

Dolpa Three Passes Trek - 23 Days

The Three Passes Trek in the Dolpo Region is a challenging and rewarding trekking route located in the remote western part of Nepal. It offers breathtaking landscapes, diverse cultures, and a chance to experience the unique lifestyle of the local people. Here's an explanation of what the Three Passes Trek entails:

Location and Overview: The Dolpo Region is situated in the rain shadow of the Dhaulagiri and Annapurna ranges, making it a semi-arid and remote area.

The Three Passes Trek is named for the three high mountain passes that trekkers cross during the journey: Kang La Pass (5,320m), Shey La Pass (5,160m), and Jeng La Pass (5,090m). These are some of the [highest passes in Dolpo](#).

- **Duration and Difficulty:** The trek typically takes around 20-25 days to complete, depending on the exact itinerary and pace of the trekker.
It's considered a challenging trek due to its [high altitude](#), remote location, and the need for acclimatization.
Highlights:
- **Spectacular Scenery:** Trekkers will encounter stunning landscapes including rugged mountains, deep valleys, pristine lakes, and ancient forests.
- **Cultural Experience:** The Dolpo Region is home to diverse ethnic groups such as the Dolpo-pa, Tibetan, and Magar people, each with their unique traditions, customs, and architecture.
- **Shey Phoksundo National Park:** This trek passes through the Shey Phoksundo National Park, known for its rich biodiversity and the stunning Phoksundo Lake, one of the deepest lakes in Nepal.
- **Ancient Monasteries and Chortens:** Along the route, trekkers can visit ancient Buddhist monasteries, stupas, and chortens, offering insights into the region's spiritual and cultural heritage.
- **Wildlife:** The area is also rich in wildlife, including rare species like the snow leopard, blue sheep, Himalayan tahr, and various species of birds.
- **Logistics:** Trekkers usually start their journey from Juphal, flying from Nepalgunj, and follow a circuitous route through remote villages like Dunai, Chhepka, Phoksundo Lake, Rigmo Shey Gompa, Saldang, Tarap, and Dho Tarap. Accommodation along the trail ranges from basic tea houses to camping, depending on the preferences of the trekker and the availability of facilities. It's recommended to trek with an experienced guide or join a guided tour to ensure safety and navigation in the remote and challenging terrain.
- **Permits:** Trekkers need to obtain necessary permits for the Three Passes Trek, including the Shey Phoksundo National Park Entry Permit and the Restricted Area Permit for the Dolpo Region, which can be arranged through authorized trekking agencies in Kathmandu or Pokhara.

Overall, the Three Passes Trek in the Dolpo Region offers an unforgettable adventure for those seeking a remote and challenging trekking experience amidst some of Nepal's most pristine and untouched landscapes.

PRICE INCLUDES

- 3-night hotel in Kathmandu on a bed and breakfast basis
- 1 night hotel in Nepalganj with breakfast
- Domestic flights from Kathmandu - Nepalganj - Juphal and return airfare
- One expert trek leader or Hire Norbu with a local assistant
- All Three time meals during a trek (the best and healthiest food prepared by our trekking chef)
- Special Trekking permit and national park fees
- Trekking equipment -Mattresses, Member tents, and Kitchen utensils
- Staff's salary, food, insurance, and clothing.
- Farewell dinner in Kathmandu

PRICE EXCLUDES

- International flights
- Nepal visa
- Personal expenses and meals in Kathmandu.
- Travel insurance, Rescue, and evacuation.
- Tips and gratitude for staff Leader tips on your discretion.
- Donation and local entrance fee.
- Extra baggage weight on domestic flight

ITINERARY IN DETAIL

Day 1: Day 1 Arrival in Kathmandu

- Arrive in Kathmandu, the capital city of Nepal.
- Transfer to your hotel and have a pre-trek briefing with your guide.
- Explore Kathmandu such as UNESCO World Heritage sites, and prepare for the trek.

Day 2: Day 2: Kathmandu to Nepalgunj 1 hour

- Fly from Kathmandu to Nepalgunj, a major city in the western Terai region of Nepal.
- Overnight stay in Nepalgunj.

