



Dear Sir/Madam,

Greetings from **Altitude Himalaya!!**

Thanks for reaching us. Please find below details of the **Upper Dolpo to Jomsom Trek**. Let us know your further questions, changes, and decisions. We can customize the trip plan upon your preference, choice, and suggestion.

Your Trip Facts:

Travelers Info	Your Group Name (Minimum 2 Adults)
Trek Name	Upper Dolpo to Jomsom Trek (26 Nights 27 Days)
Accommodation	<u>3 Star Deluxe Hotels (Subject to Available):</u> Kathmandu: 3 Star Hotel (3 Nights) Nepalgunj: 3 Star Hotel (1 Night) During Trek: Tented Accommodation (20 Nights) Jomsom: Local Lodge (1 Night) Pokhara: 3 Star Hotel (1 Night)
Rooms	1 Double Sharing Deluxe room (Kathmandu, Nepalgunj, and Pokhara) 1 Double Sharing normal room (Jomsom) Comfortable Tented accommodation (During Trek)
Trek Cost	<u>USD 6,545 Per Person/-</u>
Route	Kathmandu - Nepalgunj - Juphal - Kagani - Rechi - Ringmo - Lekhe Dhunga - High Camp - Shey Gompa - Namgung - Saldang - Komasa - Shimen Gaon - Tinje - Dovan Camp - Mo La Base Camp - Chharka Bot - Sipta Camp - Niwas La Camp - Galden Guldung Khola Camp - Santa - Phalyak - Jomsom - Pokhara - Kathmandu.



Meal Plan	Kathmandu, Nepalgunj, and Pokhara: BB (Breakfast Included) Dolpo and Jomsom: AP (Breakfast, Lunch, and Dinner Included)
Domestic Flights	Kathmandu to Nepalgunj , Nepalgunj to Juphal, Jomsom to Pokhara, and Pokhara to Kathmandu.
Permits	<ol style="list-style-type: none">1. National Park Entry Permits2. Upper Dolpo Restricted Area Permit (RAP)3. Annapurna Conservation Area Permit (ACAP)4. Trekkers Information Management System (TIMS) Card
Guide	<ol style="list-style-type: none">1. An experienced and government-licensed trekking guide (English)2. An assistant and cook, as well as the necessary number of mules.

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Your Trip Overview:

Nepal is known in the world for housing 8 of the world's 10 highest mountains, being the birthplace of Gautam Buddha, having hospitable people, and being rich in cultural heritage, but the fact that Nepal has some stunning arid regions manages to amuse some of the people. There are a few places in Nepal that fall in the Trans-Himalayan region. If you are looking for a long camping trek in the remote lands of Nepal, then this is the perfect package for you.

This **Upper Dolpo to Jomsom Trek** takes you from the hidden land of **Dolpo to Jomsom**, Mustang, two famous trekking destinations in Nepal. Starting on the rugged trails of the isolated sanctuary of Dolpo, you will trek a portion of the Great Himalayan Trail to Jomsom. The trek starts from the lower lands of Dolpo to some of the highest settlements of the region, passing through many high passes along the way to the ending point of the trekking trip, Jomsom, which is the headquarters of Mustang. Dolpo and Mustang have a history together, as Dolpo was under the rule of the Kingdom of



Lo for a certain period. Although these two districts of Nepal share the same values, both are restricted areas and have culture and influences from Tibetan Buddhism, the lifestyle of the people living in these two places is not the same at all. The people of Dolpo still live the nomadic lifestyle, while the people in Mustang have been living a luxurious lifestyle since Mustang fell in the famous silk route. This trek, which is **27 days** long, will walk you on a road you will get to actually witness and experience the transition between these districts. In this trek, you will witness both the rugged and the polished beauty of the arid region, seamlessly blending the trails of Dolpo into the trails of Mustang.

Your Trip Highlights:

- Private a customizable trek.
- Trekking through some of the highest settlements in Dolpo.
- Experience the ancient Bon culture in Dolpo.
- View of Nilgiri (7,060 m) and Dhaulagiri (8,167 m) in Jomsom.
- Experience the Tibetan Buddhism in both Dolpo and Mustang.
- Peaceful trekking experience with less crowded trails in Dolpo and walking a part of the Great Himalayan Trail.
- Kagbeni, the gateway to the Kingdom of Mustang.

