Dolpo to Mugu Trek

Trip Code: DTM

Version:

WALK & TREK	GUIDED GROUP	11 TOUGH



HIGHLIGHTS

- One of the great trekking challenges of the Nepal Himalaya
- Beautiful Phoksumdo Lake, one of Nepal's special places
- Views of the little-known Kanjiroba Himal from the Nyingma Gyanzen La
- FREE Sleeping bag and down jacket hire is available for this holiday

AT A GLANCE

- 23 days trekking
- Max altitude - 5500 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Beyond Dhaulagiri (8167m), the world's seventh highest summit, the high and wild territory of Dolpo extends for scores of kilometres, northwards into Tibet and westwards to the remote district and settlement of Mugu. Accessed by way of the airstrip at Juphal, the few fortunate travellers who visit Dolpo each season confirm that it's home to some of the best trekking in the Himalayas. A network of scant trails penetrates this far-flung region and links together its steep-sided valleys, villages and age-old Buddhist monasteries.

The Dolpo-pa are of Tibetan stock and make their livings from herding goats and yaks and growing a few hardy crops in irrigated fields alongside their stone-built and fortress-like villages. Trading across the border into Tibet has also traditionally been important here and continues to this day. Over the course of 3 decades, numerous KE groups have visited Dolpo and undertaken a variety of different itineraries; but we have never attempted anything quite as ambitious as this. North of the stunning Phoksumdo Lake and Shey Gompa our route continues via Samling Monastery to Bhijer and Pho, then northwards again towards the Tibetan border, before finally turning westwards to cross the Nyingma Gyanzen La (5500m) and 2 further 5000 metres passes in the course of a long and difficult passage to Mugu across the north-western corner of the Shey Phoksomdo National Park. Supposedly an old smugglers route, this is also one of the variants of the Great Himalaya Trail; but almost no-one ever treks this way. From Shey Gompa to the airstrip at Talcha, close to Rara Lake, there are 2 full weeks of trekking that make up one of the most challenging and exciting traverses in the Nepalese Himalaya. On the middle section of about a week there are no villages and the chances of meeting anyone other than the occasional yak herder is almost nil. However, the rewards are immense. This is really remote, almost off the map, trekking and the scenery is second to none with magnificent views from the high passes, south to the little-known Kanjiroba Himal and north into Tibet. A KE group completed this challenging trekking adventure in October/November 2023 and it is highly recommended for experienced Himalayan travellers.

Is this holiday for you?

This trek through the Shey Phoksumdo National Park offers a variety of trekking conditions from well-maintained paths between villages to rarely used trails over rock and scree. With many long trekking days, several 5000-metre pass crossings and the passage of several long sections of difficult and steep-sided valley with the probability of a number of unbridged river crossings, this will undoubtedly be a tough trek and we have given it our second highest trekking grade. A good level of fitness is needed for this trip and a head for heights is also required as there will be some tricky and exposed trails which could involve the setting up of a safety line at times. This holiday will provide a challenge even for fit and confident trekkers with appropriate experience of high-level Himalayan travel. The information that we

have included about daily distances, height gain and the number of hours of trekking is based on the actual experience of a group completing this itinerary, but you should be prepared for considerable inaccuracy in these figures. This is a camping trek with a full Nepalese crew, spacious 2-person tents, foam mattresses, a dining tent with a table and chairs and a toilet tent. However, please note that there are likely to be one or two less than ideal camping places where we can set up only a restricted camp.

Itinerary

Version:

Extensions

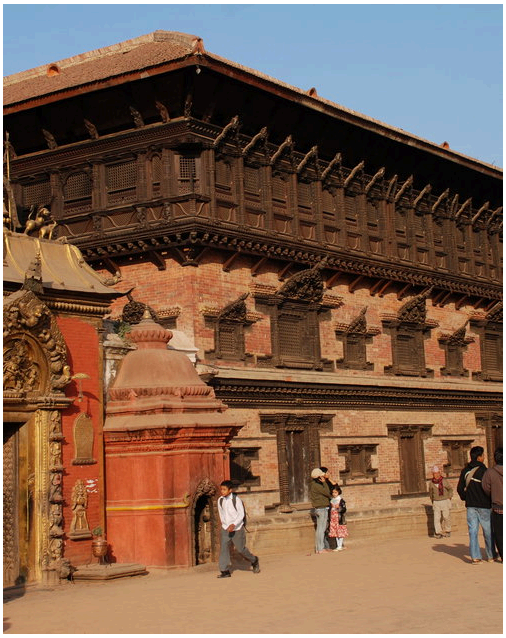
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

