

## Inner Dolpo Trek - 27 Days

Inner Dolpa Treks offers you stunning landscapes and culture. This trek starts at Juphal Airport and ends at Juphal Airport. The Inner Dolpo Trek in Dolpo, Nepal, is a remote and rugged trekking route that takes you through some of the most pristine and untouched landscapes in the Himalayas. Dolpo is renowned for its dramatic scenery, ancient Tibetan Buddhist culture, and unique flora and fauna.

The Inner Dolpo Trek usually takes around 3 to 4 weeks to complete and involves crossing high mountain passes, traversing deep valleys, and visiting traditional Tibetan villages along the way. Highlights of the trek include the stunning Phoksundo Lake, Shey Gompa (a centuries-old monastery), Dho Tarap Valley, and the chance to encounter the semi-nomadic people who call this region home.

Trekking in Inner Dolpo requires a certain level of fitness and preparation due to the remote, [high-altitude](#), and challenging nature of the terrain. Trekkers often need to be self-sufficient, as facilities such as lodges and teahouses are limited in this area. Permits are also required to enter the Dolpo region, so it's essential to arrange these in advance through a registered trekking agency. The Inner Dolpo Trek offers a truly immersive wilderness experience for those seeking adventure, a [spiritual journey](#), and solitude in the Himalayas.

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## 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 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 and visa fees.
- 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

Upon your arrival at Kathmandu International Airport, you will be received by our representative to collect your baggage and drop you to the hotel. Depending on your arrival you will have time to explore or rest in your room.

### Day 2: Day 2 Permit and Trek Preparation

For Dolpo Treks you must have a special permit from the Department of Immigration. On our second day in Kathmandu, you will have plenty of time to explore UNESCO World Heritage sites, taste different Nepali cuisines, and shop trekking gear. You will be completely navigated by our experienced tour leader during your entire visit to Kathmandu Valley.

### Day 3: Day 3 Fly Nepalganj one hour

After Completion of our permit and general trek preparations in Kathmandu, we will embark to the west region of Nepal. After one hour of flight to Nepalganj, the hotel representatives will be there to receive you and you will be dropped off at the hotel. Depending on your arrival you will have time to explore.

Nepalganj is one of the central cities in the western regions and people from the Himalayas like Dolpo come up here to trade on the Indian border.

### Day 4: Day 4 Fly to Juphal Airport (2400m) and trek to Ruggad or Dunai (2100m)

We need to go to the airport early morning to get the flight for Dolpo. After 35 minutes of flying across the rugged terrain mountains, we will land at Juphal Airfield, which is only the gateway to upper Dolpo and Phoksundo Lake. From Juphal Airfield, we need to trek for 2-3 hours depending on your pace to get our destinations.

Accommodation: Camping or Lodge

Elevation: 2100m

### Day 5: Day 5 Trek to Chhepka ( 2700m) 5/6 hours

After meeting with our all ground staff and mules. We will embark on Chhepka along the Phoksundo River. At the Shey Phoksundo National Park check post, we need to take an entry permit and we commence our trek. While trekking between these two beautiful destinations, we will get an opportunity to see Some Nomad camps and Small Lodges on the way called Kagani and Sangta. After crossing dense forests and narrow paths we will enter deep gorges and terrains where we will see small hamlet Chhepka in front of you.

Accommodation: Lodge

Elevation : 2700m

### Day 6: Day 6 Trek to Saijol (3100m) 6/7 hours

Embark on an adventure journey this day we will again follow the Phoksundo River and dense pine, juniper, and birch forest. The narrow landscape will open slowly and chirping birds and clean pristine river water will welcome you along the trek. After 4/5 hours of trek, we will encounter Riyachi Village where some Gurung communities are residing there and we will make our lunch break here. After the Lunch break, we will again continue our journey towards our destination Saijol where Samjana Hotel, Snow Leopard Hotel, Trekkers Inn, Jhharana Hotel, and Shey Karnali are the running lodges here.

Accommodation: Lodges or Camping

Elevation: 3100m

### **Day 7: Day 7 Trek to Phoksundo Lake ( 4340m) 3/4 hours**

After early morning breakfast we will move forward towards Phoksundo Lake. Rugged terrain and opening landscape will lead us to Beautiful Phoksundo Lake along the nation's biggest waterfall, narrow cliff path, and Birch, juniper, and pine forests.

We will be in Phoksundo during the lunch break depending on the time we can figure out for the short hike or rest in your warm.

