

DOLPO SPECIAL

3.07. – 31.07.2017

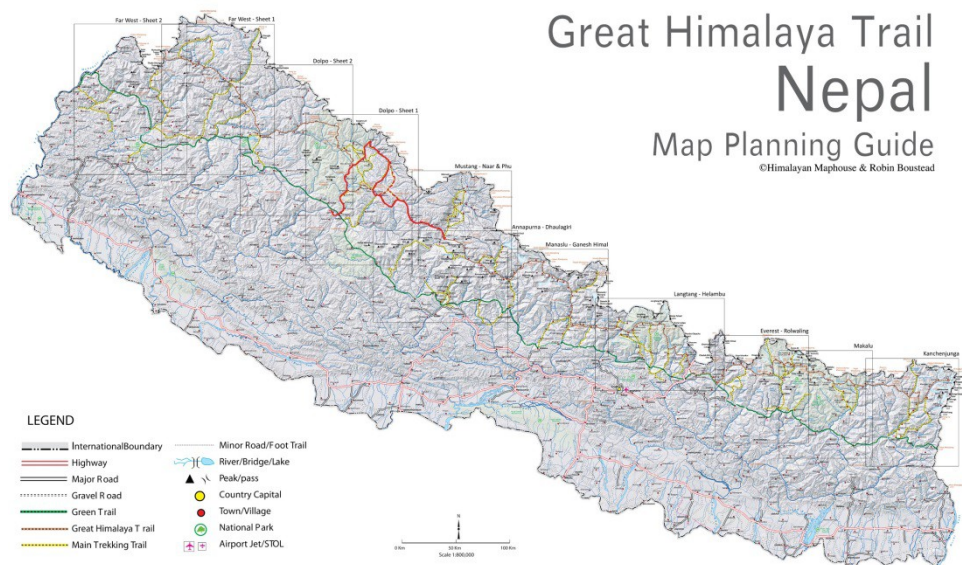


Join Gerda Pauler, the author of
DOLPO – PEOPLE AND LANDSCAPE
across Upper Dolpo to Jomsom

Great Himalaya Trail
Nepal

Map Planning Guide

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Day 01: Arrival in Kathmandu (1,300m)

Our representative will meet you at the airport, escort you to your hotel and help you to check in. Welcome dinner in a typical Nepalese restaurant in the heart of Kathmandu followed by a short briefing about your trip.

Day 2: KTM:

Preparations, permits etc.

Sightseeing optional

Day 03: Flight from Kathmandu to Nepalgunj & transfer to Hotel

Transfer to the domestic airport followed by a scenic flight (1 ½ hrs) to Nepalgunj. The rest of the day, you can either explore the market areas or relax.

Day 04: Flight from Nepalgunj to Juphal (2,320m), trek to Dunai (2,850m),

After an early breakfast we take the morning flight to Juphal where our trek starts. The journey over the Himalayan foothills offers breath-taking views of Annapurna and Dhaulagiri. From the airstrip the trail descends and winds through local settlements until we finally reach Dunai (2150m); the administrative capital of Dolpa District.

2 - 3 hours walk

**Day 05: Dunai - Chhepka (2670m)**

From Dunai we trek to Chhepka, a tiny village with a few houses and a lodge.

4,5 hours walking; Camp.

Day 06: Chhepka – Jharana Hotel

After breakfast we follow a steadily climbing trail through a forest of cedars up to an elevation of 3370m. We enjoy a close view of a spectacular 330-metre high waterfall and Phoksundo lake in the far distance. Our camp will be near Jharana Hotel.

6 hours walking; Camp.



Day 07: Jharana Hotel – Phoksundo Lake (3510m)

Our day starts with a steep descend through birch forests to Phoksundo Khola (river). From there we continue to the shores of the lake which is famous for its turquoise color and spectacular scenery. Our perfectly located campsite outside Ringmo Village guarantees great views. 4 hours walking. Camp

Day 8: Rest day

There will be time to acclimatize and to explore the area around the magnificent Phoksundo Lake and visit Tesu Monastery.

Day 9: Phoksumdo Lake – Forest camp (3800 m)

We enter Upper Dolpo. First, the path runs beside the lake but soon it leads higher up and offers stunning views of the lake and its surrounding. When leaving the lake, we follow the Phoksumdo Khola. Our camp will be in the forest beside the river that will lead us up to Ganda La the next day. 6 hours walking. Camp.

Day 10: Trek to Ganda La B.C. (4700 m)

We follow the river until we finally reach the foot of the pass. 6 hours walking. Camp.

Day 11: Crossing Ganda La - Shey Gompa (4125 m)

After climbing for about 2 hours to the pass (5150 m) cairns and prayer flags greet us. We descend slowly along the river and reach Shey Gompa which became famous through novels written by David Snellgrove (Himalayan Pilgrimage) and Peter Matthiessen (The Snow Leopard). The name Shey derives from the Tibetan word for crystal, and pilgrims still collect rock crystals near the famous and sacred "Crystal Mountain" which dominates the area with its white pyramid. The Dolpo-Pa believe that Shey Gompa was founded by a great yogi, Drutob Yeshe Senge, who arrived there on a snow leopard. 5 hours walking. Camp



Day 12: Shey Gompa - Namgung (4230 m).

We leave Shey Gompa and walk along the wide valley to the east where herders live in tents before crossing the Sela La (5095 m). The pass offers an exceptional view of the high plateaus and some peaks in Tibet. We descend to Namgung and the recently restored monastery that clings to the cliff (4230 m). The village is built on both sides of a gorge. 6,5 hours walking. Camp.

