

## Inner Dolpo Circuit - Juphal to Phoksumdo, Shey Gompa & Do Tarap - 23 days, 17-day trek

Long trek that takes you deep into Inner Dolpo, the heartland of Tibetan culture in Nepal.

**Tour JTT-NE-T03:** Kathmandu – Pokhara – Juphal – Phoksumdo – Shey Gompa – Do Tarap - Juphal

Best time: April/May, August - October

### ***Introduction***

Dolpo is unknown until recently though it has been talked about since the journey Snellgrove took in 1956 and described in his book "Himalayan Pilgrimage". The region north of the Dhaulagiri range is a forgotten land, isolated from rest of the country. The area above Do Tarap is virtually opaque to the outside world. Dolpo is a hidden valley kept isolated by the huge Himalayan range in the south and, in the north, a mountain range of 5000 to 6000 meters high with many



ridges and peaks that stretch to the Tibetan plateau. Broadly speaking, the Kanjiroba Himal range defines its western boarder and the Barbung Khola (river) the southern border.

A trek to Dolpo is an unprecedented adventure. You get to see spectacular mountain views, and the unique and unspoiled Bhotia people and their nomadic lifestyle. Dolpo is among the very few places where Bon-po, a pre-Buddhist religion, is still in practice.

The enigmatic Shey Gompa lies in inner Dolpo behind a high pass in the so-called 'crystal mountain' that divides the Tarap valley. For years people have wanted to have a look at this monastery. It is not an easy walk to this hidden place. There are several high passes that you have to go through before getting behind the Crystal Mountain. This is unexplored land where the trails are not always defined. The trek to Shey demands a lot of energy and patience. And good weather would make this trek memorable.

On this tour you fly to Nepalgunj, stay overnight there and next day fly to Juphal (Dolpo). From Juphal you walk to Sulighat and Phoksundo. After Phoksundo, you cross the Nangdalo pass at 5110 m before reaching Shey Gompa. The region is pristine and one of the lifetime trek.

## ***Itinerary***

Day 01: Arrive Kathmandu, transfer to hotel.  
Day 02: Permit work and sightseeing tour Boudanath Stupa and Bhaktapur  
Day 03: Fly to Nepalgunj, overnight at hotel.  
Day 04: Fly to Juphal, and trek to Sulighat (2282m), overnight in tents.  
Day 05: Trek to Sunduwa (2940m), overnight in tents.  
Day 06: Trek to Ringmo (3733m), Phoksundo Lake (3660m), overnight in tents.  
Day 07: At Phoksundo lake  
Day 08: Trek to Forest camp (4400m), overnight in tents.  
Day 09: Trek to Kangla Base camp (4800m), overnight in tents.  
Day 10: Trek to Shey Gumba (Gompa) (4160m), overnight in tents.  
Day 11: Trek to Namjung (4430m), overnight in tents.  
Day 12: Trek to Saldang (3770m), overnight in tents.  
Day 13: Trek to Sibub (3940m), overnight in tents.  
Day 14: Trek to Jangla base camp (4369m), overnight in tents.  
Day 15: Trek to Tok Kyu (4209m), overnight in tents.  
Day 16: Trek to Nawarpani (3475m), overnight in tents.  
Day 17: Trek to Lasshi cave (2772m), overnight in tents.  
Day 18: Trek to Tarakot (2537m), overnight in tents.  
Day 19: Trek to Dunai (2140m), overnight in tents.  
Day 20: Trek to Juphal airport (2475m), overnight in tents.  
Day 21: Fly to Nepalgunj/ Kathmandu, overnight at hotel.  
Day 22: Free day in Kathmandu, overnight at hotel.  
Day 23: Departure from Kathmandu



## ***Price***

2 pers.	US\$ 4755 per person
3-5 pers.	US\$ 4360 per person
6-8 pers.	US\$ 3850 per person

Single supplement: US\$ 230 per person

### Price includes:

- All meals and accommodation in tent during the trek
- Cooking and eating utensils
- Service of sardar (guide), cook, kitchen and Sherpa assistants
- Porters to carry personal baggage (15 kg per participant), food and camping equipment

- Warm clothing, shoes, blankets and dark goggles for high altitude porters as required
- Accident insurance for staffs and porters.
- Domestic Airfare according to programme
- Upper Dolpo Special trek permit
- Nationalpark/ conservation entry permit as per programme
- Arrival and departure transfers.
- Local / Public transport as shown in the programme for staffs
- Accommodation on BB basis (CP) in Kathmandu (3 star category) as per programme

Price does not include:

- Personal clothing and sleeping bag
- Personal accident and health insurance
- Emergency evacuation and oxygen cost, and medical-box
- Alcoholic and bottled beverage, laundry, and tips
- Any other services and expenses that are not specifically mentioned in the programme
- Expenses due to flight delay, sickness other contingencies