3 days from
US$1,680 per person



Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from
US$175 per person

Holiday Information

What's Included

- A professional and qualified Nepalese tour leader
- Kathmandu Airport transfers
- Internal flights and land transport involved in the itinerary
- All accommodation as described
- All meals
- Restricted area permits
- Full trekking service including all equipment (excluding personal equipment)
- Guided sightseeing tour of Kathmandu
- FREE Sleeping bag and down jacket hire is available for this holiday on request

What's not Included

- Travel insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price from dinner on Day 1 to breakfast on Day 28.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Our camping holidays in Nepal are accompanied by an experienced and well trained trek cook and his team of assistants. Breakfasts will include porridge or cereals and sometimes eggs, with tea, coffee and hot chocolate. Lunches are generally prepared on the trail and can include cooked or tinned vegetables, rice, chips, freshly made Tibetan bread, as well as tinned tuna, meats or cheese. On occasion this can be augmented by noodle soup. Dinners always start off with soup, followed by a locally inspired main course such as rice, dal and spicy vegetables, or a more international dish like pasta with a tomato sauce or pizza and chips. Dessert can be tinned fruit with custard or rice pudding or cake with custard. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. During this trek there will be very few opportunities to purchase snacks and drinks from simple shops and tea houses. All meals while on trek and also while staying in hotels in Kathmandu and in Nepalgunj are included in the trip price.

Accommodation

During this trip the group will spend 3 nights in Kathmandu at an excellent and centrally-located hotel such as the Shanker. There is also a single night at a basic but comfortable hotel in Nepalgunj. Whilst on trek there are 23 nights full-service camping. This is camping in some style, where we provide spacious 2 person tents (foam mattresses are also provided), a dining tent complete with table and chairs where you will eat your meals and relax, a kitchen tent in which the cook crew produce your meals and one (or more usually two) toilet tents. Please note that due to the nature of the terrain, there are likely to be one or two less than ideal camping places where we can set up only a restricted camp. Your local crew will set up the camp each evening and take it down again in the morning. You will be served with a cup of `bed-tea` each morning and provided with a bowl of water with which to wash. Water for hand washing is also provided at each meal. On arrival into camp each afternoon hot drinks and snacks will be provided in the dining tent. All accommodation is arranged on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. Please note single tent hire does not include single rooms in hotels. For the 4 hotel nights single rooms are available for a supplementry cost. Additional hotel nights in Kathmandu can also be pre-booked.

Internal flights

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The changeable nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the UK Air Safety List (ASL), and are banned from operating commercial air services to, from, and within the United Kingdom. Flying in Nepal is an acknowledged risk, and the UK Foreign and Commonwealth Office travel advice provides further details which you can read on their website. KE is mindful of its duty of care to clients travelling with us in Nepal and we are stakeholders in an annual independent air audit of Nepal airlines undertaken by UK tour operators. KE only uses airlines in Nepal which have been approved by this audit. We continue to cooperate with other tour operators to monitor aviation safety in Nepal and will ensure we remain a stakeholder in any further air safety audits. While we have taken appropriate action to try to minimise the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night near the airport (this may be at a hotel other than the group hotel). On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but an alternative trek will be provided if delays to internal flights mean the original itinerary (or a shortened version of it) is no longer feasible.

For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. In the extremely unlikely event that a delay to your internal flight causes you to miss your homeward international flight, KE will re-book international flights for Flight Inclusive clients, but please be aware that clients booking on a Land Only basis will be responsible for re-booking their onward travel and for any associated costs. We advise you to take out suitable travel insurance and to keep your receipts, as you may subsequently be able to make a claim.

