Upper Dolpo Trek

Nepal / Dolpo Region | Trekking package

Your journey at a glance

Duration: 28 days

Trip grade: Moderate to Challenging

Maximum altitude: 5151 m

Best season: Spring / Fall

Group size: 1 - 12

Route: Kathmandu - Kathmandu

Price from: USD 5,100.00 per adult

Accommodation: Deluxe hotel in Kathmandu and Nepalgunj; twin-sharing camping tents during the trek.

Transportation: Private ground transportation and domestic flights between Kathmandu, Nepalgunj and Jhuphal.

Meals: Breakfast in Kathmandu; full-board breakfast, lunch and dinner during the trek; welcome and farewell dinners.

Package overview

The Upper Dolpo Trek is a remote high-altitude journey through the culturally Tibetan region of Dolpo in western Nepal. The region is known for its Bon tradition, Buddhist heritage, sparse agro-pastoral settlements and distinctive trans-Himalayan landscape. Part of Dolpo lies within Shey Phoksundo National Park, and access to the more remote areas is subject to trekking restrictions and permit requirements.

This journey follows the route from Kathmandu to Nepalgunj and Juphal, then continues through Dunai, Phoksundo Lake, Shey Gompa, Saldang, Yangze Gompa, Sibu, Jeng-la Phedi, Tokyu Gaon and Dho Tarap before returning through Tarakot and Dunai to Juphal. The route offers opportunities to experience the region’s Tibetan-influenced culture, Bon-Po and Buddhist monasteries, remote villages and high mountain passes.

Accommodation

The trip cost includes three nights in a deluxe five-star hotel in Kathmandu and one night in a hotel in Nepalgunj. During the trekking portion, accommodation is in comfortable two-person camping tents. A four-season sleeping bag and foam mattress are provided. Hotel and camping accommodation is on a twin-sharing basis. A single room or tent can be requested for a single supplement of USD 350.

Meals

Breakfast is provided in Kathmandu. During the trek, freshly prepared breakfast, lunch and dinner are provided on a full-board basis by the trekking cook. The menu includes Nepalese, Tibetan and international dishes. Welcome and farewell dinners are also included in Kathmandu.

The Trekking Group

The trekking team includes one leader, an assistant leader (one assistant guide for every four trekkers) and Sherpa porters to carry luggage (one porter for every two trekkers). The supplied group information states that groups of any size can be arranged, with a maximum of twelve people generally considered ideal.

Package Details

Package InformationDetails

Duration28 days

Maximum altitude5,151 m (Kang La Pass)

Best seasonSpring / Fall

DifficultyModerate to Challenging

AccommodationDeluxe hotel in Kathmandu, hotel in Nepalgunj and twin-sharing camping tents during the trek

Trekking typeTea-house and camping, as stated in the package details

Group sizeMaximum 12 people is stated as the ideal group size

Single supplementUSD 350 on request

Price Per Person

Traveller category	Price per person
Per person	USD 5,100

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive in Kathmandu and transfer to the hotel. A representative will welcome you at the airport. In the evening, enjoy a welcome dinner hosted by Ojha Holidays.

Meals: Dinner
Accommodation: Deluxe hotel in Kathmandu
Altitude: 1,300 m

Day 2 - Kathmandu sightseeing and trek preparation

After breakfast, take a guided tour of Kathmandu’s historical and spiritual attractions, including Durbar Square, Pashupatinath, Swayambhunath and Bouddhanath. Meet the trek leader and team for the pre-trip discussion and trek preparation.

Meals: Breakfast
Accommodation: Deluxe hotel in Kathmandu
Travel time: Sightseeing by private vehicle

Day 3 - Fly from Kathmandu to Nepalgunj

After the Kathmandu excursion, take the one-hour flight to Nepalgunj in western Nepal. Explore the local market, mini-zoo and nearby villages.

Meals: Breakfast
Accommodation: Hotel in Nepalgunj
Travel time: Flight: about 1 hour

Day 4 - Fly to Jhuphal and trek to Dunai

After breakfast, fly from Nepalgunj to Jhuphal in Dolpo. Meet the trekking staff and begin walking through terraced fields to the Bheri River and its narrow gorge before continuing to Dunai, the administrative headquarters of the Dolpo region.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping in Dunai
Altitude: 2,850 m
Travel time: Flight: about 45 minutes
Walking / trekking: 2–3 hours

Day 5 - Dunai to Chepka

Cross a suspension bridge and follow the trail west past a hospital. Ascend along the Thulo Bheri valley before entering the Phoksundo river valley. Pass walnut groves, Dhera and Rahagaun villages, and dense forest before setting up camp.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping
Altitude: 2,896 m
Travel time: 5–6 hours
Walking / trekking: 5–6 hours

Day 6 - Chepka to Ranje Waterfall Camp

Follow wooded riverbanks with repeated ascents and descents, pass streams and grassy slopes, and continue down a steep stone staircase to the riverbank before reaching the next camp.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping
Travel time: 5–6 hours
Walking / trekking: 5–6 hours

Day 7 - Waterfall Camp to Phoksundo Lake

Continue along the valley floor to the confluence of the Phoksundo and Pungmo rivers. Cross a bridge and follow the western bank of the Pungmo Khola through cedar and birch forests. From a ridge, enjoy views of Phoksundo Lake and a high waterfall before descending to Ringmo village and the lake shore.