Your Trip Itinerary:

DAY 01: Kathmandu Arrival, Welcome to Nepal. [1,400 m/4,593 ft]

Your Arrival Time (?): *Our office representative will meet and greet you at **Kathmandu Airport** and transfer you to your hotel in Kathmandu.*

At. 06:00 PM: *We will meet in the evening for a coffee and brief you on your trek program. You will get all the essential information about the trekking region. You will also receive all the necessary paperwork and permits, which you should let our guide keep. If your arrival is late, after 5 PM or so, we will meet the next morning during breakfast.*



Optional Activity: *If you're interested in additional activities during your tour in Kathmandu, please let us know your preferences in advance. This will allow us to schedule and book the programs accordingly.*

Optional Activities in Kathmandu

- *Everest Mountain Flight (It is a 1-hour flight (scheduled at 6:30 AM) with a breathtaking view of the mountain range.) (USD 250 PP)*
- *Gosaikunda Helicopter Tour from Kathmandu. (USD 500 PP)*
- *Everest Helicopter Tour from Kathmandu with Kala Patthar Landing. (USD 1200 PP)*

Meal: Not Included.

DAY 02: Kathmandu Sightseeing, Trek Preparation.

At. 10:00 AM: *Start your fully guided sightseeing from the closest place, [Kathmandu Durbar Square](#). The former royal palace will fascinate you with its intricate architectural designs and exciting myths and histories related to it. In front of the court, you will see numerous vendors selling handcrafted items like jewelry, decoration pieces, and many other stuff. Next, visit [Swayambhunath Stupa](#), also known as the **Monkey Temple**. It is dedicated to both Hindu and Buddhist religions, which creates religious harmony. One must climb hundreds of stairs to reach the top of the hill where the monument is situated. The environment is peaceful, so if you want to practice meditation, you can do so.*

Afterward, visit the renowned [Pashupatinath Temple](#), dedicated to Lord Shiva and known for its remarkable pagoda architecture. It is Nepal's highly revered Hindu temple, where you can see numerous culturally significant monuments. The final stop is [Boudhanath Stupa](#), where you will be greeted warmly by the divine scent of incense and the gentle sounds of pigeons. It is one of the biggest stupas in the world, which people find significantly spiritually important.

*After completing your sightseeing program, visit **Thamel** for trek preparation shopping. You can find all the necessary gear here. We recommend purchasing the product from your home country due to higher prices and potential quality differences. In the evening, we will gather for a **welcome dinner** at a restaurant. The dinner will feature traditional **Thakali cuisine**, followed by a cultural program with traditional songs and performances.*



Note: You can go for a warm-up trek to the nearest viewpoint in Kathmandu to **Jamacho Gumba** (Monastery) instead of sightseeing if you wish to. The hike can be completed in around 4-5 hours; it helps to stretch your legs before the trek and will be beneficial; however, it is optional.

Meals: Breakfast and Dinner Included.

DAY 03: Fly to Nepalgunj. [150 m/492 ft]

At. 09:30 AM: Your trekking guide will receive you and take you to the Kathmandu airport for your flight to **Nepalgunj**. The duration of the flight from Kathmandu to Nepalgunj is about 45–50 minutes. Upon reaching Nepalgunj, you will be transferred to the hotel.

At. 01:00 PM: After completing your check-in and short refreshment, you can visit a nearby market to explore local people, food, culture, and attractions. While you have leisure time, consider trying out some delicious snacks as you stroll around and explore new food options before your trek begins.

Meal: Breakfast Included.

DAY 04: Fly to Juphal, Trek to Kagni. [2,270 m/7,447 ft]

At. 07:00 AM: Today marks the beginning of your trek as you prepare to go on your journey to the Dolpo region. To begin your day, enjoy breakfast at the hotel, then make your way to the Nepalgunj airport, where you will catch your morning flight to **Juphal**. Juphal serves as both the starting and ending point for your trek, making it the primary gateway to the Dolpo region. The duration of the flight to Juphal from Nepalgunj is about 45-50 minutes on a twin-otter aircraft, which is the main mode of transportation by air that connects remote regions of Nepal.