Accommodation: Lodges or Camping

Elevation : 3640m

### **Day 8: Day 8 Rest and Exploration Day in Phoksundo Lake (3640m) 4 hours**

On this day we will hike a little bit higher than our camp for acclimatization. We will take out a packed lunch and our guide will navigate our entire day.

After the return from a higher altitude, our team will prepare some hot soup for us and we will certainly move to Bon Monastery called Palshenten Thasung Tsoiling Bon Gompa which is located at the shores of Phoksundo Lake. The Bon Monastery was built in the 15th Century it was built for protect wildlife and the surrounding environment. Phoksundo Lake is another attraction for tourists during free days, The lake frequently changes its color and is known as a non-living lake also.

Accommodation: Lodges or Camping

Elevation: 3640m

### **Day 9: Day 9 Trek to Sallaghari (3750m) 6/7 hours**

Embark on an adventure journey towards Upper Dolpo we will enter in Upper Dolpo Region from Phoksundo Lake. While leaving the Shores of Phoksundo Lake you will be reminded Famous Film Himalaya or Caravan. After crossing all the narrow cliff paths we will ascend towards the North bank of the lake called Cholophugu where some local people from Phoksundo come up there for Tea houses. By reaching the end shores of the lake you will enjoy the pebbles beach with the calmness of natural lake waving sounds. At the same time, we will have our lunch on the shores of Phoksundo Lake.

Accommodation: Camping

Elevation: 3750m

### **Day 10: Day 10 Trek to Kangla High Camp ( 4800m) 6/7 hours**

We will leave after having a heavy breakfast towards Kangla Pass which is bestowed for our entire trek and you will get more confident after crossing this giant Pass. Entering deep gorges crossing many times bridges and small streams. The streams coming from the Kangla Pass always change the water volumes depending on the season. After completing the deep gorges the landscape will slowly open up and the high camp will be just below the small waterfall with a small Shelter house.

### **Day 11: Day 11 Trek to Shey Gumba (4100m) via Crossing Kangla (5100m) 6/7 hours**

Embark on an Adventure journey this day will challenge you with one of the highest passes in our set itinerary. After leaving High Camp we will proceed in the North direction and turn left when we reach the bottom of Kangla. The straight steep sandy trail leads us to the summit, While approaching the pass we will see the next trail to go to Saldang village directly. After crossing Kangla we will descend steeply down till Shey Gompa.

Shey Gompa is a nearly 800-year-old monastery that is a sect of Buddhists. There are three main monasteries, they are Sumdo, Tsakahng, and Gomeche.

Accommodation: Camping

Elevation: 4100m

### **Day 12: Day 12 Rest and Monasteries visit day**

We can utilize our whole day by visiting the Monasteries and Meeting with some Buddhist monks. From our Camping, we need to walk nearly an hour to get to Red Hermitage or Tsakhang Monastery, which is the Nyingma sect monastery currently this monastery is taken care of by Sheri Choktul Rinpoche by Their Lineage.

There is the next monastery 30 minutes from Tsakhang which is the main Monk place that introduced Shey Gompa and Crystal Mountain at that time his holiness Druptop Shinge Yeshe meditated and attained enlightenment. His Relics are kept in a cave there.

Accommodation: Camping

Elevation: 4100m

### **Day 13: Day 13 Trek to Samling Bon Monastery (3900m) 5/6 hours**

After early morning breakfast we will depart towards Samling monastery. We will just take a direction towards the north side and will continue with a stunning view of Crystal Mountain, Tsakhang Monastery, and Gomeche Monastery. We will be the witness of some nomad camp and pasture lands.

Samling monastery is the oldest Bon Monastery in Dolpo around 837 years old. The monastery is perched atop a hill overlooking the picturesque landscape of Upper Dolpo, surrounded by snow-capped peaks and rugged terrain. The monastery complex typically consists of prayer halls, stupas, monk quarters, and meditation caves.

Visitors to Samling Bon Monastery are often struck by its serene atmosphere and the sense of spirituality that permeates the surroundings. The monastery serves as a center for religious practice, meditation, and study for monks and devotees alike.

Due to its remote location and the challenging trek required to reach it, Samling Bon Monastery remains relatively untouched by modern development, preserving its traditional charm and authenticity. It continues to attract pilgrims and travelers seeking a glimpse into the ancient Bon tradition and the tranquil beauty of the Himalayas.

