



# Dolpo Trek - 22 Days

## Trip Facts

Destination	Nepal
Duration	22 Days
Group Size	MIN - 2
Trip Code	N/A
Grade	Strenuous
Activity	Dolpo Treks
Region	N/A
Max. Altitude	4,500M
Nature of Trek	N/A
Activity per Day	N/A
Accommodation	N/A
Start / End Point	N/A
Meals Included	N/A
Best Season	AUTUMN & SPRING
Transportation	N/A

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Explore the recently opened remote region of upper Dolpo near the tibetan border. Explore the most exquisite district of nepal once forbidden for visitors to explore

## About the Trip

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- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts

## Highlights

-  Rare route of nepal
-  Might see tiger in Shey Phoksundo National Park,
-  Gaze over the turquoise waters of Lake Phoksundo
-  Visit old monasteries
-  One of the Large national parks , shey phoksundo.

## What is Included?

-  Guided city sight seeing tour in kathamandu by Private Transport and Entrance fee.
-  Transport To Domestic airport Pick up / drop .
-  All your Standard Meals (Breakfast, Lunch and Dinner) During the Trek.
-  Kitchen and camping equipment During the Trek.
-  Flight ( Kathamandu - Nepal Gunj then Jumala – Kathmandu ) with Airport txes.
-  Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers: 1porter).
-  Coverage of guides and porters meals, insurance, salary, lodging, transportation, flights and other necessary equipments
-  Special Dolpo Region permit.
-  Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
-  All Government and local taxes.
-  Discovery World Trekking's appreciation of certificate after over the successfully trek.
-  Farewel Dinner in Kathmandu.

## What is Excluded?

-  International Flight.
-  Excess baggage charges.
-  Accommodation, All Meals (Breakfast, Lunch and Dinner) in Kathmandu
-  Extra night accommodation in Kathmandu due to early arrival, late departure, early return from trekking (because of any reason) prior to the plan scheduled itinerary.
-  Personal nature of expenses such as laundry, telephone call, battery recharge, shopping, laundry, extra porters, beverages etc.
-  Personal clothing and gear.
-  Travel insurance.
-  Tips for guide and porters.
-  Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.

## Overview

The Upper Dolpo trekking takes us to the isolated corner near the Tibetan borders of Nepal. It's a remote and preserved area which has stayed the same since many centuries. You will be able to witness the lifestyle of the inhabitants who still continue to live the same way they lived years before. It's one of the most beautiful but also the least developed regions of Nepal because of the high passes trail it rarely gets visitors. Until a few decades ago it was forbidden for foreigners to enter now it's a restricted area that requires special permit.

Within the Dolpo region lies the Shey Phoksundo National Park, Nepal's biggest national park, it is also the home to exclusive flora fauna, the blue sheep and snow leopard. It's the very location that Peter Matheson describes in his bestselling book 'The Snow Leopard' and the setting for the Oscar nominated film "The Caravana" or "The Himalaya". On this trek we pass through beautiful valleys, local settlements, mountains including the holy "Crystal Mountain", centuries old monasteries and forests of pine, oaks.

After exploring the historical sights of Kathmandu and obtaining the special permit required for this upper Dolpo trekking we take a flight to Juphal via Nepalgunj. Then we trek north on to Shey Phoksundo National Park before joining ancient Nepal Tibet trade route and ascend to Nangdola pass (5110m), stop to enjoy the views of Dolpo valley then head to the pristine Phoksundo Lake full of crystal deep blue fresh water contrasting with the weathered red and brown hills. Then we make way to Ringmo village then Shey Gumpa then on the trans Himalayan trade route head back to Juphal.

## Day to Day Itinerary

### Day 1

**Arrive at Tribhuvan International Airport in Kathmandu and meet with your DWT guide (All our guides are direct employees of DWT and are government registered and licensed). Private transport**

You will be warmly received by our representatives from discovery world trekking at the airport terminal. You will then be transferred to your respective hotels in our private vehicle.

 Overnight at Hotel.

