Inner Dolpo Trek

Nepal / Dolpo Region | Trekking package



Your journey at a glance

Duration: 26 days

Trip grade: Strenuous

Maximum altitude: 5460 m

Best season: April–October

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 5,300.00 per adult

Accommodation: Deluxe hotel in Kathmandu; tented camps during the trek; hotel accommodation in Nepalgunj and Jomsom as listed.

Transportation: Flights between Kathmandu, Nepalgunj, Juphal, Jomsom, Pokhara and Kathmandu; trekking on foot; porters or mules.

Meals: Three meals a day during the trek (breakfast, lunch and dinner), with tea, coffee, juice and light snacks as listed.

Package overview

The Inner Dolpo Trek is an adventurous journey into the remote Dolpo region of Karnali Province in western Nepal, near the southern border of Tibet. Dolpo is a high-altitude trans-Himalayan region known for its quiet natural landscapes, Tibetan-influenced culture and Buddhist heritage. The area is also one of the regions where the pre-Buddhist Bon-Po tradition is still practised.

Inner Dolpo, Karnali province of Nepal

Inner Dolpo is a restricted trekking area and requires government permission. Ojha Holidays can assist with the required entry arrangements. The route combines remote mountain valleys, high passes, traditional settlements and Buddhist and Bon-Po shrines. The supplied itinerary travels through Phoksundo Lake, Forest Camp, Kang-La Pass, Sey Gompa, Shey-La Pass, Namgung Gompa, Saldang, Tinje Gaon, Chharka Bhot and Sangda before continuing to Jomsom.

Available Services in Trekking

Crew Members

Experienced trekking guide speaking English, Nepali, Tibetan and Dolpo languages

Experienced trekking cook

Kitchen boy and required Sherpa guide / support staff

Transportation and Carrying Support

Porters or mule support

Trekking Equipment

Chairs and tables, mattresses, tents, kitchen / dining tent, toilet tent, bedding bags and first-aid kit.

Food and Drinks

Three meals a day (breakfast, lunch and dinner), with tea, coffee, juice, light snacks, biscuits, cookies, fruits and chocolates.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive in Kathmandu and transfer to the hotel. The listed arrival altitude is 1,350 m.

Accommodation: Deluxe hotel in Kathmandu
Altitude: 1,350 m

Day 2 - Fly from Kathmandu to Nepalgunj

After lunch, fly from Kathmandu to Nepalgunj and stay overnight at a hotel.

Accommodation: Hotel in Nepalgunj
Altitude: 600 m
Travel time: Flight: about 55 minutes

Day 3 - Fly to Juphal and trek to Dunai

Take the morning flight to Juphal Airport in Dolpa, then trek to Dunai.

Accommodation: Tented camp in Dunai
Altitude: 2,030 m
Travel time: Flight: about 35 minutes
Walking / trekking: About 3 hours

Day 4 - Trek to Sangta

Trek from Dunai to Sangta and stay overnight at a tented camp.

Accommodation: Tented camp in Sangta
Altitude: 2,450 m
Walking / trekking: 5–6 hours

Day 5 - Trek to Ranje

Trek to Ranje and stay overnight at a tented camp.

Accommodation: Tented camp in Ranje
Altitude: 3,160 m
Walking / trekking: 5–6 hours

Day 6 - Trek to Phoksundo Lake

Trek to Phoksundo Lake and camp beside the lake.

Accommodation: Tented camp at Phoksundo Lake
Altitude: 3,720 m
Walking / trekking: 6–7 hours

Day 7 - Rest and explore Phoksundo Lake

Take a rest day to enjoy Nepal’s deepest lake, explore the surrounding valley and visit Bon-Po cultural monasteries.

Accommodation: Tented camp at Phoksundo Lake
Altitude: 3,720 m
Walking / trekking: Rest / exploration day

Day 8 - Trek to Forest Camp

Trek to Forest Camp, where the restricted-area section begins, and stay overnight at a tented camp.

Accommodation: Tented camp at Forest Camp
Altitude: 4,120 m
Walking / trekking: 5–6 hours

Notes: Restricted area begins, according to the supplied itinerary.

Day 9 - Trek to Mt. Kangla Base Camp

Trek to Mt. Kangla Base Camp and stay overnight at a tented camp.

Accommodation: Tented camp at Mt. Kangla Base Camp
Altitude: 4,640 m
Walking / trekking: 5–6 hours

Day 10 - Trek to Sey Gompa via Kang-La Pass

Cross Kang-La Pass (5,160 m) on the way to Sey Gompa. Stay overnight at a tented camp.

Accommodation: Tented camp at Sey Gompa
Altitude: 4,390 m
Walking / trekking: 5–6 hours

Day 11 - Rest and explore Sey Gompa

Take a rest day in Sey Gompa village and explore the historical monasteries, including Shey Monastery.