Flight: 1 hour

Overnight stay: Hotel

Day 3: Day 3: Nepalgunj to Juphal (2,475m) and trek to Dunai (2100m) 2:30 hours

- Take a scenic flight from Nepalgunj to Juphal.
- Begin trekking towards Dunai, the administrative headquarters of Dolpo.
- Overnight in Dunai.

Flight and hike: 35 minutes flight and max 10Km 3:30 hours hike to Dunai

Overnight stay: Simple Lodge or Tented camp

Day 4: Day 4: Dunai to Chhepka (2,700m) 6/7 hours

- Trek from Juphal to Chhepka will take you through the Phoksundo River and will get some opportunity to see Nomad camps and Sheep herders depending on the Season and pass through beautiful villages and terraced fields.

Hike: Approx 7 hours Aprox 15.5Km, +600m/-200m

Overnight Stay: Simple Lodge or Camp

Day 5: Day 5: Chhepka to Amchi Hospital (3,260m)

- Trek from Chhepka to Amchi Hospital.
- Pass through lush forests and cross suspension bridges and some settlements like Riyachi, Samduwa, and Saijol are passing through.

Hike: Approx.7 hours, Approx 15KM, +410m/-250m

Overnight: Simple Lodge or Camping

Day 6: Day 6 Amchi Hospital to Phoksundo Lake (3640m)

On this day we will trek in the early morning after breakfast to Phoksundo Lake. We will witness of Stunning Phoksundo waterfall the Amazing valley of Rikhey Hamlets and the panorama of Tapriz School, we will have our

lunch in Phoksundo Lake and we will decide on the programme depending on the arrival and weather.

Hike: Approx 5 km, Approx 4 hours, +530/-250m

Overnight: Local Hotel or Camping

Day 7: Day 7 Exploring and Acclimatization day in Phoksundo lake

On this day we will hike up to 4500m for acclimatization and we will again return to our camp then we will visit Bon Monastery and the Cultural sites of Rigmo Village.

Hike: Approx 6km, Approx 4 hours, +700m/-600m

Overnight stay: Same Place.

Day 8: Day 8 Trek from Phoksundo Lake to Sallaghari Camp(3600m)

Embark on an adventure journey on this day we will trek along the cliff of Phoksundo Lake and we will see stunning Phoksundo Lake, Bon Monastery, Rigmo Village, and a stunning panorama of Mountains like Norbukang, Kangeikating, and Kanjirowa. Then we will slowly descend to the next end part of the lake which is a stunning place to have lunch and rest at the shores of beech with natural sounds.

Hike: Approx 13km, Approx 7 Hours, +850m/-900

Day 9: Day 9 Trek from Sallaghari to Kangla Base Camp (4700m)

On this day we will slightly climb up for Kagla which is our first Pass till. We will cross dense pine and birch forests then we will enter into a deep gorge where the river comes out from Kangla and we need to cross the river several times. We will climb slowly to base camp along the glacier and narrow trails led us to base camp.

Hike: Approx 10km, Approx 8 Hours, +1100/-150m.

Overnight: Camping

Day 10: Day 10 Trek from Kangla Base camp to Shey Gomba (4340m) via Crossing Kangla pass (5350m)

On this day we will embark on our journey early in the morning after a good breakfast. We will just take a path Northside towards Kangla Pass then we will climb steeply up. When we reached on top stunning mountains and views would welcome us. Kangla pass is one of the first passes to enter Upper Dolpo. From the summit, we will descend to Shey Gompa.

Hike: Approx 11km, Approx 7 hours, +660/-1000m

Overnight: Camping

Day 11: Day 11 Rest and Exploring day in Shey Gompa

On this day we will see so many historical monasteries and cultural sites. During our rest day, we will hike to one of the most important monasteries called Tsakhang (4876m) and Gomoche which is half hour's hike from Shey Gompa. The monastery holds so many decades of historical value and new experiences for first-time trekkers in remote parts of the world.

