Detail Itinerary

Great Trans-Himalayan Traverse from Dolpo to Jomsom

The **Upper Dolpo to Jomsom Trek** is a legendary trans-Himalayan adventure connecting the hidden wilderness of Dolpo with the Mustang region at Jomsom. Encircled by towering peaks including the mighty Dhaulagiri range, this trek leads through pristine mountain landscapes, ancient Tibetan settlements, and sacred spiritual landmarks near the Tibetan border.

Shey Phoksundo Lake, Sacred Shey Gompa & Ancient Bon Culture

Traversing remote valleys and high-altitude wilderness, this route offers deep cultural immersion and breathtaking natural highlights:

- **Shey Phoksundo Lake & Ringmo Village:** Experience the stunning turquoise-blue waters of Phoksundo Lake and explore the traditional settlement of Ringmo and winter village of Palam.
- **Holy Shey Monastery & Mt. Crystal:** Journey to the mystical 12th-century **Shey Gompa** nestled at the base of sacred Crystal Mountain.
- **Preserved Bon-Po & Tibetan Heritage:** Stumble upon remote monasteries, ancient chortens, and communities preserving Tibetan Buddhist and pre-Buddhist **Bon-Po** traditions.
- **Shey Phoksundo National Park:** Trek through Nepal's largest national park (3,555 sq. km), habitat to Blue Sheep, Himalayan Black Bears, Himalayan Wolves, and the elusive Snow Leopard.

High Mountain Passes & Epic Ending in Jomsom

Crossing challenging mountain passes and serene pine, oak, and rhododendron forests, this journey offers an extraordinary trekking experience ending in Jomsom, Mustang. Due to the extreme remoteness and restricted nature of Upper Dolpo, **Nepal Kailash Trekking** organizes fully supported, high-quality camping expeditions with experienced guides and staff for a safe and unforgettable trip.

Embark on the ultimate cross-country Himalayan expedition with **Nepal Kailash Trekking**. Contact us today to plan your Upper Dolpo to Jomsom trek!

Trip Facts

- Trip Duration: 26 days
- Trek Duration: 20 Days
- Primary Activity: Trekking
- Secondary Activity: Cultural
- Min. Group Size: 02 Days
- Starts Point: Kathamadnu
- Ends Point: Kathmandu
- Trip Grade: Hard
- Max. Height: 5460m
- Trip Mode: Car/Jeep/Bus/Flight
- Accommodation: Tent

- Season: May-Oct

Detail Itinerary

Day 01: Arrival in Kathmandu 1350m
We pick you up and transfer to your hotel by a private vehicle. Overnight at Hotel

Day 02: Preparation day
This day is for issue the needed permits due to show your original passport to the immigration to get a special permit of Dolpo. If you wish to fly to Nepalgunj this day then it is possible to save a day or make a more spare day for the trip. Overnight at Hotel.

Day 03: Fly Kathmandu to Nepalgunj 150m
The afternoon flies to Nepalgunj for about 45 minutes. You would have fine on the previous day if you are ready. Overnight at Hotel.

Day 04: Fly to Jhuphal 2490m – trek to Sulighat 2150m
It is the first day walking off the Dolpo trek. After you fly to Juphal then start the trek along with the villages as well as the bank of the Thuli Bheri river valley with awesome scenery around. Trek 4 hours. Overnight camping tented.

Day 05: Trek to Chepka 2670m
After breakfast, your trek starts to Chepka. Of course, you will walk through villages and following by the river. It is the day you enter the Shey Phoksundo National park. On the way, you will be taking a break for lunch. It is 6 hours trek. Overnight camping tented.

Day 06: Trek to Amchi Hospital 3110m
It is the same as the previous day, start trekking after having breakfast with fill up enough drinking water from the own camping kitchen. Do not be afraid of climbing steeply up through somewhere narrow cliff facing, it offers you a scenic and panoramic views which make you feel happy even you get pain from walking. It takes about 6 to 7 hours. Overnight camping tented.