Once you arrive at Juphal, you will meet the rest of your trekking team, including the porters and kitchen staff, as this trek requires camping. From there, you will begin your trek to **Kagni**, which is located around 12 km from Juphal. As you start walking, you will follow a downhill trail and gradually ascend up until Kagni. Today will be your first day at camping so the kitchen team member will set up the tents and prepare dinner for you. Overnight stay at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 05: Trek to Rechi. [3,100 m/10,170 ft]



At. 08:00 AM: After a quick breakfast at the campsite, you will start your trek to today's destination, **Rechi**. The distance between Kagni and Rechi is around 15 km, which can take around 7-8 hours to reach. The trail follows a gradual ascend as you move towards the highlands of Dolpo. On the way, you will walk past the thick alpine forest and cross small villages such as **Shyagda** and **Chhepka** alongside the Suli Gad River and Phoksundo River.

Once you reach your destination, pack your bags and explore the surrounding area as your dinner gets ready. After that, have dinner under the starry sky (according to the weather), then spend your night at a tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 06: Trek to Ringmo. [3,640 m/11,940 ft]

At. 08:00 AM: Have breakfast at the campsite and start your journey toward **Rinmgo**. The distance from Rechi to Ringmo is around 11 km, which will take approximately 6-7 hours to reach. On the way, you will walk past small villages such as Sanduwa, Bagral, Chunuwar, and Polam before arriving at your destination, Ringmo. You will walk past alpine vegetation along rivers and a beautiful waterfall called Phoksundo waterfall, also known as Suligad waterfall locally.

Once you reach Ringmo, rest your bags and stroll around and explore the beautiful **Phoksundo Lake/Shey Phoksundo Lake** and Bon Monastery called **Thasung Tholing/Tshowa Gompa**. After exploring the place, return to the campsite and enjoy your dinner before calling it a day. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 07: Trek to Lekhe Dhunga. [3,670 m/12,040 ft]

At. 08:00 AM: The trek to the **Dhunga**, also known as **Lower Forest Camp**, is more challenging than on other days. You will walk beside the lake on a narrow path overlooking the majestic lake. The lower forest camp lies at an elevation of 3,670 meters above sea level. The distance between Ringmo and Lower Forest Camp is around 10 km and takes approximately 7-8 hours to reach.

You will pass through dense forests and beautiful traditional villages on the way. Your porter and other teams will move ahead of you to set up the camping tents and prepare food for you so you can spend



your night in comfortable tents. You and your guides can walk slowly, appreciating the surroundings. Stay at the lower forest camp for an overnight stay.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 08: Trek to High Camp. [3,740 m/12,270 ft]

*At. 09:00 AM: Today you will be making your way to **High Camp**, also known as **Lar Tsa**, located around 6 km from Lekhe Dhunga (Lower Forest Camp), which will take around 5-6 hours to reach. The trail follows mostly a gradual ascent, with an uphill climb/walk towards the end of today's trek. On the way, you will get to see the majestic view of Kanjirowa Himal on your left side, adding a charm to your walk.*

Once you reach your destination, rest your bags and have some tea and snacks as your dinner gets ready. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 09: Trek to Shey Gompa. [4,360 m/14,305 ft]

*At. 06:00 AM: You will get up early and start your hike towards Shey Gumba, as you will have to walk uphill from the beginning of the day. The distance between Lower Camp and **Shey Gumba** is around 15 km and takes 8-10 hours to reach, including a high trekking pass called **Shey La (5,010 m)**.*

***Note:** It is suggested to start your trek as soon as possible in the morning to make sure that you cross the pass before noon, as at noon crossing the high trekking pass becomes challenging. During noon, the wind gets stronger, making the walk difficult and even dangerous at some points.*

Once you reach the top, the trail becomes easy, with a downhill trail making the rest of the walk easier. After arriving at the destination, rest your bags at the campsite and explore the area, visit the Shey monastery, and stroll around as your dinner gets ready. Here in Shey Gompa, one of the most popular Bon festivals, the Shey Festival is celebrated every 12 years. This festival holds great significance for the Bonpo people and the local Tibetan Buddhist community and is considered one of their biggest celebrations. In the evening, have dinner at the campsite and call it a day in tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 10: Trek to Namgung. [4,090 m/13,418 ft]



At. 06:00 AM: Have your morning meal at your campsite and get ready for your trek to **Namgung**, which is located around 11 km from Shey Gompa. The trek will take around 7-8 hours to reach, and while walking in high elevation, keep in mind to hydrate and walk at a constant pace to avoid getting altitude sickness.

