunai (2,140m)

Altitude: 1400 - 2140

Walk: 2-3 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Early morning flight (~1 hour) to Nepalgunj, a bustling lowland city. After a short break, take a mountain flight to Juphal (~35 mins). Begin your trek with a scenic walk (2–3 hrs) through terraced fields and riverside paths to Dunai, the administrative center of Dolpa. Overnight at camp or local lodge.

Day 4 : Trek to Chhepka (2,670m)

Altitude: 2140- 2670m

Walk: 6-7 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Start your adventure through the Shey Phoksundo National Park, following the Sulighat River. Pass small villages and cross several suspension bridges. The trail alternates between pine forests and narrow river gorges before arriving at Chhepka, a peaceful riverside village.

Day 5 : Trek to Jharana Hotel/Campsite (3,200m)

Altitude: 2670- 3200m

Walk: 6-7 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Continue through a forested gorge with moss-covered stones and gentle ascents. You'll reach Jharana Hotel, near one of Nepal's highest waterfalls—the Phoksundo Waterfall (~167 m). A great place to relax before the ascent to the lake.

Day 6 : Trek to Ringmo Village and Phoksundo Lake (3,600m)

Altitude: 3200-3600m

Walk: 5 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Climb a steep ridge offering the first panoramic view of turquoise Phoksundo Lake, a jewel of the Himalayas. Then descend through birch forests to Ringmo, a traditional Bon village on the lake's southern shore. Explore Tshowa (Bon Monastery) and settle near the sacred lake.

Day 7 : Acclimatization at Phoksundo (3,600m)

Altitude: 3600m

Walk: 2-3 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Rest and acclimatize. Enjoy serene walks around the lake, visit Bonpo monasteries, and learn about the local culture. Optional hike to the lake's western edge for better views. This day is essential to adjust to the altitude before going higher.

Day 8 : Trek to Phoksundo Khola Camp (3,640m)

Altitude: 3600- 3640m

Walk: 5-6 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Follow a narrow cliffside trail along the western shore of Phoksundo Lake, then enter remote wilderness. The landscape becomes more barren. You'll reach a remote camp near the confluence of a glacial stream and Phoksundo Khola.

Day 9 : Trek to Pass Camp (4,940m)

Altitude: 3640 - 4940m

Walk: 6-7 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Ascend steep trails alongside waterfalls and icy streams. The trail becomes more rugged and the scenery starkly beautiful. Camp at the base of Kang-La Pass in a high-alpine meadow surrounded by cliffs.

Day 10 : Cross Kang-La Pass (5,360m) -> Shey Gompa (4,200m)

Altitude: 4940- 5360- 4200m

Walk: 7-8 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

A big day! Cross Kang-La, the first high pass. The climb is steep and snowy at times, offering breathtaking views of Crystal Mountain, Tibet, and Mustang. Descend into the mystical valley of Shey. Visit the 800-year-old Shey Monastery, a spiritual heartland of Dolpo.

Day 11 : Acclimatization and Exploration at Shey Gompa

Altitude: 4200m

Walk: 2-3 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Explore Crystal Mountain, sacred to Tibetan Buddhists, and visit the gompa's inner sanctum. Spend time with monks and absorb the spiritu

Day 12 : Trek to Namgung (4,430m)

Altitude: 4200 - 4430m

Walk: 6 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Climb over Saldang La Pass (~4,780m) with exceptional mountain views, then descend to Namgung, a small village with one of Dolpo's oldest monasteries. Camp near Namgung Gompa, a red cliff-hugging monastery.

Day 13 : Trek to Saldang (3,900m)

Altitude: 4430- 3900m

Walk: 4 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Descend gently through a broad river valley to Saldang, one of the largest and most prosperous villages in Upper Dolpo. Explore whitewashed homes, prayer flags, and chortens that decorate the dramatic landscape.

Day 14 : Trek to Yangze Gompa (4,960m)

Altitude: 3900 - 4960m

Walk: 5 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Walk through barren ridges to Yangze Gompa, one of Dolpo's most remote settlements. Visit its Bonpo monastery and interact with locals practicing ancient rituals.

Day 15 : Trek to Sibu (4,560m)

Altitude: 4960- 4560m

Walk: 6-7 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Retrace to Saldang and continue south toward Sibu, a summer settlement used by yak herders. Beautiful canyon views and grazing pastures mark today's trail.

Day 16 : Trek to Jeng La Phedi (4,900m)

Altitude: 4560 - 4900m

Walk: 5 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Climb gradually through isolated valleys to the base of Jeng La Pass, a windswept high camp amid the dramatic trans-Himalayan landscape. Prepare for another tough but scenic crossing.

Day 17 : Cross Jeng La (5,090m) -> Tokyu (4,200m)

Altitude: 4900- 5090- 4200m

Walk: 6 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

ross the pass and descend to Tokyu, a culturally vibrant village near Dho Tarap. Enjoy views of the snowy Dhaulagiri range and high-altitude pastures.