Day 07: Trek to Ringmo Goan (Phokshundo lake) 3620m
It is a special day of the Dolpo Trek because of you are heading to Phoksundo lake. The lake is a fresh alpine Himalaya lake and it is one of the deepest (145m) lakes of Nepal. It is located nearby the beautiful Himalayan villages of remote Nepal. The name of the villages is Ringmo. It takes about 7 hours walking. Overnight at camping tented.

Day 08: Rest day
It is a rest day; you may take bath/shower and washing clothing. You explore rest time in Ringmo villages. It is a picturesque village. Inside the village, you will visit the monastery, Chorten, and mane walls. According to the history of the village or monastery and have been built entrance gate and it is believed three hundred to five hundred old histories of the place. Overnight at camp tented.

Day 09: Trek to forest camp/Salle Khola 3507m
It is another special day because you are going to enter Upper Dolpo which knows as a restricted or controller region by Nepal government. The trail leads you to the bank of Phoksundo Lake. The campsite will be a bit further than the forest camp. The walking time will be of the day for approximately 7 hours. Overnight at camping tented.

Day 10: Trek to Kang la/Ngongda La base camp 4402m

It is already in the high Himalayan region, the day will be short for the walking duration. The trail follows the Yaksa River. It is a place where you will take lunch and sleep in the same place. The campsite called Ngongdo La base camp (known as Kang La Base Camp also) Walking time 4 hours. Overnight at camping tented.

Day 11: Trek to Kang la pass 5360m – Shey Gumba 4126m
Be prepared with good fitness and some dry food as well as enough drinking water. It is no doubt about the landscape of the region to see images. You get packed lunch for this day. It is another fabulous day by seeing Shey monastery as well as a crystal mountain. It is a sacred peak in Dolpo. In that peak, pilgrims circumambulate each July or August, a period of the full moon. Walking time approximately 7 hours. Overnight at camping tented

Day 12: Rest Day
It is a day to visit the most impressive and beautiful village and monastery. It is a colorful monastery as well as the monastery aged 11 to 13 centuries. The Shey monastery is a Bonpo monastery, decorated by old statues. Shey is famous for an ancient Buddhist culture. In Dolpo, an ancient Tibetan way of life combines animism with the teachings of Buddha. Introduced Buddhism in the Dolpo valley by Drutup Yeshe. Many years ago, he came into Dolpo and came across a wild. The Crystal mountain distorted cliffs are laced with quartz and embedded with a rich variety of marine fossils. Shey monastery stands above the confluence of Kangju Nala and Yeju Nala. There is a group of prayer wheels that runs by water. Inside of the Gompa. Overnight at Camping tented.

Day 13: Trek to Saldang la pass 4785m – Namdung Gaon 4400m
It is the same or more spectacular scenery day of the trip. By leavening Shey campsite head to east along the Sephu Khola towards the Saldang La. Along the valley can be seen as a seasonal settlement and mani walls as well. Approximately hiking up about 3 hours, pass Saldang inhabitants en route. The trail gradually following a small river (stream) soon reach the last steep climb to the prayer-flag festooned summit of the pass and after they pass reach to Namdung. Overnight at camping tented.

Day 14: Trek to Saldang 4050m
Today is a short but spectacular scenery along the high Himalayan trail that leads to Saldang. It may see a large group of birds of prey and it is migrating Demoiselle Cranes soaring above your head sky and walking through several doksas and villagers en route. It is about 3 hours walking. Overnight at camping tented.

Day 15: Saldang village
It is another rest or free day. You could have imagined before but you see it a wonderful scenery of Saldang village. It is the largest village in the Nankang region of the Dolpo district. This place has several more exploration options. The first one is to make sidewalk a loop through some of the villages north of Saldang. You can follow the Nagaon Khola north to Karang and Marang villages for the living life of the village. Overnight at Camping tented.

Day 16: Trek to Khomagoan/Mugaon 4100m
After leaving Saldang, the route to Khoms Gaon or via long way to Nisal Gaon. It is better to talk to the group. The trail leads down to the river bed pass through terraced fields, stupas, shortens, heaps of Mani stones and a Chaiba monastery. The next village is Namdo, also settled with sixty houses having about four hundred inhabitants. It does a stretch for more than 5km on the high slopes to the left of Nam Khong Khola. The monastery of Namdo is located near the river bed. There is also another monastery on top of a high cliff. Normally the camp near the small settlement of Sibu, right on the river bank.

