

## Beni Dolpo Upper Mustang Trek - 34 Days

Beni Dolpo Upper Mustang trek is a complete adventurous, strenuous and challenging trek of West Nepal. Basically this trek can be divided in to three parts like, (1) Beni and Dhorpatan (2) Lower and Upper Dolpo (3) Lomanthang and Upper Mustang.

In every part of trek we experience a distinguish culture, lifestyle and adventure. Beni and Dhorpatan is middle hill of Nepal, where we trek along the temperate deciduous forest and witnessing stunning views of Dhaulagiri massif. Beni and Dhorpatan is home to Magar (an indigenous people) and Khas (the hindu people).

The lower Dolpo part begins once after crossing the Jangla pass 4535m. In Lower Dolpo we trek along the Tichurong valley and we visit some ancient Monasteries like, Digong Gompa, Sadul Gompa and experience Tichurong Magar culture. The Upper Dolpo part begin all the way after passing Tichurong valley to Kakot, Barbung khola valley and Mukot village to Chharka Bhot. In this part we also we visit some ancient monastery and witness the local Dolpo Pa culture.

After Chharka Bhot we immerse few days in wilderness and encountering high pass Keykyap La 5700m we enter to the Upper Mustang region. Exploring few days around Lomanthang and Upper Mustange we descend down to Jomsom, then fly out to Pokhara and Kathmandu.

## PRICE INCLUDES

- Airport pickup and drop.
- 3 Nights Hotel Accommodations in Kathmandu.
- One-night hotel accommodation and dinner in Nepalgunj
- Domestic airfare: Kathmandu -Nepalgunj -Dolpa & Jomsom-Pokhara-Kathmandu.
- All the government procedure.
- Trekking permits and National Park fee.
- One English speaking experienced guide, one cook, helpers, porters/mules.
- Trekking equipment -Mattresses, Member tents, and Kitchen utensils.
- Three-time meals during a trek along with Tea/coffee and snacks.
- Staff's salary, food, insurance, and clothing.
- Farewell dinner in Kathmandu.

## PRICE EXCLUDES

- International flights and visa fee.
- Personal expenses and meals in Kathmandu.
- Travel insurance, Rescue, and evacuation.
- Tips and gratitude for staffs.
- Donation and local entrance fee.
- Extra baggage weight in domestic flight