Day 18 : Trek to Dho Tarap (4,040m) – Explore Bon and Buddhist cultures

Altitude: 4200- 4040m

Walk: 2-3 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Trek duration - Reach the ancient settlement of Dho Tarap, one of Dolpo's most fascinating villages. Rest and explore the dual religious traditions (Bon and Nyingma). Visit gompas, interact with locals, and

enjoy the hospitality.

Day 19 : Trek to Tol Tol (3,500m)

Altitude: 4040- 3500m

Walk: 6 hrs · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Begin your descent through the Tarap Valley. The terrain is rugged, with a roaring river running through narrow gorges. Camp near Tol Tol, a scenic river junction.

Day 20 : Trek to Khanigaon (2,950m)

Altitude: 3500-2950m

Walk: 6 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Continue down the Tarap gorge, perhaps the wildest part of the journey. Steep cliffs tower above you while the trail zigzags over suspension bridges.

Day 21 : Trek to Tarakot (2,537m)

Altitude: 2950 - 2537m

Walk: 5 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Reach the charming town of Tarakot, once a fortified outpost controlling the trade route to Tibet. Camp near the confluence of the Barbung and Bheri Rivers.

Day 22 : Trek to Dunai (2,140m)

Altitude: 2537- 2140m

Walk: 6 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Follow the Bheri River downstream to return to Dunai. Enjoy the last night of camping or lodge stay. Reflect on your journey through this hidden kingdom.

Day 23 : Trek to Juphal (2,400m)

Altitude: 2140- 2400m

Walk: 2 hours · Stay: Tea House · Visit: Upper Dolpo Region · Meals: Breakfast Lunch Dinner

Short morning trek to Juphal airstrip. Free afternoon to rest, repack, and say goodbye to your porters or support crew.

Day 24 : Fly to Nepalgunj -> Kathmandu

Altitude: 150- 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Take an early flight to Nepalgunj, then connect to Kathmandu. Transfer to hotel and celebrate the end of your trek.

Days 25–26 : Buffer Days / Sightseeing

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Optional buffer days for flight delays or weather issues. You can also take cultural tours in Bhaktapur or visit Everest museums or mountain-view restaurants.

Day 27 : Final Departure

Visit: Nepal · Meals: Breakfast

Transfer to airport for your flight home.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 30°C / night 20°C
- Day 2 · Sightseeing and Permit Preparation · 1,400 m · day 30°C / night 20°C
- Day 3 · Fly Kathmandu -> Nepalgunj -> Juphal -> Trek to Dunai · 1,400 m · day 30°C / night 20°C
- Day 4 · Trek to Chhepka · 2,140 m · day 26°C / night 15°C
- Day 5 · Trek to Jharana Hotel/Campsite · 2,670 m · day 23°C / night 12°C
- Day 6 · Trek to Ringmo Village and Phoksundo Lake · 3,200 m · day 21°C / night 8°C
- Day 7 · Acclimatization at Phoksundo · 3,600 m · day 19°C / night 6°C
- Day 8 · Trek to Phoksundo Khola Camp · 3,600 m · day 19°C / night 6°C
- Day 9 · Trek to Pass Camp · 3,640 m · day 19°C / night 6°C
- Day 10 · Cross Kang-La Pass -> Shey Gompa · 4,940 m · day 12°C / night -3°C
- Day 11 · Acclimatization and Exploration at Shey Gompa · 4,200 m · day 16°C / night 2°C
- Day 12 · Trek to Namgung · 4,200 m · day 16°C / night 2°C
- Day 13 · Trek to Saldang · 4,430 m · day 15°C / night 0°C
- Day 14 · Trek to Yangze Gompa · 3,900 m · day 17°C / night 4°C
- Day 15 · Trek to Sibu · 4,960 m · day 12°C / night -3°C
- Day 16 · Trek to Jeng La Phedi · 4,560 m · day 14°C / night 0°C
- Day 17 · Cross Jeng La -> Tokyu · 4,900 m · day 12°C / night -3°C
- Day 18 · Trek to Dho Tarap – Explore Bon and Buddhist cultures · 4,200 m · day 16°C / night 2°C
- Day 19 · Trek to Tol Tol · 4,040 m · day 17°C / night 3°C
- Day 20 · Trek to Khanigaon · 3,500 m · day 19°C / night 6°C
- Day 21 · Trek to Tarakot · 2,950 m · day 22°C / night 10°C
- Day 22 · Trek to Dunai · 2,537 m · day 24°C / night 13°C
- Day 23 · Trek to Juphal · 2,140 m · day 26°C / night 15°C
- Day 24 · Fly to Nepalgunj -> Kathmandu · 150 m · day 36°C / night 28°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 5 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Lower & Upper Dolpa restricted area permit (issued by Department of Immigration).

- Shey Phokdundo National Park entry permits
- Local Government entry permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/upper-dolpo-trek/

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