Today's trial involves both an uphill and downhill section, with a descent that can be tough on the knees, but the views make it all worthwhile. Your destination is Namgung, reached by crossing the **Saldang-la Pass** at 5,350 m (also known as **Kang La**), your second pass of the trek. The landscape is stark and rocky, with no vegetation, as you walk through the rugged Upper Dolpo region. The area is harsh and barren, but the views of snow-capped peaks are stunning.

Once you reach your destination, you rest for a while, and you can stroll around soaking in the beauty of Upper Dolpo. Have dinner at the campsite and call it a day. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 11: Trek to Saldang. [3,770 m/12,368 ft]

At. 08:00 AM: After your breakfast at the campsite, get ready for your trek to **Saldang**, yet another popular village in the Dolpo region. It will take around 7 hours to cover the 8 km trek from Namgung to Saldang. You will follow a gentle uphill trail along a flat path and at the end, you will walk downhill, making the last stretch a bit easier. Although there is not much to see on the way, once you reach the village, you will be welcomed by beautiful traditional houses, the seasonal agricultural fields, and hospitable locals.

Once you reach your campsite, rest your bags and rest for a while, and you can visit the village, do some exploring, and get back to the campsite for dinner. Overnight stay at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 12: Trek to Komasa/Khoma. [4,060 m/13,320 ft]

At. 07:00 AM: Have breakfast at the campsite and get ready for your trek to **Khoma/Komasa village**. The distance from Saldang is about 9 km, making the journey take about 6 to 7 hours. Today you will walk past a small pass called **Rigan Pass (4,680 m)**. The trail follows a downhill path at the first stretch, then a steep hill to the top of the pass, and once you cross it, the trail gets easy with a downhill path.



Once you reach your destination, rest your bags at the campsite and explore the area while your dinner gets ready. Have dinner at the campsite and rest at comfortable tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 13: Trek to Shimen Gaon. [3,885 m/12,745 ft]

At. 08:00 AM: Start your day with a warm breakfast at the campsite before beginning your trek. Today you will be heading towards **Shimen Gaon**, which is around 10 km far from Khoma village. To reach your destination, it will take around 5-6 hours as the trail mostly follows a downhill path with a slight uphill climb up to **Shimen La Pass** or **Nang La Pass (4,375 m)**.

Once you reach the place, rest your bags at the campsite while your dinner. You will have plenty of leisure time, which you can use to explore the surrounding area.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 14: Trek to Tinje. [4,200 m/13,780 ft]

At. 08:00 AM: Have a delicious breakfast at the campsite and get ready for your trek to **Tinje**. The total distance from Shimen Gaon to Tinje is approximately 15 km, which will take around 9–11 hours to reach. The trail starts with a gentle uphill climb, gradually gaining elevation as you reach over 4,000 m. The higher elevation may make the walking a bit challenging, but along the way you will walk past several small villages, ancient Gompas, and Mani walls, offering a glimpse of local life and culture and fascinating mountain bikes used by the locals to commute from one place to another, which is quite unique and a new thing to see.

Once you reach your destination, take some time to explore the village area. You can visit the ancient Gompas, stroll around, and witness the rustic charm of the ancient village. Feel free to interact with the locals while observing their day-to-day lifestyle. In the evening, have dinner at the campsite and call it a day.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 15: Rest Day at Tinje.

At. 09:00 AM: Today is a leisure/rest day in **Tinje**, a well-deserved relaxation day to relax and recover after several days of trekking. This day can be used as an acclimatizing day to help your body slowly



adjust to the high elevation before continuing your journey. You can take a leisurely walk around the village, exploring ancient monasteries and Gompas, which have significant cultural and spiritual values for the locals. The area offers a unique glimpse into the traditions and history of the Dolpo region.

