



Upper Dolpo Trekking - Itinerary

1. Arrival to Tribhuvan International Airport (TIA)

Altitude: 1,350m/4,428ft - Welcome to Kathmandu, our Sunrise Adventure Trek airport representative will welcome you in the airport and transfer you to your hotel. Then, at evening we will give you shortly details of the trip program. Overnight stay in hotel

2. Sightseeing in Kathmandu valley

After breakfast visit World Heritage Sites in the Kathmandu Valley which includes Swayambhunath Stupa / Monkey Temple, Baudhanath Stupa and Pashupatinath Temple and arrangements for trek after trekking. Stupas and temples were made in ancient time and bear the great historical plus cultural values. Pashupatinath temple is mostly famous between Hindu pilgrimages. Along with religious impressions, it offers beautiful statues and structures built in ancient Nepalese architect style.

3. Flight to Nepalgunj (south-western Nepal)

We take a scenic flight to Nepalgunj which takes an hour. As Nepalgunj is situated in western region, we can get a chance to observe the stunning mountainous views and the terai town during the flight and our overnight is also there. So, we can also closely explore the local cultures of Terai people. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Nepalgunj to Jumla by flight and trek to Gothichour (2700m)

This morning we fly from Nepalgunj to Jumla. Jumla is the head quarter of Karnali zone. Thus, we see the governmental and non-governmental organization. Jumla is also known as the origin place of Nepalese language. Leaving the airport at Jumla, we cross the Tila Khola and the Chaudabise Khola near their confluence and climb gradually to a fertile valley of rice terraces. During the trek we pass by the Garjyakot and Depal villages where we observe the living style of Chetri people and traditions follow by them. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Ghotichour to Napakhola (3,000 m)

We have an early breakfast and start our trek by following the Tila Khola. Passing by Tila Khola we walk through fields of corn, potato, buckwheat and barley. Along with this we pass through the Tibetans Maniwalls on the way. Here we have lunch and take rest for few minutes then, we continue the trek along the river to Napakhola. Napakhola is a small Buddhist settlement where we get to observe the Buddhism cultures and values. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

6. Napakhona to Chaurikot (3,000 m)

Today, the trail is more steeply and we climb through a forest to a pass named Mauri Lagna [3820m]. After this, we trek through birch and sliver fire forest to reach Chaurikot. Reaching at Chaurikot offers the scenic

views of Patrasi and Jagadu Himal visible to the north. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

7. Chaurikot to Bheri River side

After having breakfast we pass village of Balasa inhabited by blacksmiths and tailors. Walking through the beautiful forests of walnut trees we get to observe the spectacular views of Kagmara Peak. Trail drops us to a stream before climbing the rocky trail in which we pass by the apple orchards of Jyakot. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

8. Bheri River Side to Gharpung Khola

Today we climb gradually through lots of thorn bushes, where you can see the greenery of enchanting dense forests. After this we pass by Hurikot and along with walking for some hours we arrive at the entrance to the Shey Phoksundo National Park. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

9. Gharpung Khola to Kagmara [3500m]

We take our breakfast and continue to follow the trail upward of river stream. We ascend slowly towards the Kagmara La. Trek to Kagmara is short and easy as well. During the trail we get to observe the surrounding of green forests with rhododendron flowers. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

10. Kagmara to Kagmara base camp (4000m)

Walking continuously the trail becomes steeper today and comes to a rocky area. Slightly, the trail climbs to a moraine below the Kagmara La, and we make our camp among the boulders here. Reaching at Kagmara La offers the excellent views of mountains surrounded by, and the magnificent forests surrounding trails below. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

11. Cross Kagmara La (5165m)

Today, the climbs become very strenuous now until a pass, this is a good place to spot the rare blue sheep. We walk down through the pastures of the Pungmo Khola Valley. Overnight camp at Pungmo Khola in the grassy spot. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

12. Pungmo Khola to Pungmo Gaon (3,050 m)

The trail now enters birch and juniper forests. Good view of Kanjirowa peak on the way and can see a Good settlement of Tibetan villages with Yak herders. The area is covered in Juniper Birch and Apple trees. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

13. Pungmo Gaon to She Phoksundo Lake (3,600 m)

After breakfast we continue downstream to the national park headquarters at Sumduwa before joining the trail up the Phoksumdo Khola to Phoksumdo Lake. Working through a forest of Cedar on the way we will encounter a biggest waterfall of Nepal. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

14. Phoksundo Lake

Today we rest at Phoksundo Lake to admire the beauty of this great lake. We have our breakfast and enjoy the majestic views of snowy peaks. We can get to observe the marvelous views of mountains known as Kanjirolba and Kagmara and Batrasi Himal. Along with this we visit nearby villages, where we closely explore the Tibetan cultures of people and at last the Ringbo Gompa Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

15. Phoksundo Lake to Bagala base camp

Walking through the forests of juniper and blue pine we collect some beautiful moments. The trail takes us following the river bank up to the valley and a waterfall. Finally, we will camp at the base camp of Bagala pass. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

16. Cross Bagala Pass (5090m)

Numla Pass base camp (5,190 m) - we trek through the narrow valley which slightly becomes wider and is surrounded by big glaciers. The scenery offers the best views along with blade-shaped rock cliffs. During the walk we enjoy incredible views of the Kanjiroba massif to the west. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

17. Numla Pass Base Camp

Chering Gompa - After the early breakfast we ascend to the top of the Numla Pass if the weather is clear, we can see as far as spectacular views of Dhaulagiri ranges. Walking for some hours ahead takes us to a beautiful valley of Upper Tarap where we can get a chance to closely analyze the daily living style and cultures of local people. Finally, we Camp near by Chering Gompa. Meals included: Breakfast, lunch and dinner and finally an Overnight stay in a camp or lodge.

INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no.of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipment's during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

URL: <https://sunriseadventuretrek.com>