### Day 2

**A full day of sightseeing around The Kathmandu Valley region with your DWT tour guide.**

Today we will go on a guided tour to some of the most historical and spiritual attractions in Kathmandu including the UNESCO World Heritage sites. We will visit the historic Durbar Square, the sacred Hindu temple of Pashupatinath, Swayambhunath(The monkey temple) and Boudhanath,one of the largest stupas in the world. After a whole day of touring, we will get our equipment checked by our climbing leader, meet with other participants and discuss ou the trip.

 Overnight in Kathmandu

### Day 3

**Fly from Kathmandu to Nepalgunj and stay overnight at Lodge.**

We fly to to Nepalgunj, located at the south western part of Nepal. Its approximately an hour long flight and we reach there late afternoon or noon. Located at the south of nepal the weather will be very hot. We will spend rest of the evening exploring the city, including the cities including Bageshwori temple, one of the important Hindu temple in Nepalese.

### Day 4

**Trek from Juphal to Dunai(2150m) and stay overnight at tented camp.**

The next day we take a 35 minutes flight from Nepalgunj to Juphal (2,320m) . It lies over the Himalayan foothills,with beautiful views of snowcapped mountain.The weather here will be slightly chilly and the air will be very fresh , polar opposite of Nepalgunj. Here you will meet you porter who will come with your gears and food supply Then we trek to Dunai village. Around 2-3 hrs trek from the air strip.

### Day 5

**Dunai to Ankhe (2,896m/9,499ft): 5-6 hours**

From Dunai we cross the new suspension bridge head west following the trail past the newly built hospital.At the juncture of Thuli Bheriand Suli Ghad we take the north trail.We trek along the river bank and corss fields of buckwheat and potatoes and reach Hanke village. pass through Parela, Rahatgaon and finally we reach Ankhe.

 Overnight at tented camp.

### Day 6

**Ankhe to Sulighat: 5-6 hours**

The path from our camp at Ankhe leads to few ups and downs along the forested riverbed, before ascending steeply to 2,900m(aprox).We pass several streams along the way where we can cool off. we eventually leaves the forests and cross a grassy slope high above the river.(2,950m) From here the trail becomes a collection of rocks and sticks that form a dam along the river bank.



We continue upstream to a bridge near Ryajik village for the overnight camp



Included meals: Breakfast Lunch Dinner

## Day 7

### Sulighat to Phoksundo Lake (3,611m/11,849 ft) 4-5 hours

We continue our journey along the valley floor to the junction of the Phoksundo and Pungmo rivers. We cross a bridge then walk along the western bank of the Pungmo Khola. we pass through a cedar forest and reach Palam village. then we trek up to a ridge from where we can enjoy the spectacular views of Phoksundo Lake and 300m high waterfall, one of the highest waterfall in Nepal. After stopping to admire the view we descend through birch forests to the upper reaches of the Phoksundo Khola, and then to the scenic Ringmo village with its mud-plastered chortens and mani walls. After a short walk we reach the shores of the Phoksundo Lake.



Overnight at Phoksundo Lake.



Included meals: Breakfast Lunch Dinner.

## Day 8

### Acclimatization and rest at Phoksundo Lake

Today we stop explore Phoksundo Lake area for acclimatization During the day we can go on a short hike to the village of Ringmo and make a visit to its Tibetan Buddhist Monastery. we will be able see the cultures and traditions of the people of Dolpo region



Overnight at Phoksundo Lake.



Included meals: Breakfast Lunch Dinner

## Day 9

### Trek to Phoksundo Khola: 4-5 hours

We start trekking from the westmost edge of the Lake, Now, the trail leads us to the isolated Upper region of Dolpo the track climbs up through the steep trail. the the trail leads through a lush meadow which opens up to the floodplain of the Phoksundo Khola. We walk through the valley, cross over a river avoiding any boggy marsh underfoot and then o the other bank of the river set up an overnight camp.



