Sherpa Nomad Trek

Thamel Marg, Kathmandu, Nepal

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

Upper Dolpo Trek - 25 Days

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DETAILED ITINERARY

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

Day 2: **Preparation Day in Kathmandu**

Day 3: **Fly from Kathmandu to Nepalgunj**

Day 4: **Fly from Nepalgunj to Juphal (2475m) - Trek to Dunai (2140m): 8 km , 3-4 hours**

Day 5: **Trek from Dunai (2140m) to Chhepka (2630m): 11km, 6 hours**

Day 6: **Trek from Chhepka (2630m) to Jharana Hotel (3170m): 10km, 5-6 hours**

Day 7: **Trek from Jharana Hotel (3170m) to Phoksundo Lake (3610m), 6 km, 3 hours**

Day 8: **Free Day/ Rest Day in Phoksundo Lake**

Day 9: **Trek from Phoksundo Lake (3610m) to Sallaghari (3730m), 11km, 5-6 hours**

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Day 10: **Trek from Sallaghari (3730m) to Nangdala Base Camp (4700m): 9 km, 5-6 hours**

Day 11: **Trek from Nangdala Base Camp (4700m) to Shey Gompa (4350) via Nangdala Pass (5190m), 12 km, 7 hours**

Day 12: **Rest Day in Shey Gompa**

Day 13: **Trek from Shey Gompa (4350m) to Namgung (4430m),10km, 6 hours**

Day 14: **Trek From Namgung (4430m) to Saldang (3970m), 7km, 4 hours**

Day 15: **Trek from Saldang to Chhore Gaun (4300m):11km, 6 hours**

Day 16: **Trek from Chhore Gaun to Takshi (4200m): 12 km, 6 hours of walking**

Day 17: **Trek from Takshi to Dho Tarap (4090m), 10km- 5 hours**

Day 18: **Rest Day in Dho Tarap**

Day 19: **Trek from Dho Tarap to Nawarpani (3545m) 12km, 5 hours**

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Day 20: **Trek from Nawarpani to Laini Odhar (3370m): 10km, 4 hours of walking**

Day 21: **Trek from Laini Odhar to Lingdo (2390m)14km, 6 hours**

Day 22: **Trek from Lingdo to Dunai (2140m) and Juphal,15km, 7 hours of walking**

Day 23: **Fly from Jhuphal to Nepalgunj and Kathmandu**

Day 24: **Free Day in Kathmandu**

Day 25: **Departure**

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