

Upper Dolpo Trek - 25 Days



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

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

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 Juphal to Nepalgunj and Kathmandu

Day 24: Free Day in Kathmandu

Day 25: Departure