Overnight at tented camp



Included meals: Breakfast, Lunch, Dinner

## Day 10

### Phoksundo Khola to Phoksundo Bhanjyang: 6-7 hours

Walk along the level path for an hour or more through a glacial valley that heads north .we will witness an old wooden bridge at the junction of the Phoksundo Lake, after a long climb due north-east we finally reach Phoksundo Bhanjyang .where we stay overnight From here we can see the Kang-La pass ,Chhamlang peak 6 (6739m) and peak 7 (6105m).



Tented accommodation.



Included meals: Breakfast Lunch Dinner

## Day 11

### Phoksundo Bhanjyang to Shey Gompa (4,500m/14,760ft) via Kang-La pass (5,360m/17,581ft): 5-6

## hours

We start with a long and strenuous climb of around 2 hrs over a dusty path to Kang La Pass(5350m), also called as Nadra La. From the top of Kang-la pass we get terrific views of the large valley divided by a gushing river. We descend through the snow covered steep pass and after about 3 hrs of walking we reach Shey Gompa, a small village only a few houses and Gompa also called the spiritual heart of Dolpo. It is a 11th century gompa, situated just beneath the crystal peak, at the junction of two rivers It is also called .



Overnight at tented camp



Included meals: Breakfast Lunch Dinner

## Day 12

### Acclimatization and rest at Shey Gompa

Today we can explore around Tsakang Gompa located north of Shey Gompa. Rather than a monastery it's a retreat. Tsakang was once a meditation centre many famous lamas from Tibet. Built during the 11th century Shey Gompa stands above the junction of Kangju nala and Yeju nala. Near the confluence there is a group of prayer mills turned by water wheels. Shey Gompa belongs to the Chaiba community, followers of the Padmasambhava and Kagyu sects. What's more, it was the first Kagyupa monastery and its founder was the lama Ten-szin-Ra-Pa. It is famous for its ancient Buddhist culture. The Crystal mountain is to the west of Shey monastery. It is a very strange mountain, its contorted cliffs are laced with quartz and enclosed within it is a rich variety of marine fossils.



Overnight at tented camp



Included meals: Breakfast Lunch Dinner

## Day 13

### Shey Gompa to Namduna Gaun (4,800m/15,744ft) via Saldang La (5,200m/17,056ft): 6-7 hours

The day starts by following a wonderful trail in the midst of juniper which slides into a dim, stony gulch. At that point the path starts to crisscross over uncovered rocks and coarse disintegrated soil until we reach the highest point of Saldang-la (5,200m). Then we descend northwards which is long and tiring but we can appreciate the sight of fields of munching yaks and sheep, and tents made using yak hair. We walk further and reach Namduna Gaun 4,800m. Like Shey, the Namgung Gompa is of the Karma-pa sect. The monastery, a red stone structure, is built against the backdrop of a cliff on the north wall of a gorge



Overnight at camp



Included meals: Breakfast, Lunch, Dinner

## Day 14

### Namduna Gaun to Saldang (3,620m/ 11,874ft): 4-5 hours

Our Trek to Saldang starts with climbing a scree slope. We ascend 4700m, After 3-4 hours of hard climb, we go down the steep slope to the picturesque village of Saldang, situated on a plateau high above the Nam Khong nala and the biggest villages of lower Dolpo area. The village is prosperous, not only agriculturally but also for its strategic location on a trade route to Tibet.



Overnight at tented Camp



Included meals: Breakfast, Lunch, Dinner

## Day 15

### Saldang to Yangze Gompa (4,960m/16,267ft): 4-5 hours

We divert further north to the area least explored by trekkers. We Follow the Nang Chu River For most of the trek

then we pass through the Panzang River head east and cross a river to finally reach Yangze Gompa which also has the old Bon-Po Monastery..



We stay overnight at tented accommodation.



Included meals: Breakfast, Lunch, Dinner

## Day 16

### Yangze Gompa to Sibü (4,560m/14,957ft): 6-7 hours

We come across two trails that connect Yangtze to Sibü. We take the shorter route, we will retrace the trail back towards Saldang village. From Saldang following the river bed we pass through terraced fields, stupas, chortens, piles of Mani stones and a Chaiba monastery, Pass through Namdo village with around 400 inhabitants. We continue further down the river for another two hours and finally reach the small settlement of Sibü.