Hike: Approx 3km, Approx 2 hours, +526m/-385m

Overnight: Camping

Day 12: Day 12 Shey Gompa to Namgung Monastery (4360m) via Sela pass (5095m)

We will trek along the stream and bushes around where we will see some nomad camps and pasture land. Before crossing Sela we need to pass the sandy trails and streams. Arriving on top we will see stunning beautiful landscapes and breathtaking views of the Himalayas.

Hike: Approx 11km, Approx 7 hours, +795m/-700m

Overnight: Camping

Day 13: Day 13 Namgung Monastery to Saldang (3770m)

Embark on an adventure journey on this day we enter one of the biggest villages in the upper Dolpo region with dense populations and scattered settlements. The trail up to Saldang led us to rugged terrains and open pasture land.

Hike: Approx 9km, Approx 6 Hours, +300m/-590m

Overnight: Camping

Day 14: Day 14 Trek from Salgdang to Sugugaun(3840m) via Yangjer Monastery visit (40600)

On this entire day, we will observe local communities in the Upper dolpo Saldang region including one of the oldest monasteries in the Dolpo called Yangjer Monastery. On the same day, we will get back again to Sugugaun via several villages of Saldang.

Hike: Approx 15km, Approx 7 hours, +360m/-150m

Accommodation: Camping

Day 15: Day 15 Sugugaun to Chanla Base Camp

On this day we will pass through some small villages and field terrain. While arriving at camp we will follow the small river and bushes. Some nomad camps and locals will be there during the summer season for their animals.

Hike: Approx 7 hours, Approx 16 km

Day 16: Day 16 Trek from Chanla Base camp to Murjun(4965m) via crossing Chanla pass (5220m)

We Will ascend from base camp to the summit via ridges and gain the elevation slowly and we will cross the last pass of the trek called Chanla Pass. After crossing the pass we will descend to the bottom of the pass along the rocky

paths and we will see amazing natural water springs coming out from the rock.

Hike: Approx 7 hours, Approx 15km

Overnight stay: Camping

Day 17: Day 17 Murjun to Dho Via Tarap

We will follow the stream and the junction for the Tinje Will be just on our left side. Wide trails and the open landscape of Dho Tarap Valley will welcome us. Dho Tarap is one of the highest human settlements in Nepal with Tibetan Buddhist Culture. So many Buddhist monasteries can be seen and Bon Monastery is also there with so many decades of history. Dho Tarap valley is like Tibet where all the architecture and cultures remind you of the Small hamlets of Tibet.

Hike: Approx 6 hours Approx 14 km

Overnight: Camping

Day 18: Day 18 Trek from Dho to Toltol

On the journey of adventure trek after so many difficulties from Dho, Most of the trails are easy and easily accessible. Trekking along the Tarap Khola and meeting often nomad camps and local people on the way down will energize you to go down.

Hike: Approx 5/6 hours 15km

Overnight: Camping

Day 19: Day 19 Toltol to Laini Odar

On this day we will trek along the Tarap River and will go up and down with cliff paths. When we are approaching we need to direct descend down to Laini Odar.

Hike: Approx 7 hours

Overnight: Camping

Day 20: Day 20 Laini oadar to Tarakot

On this day we will follow the same paths enter the forest and go down to Lasicape after crossing a long suspension bridge where a police check post is there to control. From Lasicap we will follow the Barbong khola which comes from Mukot and Kakkot. Then we will go along the wide trails via Yalakot and Tarakot regions.

Hike: Approx 7 hours

Overnight stay: Camping

Day 21: Day 21 Tarakot to Juphal

This is our last day trek, where we will go along the Barbong Khola and walk in the gorge where Kaike`s villages are on top of your right and left. We will have lunch somewhere between Dunai and Tarakot, rest in Dunai, and continue our trek to Juphal. In the evening our team will prepare something special for you where your guide will tell you what to do.

Hike: Approx 7 jours

Overnight: Lodge

Day 22: Day 21 Fly To Nepalganj and same day fly to Kathmandu

Day 23: Day 22 Sightseeing in Kathamndu

Day 24: Day 23 Departure to your destination