Sherpa Nomad Trek

Thamel Marg, Kathmandu, Nepal

Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Dolpo Jomsom Trek - 28 Days

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu

Day 2: Free day in Kathmandu : Trip Preparation

Day 3: Kathmandu to Nepalgunj (150m): 45 minutes

Day 4: Fly to Juphal(2500m) and Trek to Dunai(2000m) 3 hours

Day 5: Trek from Dunai to Chhepka (2840m) 6-7 hours

Day 6: Trek from Chhepka to Sumduwa (3110m) 5-6 hours

Day 7: Trek from Sumduwa to Phoksundo Lake (3600m) 3-4 hours

Day 8: Rest and Acclimatization day

Day 9: Trek from Rigmo to Lake North Camp (3630) 3-4 hours

Day 10: Trek from North Camp to Kangla BC(4676m) 5-6 hours

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Day 11: Trek from Kangla BC to Shey Gompa (4400m) 6-7 hours

Day 12: Rest & Exploration day

Day 13: Shey Gompa to Namgang Gumpa(4391m) 6-7 hours

Day 14: Trek from Namgang Gompa to Tora Sumna(3743m) 5-6 hours

Day 15: Trek from Tora Sumna to Musi village(4136m) 6-7 hours

Day 16: Trek from Musi Village to Chanpola Goth(4195m) 5 hours

Day 17: Trek from Chanpola Goth to Tinje Village(4132m) 7-8 hours

Day 18: Trek from Tinje Village to Rapka(4550m) 6-7 hours

Day 19: Trek from Rapka to Chharka village (4284m) crossing Mo La(5015m) 7-8 hours

Day 20: Rest & Exploration Day at Chharka village

Day 21: Trek from Chharka to Mulumsumna (4750m) 8-9 hours

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Day 22: **Trek from Mulumsumna to Ghalden (4247m) crossing Jungbenla Pass (5550m)**

Day 23: **Trek from Ghalden to Sangda Village(3732m) 4-5 hours**

Day 24: **Trek from Sangda Village to Phalek village(2810m) 6-7 hours**

Day 25: **Trek from Phalek to Jomsom(2670m) 3-4 hour**

Day 26: **Fly to Pokhara from Jomsom and Kathmandu fly afterward**

Day 27: **Free Day in Kathmandu**

Day 28: **Departure**

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