Overnight at a camp



Included meals: Breakfast, Lunch, Dinner

## Day 17

### Sibü to Jeng-la Phedi (4,900m/16,072ft): 5-6 hours

We will follow the stream of the Nam Khong Khola river, initially but after two hours, we will another stream before turning to the east side of the valley where we have to ascend steeply to the area below jeng la pass



Overnight in Jeng la Phedi.



Included meals: Breakfast Lunch Dinner

## Day 18

### Jeng-la Phedi to Tokyu Gaon (4209m/13809ft) via Jeng La pass (5,090m/16,695ft): 5-6 hours

To reach to Tokyo Gaon we must first cross the Jeng La Pass at 4850m. This will take us approximately 2 hrs of hard climb to reach the top of Jeng La. but its all worth it as from the top of the peak we see great views of Dhaulagiri, and other peaks then descend towards Tarap valley. Tarap is a beautiful valley with various plants in high mountains that extend twenty kilometer along the Tarap Chu River. In the valley there are ten villages with cultivated fields, many Gompas and Chhortens.



Overnight at tented camp with full board of meals.



Included meals: Breakfast, Lunch, Dinner

## Day 19

### Tokyu to Dho Tarap(4,040m/13,251ft): 4-5 hours

We walk east along the downhill course of Tarap Chu. It is an easy trail that is frequently used. We will pass many mani walls, and some old Chortens . There is a French School just outside the village of Dho Tarap. The Dho village is surrounded by an irregular stone wall and consist of around 24 houses. Both Bonpo and Buddhist sect are inhabitants here. We visit Buddhist Gompa where we can meet the Lama who lives there. He is will show his monastery and might even let you see his private Gompa and the Thangkas which he has made himself.



Overnight at tented camp with full board of meals.



Included meals: Breakfast, Lunch, Dinner

## Day 20

### Rest Day at Dho Tarap

Today we spend the day exploring Dho Tarap. You also get the opportunity to interact with the locals of Dolpo. The village consists of people from both Bonpo and Buddhist of Nyingmapa sect. There is a Buddhist Gompa nearby and Bon Gompa is further 40 minutes walk.



Overnight in tented camp



Included meals: Breakfast, Lunch, Dinner

## Day 21

### Dho Tarap to Tarap Khola (Kamakharka) (3,800m/12,464ft): 6-7 hours

From Tarap we descend towards a wide valley that narrows into a gorge. We trek to just above treeline. We may see herds of blue sheep. We reach the junction of the Tarap Chu and the Lang Khola, by afternoon. Here we set up our camp. This area is also called Kamakharka (3,800m), spend the night.



Included meals: Breakfast, Lunch, Dinner

## Day 22

### Tarap Khola to Khanigaon (3,150m/10,332ft): 4-5 hours

We will be walking down the gorge of the Tarap River. We will pass the locals taking their herds to lower pastures for the winter. The valley becomes so narrow in a deep gorge that in some places we will be able to jump from one side to another. Finally, we reach our camping spot beside the Tarap Khola at Khanigaon where we spend the night.



Included meals: Breakfast, Lunch, Dinner

## Day 23

### Khanigaon to Tarakot (2,537m/8,321ft): 4-5 hours

Today we trek beside the Bheri river to Tarakot. Tarakot is an old fortress town known by the local people as Dzong which literally means 'fort'. We can also explore the famous Sandul gompa, 8km east of Tarakot and at the junction of the Barbung Khola and Tarap Chu. You can also choose to camp by the river instead of Tarakot. There are good cooking facilities and clean toilets available by the river.



Overnight in tented camp



Included meals: Breakfast, Lunch, Dinner

## Day 24

### Tarakot to Dunai (2,140m/7,019ft): 5-6 hours

We walk through the Barbung Khola passing the beautiful alpine valley to Dunai. Dunai village is also called Hindu village.



