



Dear Sir/Madam,

Greetings from **Altitude Himalaya!!**

Thanks for reaching us. Please find below details of the **Extended Upper Dolpo Circuit 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	Extended Upper Dolpo Circuit Trek (27 Nights 28 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 (23 Nights)
Rooms	1 Double Sharing Deluxe room (Kathmandu and Nepalgunj) Comfortable Tented accommodation (During Trek)
Trek Cost	<u>6,800 USD Per Person/-</u>
Route	Kathmandu - Nepalgunj - Juphal - Kagni - Rechi - Ringmo - Lekhe Dhunga - High Camp - Shey Gompa - Tera Camp - Bhijer - High Camp - Saldang - Nisalgaon - Musigaon - Shimen Gaon - Tinje - Chhoila Camp Phedi - Tokyu - Dho Tarap - Nawarpani - Khanigaon - Dunai - Juphal - Nepalgunj - Kathmandu.
Meal Plan	Kathmandu and Nepalgunj: BB (Breakfast Included) Dolpo: AP (Breakfast, Lunch, and Dinner Included)



Domestic Flight	Kathmandu to Nepalgunj - Nepalgunj to Juphal - Juphal to Nepalgunj - Nepalgunj to Kathmandu.
Permits	<ol style="list-style-type: none">1. National Park Entry Permits.2. Upper Dolpo Restricted Area Permit (RAP)3. 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.

Read Our Past Guest Reviews On: [TripAdvisor](#) | [Google](#) | [TripAdvisor](#)

Your Trip Overview:

Imagine wandering into the isolated highlands of Nepal, which borders the Tibetan Plateau. There, you will be surrounded by the most stunning landscapes, a culture that is unspoiled, and modest people. Would you like to be somewhere where people value nature above all else? Do you want to be most in tune with the present and out of touch with the outside world?

If yes and that sounds appealing to you, then the **Extended Upper Dolpo Circuit Trek** is the perfect trek for you. **Dolpo**, also known as Dolpa, is a district in the western part of Nepal, more specifically, the northwestern. With its alpine, subalpine, semi-arid, and arid regions, Dolpo is a place unlike any other. It is one of the most isolated parts of Nepal, due to which its geographical, natural, and cultural charm is as it is. Trekking in Dolpo offers the experience of trekking in the most remote region of Nepal, where there are little to no facilities but rich nature, culture, and humility around. This trek will walk you through some of the highest settlement villages of Nepal, where you will be able to immerse yourself in the rich ancient culture of these villages. This trekking journey has a unique charm that might fascinate those who have a genuine love for trekking and good physical fitness. It is also an ideal trek for those who love camping, as this whole trek is a camping trek.



Trekking in Dolpo is walking through the stunning landscapes of the place, which seems like it is just taken out of the history books. It feels like traveling back in time.

Your Trip Highlights:

- Private and customizable trek.
- Exploring the remote villages of Upper Dolpo.
- Experiencing the Bon culture and visiting some of the major Bon Gompas.
- Peaceful trek which enhances the experience of immersion.
- Camping in the stunning landscapes of Dolpo.

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/7,447ft]

***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 walk past a few small villages such as **Shyagda** and **Chhepka** alongside the Suli Gad River and Phoksundo River.*

Once you reach your destination, rest 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 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 **Lekhe Dhunga**, also known as **Lower Forest Camp**, is more challenging than on other days. The distance between Ringmo and Lower Forest Camp is around 10 km and takes approximately 7-8 hours to reach. You will walk beside the Phoksundo Lake on a narrow path overlooking the majestic lake.*

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 High 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: Rest Day at Shey Gompa.

At. 10:00 AM: Start your day leisurely, as today is the **rest day** at Shey Gompa. Have a delicious breakfast at the campsite prepared by your cooking team and spend your day as you wish. Near your campsite is Shey Gompa, which is one of the prominent religious sites that you can explore. You can also consider this day an acclimatizing day, as you will move to higher elevation in the coming days and acclimatizing will help you avoid altitude sickness.

In the evening, have dinner at the campsite and rest at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 11: Trek to Tera Camp. [4,525 m/14,845 ft]

At. 06:00 AM: Have a quick breakfast at the campsite and get ready for your walk towards **Tera Camp**, also known as Tora, which is about 13 km away from Shey and may take around 9-10 hours to reach. The trail follows both uphill and downhill paths, crossing two small mountain passes above 4,000 m. While the walk can be challenging, the effort is well worth it. As you reach the top of the pass, you'll be rewarded with a mesmerizing panoramic view of the surrounding landscapes.