Accommodation: Tented camp at Sey Gompa
Altitude: 4,390 m
Walking / trekking: Rest / exploration day

Day 12 - Trek to Namgung Gompa via Shey-La Pass

Trek to Namgung Gompa via Shey-La Pass (5,010 m) and stay overnight.

Accommodation: Tented camp at Namgung Gompa
Altitude: 4,430 m
Walking / trekking: 6–7 hours

Day 13 - Trek to Saldang Village

Trek to Saldang Village and stay overnight at a tented camp.

Accommodation: Tented camp in Saldang
Altitude: 4,000 m
Walking / trekking: About 3 hours

Day 14 - Trek to Yanger Gompa

Trek to Yanger Gompa, described in the source as the oldest gompa in Dolpa. Stay overnight.

Accommodation: Tented camp near Yanger Gompa
Altitude: 3,750 m
Walking / trekking: 5–6 hours

Day 15 - Trek to Shimengon via Mushi-La Pass

Trek to Shimengon via Mushi-La Pass (5,030 m) and stay overnight.

Accommodation: Tented camp in Shimengon
Altitude: 4,010 m
Walking / trekking: 6–7 hours

Day 16 - Trek to Tinje Gaon

Trek to Tinje Gaon, identified in the source as the end of the restricted-area section. Stay overnight at a tented camp.

Accommodation: Tented camp in Tinje Gaon
Altitude: 4,150 m
Walking / trekking: 6–7 hours

Notes: Restricted area ends, according to the supplied itinerary.

Day 17 - Trek to Raapka

Trek to Raapka and stay overnight at a tented camp.

Accommodation: Tented camp in Raapka
Altitude: 4,050 m
Walking / trekking: 6–7 hours

Day 18 - Trek to Chharka Bhot

Trek to Chharka Bhot and stay overnight at a tented camp.

Accommodation: Tented camp in Chharka Bhot
Altitude: 4,120 m
Walking / trekking: 6–7 hours

Day 20 - Trek to Sangda Phedi via Sangda-La Pass

Trek to Sangda Phedi via Sangda-La Pass, listed at 5,460 m. The overnight camp is listed at 5,100 m.

Accommodation: Tented camp at Sangda Phedi
Altitude: 5,100 m
Walking / trekking: 7–8 hours

Notes: The supplied itinerary jumps from Day 18 to Day 20; Day 19 was not provided. The 5,460 m pass elevation is higher than the 5,350 m package-heading altitude.

Day 21 - Trek to Sangda

Trek to Sangda and stay overnight at a tented camp.

Accommodation: Tented camp in Sangda
Altitude: 3,700 m
Walking / trekking: About 6 hours

Day 22 - Trek to Phalayak Village

Trek to Phalayak Village and stay overnight at a tented camp.

Accommodation: Tented camp in Phalayak Village
Altitude: 3,250 m
Walking / trekking: 5–6 hours

Day 23 - Trek to Jomsom

Trek to Jomsom and stay overnight at a hotel.

Accommodation: Hotel in Jomsom
Altitude: 2,700 m
Walking / trekking: About 3 hours

Day 24 - Fly to Pokhara and Kathmandu

Take the morning flight back via Pokhara to Kathmandu and stay overnight at a Kathmandu hotel. The source lists a 25-minute flight time.

Accommodation: Hotel in Kathmandu
Travel time: Flight: about 25 minutes (as stated)

Notes: The source itinerary lists the return flight routing via Pokhara and gives one 25-minute flight duration.

Day 25 - Kathmandu sightseeing and farewell dinner

After breakfast, take a half-day sightseeing tour in Kathmandu. The afternoon is free, followed by an evening farewell dinner.

Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu
Walking / trekking: Half-day sightseeing

Day 26 - Departure from Kathmandu

After breakfast, transfer for your onward departure. The trip concludes.

Meals: Breakfast

What is included

- Experienced trekking guide speaking English, Nepali, Tibetan and Dolpo languages.

- Experienced trekking cook.

- Kitchen boy and trekking support staff.

- Porters or mule support.

- Trekking and camping equipment, including chairs, tables, mattresses, member tents, kitchen / dining tent, toilet tent, bedding bags and first-aid kit.

- Three meals per day during the trek: breakfast, lunch and dinner.

- Tea, coffee, juice, light snacks, biscuits, cookies, fruits and chocolates.

- Air tickets for the listed route: Kathmandu–Nepalgunj, Nepalgunj–Juphal, Jomsom, Pokhara and Kathmandu.

- Upper Dolpo permit fee for 10 days and Lower Dolpo permit fee for two weeks, as stated in the supplied package.

- Shey Phoksundo National Park (SPNP) fee.

- Three nights in Kathmandu and one night in Nepalgunj on a bed-and-breakfast basis.

What is excluded

- Tips.

- Personal expenses.

- Beverages.

- Medical and travel insurance.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/inner-dolpo-trek