Besides visiting the ancient places, one can also try biking experiences to explore the area, using the local bikes that villagers import from the Tibetan border for their daily commute. It's a great way to see the unique landscape of Dolpo. Use this day to relax, rest your legs, and enjoy the peaceful ambiance. In the evening, have dinner at the campsite and overnight at the tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 16: Trek to Dovan Camp. [4,210 m/13,815 ft]

***At. 08:00 AM:** Start your day with a quick breakfast at the campsite and get ready for your trek to **Dovan Camp**. The distance from Tinje to your campsite is around 16 km, which can be covered in around 8–9 hours. You will follow Panjyan Khola (river) on the way from the start of the walk up until Chhamdang, and from there you will leave the river and walk towards the Keheng River up until Dovan Camp.*

Once you reach the campsite, rest your bags and relax for a while as your dinner gets ready. In the evening, have dinner and rest at comfortable tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 17: Trek to Mo La Base Camp. [4,500 m/14,765 ft]

***At. 08:00 AM:** Have a quick breakfast at the campsite and get ready for the trek. Today you will be trekking to the base of a high trekking pass called Mo La Pass, which is around 10 km far from Dovan Camp. Reaching **Mo La Base Camp** will take around 6-7 hours, and the trail follows a gentle ascend along the Keheng River. On the way you will walk past small settlements such as Rapka, where you can rest for a while, have some tea, and then continue your journey.*

Once you reach the campsite, rest your bags, and you can either rest or stroll around until your dinner gets ready. Have dinner and call it a day.

Meals: Breakfast, Lunch, and Dinner Included.



DAY 18: Trek to Chharka Bot. [4,300 m/14,110 ft]

At. 05:00 AM: Today you will cross another high trekking pass in the upper Dolpo region so you will start your day early. The distance between the Mo La base camp and **Chharka Bot** is around 16 km, which one can complete in around 7-9 hours. Once you cross the **Mo La Pass (5,030 m)**, the trail is easy, with most of the part being downhill.

Once you reach your campsite, rest your bags and explore the village area, as there are several monasteries such as Bon Gumba, Sachin Gomba, and also a local school (if time permits). Explore these places as your dinner gets ready; in the evening, have dinner and call it a day with some rest at the tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 19: Trek to Sipta Camp. [4,750 m/15,585 ft]

At. 08:00 AM: Have your morning meal at the campsite and get ready to start your trek. Today you will trek to **Sipta Camp**, also known as **Norbulung**, which is located around 14 km away and will take around 8-10 hours to reach. As most of the trail is uphill, you will gain elevation, and to avoid getting altitude sickness, drink plenty of water on the way.

Once you reach the destination, rest your bags at the campsite and enjoy tea and some snacks as your dinner gets ready. To end the day, have dinner and rest at the tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 20: Trek to Niwas La Camp. [4,990 m/16,370 ft]

At. 06:00 AM: Start your day with a warm breakfast at the campsite and then start your trek towards **Niwas La base camp**, also known as **Nulungsumde Kharka**, which is located at the base of Niwas La Pass, which you will cross tomorrow. The total distance from **Sipta Camp** to **Niwas La Camp** is approximately 8 km, which will take around 5-6 hours to reach. As the distance is short, take it slowly and steadily, gradually acclimatizing with the high elevation to avoid altitude sickness. On the way, you will walk across places such as Molum Sumna and a few campsites before reaching your destination.

Once you reach the campsite, rest your bags and rest well. As your dinner gets ready, you can stroll around and enjoy the beauty of nature.



Meals: Breakfast, Lunch, and Dinner Included.

DAY 21: Trek to Galden Guldung Khola Camp. [4,250 m/13,945 ft]

*At. 04:00 AM: Today you will start your day early as you have to cross a high trekking pass and a relatively long distance compared to other days. The distance between Niwas La base camp and **Galden Guldung Khola Camp** is 14 km, which can be covered in around a 9-11 hour trek. The trail follows a gradual ascent up until the **Niwar La Pass (5,120 m)**, then comes the short downhill trail again following an uphill path towards **Jungben La Pass (5,550 m)**, also known as **Sangda La Pass**. After crossing the passes, the trail is easy with a downhill walk. Once you reach the campsite, rest your bags and relax as your dinner is ready. Have dinner and call it a day at tented accommodation.*

Meals: Breakfast, Lunch, and Dinner Included.