Overnight at Dunai



Included meals: Breakfast, Lunch, Dinner

## Day 25

### Dunai to Jhuphal: 2-3 hours

Today is our last day of trekking. We will walk along the Bheri river passing the several guest house and teahouses of

Kalakonda village and Motipur village to reach the Juphal airstrip. The trail ascends slightly through the Juphal village to the airport .



Overnight in Jhuphal.



Included meals: Breakfast, Lunch, Dinner

## Day 26

### **Fly from Jhuphal to Nepalgunj and then to Kathmandu**

Early morning after breakfast we begin a short scenic flight Nepalgunj from Juphal, over the Himalayan foothills overlooking stunning views of the main peaks including Annapurna and Dhaulagiri to the north. On arrival at Nepalgunj we return to Kathmandu on the next available flight.



Overnight in Kathmandu

## Day 27

**Departure day to your home country. DWT provides complimentary private transport to Tribhuvan International Airport from your hotel in Kathmandu**

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## Trips Notes

### Getting there

You will arrive to Nepal, Kathmandu in Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon the arrival. The next day we will be traveling to our destination via bus or a local jeep.

### Free Transfer

We provide free airport pickup and drop by private vehicle. Upon arrival you'll be warmly welcomed by our Discovery world trekking crew with a traditional offering of Khada or marigolds garland (symbolizing purity, goodwill, auspiciousness and compassion), then directly transfer you to your hotel. To make use of this service please submit full flight details of arrival and departure in advance by mail.

### Accommodation

The Upper Dolpo Trek 18 days is mostly camping trek. You will be assigned a tent, very high quality like Mountain Hardwear or similar that you will share with one other member. Each tent will have thick down filled mattress for extra comfort and warmth. We will also have dinner, kitchen tent with table and chairs, tent for staff and Toilet tent with commode at the base camps. 3 nights in Kathmandu is required as you would want to rest before and after the trek and is not included in the package. There are excellent ranges of hotels for all kinds of budgets. The accommodation is almost twin sharing basis - bed with mattresses, blanket and pillows. Hot showers will be available at an extra cost. Discovery World Trekking has good public relations with local service providers in the Himalaya region.

### Meals

The meal package in this trek is very convenient. The meals will be the best selected from the menu of the lodge which will be fresh, hygienic, tasty and nutritious. The menu is a combination of traditional local, Asian and western cuisine. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup (must) etc. at high altitude for health benefit. Meals in Kathmandu are not included in the packages, although there are varieties of Nepalese and international cuisines readily available for you to choose according to our taste.

### Best Season

The weather is one of the most important factors to look at when deciding to trek to The Upper Dolpo Trek. It is best suited to trek during the spring, summer and the autumn. During the winters and monsoon, it becomes difficult to trek due to strong winds, storms and slippery trails.

#### January – February

This time is the coldest, especially from early January to early February. The temperature can be extremely cold. Though the day time may be warm and admirable with clear skies, the night time would be extremely cold. It would not be suggested to trek during this time.

#### March – April

This is the best time of the season to trek in the Upper Dolpo Trek. The weather is very favorable through the trek. Stunning views of the central Himalayan range will be seen. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed their expedition in this time. On the journey, the rhododendron flowers will be blooming at its best with variety of colors.

#### May – June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till mid of August. The season of spring and summer makes the trek much more enjoyable.

#### July – August

The rainfall hits its peak during this time. It's a good option to go trekking during the monsoon months as the region is in the rain shadow.

#### September – October

This is also one of the perfect seasons for the Upper Dolpo trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the daytime and falls down to 5 degrees during the night time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended as it's the best time for the Upper Dolpo trek, usually between mid-September to end. Tourists in this season are also attracted by the main festival of Nepal; Dashain and Tihar.

#### November – December

As winter slowly begins, snow falls begin and it eventually becomes tough to trek. Nights will start to get colder. Keep in mind

that seasonal migration takes place during this time and many residents from Lo Manthang and surrounding areas will move down to lower altitudes for the winter months. November is the busy season as it is the clearest month with sparkling days. The day time temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature starts to get cold and begins to snow.