Accommodation: Camping

Elevation: 3900m

#### **Day 14: Day 14 Trek to Bicher Village 3850m**

From Samling monastery, it will be around 2 hours of trek to reach Bicher Village. 30 minutes of straight trail led us to a direct steep trail to the village.

Vijer Village is a small settlement located in Upper Dolpo, Nepal. It's known for its picturesque surroundings, traditional architecture, and unique cultural heritage. The village is situated in a remote and rugged landscape, surrounded by towering mountains and pristine natural beauty.

Vijer Village is inhabited by the Dolpo people, who have their distinct language, customs, and way of life. The village typically consists of traditional stone and mud-brick houses clustered together, with narrow lanes winding between them. Agriculture and animal husbandry are the primary means of livelihood for the villagers, who cultivate barley, buckwheat, and potatoes in the fertile valleys.

Visitors to Vijer Village are often drawn to its authentic atmosphere and the opportunity to experience the traditional lifestyle of the Dolpo people. Trekking routes through Upper Dolpo often pass through Vijer Village, allowing trekkers to interact with the locals and gain insight into their rich cultural heritage.

Despite its remote location, Vijer Village has started to see some development in recent years, with improvements in infrastructure and access to education and healthcare. However, the village still retains much of its traditional charm and remains a fascinating destination for those interested in exploring off-the-beaten-path areas of Nepal.

Accommodation: Camping

Elevation: 3850m

#### **Day 15: Day 15 Trek to Chumikdenla ( 4600m) 5/6 hours**

After having breakfast in Vijer we will embark towards The Saldang valley. When we are walking along the gorges inside and following the wide paths we will certainly encounter a Cheese Factory, Nomad Camp, and a huge pasture land just below Mount Zeborong. We will stop at the base camp of Nyenla which is a pass between Saldang and

Vijer. The place where we are stopping is called Chumikdenla.

Accommodation: Camping

Elevation: 4600m

### **Day 16: Day 16 Trek to Saldang Village (3800m) via Nyenla 5200m 6/7 hours**

Embark on an adventure trek every day we need to cross 5000-meter passes. When we leave Chumikdenla we will cross Nyenla and move towards the right-hand side skipping Karang and Shungjer Monastery, Following wide pasture land and scenic views of the Dolpo landscape attracts you quickly. Our destination Saldang is one of the biggest villages in the Upper Dolpo having an administrative office of Shey Phoksundo Rural Municipality.

Saldang Village is inhabited by the Dolpo people, who have their distinct language, customs, and way of life. The village typically consists of traditional stone and mud-brick houses clustered together, with narrow lanes winding between them. Agriculture and animal husbandry are the primary means of livelihood for the villagers, who cultivate barley, buckwheat, and potatoes in the fertile valleys.

Visitors to Saldang Village are often drawn to its authentic atmosphere and the opportunity to experience the traditional lifestyle of the Dolpo people. Trekking routes through Upper Dolpo often pass through Saldang Village, allowing trekkers to interact with the locals and gain insight into their rich cultural heritage.

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Accommodation: Camping

Elevation: 3800m

### **Day 17: Day 17 Trek to Chiya La Base Camp (4700m) 6/7 hours**

On this day we will trek along the many Dolpo villages like Dungaar, Sugugan, Chagaun, and Rakyo are the central attractions during the trek. Trekking to base camp we will encounter with terrain field and walk along the small streams. At the bottom of the high camp there we can see some nomad camp and pasture land.

Accommodation: Camping

Elevation: 4700m

### **Day 18: Day 18 Trek to Murjun 4810m 6/7 hours via Chiyala pass ( 5220m)**

After crossing the pass we will descend to the river and there is a small camp where we can fix our tent overnight which is the last camping before Dho Tarap Valley.

### **Day 19: Day 19 Trek to Dho (4000m) via Taksi Valley (4200m)**

After walking down along the pasture land and Yarsa harvesting region we will encounter Taksi Valley. Which is a central point to split the Simen, Tinje, and Phoksundo region.

Dho Tarap Valley is a remote and culturally rich region located in the Dolpa district of Nepal. It's situated within the larger Dolpo region, renowned for its stunning landscapes and unique Tibetan culture. Dho Tarap Valley is characterized by its traditional Tibetan villages, ancient monasteries, and breathtaking mountain scenery.

The valley is inhabited by ethnic Tibetan communities who have preserved their centuries-old way of life, including their language, customs, and religion. The people here mainly practice Tibetan Buddhism, and their monasteries serve as important cultural and spiritual centers.