DAY 22: Trek to Santa. [3,777 m/12,390 ft]

*At. 09:00 AM: Start your day relaxingly and have breakfast at the campsite before beginning your trek to **Santa**, also known as **Sangda**. The distance from Galden Guldung Khola Camp to Santa is around 9 km, which is around a 7-8 hour walk. The trail is mostly downhill with few uphill cuts, making the trek easier. On the way, you will walk across a place called Jhyause before you reach your campsite for today. As you slowly descend, you will get to see a little vegetation as you lose elevation and descend to the lowlands.*

Once you reach the campsite, explore around as your dinner gets ready. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 23: Trek to Phalyak. [3,175 m/10,415 ft]

*At. 07:00 AM: Have breakfast at the campsite and start your journey towards **Phalyak**, also known as **Phalayakgaon**, which is around 18 km far from Santa. Today's walk can be covered in approximately 8-10 hours as most of the trail is flat with a downhill walk. Half way through your trek, you will need to cross a small trekking pass, **Bima Lojun La Pass (4,460 m)** and after crossing the pass, most of the trail is downhill. As you move forward, you will leave the Dolpo region behind and enter Annapurna Conservation Area from here on.*



Once you reach your destination, rest your bags and explore the area as your dinner gets ready. This is your last camping night so explore the area.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 24: Trek to Jomsom. [2,720 m/8,925 ft]

***At. 09:00 AM:** Have your last meal at the campsite today as your camping trek comes to an end. You will make your way to **Jomsom**, marking the end of the trekking journey of your Upper Dolpo to Jomsom Trek. The distance from Phalyak to **Jomsom** is around 10 km, which can be covered in just 2-3 hours as the trail follows a downhill path. The trail is mostly paved, so you will be walking on the side of the road, and you can get transportation, which is optional and will cost extra; however, if you don't want to walk, you have options. As Jomsom is one of the popular spots in Annapurna Conservation Area, there are great facilities of local lodges/hotels and transportation.*

Once you reach Jomsom, check in at your local lodge and freshen up and rest well, enjoying the amenities. In the evening, have dinner at the lodge, rest in comfortable bedding, and call it a day.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 25: Fly to Pokhara, Leisure Day. [822 m/2,696 ft]

***At. 07:00 AM:** It is recommended to have an early morning breakfast before heading to **Jomsom Airport**. This airport serves as the sole means of connecting the Mustang Region with other regions of Nepal by air. The flights to and from Jomsom are only available until 11 AM. The flight time from Jomsom to **Pokhara** is approximately 20–25 minutes. The flight through the gorge between the Annapurna and Dhaulagiri mountains offers a truly breathtaking experience.*

***Note:** If the flight is canceled due to weather conditions or other technical issues, we will make arrangements for your transfer by road, which is just as satisfying.*

Once you arrive in Pokhara, head towards your hotel located in the Lake Side area. This area offers a variety of fantastic restaurants, bars, and cafes where you can celebrate the success of your trek.

***Optional Activity:** If you intend to engage in any adventure activities during your day off in Pokhara, please inform us beforehand.*

Adventurous Activities in Pokhara:



- **Bungee Jump:** Bungee jumping is an exhilarating activity that involves a person jumping from a great height while attached to an elastic cord. The individual then bounces back, creating a thrilling and breathtaking experience.
- **Paragliding:** The duration of paragliding ranges from 15 minutes, 30 minutes, 60 minutes, and 90 minutes. You can choose how long you want to fly. You will get a panoramic view of the entire Pokhara city along with glorious mountains.
- **Zip Flying:** It is a unique experience to get while in Pokhara. The total duration of the adventure is 2–5 minutes.
- **Ultra-Light Flight:** The duration for this exciting adventure activity ranges 15 minutes, 30 minutes, 60 minutes, and 90 minutes. You will fly in a small aircraft accompanied by a professional pilot.
- **Cycling to Pame:** Pokhara is known for its pleasant atmosphere and offers a variety of outdoor adventures. One such adventure is cycling, which allows you to fully immerse yourself in the beauty of Pokhara while enjoying the experience. Pame is a picturesque location situated near the lakeside, surrounded by lush agricultural fields. It is an ideal spot for a relaxing hangout.