Once you arrive at the campsite, rest your bags and take a break while your dinner gets ready.



Meals: Breakfast, Lunch, and Dinner Included.

DAY 12: Trek to Bhijer. [3,860 m/12,665 ft]

*At. 09:00 AM: After having breakfast at the campsite, you'll start your trek to another popular village called **Bhijer**, which is located around 5 km away and will take around 3-4 hours to reach. Today's trek is easy as the distance is short, and the trail is easy as the trail follows a flat and downhill walk. Bhijer is a peaceful and remote place where the natives are warm and welcoming, offering a chance to learn about their day-to-day lifestyle. Surrounded by vast, open spaces, Bhijer is an ideal place for camping and other outdoor activities; it's also one of the few places where you might spot a wild [snow leopard](#). Once you reach the place, take some time to relax, explore the area, and stroll around the village area while your dinner gets ready. Overnight at the tented accommodation.*

Meals: Breakfast, Lunch, and Dinner Included.

DAY 13: Trek to High Camp. [5,080 m/16,670 ft]

*At. 08:00 AM: Today, you'll trek from Bhijer to your next camping site called **High Camp**, located around 7 km away and will take around 7 hours to reach. The trail follows gradually uphill, so make sure you drink lots of water to avoid altitude sickness. The steep climb can be challenging, but the view along the way is stunning.*

Once you get to the campsite, take your time and relax. You can stroll around if you wish to while the kitchen team prepares your dinner.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 14: Trek to Saldang. [3,770 m/12,368 ft]

*At. 06:00 AM: Have your morning meal at the high camp and get ready for the trek to **Saldang**. The distance between Highcamp and Saldang is around 12 km, which will take around 8-10 hours to walk. Today you will be crossing another high trekking pass called **Neng La Pass**, which stands at an elevation of 5,368 m.*

The trek is demanding, but the view will keep on motivating you, and as you make it on top of the pass, it will be worth it. As you continue your walk, take time to enjoy the scenery before arriving in Saldang. Once you reach the campsite, you rest well, have dinner, and call it a day. Tented accommodation.



Meals: Breakfast, Lunch, and Dinner Included.

DAY 15: Trek to Nisalgaon. [3,860 m/12,665 ft]

***At. 08:00 AM:** Start your day with a light breakfast at your campsite and start your journey to **Nisalgaon**, which is located near the Tibetan border. The distance between Saldang and Nisalgaon is about 14 km, which will take approximately 7-8 hours to reach. The trail starts with a gradual uphill climb, followed by a planned trail, and at the final part, you'll have to ascend a bit more before you reach your destination. Nisalgaon is one of the few places where you can spot the majestic snow leopard if luck is in your favor. As it is located at high elevations, the area is perfect for these wild predators. Locals have often seen snow leopards praying on their domestic animals as well as other wild animals in the region. If you are lucky, you might get the chance to see these animals.*

Once you arrive at your campsite, settle down and rest as your dinner gets cooked. Afterwards, enjoy your meal and rest at the tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 16: Trek to Musigaon. [4,230 m/13,880 ft]

***At. 08:00 AM:** Today, you'll head towards **Musigaon**, one of the last villages in the upper Dolpo region. Start your day with a warm breakfast at the campsite before beginning your trek. The distance from Nisalgaon to Musigaon is approximately 10 km, which might take 9-10 hours to reach. The trail is going to be a bit challenging as most of the trail is uphill with elevation gain.*

To minimize the chances of getting altitude sickness, take it slow, stay hydrated, and maintain a steady walking pace. Once you arrive, rest and explore the area while your tents are being set up. Enjoy dinner at the campsite and relax for the night.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 17: Trek to Shimen Gaon. [3,935 m/12,910 ft]

***At. 06:00 AM:** Today, you'll start the trek early as you will be crossing high and trekking over 5,000 m. Have a quick breakfast at the campsite, then begin your journey to **Shimen Gaon**. The total distance from Musigaon to Shimen Gaon is around 12 km, which will take around 9-10 hours to reach. The first part of the trail is uphill until reaching **Muri La Pass (5,030 m)**. Once you cross the pass, the trail*



becomes easier with a long downhill stretch. The landscape is dry and dusty, but if you're lucky, you might spot some wild animals along the way.

