

Upper Dolpa Trek

Trip Overview

The journey of Upper Dolpa Trek is considered one of Nepal's most isolated and culturally rich regions of the country. It is also one of the challenging treks between the Dhaulagiri mountain range and the Tibetan plateau in Nepal's mid-western region. Upper Dolpa Trekking takes you through the beautiful landscapes of Shey Phoksundo National Park, ancient age old Buddhist monasteries, and traditional Tibetan villages, offering an unparalleled experience of Trekking in Nepal. Highlights of this trek include the stunning Shey Phoksundo Lake, the deepest lake in Nepal, known for its crystal-clear blue water which changes colors three times a day giving it the name colorful lake, the Shey Gomba, also known as the Crystal monastery, a significant cultural and spiritual site in the region and Yanjer Gumba, also known as the biggest Monastery in Dolpa.

You'll be able to explore traditional Tibetan villages like Ringmo, Namgum, Saldang, Dho Tarap and other villages, experiencing the unique culture, and lifestyle of the local people, and cross challenging high passes such as Nango La (5,350m), Se La (5,122m), Zang La (5,130m) offering breathtaking panoramic views of mountains including Dhaulagiri 8167m, Dhaulagiri Mountain Range, Kanjiroba Mountain Range and Palchunghamga mountain range as well as many other mountains, showcasing the wealth of Nepal in terms of the Himalayas. Upper Dolpa Trek also provides chances of encounter with diverse wildlife, including the elusive snow leopard, blue sheep and Himalayan monal enclosed among the stunning natural beauty of the national park.

The Upper Dolpa Trekking Itinerary begins with your arrival in Kathmandu, followed by a flight to Nepalgunj and then to Juphal, where the trek starts. You'll trek through scenic villages, then follow the route of Phoksundo river to the lake, explore attraction like Phoksundo Lake and centuries old monasteries like Shey Gomba, Saldang, Dho-Tarap, journey through arid terrains, remote villages and high passes, and finally retracting your steps back to Juphal before returning to Kathmandu.

The cost for this Adventure Trekking in Nepal varies depending on several factors such as group size, duration and services included. The cost generally includes domestic flights, accommodation in Kathmandu and during the trek, meals during the trek, guide and porter services and necessary permits, including Dolpa Lower and Upper Special Permit, Shey Phoksundo National Park entry fees and trekking permits. This Upper Dolpa Trekking itinerary cost is reasonable in a sense that we include all these specific objectives in our trek itinerary.

As the trek involves challenging high-altitude passes and long days of hiking, this Trekking in Nepal is suitable for experienced trekkers in good condition. The best time for Popular Trekking in Nepal, particularly Upper Dolpa Trek is during the spring (April to June) and Autumn (September to December) seasons, when the weather is stable, making it easier to travel through high passes and enjoy scenic panoramic mountain views.

Trip Highlights

Trip Itinerary

Day 01:

Cost Includes

Cost Excludes