Meal: Breakfast Included.

DAY 26: Fly to Kathmandu. [1,400m/4,593 ft]

At. 08:00 AM: Have your breakfast and get ready for your flight back to **Kathmandu**. Your transportation service will pick you up from the hotel and drop you off at the Pokhara Airport. The flight duration from Pokhara to Kathmandu is around 25–30 minutes. Upon your arrival at Kathmandu Airport, your transportation will transfer you to your hotel in Kathmandu.

You will have your day leisurely after the sightseeing program, enough free time for shopping or roaming around Kathmandu Valley in the evening. However, if you want to go for authentic shopping for items such as handmade goods for souvenirs and treat yourself to a relaxing spa after a week-long trek, **Thamel** is the place for you.

Meal: Breakfast Included.

DAY 27: Departure, Farewell!



You will have breakfast at the hotel and then have free time. Our office representative will drop you off at Tribhuvan International Airport 3 hours before your flight time. Carry loads of souvenirs, memories, and lifetime experiences back home, and **Have a safe home return!** We hope you enjoyed the trip! If you plan to extend your stay, we ([Dolpo Trekking](#)) are happy to make your visit memorable and enjoyable.

Meal: Breakfast Included.

Package Cost Includes:

- *All airport transfers and sightseeing on a private basis.*
- *An authentic Thakali welcome dinner and a cultural performance featuring traditional folk songs.*
- *Domestic flight transfer (Kathmandu to Nepalgunj, Nepalgunj to Juphal, Jomsom to Pokhara, and Pokhara to Kathmandu) as mentioned in the itinerary.*
- *All 26-night accommodation in hotels, local lodges, and comfortable tents throughout the trip in the respective places.*
- *20 nights at comfortable tented accommodation as mentioned in the itinerary during the trek.*
- *Daily breakfast throughout the trip.*
- *Lunch and dinner from the trek starting day to the trek ending day.*
- *All necessary paperwork. (Upper Dolpo restricted area permit, Annapurna Conservation Area Permit (ACAP), National park permits, and TIMS card)*
- *An English-speaking, experienced, and government-licensed trekking guide.*
- *Required number of porters, kitchen staff, and mules during the trek.*
- *A well-equipped medical kit with necessary medications throughout the trek. (carried by the guide)*
- *One local SIM card (returnable) during your stay.*
- *Guide, Porter, Cook's salary, food, and accommodation during the trek.*
- *Arrangement of emergency helicopter service, which will be paid for by your traveler's insurance company.*
- *Sleeping bags, duffle bags, and trekking route maps – if necessary.*
- *All government and local taxes.*



Package Cost Excludes:

- *International flight ticket.*
- *Personal expenses.*
- *Kathmandu sightseeing entrance fee. (Approx. USD 40 Per Person)*
- *Lunch and dinner in Kathmandu, Nepalgunj, and Pokhara.*
- *Nepal visa cost. (You will require 2 passport-size photos and 40 USD for a 30-day Nepal tourist visa; [visa forms](#) can be filled out online in advance)*
- *Travel health insurance. (highly recommended)*
- *Tips for the guide, porter, and driver. (Recommended)*
- *Hot shower and mineral water during the trek*
- *Any other expenses that are not mentioned in the included section.*

TRIP GUIDE

The information about the Trek is in-depth; feel free to contact us 24/7. We will be available on WhatsApp to assist you instantly. You can write an email if this trip doesn't fit your vacation schedule and requirements. Altitude Himalaya aims to offer the best possible travel experience to customers. Depending on the needs of the visitors and the group size, we customize each vacation package. We will put together a bespoke itinerary just for your private group.

Travel insurance: [Travel insurance](#) is important before traveling to a new place, especially when you are traveling for adventure. Travel insurance covers risks such as loss of personal belongings and any unexpected expenses. Travel insurance also covers sudden medical emergencies such as accidents. It also covers high-altitude emergency evacuation in case of trekking. Travel insurance is not compulsory but highly recommended.