Day 13: Namgung - Saldang (3900 m).

From Namgung, the trail climbs and after crossing a shoulder (4400 m), we descend to Saldang (3750 m), where the houses are scattered across the terraced hill. Trails from all over Dolpo converge here and make Saldang a meetings place for the local people and tourists alike. In the afternoon we can stroll through the village, visit the school or/and the monastery. 3,5 hours walking. Camp.

**Day 14: Saldang - Yangser - Camp near Nyisal (3800 m).**

We walk north along the valley of Namgung and finally arrive at Yangser Monastery near Nyisal. Our team sets up the camp and we visit the ancient and impressive monastery in the afternoon; a testimony of the religious fervor of the Dolpo-pa. If we are lucky the students from the local school arrange a performance with Tibetan songs and dances for us. 4 hours walking. Camp

Day 15: Nyisal - Musi (4100 m)

Walls with Mani stones and chortens line the trail to Musi, the northernmost settlement in Dolpo where we will join Konchek Bhoti for a cup of Tibetan tea in her cosy kitchen. 5 hours walking. Camp

**Day 16: Musi – Shimen (3925 m).**

On our way to Shimen we have to cross a shoulder to over 5000 m. However the view from there will let you forget the hardships of the climb. Our destination is Shimen, a perfectly placed village in an open valley with beautiful terraces. We will either camp in or near the village; depending on whether there are other groups. 5 hours walking. Camp

Day 17: Shimen - Thingkiyu (4145 m).

The trail we follow today is one of the favorite paths the Dolpo-pa use when travelling to Tibet and we might meet a caravan along the way. The settlement Thingkiyu nestles between fields and the banks of river. 5:30 hours walking. Camp

Day 18: Thingkiyu - Shela La B.C.

The valley divides into two branches, with trails running to either Chharka Bhot or DhoTarap.. On reaching the foot of Shela La we pitch tents at 4900 m.
7 hours walking. Camp

Day 19: Trek to Dho Tarap (4050 m)

We descend into the valley of Dho Tarap, (4050 m); "the valley of excellent horses", which is the most densely populated part of Upper Dolpo. On our way we pass through Tokyu and following the trail to Dho we can see both Buddhist and Bon temples and Chortens lining the valley. However, modern times have arrived here recently and greenhouses, mobile phones, solar power stations and motorcycles are no longer unknown.

6 hours walking. Camp.

**Day 20: Rest day**

We can use the time to relax, explore the valley, visit the famous Crystal Mountain School that was the first school in Dolpo and walk to Ribum Gompa above the village.

Day 21/22: Dho Tarap – Chharka Bot

The demanding two-day trek to Chharka Bot starts with an enjoyable walk to Maran where the trail splits.

Depending on the conditions of the trail, we will either take the Southern or the Northern Route.

The Southern Route runs over Chan La (5378m) and passes Chap Chu where – usually – herders and their livestock stay all summer long. The Northern Route crosses the Mola La (5030m) and the Jhyarkoi Bhanjyang (5360m).

Chharka Bhot's old part which resembles a medieval fortress consists of houses perched on a rocky hill. It's definitely worth exploring it.

6,5 hours walking. Camp.

Day 23/24/25: Chharka Bhot - Sangda

There are no settlements between Chharka Bot and Sangda; pure nature with grassy plains, gurgling creeks and wonderful flowers. Yet, there is always a chance to meet traders and herdsmen and probably share a cup of tea with them.

In the coming days we have to cross two challenging passes above 5000 metres; Niwas La (5120m) and Jungben La (5550m). From the top of the latter we gain magnificent views to the south of Hidden Valley and Dhaulagiri can be seen. Camps

Day 26: Sangda - Jomoson

Our last trekking day starts with a short and easy climb followed by a long walk down the slopes to Kagbeni; an old fortress town that protected the former kingdom of Lho (now Upper Mustang) against intruders from the south. From there we continue to Jomoson where we will have a celebration together with our support team.

6 hours walking. Camp

**Day 27: Jomoson - Kathmandu**

Flight to Pokhara and on to KTM. Transfer from the domestic airport to your hotel.

Day 28: Kathmandu

Explore Kathmandu on your own and do your last minute shopping.
Farewell dinner

Day 29: Flight home

Transfer to the International Airport. We make sure that you get to your flight in time!

Service includes

- All meals (B/L/D) during the trekking period and welcome/farewell dinner.
- Accommodation during the trekking period
- Hotel (breakfast inclusive) in Kathmandu and Nepalgunj.
- National park permit
- Local English speaking guide in addition to Gerda Pauler as tour leader.
- Experienced staff
- Staff's food, clothing & salary
- Staff's insurance
- All costs for transportation according to description
- Medical supplies (first aid kit will be available).
- Transfers to and from the airports/hotel
- TIMS Card (Trekker's Information Management System)
- All Local / Government Taxes

Service does not include

- International flight
- Personal expenses
- All kind of drinks apart from tea/coffee along the trek
- Rescue & Evacuation. **Please sign a travel insurance that covers rescues above 4000m**
- Tips for the staff
- Dinner and lunch before and after the trekking period; except the welcome and farewell dinner.

PLEASE NOTE

There will be one porter for two trekkers.

Following the guidelines recommended by IPPG (International Porter Protection Group) the weight of your personal luggage carried by our porters is limited: max. 13 kg