Day 17: Trek to Mendo/Shimen 4010m

After leaving Khomagaon, walk down to the river, about an hour walking cross the Gurchhu Khola on a wooden bridge. Then after, the trail leads you to ascend and contour for another hour to the Shimen La/pass (4270m) then after a walk down to Mendo. Walkabout 5/6 hours. Overnight at camping tented.

Day 18: Trek to Tinkyu/ Tinje 4150m
After leaving the campsite, walk to south along the Panjyan (Panzang) Khola/stream then after a walk on the eastern bank. Two trails are leading north to the border of Tibet on your left-hand side. Trek for about 6 hours. Overnight at camping tented.

Day 19: Trek to Rakpa 4530m/ yak kharka
Everybody knows that trekking is up and downhill along the Himalayan trail and some villages. It is a local trading trail heading to Rapka doksa. The trekking starts with easy mode and later on start to ascend and descend by following the bank of the rivers. It takes approximately 5/6 hours. Overnight at camping tented.

Day 20: Trek to Charka Bot 4120m
The day is one of the longest walking days over the pass. At the first continue the valley down about an hour. There is a river crossing before the Charka La (Mongla Bhanjyang 5030m). The river turns to the flood-plain like Myantoku stream, which you have to ford several times. The trail brings climb a bit on the right side of the river then drops back down and the place from chortens starts ascending again. There are two summits, by first feels finished the climbing but there is another hour to reach Chharka La pass. It takes about 7/8 hours. Overnight Camping tented.

Day 21: Trek to Norbulung 4750m
It is another lovely day, the trail which brings you to Lower Mustang valley. There are several hills through passes your trail. It is crossing the bridge over Chharka stream. It is about 5/6 hours of walking. Overnight at camp tented.

Day 22: Trek to Molum Sumdo 4860m
Today is a short walking day due to two passes for the next day. That is why; there is a place where you can have still walk up after reaching your camp to get prepared for the next day passes. The trail follows Thansan Khola, it widens considerably after the valley on the right emerging from the cluster of 5000m peak. It then narrows after another hour. Malum Sumdo is only an extra hundred meters above Norbulung, so we'll have a good chance to acclimatize before attempting the pass for the next day. Overnight at camping tented.

Day 23: Trek to Sangda Phedi 5100m via Sangda pass 5460m
Today is double passes above 5000m! Following the high yak pastures of Molum Sumdo, riverbed for an hour and then ascending to a ridge just before the Thansan Khola intersects the Malun Khola and branches off the left side. The trail leads down to the Thansan Khola and crosses it through the bridge. It starts the trail to pass off the Niwar Pass (5130m). Yes, it is trekking through a remote region of remote Himalayan beauty as well as the hidden valley of varying interesting scenery of mountains and valley. Another pass called Sangda La, it is about half an hour further front, ascend 150m more. It takes approximately 6/7 hours. Overnight at camping tented.

Day 24: Trek to Sangda village 3710m
There can see a chorten after leaving the campsite on the left side. After the cross, a river called Bheri And follow the trail on the right bank. After leaving the river and descend slowly to Jhyanse where you have to ford the chilly river. By heading towards Sangtha to the east, fordone smalle Khola. That is Dhundok Khola and the stream begins to flow from the Sadachhe mountain to your right. There can be seen Dhampus Peak (6012m, it is the southwesternmost peak in huge scenery. To

the east, there is the Sechi Lek (5981m), Tashi Kang (6386m) and Tasartse (6343m). It's time to reach the village of Sangda There are most of the possibilities to see blue sheep. The walking period of about 6/7 hours. Overnight at camping tented.