Medical emergency: If you face any serious medical emergency during your trekking program, you will immediately evacuate the place through Helicopter Rescue which the traveler's insurance company will cover. While trekking to Nepal's highlands, you may face minor health issues such as



scratches, headaches, etc. For such a situation, your guide carries a well-equipped first aid kit, ensuring nothing happens to you.

High-altitude sickness: During your trek, you will walk through gorgeous valleys, traditional villages, and thrilling highlands above 3000 m elevation. [Altitude sickness](#) is unpredictable; it can happen to anyone despite being physically and mentally fit. As you gain altitude, the chances of getting altitude sickness also slightly increase. To avoid getting altitude sickness, you should drink 5–6 liters of water per day and eat foods with high carbohydrates. Walking slowly and acclimatizing decreases the chances of getting altitude sickness. Focus on your breathing and maintain your walking pace.

Do's and Don't:

- Select an ideal time to travel.
- Select a reputed trekking/travel organization.
- Make sure to train before the trek, as it is a difficult trek.
- Efficient packing is the key. ([Nepal trekking gear checklist](#))
- Carry all the necessary paperwork (National Park [permit](#), and TIMs).
- Maintaining body hydration is important while traveling to high elevations.
- Make sure to pack any prescribed medication, as it might not be available in Nepal.
- Having the proper gear makes your journey more enjoyable.
- Respect the culture and people of the area.
- Travel for experience and not for the sake of traveling.
- Don't litter, put trash in its place.

Packing List Suggestions

Having a good backpack and necessary gear makes trekking easier. It becomes more important if you are trekking at higher elevations. If you are wondering about what to pack for trekking to the highlands of Nepal, then you can check our complete guide on [Nepal Trekking Gear Checklist](#).

While making a backpack, it is important to include clothing, essential items, and a first aid kit. In difficult times, a good backpack can be life-saving.



Why with Altitude Himalaya?

[Altitude Himalaya](#) is one of Nepal's growing travel companies, providing excellent service to its clients. We believe in providing quality experiences and memories. We are concerned about maintaining and following our own standard service that includes a private transfer, at least 3-star hotel accommodation in urban areas, the best available lodges/tea houses at the trekking trails, and dedicated personalized assistance. Additionally, we also operate our trips in [Bhutan](#) and [Tibet](#).

You Must Read!

Airport Pickup
We will be at the airport (opposite the main exit gate) with your printed name. After reaching Kathmandu airport, you can connect to the available free wifi and text us once you collect your baggage, which will help us to be ready outside.
Trip Booking Process
We require an advance payment of USD 1000 Per Person to proceed with your booking. After receiving your advance payment, we will start all required arrangements for your trip. Booking advance can be paid in various ways. Once you transfer the amount, we will send you the hotel booking vouchers, required flight tickets, and invoice. The clients or agent will be responsible for the unavailability of hotels and flights due to late confirmation and advance booking payment.
Payment Information
Please click here to learn more about our various payment gateways. Besides that, we have our partner account in India, where you can also transfer the amount personally.
Visa Requirement and Travel Document
Foreign nationals require a visa in Nepal, which can be obtained on arrival. Read more about Nepal visa and Custom process here in detail.



Booking Terms and Conditions

Please read our [booking terms and conditions](#) before confirming the tour package. We are committed to our offers and given rates. The availability of hotels is subject to the time of confirmation.

Weather Conditions in Nepal

The second week of February to June (Post Winter to Late Spring) and October to December (Autumn to Early Winter) are the best times to visit Nepal. The weather conditions will be good (occasionally raining in the evening) until the 2nd week of June, the monsoon starts after that. If you like the rainy season, you can make a trip in July and August too, or postpone the trip to September.

Use of Vehicle

The vehicle will strictly follow the above itinerary, you can't ask/force the driver to take or visit any places that aren't mentioned, additional surcharges apply on such uses or you can consult with us, in such conditions, if possible, we may consider.

Local SIM Card

We will provide you with an activated local SIM (Ncell) card, which you have to recharge for your use. You can recharge it from any local grocery shop or ask our driver to assist. If you need a data pack, you can get 5 GB of data for 7 days on NPR 150. The basic process to purchase the data pack is to recharge at least NPR 200 in your sim, dial *17123#, select 3 for popular packs and select 4 for 5 GB data for 7 days.