Detail Itinerary

Shey Gompa & High Passes Traverse Overview

The **Upper Dolpo Trekking** is a grand trans-Himalayan expedition leading deep into Nepal's most remote high-altitude wilderness. Surrounded by towering giants including the Dhaulagiri massif, this journey connects the sacred turquoise waters of **Phoksundo Lake** and the ancient 12th-century **Shey Gompa** with an epic cross-country traverse ending at Jomsom in Mustang.

Shey Phoksundo National Park & Sacred Tibetan Culture

Traversing remote villages, alpine meadows, and desert landscapes near the Tibetan border, this itinerary offers an extraordinary blend of nature and culture:

- **Phoksundo Lake & Ringmo Village:** Discover Nepal's deepest turquoise lake (3,610 m) surrounded by dense forests and snowy peaks, exploring Ringmo and the winter settlement of Palam.
- **Ancient Shey Monastery (Gumba) & Mt. Crystal:** Cross the high **Kang La Pass (5,350 m)** to reach the holy Shey Gompa, a sanctuary of Tibetan Buddhist and pre-Buddhist **Bon-Po** heritage.
- **Wildlife Sanctuary:** Trek through Shey Phoksundo National Park (3,555 sq. km), habitat to Blue Sheep, Himalayan Black Bears, wolves, and the elusive Snow Leopard.
- **Remote Trans-Himalayan Villages:** Experience preserved Tibetan lifestyles across Saldang, Karang, Mugaon, Tinje, and the secluded outpost of Charka Bhot.

Epic Sangda La Pass Crossing & Ending in Jomsom

The trek reaches its dramatic climax as you cross the towering **Sangda Pass (5,460 m)** and descend through Dhagarjun and Falek down into Jomsom. Due to the extreme altitude, restricted permits ($500 RAP for 10 days), and rugged terrain, **Nepal Kailash Trekking** structures this trip as a fully organized, high-standard camping expedition for ultimate safety and comfort.

Embark on this legendary Himalayan traverse with **Nepal Kailash Trekking**. Contact us today to book your Upper Dolpo expedition!

Trip Facts

- Trip Duration: 26 days
- Trek Duration: 20
- Trip Cost: contact
- Primary Activity: Trekking
- Secondary Activity: cultural
- Max. Group Size: 14
- Min. Group Size: 2
- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Hard
- Max. Height: 5460m

Detail Itinerary

Cost Includes

Cost Excludes