Once you reach your campsite in Shimen Gaon, rest and explore the village area, which is one of the major settlements in the region. In the evening, have dinner at the campsite and spend the night at the tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 18: Trek to Tinje. [4,200 m/13,780 ft]

***At. 08:00 AM:** Start your day with breakfast at the campsite and get ready for your trek to **Tinje**. It will take around 9-11 hours to reach from Shimen Gaon to Tinje, covering approximately 15 km. The trail starts with a gentle climb, slowly gaining elevation as you reach over 4,000 m. Along the way, you will walk past several small villages, ancient Gompas, and Mani walls, offering a glimpse of local life and culture. Also, you might get to see locals riding mountain bikes to commute from one place to another, which is quite a unique and new thing to see in such wilderness.*

***Note:** The higher elevation may make the walking a bit challenging; make sure to drink plenty of water, which will help avoid altitude sickness.*

Once you reach Tinje, head towards your camping site, rest your bags, and 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 19: 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 20: Trek to Chhoila Camp Phedi. [4,480 m/14,690 ft]

At. 08:00 AM: Today, after breakfast, you will trek to **Chhoila Camp Phedi**, located at the base of Chhoila Pass, which you'll cross tomorrow, the distance between 17 km, which will approximately 8-11 hours to reach. The trail gradually ascends, passing through a few small settlements and campsites. The landscape is mostly arid, but you'll follow a few rivers along the way, starting with Paniyan Khola and later Sulun Khola near your campsite.

Once you reach your destination, take time to rest after the long walk while your dinner gets ready. In the evening, enjoy a warm dinner and relax for the night.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 21: Trek to Tokyu. [4,240 m/13,911 ft]

At. 06: 00 AM: Today is another pass day where you will cross a high trekking pass called **Chhoila Pass (5,051 m)** leading you to **Tokyu**, today's destination. The distance between Chhoila Camp Phedi and Tokyu is 14 km, which will take approximately 7-9 hours to reach. Before starting the trek, have a quick breakfast at the campsite. The trail is simple, as for the first half you walk uphill to the top of the pass and from there you descend until your destination.

Tokyu is yet another important village in the region located in Dho Tarap Valley, which is known for its stunning landscape and traditional culture. The village offers a glimpse into the traditional day-to-day life of the natives. This place is beautiful yet rugged, giving you a glimpse of the true wilderness of the mountains. Once you reach the place, rest your bags at the campsite and explore the village area while your dinner gets ready. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 22: Trek to Dho Tarap. [3,945 m/12,942 ft]



At. 10:00 AM: Have breakfast at the campsite and get ready for your trek to **Dho Tarap**. Today's journey is short, covering just 6 km, which will take around 2 hours as the trail is mostly flat. On the way, you'll pass through a place called Gagar Takmar before reaching Dho Tarap.

Once you reach Dho, rest your bags at the campsite and take some time to explore the Dho Tarap valley. This village is known for its rugged beauty and deep connection to the Bon religion. The valley is mostly inhabited by the locals who follow the Bon religion. You will have lots of chances to explore historical sites such as **Ribo Bumpa Gompa** and **Shipchok Bon Gompa**. Besides the historical sites, the surrounding landscape offers stunning views and stunning agricultural lands, depending on the seasons. You'll also have lots of time to explore Dho to learn about the traditional life of the locals, how they use traditional agricultural methods and slow life. You can interact with the locals and learn about their day-to-day lifestyle. After your exploration, return to your campsite, enjoy a well-deserved dinner, and rest up for tomorrow's trek.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 23: Trek to Nawarpani. [3,780 m/12,402 ft]

At. 08:00 AM: The trek to **Nawarpani** is one of the easiest of all the trekking days. The distance between Dho Tarap and Nawarpani is around 20 km and takes around 7-8 hours. Although the hiking distance is longer, it is slightly easier as the trail follows downhill. You will walk on the bank of the Tarap Khola (River) and pass through the beautiful village of Tol Tol, where you can stop by for lunch and a break. After reaching Nawarpani campsite, the team will set up the tents and prepare a delicious dinner. Overnight stay at comfortable tents.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 24: Trek to Khanigaon. [2,950 m/9,678 ft]

At. 08:00 AM: Today you will make your way to **Khanigaon**, walking through the bank of the Tarap Khola from Nawarpani, covering around 15 km, which takes approximately 6-7 hours to reach. In the first stretch of the trek, you will reach a place called **Chhyugar** in a few hours and leave behind the Tarap Khola and move ahead. As you lose the elevation, you will come across trees and vegetation along with changes in the air. After that, you will reach **Lain Odar**, where you will again meet the



Tarap Khola, eventually making your way to Khanigaon. Descend downhill and climb for a few minutes to finally reach your camping location in Khanigaon.