Meals: Breakfast, Lunch, Dinner

Accommodation: Camping at Phoksundo Lake
Altitude: 3,611 m
Travel time: 4–5 hours
Walking / trekking: 4–5 hours

Day 8 - Acclimatization and rest at Phoksundo Lake

Spend the day resting and acclimatizing at Phoksundo Lake. Take a short hike to Ringmo village and its Tibetan Buddhist monastery and learn about the local culture.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Phoksundo Lake
Altitude: 3,611 m
Walking / trekking: Optional short hike

Day 9 - Trek to Forest Camp

Walk around the western end of Phoksundo Lake along a rocky ledge above the western bank. Continue through a meadow into the flood plain of the Phoksundo Khola, cross the river and follow the valley to the overnight camp.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Forest Camp
Travel time: 4–5 hours
Walking / trekking: 4–5 hours

Day 10 - Forest Camp to Kangla Base Camp

Follow a level glacial valley north to the confluence of the Phoksundo Khola and a mountain stream. Cross an old wooden bridge and climb through a sheep meadow and steep ravine to a valley below Kang-La Pass. Set up camp near the pass, at the place described in the itinerary as Snowfields Camp. Views include Chhamlang Peak 6 and Peak 7.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Kangla Base Camp
Travel time: 6–7 hours
Walking / trekking: 6–7 hours

Day 11 - Kangla Base Camp to Shey Gompa via Kang-La Pass

Climb a steep slate-covered trail to Kang-La Pass, with views over the large valley and its river. Descend to the valley floor and follow the riverbank, crossing the river several times. Pass meadows with yaks, sheep and mountain goats before reaching the Shey Gompa compound.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Shey Gompa
Altitude: 4,500 m; Kang-La Pass 5,360 m
Travel time: 5–6 hours
Walking / trekking: 5–6 hours

Day 12 - Acclimatization and rest at Shey Gompa

Spend the day acclimatizing and exploring Shey village and Shey Gompa, built in 1655 and known for its gilded copper statue of Shakyamuni Buddha. The itinerary also describes Crystal Mountain and the area’s ancient Bon-Po culture.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Shey Gompa
Altitude: Shey Gompa: about 4,500 m
Walking / trekking: Local exploration

Day 13 - Shey Gompa to Namrung Gomba via Saldang La

Follow a trail through juniper trees into a grey, stony canyon, then climb over bare rock and eroded slopes to Saldang-La Pass. Descend towards the settlement and visit Namgung Monastery before camping for the night.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Namduna Gaun
Altitude: 4,800 m; Saldang La 5,200 m
Travel time: 6–7 hours
Walking / trekking: 6–7 hours

Day 14 - Namrung Gopa to Saldang

Leave the village, climb a slope and walk across dusty, barren mountains. After a sustained climb, descend towards Saldang village, the largest village in the Inner Dolpo area, situated on a plateau above the Namga Khola.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Saldang
Altitude: 3,620 m
Travel time: 4–5 hours
Walking / trekking: 4–5 hours

Day 15 - Saldang to Yangze Gompa

Walk north along the Nagon Khola through wild, barren terrain, passing Marang and Ki villages. Cross a tributary of the Panzang River and continue east to Yangze Gompa, which houses an old Bon-Po monastery.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Yangze Gompa
Altitude: 4,960 m
Travel time: 4–5 hours
Walking / trekking: 4–5 hours

Day 16 - Yangze Gompa to Sibu

Retrace the route towards Saldang, then follow the river past terraced fields, stupas, chortens, mani stones and Chaiba Monastery. Continue past Namdo village and its monastery before reaching the campsite near Sibu.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Sibu
Altitude: 4,560 m
Travel time: 6–7 hours
Walking / trekking: 6–7 hours

Day 17 - Sibu to Jeng-la Phedi

Walk along the Nam Khong Khola, passing yak caravans travelling towards the Tibetan border. Turn east and continue to the confluence of two streams, then climb steeply to the grazing area below Jeng La Pass.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Jeng-la Phedi
Altitude: 4,900 m
Travel time: 5–6 hours
Walking / trekking: 5–6 hours

Day 18 - Jeng-la Phedi to Tokyu Gaon via Jeng La Pass

Start early and climb for about two hours to Jeng La Pass, with views of the north face of the Dhaulagiri massif. Descend on a rough trail into Tarap Valley and camp close to the monastery at Tokyu.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Tokyu Gaon
Altitude: 4,209 m; Jeng La Pass 5,090 m
Travel time: 5–6 hours
Walking / trekking: 5–6 hours

Day 19 - Tokyu to Dho Tarap

Descend through a plain valley with patches of grass beside the river. The landscape includes marshland and settlements where both Bon-Po and Buddhist traditions are practised. Continue to Dho Tarap.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Dho Tarap
Altitude: 4,040 m
Travel time: About 1 hour
Walking / trekking: About 1 hour

