DOLPO
Caravan Treks and Expedition

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# Snow Leopard Trek, Upper Dolpo - 14 Days

The Snow Leopard Conservation Trek in Dolpo is an incredible opportunity to explore the remote and rugged landscapes of the Dolpo region in Nepal while contributing to the conservation efforts of the elusive snow leopard. This trek usually takes you through pristine valleys, high mountain passes, and traditional Tibetan villages, offering a chance to witness breathtaking scenery and unique cultural experiences.

The primary focus of this trek is to support the conservation of the endangered snow leopard by raising awareness, monitoring their habitats, and working with local communities to promote coexistence. Participants often engage in activities such as tracking wildlife, setting up camera traps, and assisting with community-based conservation initiatives.

Dolpo, with its rugged terrain and sparse human population, provides a vital habitat for snow leopards and other endangered species. By participating in this trek, you not only get to experience the beauty of the Himalayas but also contribute to the protection of its **wildlife and ecosystems**.

Before embarking on such a trek, it's essential to choose a reputable tour operator or organization that prioritizes responsible tourism and conservation practices. Additionally, be prepared for challenging trekking conditions due to high altitudes and remote terrain.

## WHY CHOOSE THE SNOW LEOPARD TREK IN DOLPO?

The Snow Leopard Trek in Dolpo leads travelers to experience an exceptional journey inside one of Nepal's furthest and most uncivilized terrain. You can find this trek located inside Shey Phoksundo National Park where you have the chance to witness the snow leopard in its natural habitat while admiring stunning Himalayan views. Adventure seekers interested in isolated culture can discover Dolpo since this trail stands unlike most well-known trekking paths and invites explorers to discover unspoiled natural attractions. It is also one of the few places for **photographing snow leopards in Nepal**.

### Highlights of the Trek

- Wildlife Exploration: Spot the majestic snow leopard, along with blue sheep, musk deer, and Himalayan griffons.
- Shey Phoksundo Lake – Witness the pristine turquoise waters of Nepal’s deepest alpine lake.
- Remote Villages & Culture – Experience the unique Tibetan-influenced culture of Dolpo’s ancient settlements.
- Shey Gompa & Crystal Mountain – Visit the spiritual heart of Dolpo, known for its sacred monasteries and dramatic landscapes.
- Off-the-Beaten Path Adventure – Tracing the path gives trekking enthusiasts a demanding but fulfilling trail for their adventures.

## BEST TIME FOR THE SNOW LEOPARD TREK

The **best time for snow leopard sightings** is most likely during winter (December to February), but trekking becomes more difficult because of severe cold weather and heavy snowfall.

## ACCOMMODATION & FOOD

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Accommodation: Teahouses in villages and tented camps in remote areas.
Food: Local Tibetan and Nepali cuisine, including dal bhat, momos, thukpa, and tsampa.

As this is a remote trek, meals are basic but nourishing. Read our guide on **snow leopard trek preparation** for a better experience during the trek.

## ESSENTIAL PACKING LIST

- Warm layers & down jacket (temperatures can drop below -10°C).
- Sleeping bag (rated for extreme cold).
- Trekking poles and sturdy hiking boots.
- Binoculars & camera for wildlife spotting.
- Water purification tablets & high-energy snacks.

## CULTURAL & SPIRITUAL SIGNIFICANCE

Dolpo is a stronghold of Tibetan Buddhism and Bonpo traditions, featuring some of the oldest monasteries in Nepal. Trekkers can witness masked lama dances, ancient meditation caves, and the unique lifestyle of Dolpo's semi-nomadic people.

### Permits & Regulations

Since Dolpo is a restricted region, trekkers need special permits:

- Lower Dolpo Restricted Area Permit
- Shey Phoksundo National Park Entry Permit

These permits help preserve the region's natural beauty and protect its rare wildlife, including the endangered snow leopard.

***Book Your Cultural Snow Leopard Trek in Dolpo Today with Dolpo Caravan Treks!***

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## PRICE INCLUDES

- 2 Nights in Kathmandu Boutique Hotel
- 1 Night in Nepalganj Star-level hotel
- Domestic airfare from Kathmandu-Nepalganj, Nepalganj- Juphal and return
- One Experience Local Snow Leopard Spotter
- One Experience Trek Leader
- Ground Staff ( Trekking chef, Porters, mules, and assistant guide).
- Three times Meals ( Breakfast, Lunch, Dinner, and Snacks)
- All Camping Gear ( Member Tent, Kitchen, dining tent, toilet and utensils)
- Staff's salary, food, insurance, and clothing.
- Special Trekking permit and national park fees
- 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 flights.