You can see seasonal local crop fields near the village area and might as well taste organic fruits and vegetables if you travel in the harvest season. The locals in this area are incredibly warm and welcoming. It's a great opportunity to connect with them and learn about their daily lives. In Khanigaon, there are lodging facilities available. However, we highly recommend staying in a tent, as there are only a few decent local lodges in the area. Camping is a better option here, as you will get comfortable accommodation along with fresh and delicious food prepared by the kitchen team.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 25: Trek to Dunai. [2,140 m/7,020 ft]

***At. 08:00 AM:** Start your day with a light breakfast at the capsite and get ready for the trek towards **Dunai**. The distance between Khanigaon and Dunai is 26 km, which you can cover in 7-8 hours. You will walk beside the Tarap Khola and cross a small bridge before reaching a small village. From there, you will walk further on the bank of the Thuli Bheri and reach Takakot. Takakot is a small village and you can also explore the Gumba in this area. From Takakot, the trail goes downwards until you reach Dunai. As you descend down, you will walk into the alpine forest and come across greenery as you lose elevation.*

Upon reaching Dunai, head towards your camping site, rest your bags, and go explore the Dunai Village. People are quite friendly and helpful here; you can get along with the locals, communicate with them, and learn about their way of life. There are numerous local lodge options where you can stay but it's optional.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 26: Trek to Juphal. [2,475 m/8,120 ft]

***At. 08:00 AM:** You will leave the local lodge after breakfast and head for the **Juphal**. The distance between Dunai and Juphal is around 11 km and you can cover it in around 3-4 hours. The path to Juphal is quite level at first, but the final hour of the ascent is much more strenuous than the one you may recall from the first day of the excursions. Located at an altitude of 2,475 meters, Juphal is a great place to witness the starry sky. Today is the last day of your journey, so enjoy the scenery to the fullest.*



Once you arrive, you can spend the day wandering around the village or chatting with the residents. Explore around and take some snaps if you wish. Your hike ends today; therefore, tonight will be your final night camping in Dolpo.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 27: Fly to Kathmandu via Nepalgunj.

*At. 08:00 AM: After breakfast, you will take an early morning flight to **Nepalgunj** from Juphal. This is a wonderful 45-50 minute flight over the Himalayan foothills, with fine views of the main peaks, including Annapurna and Dhaulagiri to the north. You will then catch a connecting flight back to Kathmandu from Nepalgunj.*

Once you reach Kathmandu, your transportation will pick you up and drop you off at your respective hotel for rest and refreshments. After you arrive at the hotel, you can rest of the day relaxing, shopping for souvenirs in the Thamel area, or simply celebrating your successful trek to Dolpo.

Meal: Breakfast Included.

DAY 28: 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:

- 1. All airport transfers and sightseeing on a private basis.*
- 2. An authentic Thakali welcome dinner and a cultural performance featuring traditional folk songs.*
- 3. Two-way domestic flight transfer (Kathmandu to Nepalgunj to Juphal and back) as mentioned in the itinerary.*



4. *All 27-night accommodation in hotels and comfortable tents throughout the trip in the respective places.*
5. *23 nights at comfortable tented accommodation as mentioned in the itinerary during the trek.*
6. *Daily breakfast throughout the trip.*
7. *Lunch and dinner from the trek starting day to the trek ending day.*
8. *All necessary paperwork. (Upper Dolpo restricted area permit, National park permits, and TIMS card)*
9. *An English-speaking, experienced, and government-licensed trekking guide.*
10. *Required number of porters, kitchen staff, and mules during the trek.*
11. *A well-equipped medical kit with necessary medications throughout the trek. (carried by the guide)*
12. *One local SIM card (returnable) during your stay.*
13. *Guide and Porter, cook's salary, food, and accommodation during the trek.*
14. *Arrangement of emergency helicopter service, which will be paid for by your traveler's insurance company.*
15. *Sleeping bags, duffle bags, and trekking route maps – if necessary.*
16. *All government and local taxes.*

Package Cost Excludes:

1. *International flight ticket.*
2. *Personal expenses.*
3. *Kathmandu sightseeing entrance fee. (Approx. USD 40 Per Person)*
4. *Lunch and dinner in Kathmandu and Nepalgunj.*
5. *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)*
6. *Travel health insurance. (highly recommended)*
7. *Tips for the guide, porter, and driver. (Recommended)*
8. *Hot shower and mineral water during the trek.*
9. *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 litres 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 the ideal time to travel.
- Select a reputed trekking/travel organization.



- Training and getting ready for any kind of situation are necessary.
- 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.
- Having the proper personal 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 500 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 know 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

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 condition 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 of data for 7 days.