Day 20 - Rest day at Dho Tarap

Spend the day resting and exploring Dho Tarap, a village surrounded by an irregular stone wall. Visit a nearby Buddhist gompa or walk to a Bon-Po gompa.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Dho Tarap
Walking / trekking: Local exploration

Day 21 - Dho Tarap to Nawarpani (Kamakharka)

Descend from Tarap through a wide valley that gradually narrows into a gorge. Walk among juniper and wild rose bushes, look out for blue sheep and continue to the confluence of the Tarap Chu and Lang Khola. Camp in the meadow known as Kamakharka.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Nawarpani / Kamakharka
Altitude: 3,800 m

Travel time: 6–7 hours
Walking / trekking: 6–7 hours

Day 22 - Nawarpani to Lhaini / Khanigaon

Continue down the gorge of the Tarap River, sometimes walking alongside the river. Pass local herders moving their animals to lower pastures. The route crosses narrow sections of the gorge and may include stone slabs laid on logs where bridges are damaged or absent. Camp beside the Tarap Khola.

Meals: Breakfast, Lunch, Dinner
Accommodation: Tented camp
Altitude: 3,150 m
Travel time: 4–5 hours
Walking / trekking: 4–5 hours

Day 23 - Lhaini to Tarakot

Follow the trail from camp to Lalberi village, then pass through forest and descend into another gorge alongside the river. At Tarakot, the itinerary suggests a visit to Sandul Gompa, located east of the village at the meeting point of Barbung Khola and Tarap Chu. Camp near the Tarap Chu river below Tarakot.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping at Tarakot
Altitude: 2,537 m
Travel time: 4–5 hours
Walking / trekking: 4–5 hours

Day 24 - Tarakot to Dunai

Follow a trail behind the Bheri River and cross a bridge near Lawan village. Continue alongside the Bheri River to Byas Gadi, then head west on a relatively easy trail. Cross the river again near Lochakhola Gaon and ascend to Dunai through a gorge lined with pine trees.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping in Dunai
Altitude: 2,140 m
Travel time: 5–6 hours
Walking / trekking: 5–6 hours

Day 25 - Dunai to Jhuphal

Walk from Dunai along the Bheri River through Dhupichaur, Rupgad, Kalagaonda and Motipur villages, passing a temple before reaching the small airstrip at Jhuphal.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping in Jhuphal
Walking / trekking: 2–3 hours

Day 26 - Fly from Jhuphal to Nepalgunj and Kathmandu

Take the earliest flight from Jhuphal to Nepalgunj and connect with the onward flight to Kathmandu. On arrival, transfer to the hotel. In the evening, enjoy a farewell dinner hosted by Ojha Holidays.

Meals: Breakfast
Accommodation: Deluxe hotel in Kathmandu
Travel time: Domestic flights: Jhuphal–Nepalgunj–Kathmandu

Day 27 - Rest day in Kathmandu

Enjoy a free day in Kathmandu for independent exploration, shopping or preparation for the onward flight. A farewell dinner is included in the supplied programme.

Meals: Breakfast, Dinner
Accommodation: Deluxe hotel in Kathmandu
Walking / trekking: Optional independent sightseeing

Day 28 - Final departure

A representative will transfer you to the airport approximately three hours before your scheduled flight. The Upper Dolpo Trek concludes.

Meals: Breakfast
Travel time: Airport transfer

What is included

- Airport pick-up and drop-off in a private vehicle.

- Deluxe hotel accommodation in Kathmandu with breakfast for three nights and one hotel night in Nepalgunj.

- Camping accommodation during the trekking portion, in comfortable twin-sharing tents.

- All meals (breakfast, lunch and dinner) during the trek.

- Welcome and farewell dinners in Kathmandu.

- All ground transportation by a comfortable private vehicle as per the itinerary.

- Domestic flights for the Kathmandu–Nepalgunj–Jhuphal and return route.

- Guided Kathmandu city tour by private vehicle.

- Entrance fees for sightseeing and monument visits as per the itinerary.

- Experienced English-speaking, government-licensed trek leader and assistant trek leader, with cook and kitchen helper.

- Camping equipment, including tents, mattresses, dining tent, toilet tents and chairs.

- Staff costs, including salaries, insurance, equipment, domestic airfare, food and accommodation.

- Down jacket and sleeping bag, to be returned after trip completion.

- Ojha Holidays trekking duffel bag, T-shirt and trekking map to keep.

- Necessary paperwork and trekking permits, including National Park Permit and TIMS.

- Medical kit carried by the trek leader.

What is excluded

- Nepalese visa fee.

- Excess baggage charges.

- Extra hotel nights in Kathmandu due to early arrival, late departure or early return from the mountains for any reason.

- Lunch and evening meals in Kathmandu.

- International flights.

- Travel and rescue insurance.

- Personal expenses such as phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water and showers.

- Tips for guides, porters and driver.

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/upper-dolpo-trek