Day 25: Trek to Phalyak/ falek 3290m
It is the final long day but the second last of trekking. Several ridges lead you ascending and descending over the passes. You have to carry up your steps till about 4500m pass from where you can see on a clear day magnificent snowcapped mountains of Mustang and Annapurna ranges and see far below the village of Kagbeni and Kali Gandaki. The southern trail after cresting the Jeula Danda. The northern trail leads steeply and directly down to Kagbeni, descend steeply from the small Tiri Pass (3710m) eventually reaching the fortress-like entrances to the small villages of Phalyak, there is nearby Dhagarjun. Phatak is one of the interesting villages in Mustang. It takes approximately 7 hours. Overnight at camping tented.

Day 26: Trek to Jomsom 2710m
There is just front of you Mount Nilgiri and right below Mount Dhaulagiri. This the landscape will be washed out of your body pain and cold days of the Dolpo Trek. This is one of the most memorable morning or the place for sunrise and sunset of the trip over the Himalaya. Ascend a ridge about 400m above Phalyak, then walk direction of the south a steep down to Kali Gandaki – Jomsom. Overnight at Hotel/Lodge.

Day 27: Fly to Pokhara free day
It is the final morning that you leave back the lands of an impressive and one of the dreamed of a lifetime and bring pictures in your cameras. It is to now imagine and see by your third eye. This morning offers you a scenic and massive views of Nilgiri, Dhaulagiri, and Annapurna ranges from the windows of your aircraft. You will be transferred to Pokhara Hotel after arrival at the Pokhara airport. Its free time to explore a beautiful city of Nepal. Overnight at Hotel, inclusive breakfast.

Day 28: Fly to Kathmandu
After breakfast drive to the airport and fly to Kathmandu for about 25 minutes. Free day. Overnight at Hotel, inclusive breakfast.

Day 29: spare day
Free day, self explore or if you wish to visit some places in the city then contact us. Dinner at typical Nepalese restaurant with cultural dancing and singing. Overnight at Hotel, inclusive breakfast.

Day 30: Departure

We transfer to the International airport for final departure, fly back to the home country.

Cost Includes

1. Airport Pick up drops by private coach/van
2. Accommodation in Kathmandu in Hotel Vajra or similar 3 nights with breakfast
3. Pashupatinath Boudhanath, Kathmandu Darbar square and Swayambhunath (Monkey Temple) sightseeing with city guide and all entrance fees
4. Nepalgunj airport transfers

5. Nepalgunj hotel for one night with full board meal
6. Kathmandu Nepalgunj flight w/needed tax
7. Nepalgunj to Juphal flight w/needed tax
8. Guide airfare to Nepalgunj (from Kathmandu),
9. Guide and cook flight to Juphal (from Nepalgunj)
10. Flight from Jomsom to Pokhara and Pokhara to Kathmandu
11. Kathmandu to Nepalgunj transfer expenses of Trekking food and needed camping utensils
12. Cargo
13. Needed Mules
14. Meals from own camping kitchen by a highly experienced trekking cook (Breakfast, lunch, and Dinner with tea/coffee/hot water),
15. Kitchen, dining, toilet and sleeping Tent, mattress, and cooking utensils
16. Lower Dolpo, Upper Dolpo special permit, Phoksundo National park fee, and TIMS card fee
17. Camping charge made by local (community)
18. Rain protection duffel bag for luggage
19. Accommodation as mentioned in the program
20. First Aid kit (suggest to have own better)
21. All staffs salary/insurance/food/accommodation
22. Farewell dinner in Kathmandu at the end of the trip

Cost Excludes

• International airfare

• Nepal visa

• Helicopter charter to Juphalfrom Nepalgunj on flight cancelation due to bad weather and same Jomsom to Pokhara

• Extra nights Hotel in Nepalgunj on flight cancelation due to bad weather

• Alcoholic beverages, soft drinks bottle of mineral water

• Meals in Kathmandu and Pokhara (Lunch and Dinner)

• Restaurant food bills during camping if out of plan

• Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance

• Excess baggage (15 kg free of cost with hand bag)

• Extra porter for the personal day bag pack

• Horse riding along the trek

• Political disturbance blockade expenses

• Extra cost on natural disaster

• Any other expenses which are not mentioned in the cost include

• Tips to staffs/drivers