Dho Tarap Valley is also known for its role as a trading hub, historically serving as a crucial stop on the ancient salt trade route between Tibet and Nepal. The valley's strategic location along this route has influenced its culture and economy over the centuries.

In recent years, Dho Tarap Valley has become increasingly popular among trekkers and adventurers seeking to explore its remote beauty and experience its unique culture. Trekking routes in the area offer stunning views of the Himalayas, including peaks like Dhaulagiri and Kanjiroba, as well as opportunities to interact with local communities and learn about their way of life.

Accommodation: Camping

Elevation: 4200m

### **Day 20: Day 20 Rest and Exploration day in Dho**

On this day we can visit some nearby Bon and Buddhist monasteries. Dho is a large and flat landscape so you can see stunning views from a little bit higher up top.

Accommodation: Camping

Elevation: 4000m

### **Day 21: Day 21 Trek to Toltol 3523m 5/6 hours**

After breakfast, we will again trek down to Toltol which is nearly 6 hours far from Dho. We will follow the Taraap Khola and wide motorable road to Toltol.

Accommodation: Camping

Elevation: 3523m

### **Day 22: Day 22 Trek to Laina Odar 3370m 5/6 hours**

With almost the same terrain and landscape we will follow the Tarap Khola and Steep down to Laina Odar will bit difficult for the knees problem but its normally doable by trekkers.

Accommodation: Camping

Elevation: 3370m

### **Day 23: Day 23 Trek to Tarakot 2900m 5/6 hours**

We will trek down to Lasicap and we will encounter Barbung Khola. Then we follow the river and trek down to Tarakot where Police check the post administrative office of Kaike Gaunpalika.

Accommodation: Camping

Elevation: 2900m

#### **Day 24: Day 24 Trek to Dunai 2100m 5/6 hours**

Trekking along the Barbung Khola or Bheri River with many small settlements on the way to Dunai.

Dunai is the headquarters of Dolpa where all the administrative offices are located and people from all corners come up here for shopping and official work.

Accommodation: Lodge or Camping

Elevation: 2100m

#### **Day 25: Day 25 Drive to Juphal airport and Fly back to Nepalganja and same day in Kathmandu**

We need to wake up early morning and catch Jeep to the Juphal and we will catch our scheduled flight. Normally flight schedules always depend on Weather so we put one extra day in Kathmandu that we can utilize here in case of flight cancellation.

When we arrive in Nepalganj we will certainly take a flight to Kathmandu.

Accommodation: Hotel

#### **Day 26: Day 26 Rest and explore day in Kathmandu valley**

This day is normally best for shopaholics and foodies.

#### **Day 27: Day 27 Depart to your home country**

## FAQ

### 1. How long is the Inner Dolpo Trek?\*

- The duration of the Inner Dolpo Trek varies depending on the specific itinerary chosen by the Clients or individual. Typically, it ranges from 18 to 25 days.

### 2. What is the best time to trek in Inner Dolpo?

- The best time to trek in Inner Dolpo is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear skies, and moderate temperatures, making for ideal trekking conditions.

### 3. Is a permit required for the Inner Dolpo Trek?

Yes, trekkers need special permits to enter the Dolpo region, including Inner Dolpo. These permits are obtained through registered trekking agencies and require a certain fee.

### 4. What is the level of difficulty for the Inner Dolpo Trek?

The Inner Dolpo Trek is considered to be challenging due to its remote location, high altitude, and rugged terrain. Trekkers should be in good physical condition and have prior trekking experience at high altitudes.

### 5. Are there accommodation and food facilities along the trekking route?

Accommodation along the Inner Dolpo Trek primarily consists of teahouses and basic lodges in villages along the route. However, in some remote areas, camping may be necessary. Meals are typically provided at teahouses and include a variety of local and international dishes.

### 6. What is the altitude sickness risk during the Inner Dolpo Trek?

Altitude sickness is a potential risk during the Inner Dolpo Trek due to the high altitude reached along the route. Trekkers are advised to acclimatize properly, stay hydrated, and ascend gradually to minimize the risk of altitude-related illnesses.

### 7. Is it possible to combine the Inner Dolpo Trek with other treks or activities?

Yes, some trekkers choose to combine the Inner Dolpo Trek with other treks in the region, such as the Upper Dolpo Trek or the Phoksundo Lake Trek. Additionally, cultural tours and wildlife safaris can be organized before or after the trek.