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## ITINERARY IN DETAIL

### Day 1: Day 1: Arrival in Kathmandu

Arrive in Kathmandu, transfer to your hotel, and meet with your trekking company representative for a briefing on the trek.

- Explore Kathmandu and prepare for the trek like permit and shopping.

### Day 2: Day 2 Kathmandu to Nepalgunj

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

- Overnight stay in Nepalgunj

### Day 3: Day 3: Nepalgunj to Juphal and trek to Dunai (2,475m)

Take an early morning flight from Nepalgunj to Juphal, the starting point of the trek.

- Begin trekking towards Dunai, the administrative center of Dolpo.
- Overnight stay in Dunai.

### Day 4: Day 4 Dunai to Chhepka (2700m)

Trek from Juphal to Chhepka, passing through beautiful villages and lush forests.

- Overnight stay in Chhepka.

-Duration - 6/7 hours

### Day 5: Day 5 Chhepka to Amchi Hospital (3,475m)

Trek through pine and Birch forests to reach the Amchi Hospital or Saijol.

- Keep an eye out for wildlife, including blue sheep and Musk Deer.
- Overnight stay near Amchi Hospital.

Trek Duration - 6/7 hours

### Day 6: Day 6-11 Snow Leopard Trek

Spend several days exploring the remote valleys and high-altitude landscapes of Dolpo, searching for signs of snow leopards with the help of experienced guides and trackers.

- Stay in basic lodges or campsites in strategic locations known for snow leopard sightings.
- Participate in wildlife monitoring activities and learn about conservation efforts in the region.
- Enjoy the stunning scenery and unique culture of Dolpo.

### Day 7: Day 12 Trek back to Chhepka

Trek back to Chhepka, retracing your steps through the rugged terrain of Dolpo.

- Overnight stay in Chhepka.

### Day 8: Day 13: Juphal to Nepalgunj to Kathmandu

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Take a morning flight from Juphal to Nepalgunj and then connect to a flight back to Kathmandu.

- Rest and relax in Kathmandu or explore the city's cultural attractions.
- Farewell dinner in authentic Nepali Restaurant

### Day 9: Day 14: Departure

Transfer to the airport for your onward journey or extension of your trip.

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## FAQ

### 1. What is the best time for a Snow Leopard trek in Dolpo?

The best time for a Snow Leopard trek in Dolpo is usually during the winter months of December to February when the chances of spotting snow leopards are higher due to clearer visibility and their movements in search of prey.

### 2. How difficult is the Snow Leopard trek in Dolpo?

The Snow Leopard trek in Dolpo is considered challenging due to its remote and rugged terrain, high altitudes, and potentially harsh weather conditions. Trekkers should have a good level of physical fitness and be prepared for long days of trekking.

### 3. Are permits required for the Snow Leopard trek in Dolpo?

Yes, trekkers need to obtain permits for both trekking in the Dolpo region and for wildlife conservation. These permits are arranged by the trekking company you choose.

### 4. Is it guaranteed to see snow leopards during the trek?

No, spotting a snow leopard is never guaranteed as they are elusive and rare animals. However, trekking in areas where they are known to inhabit and with experienced guides increases the chances of sightings.

### 5. What wildlife can be seen during the Snow Leopard trek in Dolpo?

Besides snow leopards, trekkers may encounter other wildlife such as blue sheep, Himalayan wolves, musk deer, Tibetan gazelles, and various bird species.

### 6. What type of accommodation is available during the trek?

Accommodation options during the Snow Leopard trek in Dolpo include basic lodges or tea houses in villages along the route, as well as camping in designated areas.

### 7. What should I pack for the Snow Leopard trek?*

Packing essentials include warm clothing, sturdy trekking boots, a sleeping bag suitable for cold temperatures, a down jacket, waterproof clothing, sunscreen, sunglasses, a hat, trekking poles, and a first aid kit.

### 8. Is altitude sickness a concern during the trek?

Yes, altitude sickness can be a concern as the trek reaches high elevations. It's essential to acclimatize properly, stay hydrated, and be aware of symptoms such as headache, nausea, and dizziness.

### 9. Is it possible to combine the Snow Leopard trek with other treks or cultural experiences in Dolpo?

Yes, it's possible to combine the Snow Leopard trek with other treks in the Dolpo region, such as the Upper Dolpo Circuit or the Trek to Mustang or trek to Mugu Rara Lake trek. Additionally, cultural experiences with the local Tibetan and Bonpo communities can be arranged.

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### 10. How can I book a Snow Leopard trek in Dolpo?

Booking a Snow Leopard trek in Dolpo can be done through reputable and registered trekking companies in Nepal. It's essential to choose a company with experience in organizing wildlife-focused treks and knowledgeable guides familiar with the Dolpo region.