### **Acclimatization**

Altitude sickness is commonly faced by many trekkers and will need immediate treatment and shouldn't be left ignored. Our trekking leader and guide have extensive first aid training and well-experienced in the Himalaya we urge to inform your group leader and guide at first signs of the symptoms, we guarantee your health will be at reliable hands. Your trek leader or guide will suggest precautions. The best way is to take your time and drink plenty of water at least 4 liters a day. If it is severe the only cure for altitude sickness is to descend immediately. Please note that your group leader has ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than others.

### **Trip Grade: Fitness level, Medical and Health**

The Upper Dolpo trek is slightly challenging yet a rewarding trek. The hiking will be from 5 to 7 hours a day depending on the destination, taking regular breaks where we admire the mountain views. The trek routes involve long climbs, steep descents and a steep forward trail in the rocky paths and the forests as well. To go on such treks, the fitter, the more comfortable and enjoyable the journey will be. If you have an experience or enjoy trekking, this may be an advantage for you. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lung disease.

### **Trekking group/single**

The group will be generally 2 to maximum up to 12 pax on trek. The group of twelve and above will be accompanied by a leader, and supported by an assistant guide and porters. We also organize single private trek in Annapurna based on your own holiday time frame. This will be led by one of our highly competent and well-experienced guides.

### **A typical day on trek**

A day on trekking will be rewarding with unique experience providing to trek leisurely with plenty of time to enjoy scenery, take photos and explore the local village. During the trek, you are accompanied by experienced, friendly and qualified expert guide along with porters to carry out your baggage. You need to take your small regular day pack on hiking days. The day starts with an early morning cup of tea. Each morning after packing our bags and having a wholesome breakfast, we set off on the day's walk around 7 am -8am, depending on the duration and nature of the day's walk. After trekking 3 to 4 hours, lunch will be served around midday on the route to the next destination and we continue after an hour rest. The afternoon walk is generally shorter being only 2 to 3 hours when we reach our overnight lodge we snack on the prepared extra dietary snacks, then after dinner, we will have free time to explore nearby places. Dinner is provided around 6 to 7 pm. In the evening before going to bed, we discuss each group member's hiking experience of that day. And the guide will brief the next day trip plan. After completing of trip briefing we enjoy fun and games and entertainment. Trekkers love learning Nepalese language from our Discovery World Trekking crews, playing card, talking to and chatting with the crew members, reliving the day adventure or reading books before heading off to the bed for well-deserved sleep.

### **Communication on trek**

There is mobile phone coverage on the most of the routes, but this service may not be reliable, depending on which network you use. Upon your request, we can provide you with separate local SIM card with good access for talking to family and surrounding friends through your cell phone. Although some days at high altitude, there is no mobile network facility.

### **Extra personal expenses on trekking**

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu will have to be arranged by self. Trekkers will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, tips to the trekking crew members, souvenirs etc. We recommend to bring cash (dollars) which can be changed to rupees here.

### **Electricity and battery recharge, water on trekking**

Lodges that fall in upper Dolpo route have, electricity for camera and mobile battery recharge is available by paying in price at all lodges. You should carry solar rechargeable battery that have solar panels. Water during the trek, you can buy either packed mineral water from local lodges and enroute shop or filling boiled water with an extra cost. A water purification pill is suggested into drinking water.

### **Insurance Policy**

Trekking in The Upper Dolpo Trek requires slightly proactive and reactive preparedness. The high mountains are not a place to visit casually as serious sickness and other casualty are supposed to be unexpectedly happened. Make sure you have insured against this incident before starting the trek. Travel insurance is also a part of booking condition for an adventure trek in Nepal. To join in The Upper Dolpo trek, at a minimum, a comprehensive travel insurance policy is must.

to cover medical and emergency repatriation with inclusively helicopter rescue and evacuation expenses for trekkers at high altitude. We can do recommendation of insurance company in case of our help needed but we do not involve in sale of the insurance policy. Trekker is refused to be participated in The Upper Dolpo Trek, with improper policy or without travel insurance policy. In case of emergency circumstances of our valued client, company put forward the travel documentation processing to insurance company based on your prior information submission details in order to assist in arranging rescue operation, and transfer to hospital for treatment. You are requested to send the details insurance information after you have booked the trek. Make sure your insurance company accepts the cost incurred for mountain rescue service even at the highest elevation of trek.

### Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival in the Tribhuvan international airport. Visa can be extended at the central immigration office [www.immigration.gov.np](http://www.immigration.gov.np) The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of visa fee is US \$40 for 30 days which have to be paid in cash. Citizens of China and the SAARC countries will receive free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive visa on arrival and so you will have to contact your local Nepalese embassy.

### Money exchange

You can exchange most foreign currencies through the banks and through the money exchanges. Money exchangers are also legitimate. You might be able to also exchange small amounts of cash at the hotel you are staying. Money exchange facilities are available in Kathmandu. Money changers or Money exchangers in Kathmandu are found all over Thamel. The going rate is normally displayed in the front of the stores on a board. The official currency of Nepal is the Nepali Rupee (NRP). Its symbol is often displayed as Rs. The government of Nepal has banned the import, export and use of 500 and 1000 Indian Rupees in Nepal. You should ensure you are not carrying these notes on arrival in Nepal as they will be confiscated and you may be fined. Despite having the security advantage of traveler's cheque, many hassles problems like a lengthy process and high rate of commission may take place during the processing at banks. You can withdraw cash (in Rupees only) from one of many ATMs in Kathmandu (if your card is linked to the International Cirrus System), or by exchanging your travel cash at a bank in Kathmandu, the service fee charge will impose on around four percent or more depending up on the bank. There is a day transaction limit on cash withdrawing if you use the bank. Please note that most establishment banks in Asia will not accept foreign currency notes that are old, torn or faded and they can be very difficult to exchange or extra fees added when exchanging at banks. Please ensure that you have new, clean notes.

### Luggage

Your main luggage should not be over 20Kgs and they will be carried by our porters. Trekkers will carry a light back for easy access to water, camera, toilet paper and warm layers of clothes. Any excess baggage can be kept at Discovery World Trekking and you can collect them after the trek.

### Safety

Discovery World Trekking guarantees our client's safety, security and satisfaction. Safety is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipments and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the leader to decide if he/she will further continue as health is very important. During the trek, every group will be together so that everyone is safe and won't wander off alone.

## Equipment Checklist

### Equipment lists for The Upper Dolpo Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings are suggestions that should be brought, although we understand that our clients have their own preference of clothing. Porters will be carrying the main luggage which should not exceed more than 20kg. Equipment can be hired in Kathmandu as well.

#### Head

-  **Sun hat or scarf**
-  **Winter hat or insulating hat or Wide brimmed hat**
-  **Headlight with extra batteries**

## Face

- ☞ Sunscreen
- ☞ Sunglass with UV protection
- ☞ Face/body wipes

## Hands

- ☞ Lightweight gloves
- ☞ Heavy weight winter gloves

## Body

- ☞ Hiking shirts
- ☞ Long sleeved shirt
- ☞ Hooded rain jacket
- ☞ Fleece jacket
- ☞ Lightweight cotton pants
- ☞ T- Shirt (bring Light weight wool)
- ☞ Polypropylene underwear
- ☞ Down jacket (available in rent in Kathmandu)
- ☞ Sweater
- ☞ Water proof jacket and pants

## Footwear

- ☞ Hiking Boots
- ☞ Thick wool socks (Take an extra pairs of thick light socks)

## Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not).
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 bag is best in the high-altitude trekking)

## Toiletries

- ☞ Medium size drying towel
- ☞ Tooth brush
- ☞ Toothpaste
- ☞ Deodorant floss
- ☞ Bio degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

## Personal accessories

- ☞ Money
- ☞ Watch
- ☞ Cell phone
- ☞ Camera

## Extra items

- ☞ First aid kit
- ☞ Extra passport photos and photocopies of passport
- ☞ Notebook and pen





## Discovery World Trekking

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**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

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Quick Questions? Email Us

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