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Upper Dolpo Trek - 29 Days

Upper Dolpo Trek is one of the best Dolpo trekking trips in Nepal. Upper Dolpo is located in north-western trans-Himalaya mountain range of Nepal. Upper Dolpo is in rain shadows of the two mountains ranges are Kanjiroba (6,883m) and Dhaulagiri (8,167m) and these ranges blocks the rain and the climate becomes dry and arid.

Upper Dolpo is bordering with Tibet, the culture and landscape is much similar with northern neighbor. People of Upper Dolpo belong to Dolpopa ethnic group. Pople believe in Bönpo (shamanistic pre Buddhist) and Tibetan budhhism. There are several aged old ancient Bon and Budhhist monasteries including the important Shey Gompa. Upper Dolpa's barren landscape, friendly people, sacred and revered mountains, high passes makes your adventure a lifetime. Along with local people our Dolpo guide and crews, we explore spectacular views of Upper Dolpo, beautiful hamlet, turquoise Phoksundo Lake, Buddhist and Bon monasteries.

Upper Dolpo Trek begins with a spectacular flight from Nepalgunj through western Himalayas to small airstrip Juphal. From Juphal, we descend down to Suligad River gorge to Rigmo village and Phoksundo Lake along the lush vegetation of Shey Phoksundo National park. Then, through the dare devils's trail and encountering Kangla pass to revered valley Shey Gompa. Then after trekking deeper into Upper, passing through long mani walls and ancient Chorten to Pazang Valley. Rolling to Upper Panzang valley and Chharka village, we descent along the Barbung River valley to Tichurong valley and finally to Juphal.

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PRICE INCLUDES

- Airport pickup & drop.
- Four night hotel accommodation in Kathmandu BB plan.
- One-night hotel accommodation and dinner in Nepalgunj.
- Domestic airfare; Kathmandu-Nepalgunj-Dolpo to Dolpo-Nepalgunj- Kathmandu.
- All the government procedures.
- Trekking permits (Lower and Upper Dolpo) and National Park fee.
- One Guide, One cook, helpers, and mules.
- Trekking equipment - Member tents, dining tent, kitchen tents, toilet tent, Mattresses, and Kitchen utensils.
- Three-time meals during a trek along with Tea/coffee and snacks.
- Himalayan Companion duffle bag.

PRICE EXCLUDES

- Extra baggage cost on a domestic flight (15 kg limit)
- International flights and visa fees.
- Personal expenses and meals in Kathmandu.
- Travel insurance, Rescue, and evacuation.
- Tips and gratitude to the staff.
- Donation and local entrance fee.