Group Leader & Support Staff

The group will be led by a professional and qualified Nepalese tour leader, assisted by an experienced team including Sherpa guides and porters.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £300 (or equivalent in US dollars, Euros etc.) should be allowed for miscellaneous expenses including porter and trek crew tips, beer, soft drinks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek there will be very few (if any) opportunities to buy snacks, chocolate, soft drinks and beer from tea-shops. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £150 (in rupees) to these tips - although the amount you give is entirely up to you. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

Your main item of luggage should be a sturdy kit bag, duffle bag or similar. This will be carried during the trek by porters or pack animals and must weigh no more than 15kg. If you are picking up a sleeping bag and down jacket from KE in Kathmandu, you need to factor in the weight of these items (around 3kg) and allow space in your bag for them. You should also take on your holiday a daypack of approximately 30 litres capacity. For all flights to and from STOL airstrips in Nepal the maximum allowance for hold baggage AND hand baggage combined is 15kg and you should make every effort to keep to this total weight. It is usually not a problem to check in a couple of kg more than this, but you may be required to pay a small excess luggage charge. It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights, please check the baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is $30 for 15 days, $50 for 30 days, $125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at this link. This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

NEW REQUIREMENT - FNMIS - Foreign Nationals Management Information System

The Nepalese Department of Immigration has introduced this system which aims to assist in the tracking of foreign nationals when in Nepal. It is intended to streamline service delivery and to ensure the safety of travellers. It does not collect any additional personal data beyond that which is already obtained through existing immigration procedures.

You are required to download app before travelling. Use the app download links below:

• iOS: https://apps.apple.com/us/app/department-of-immigration/id6749536250

• Android: https://play.google.com/store/apps/details?id=com.govnp.doi

Please Note: The system is not yet operating smoothly and if you have problems accessing the app or making it work, you can travel without it. You will be assisted to register on arrival in Nepal and your details can still be entered manually if necessary at hotel check-in, airport etc..

Trekking Permits - what do we need from you ?

Mount Everest Marathon (MEM). Everest Monasteries Trek (EVP). Ganesh Himal Panorama Trek (GHP). Lamjung Himal Trek (LHT). Middle Hills Arun River to Dudh Kosi (MHT). Highlights of Dolpo - Tarap to Phoksumdo (DNB). Dolpo to Mugu Trek (DTM). Around Manaslu Trek (MAN).

For each of these holidays, we need your passport details and we need to send through to Nepal ahead of your departure a scan of the information pages of your passport and a scan of a passport-style photograph of yourself. For DNB, DTM, MAN we also need to send off a scan of your insurance policy document - the page that includes your name, the policy number and contact details for the insurance company. Please send these scans to us once your holiday is guaranteed.

In addition, for Conservation Area treks and other treks requiring Special Permits - DNB, DTM, MAN - you will be required on arrival in Kathmandu to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Nepal is the Nepalese Rupee.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking up to 7 or 8 hours each day with ascents and/or descents of up to 1000 metres on most days. You should adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

Climate

Mid October to mid November is the best season for visiting Dolpo, between the end of the monsoon and the colder and potentially snowy onset of winter. During this trip we are likely to encounter a wide range of daytime temperatures. At the start of the trek, at relatively low level, it is likely to be warm during the day, possibly above 20 degrees centigrade. Higher up, it will be cooler. Above 4000 metres the maximum daytime temperature will be just 10 or 12 degrees centigrade, although it can feel warmer than that in the sun. When the sun goes down, the temperatures fall rapidly and the night-time temperatures at our highest camps will be well below freezing. This region, north of the main chain of the Himalaya, usually sees little in the way of precipitation at this season, but it should be remembered that in mountains, localised storms do occur and the possibility of rain or snow cannot be ruled out.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Trekking and Climbing in Nepal. Steve Razzetti.
- Lonely Planet. Nepal. Lonely Planet.
- Trekking in the Nepal Himalaya.
- The Rough Guide to Nepal.
- Caravans of the Himalaya. Eric Valli.
- The Snow Leopard. Peter Matthiessen.

Maps

Rara, Jumla and Mugu 1:100,000. Newgrove Consultants (Available Stanfords)

Rara, Jumla and Mugu region in the Newgrove Consultants' series covering the course of Great Himalaya Trail High Route. Printed on light, waterproof and tear-resistant plastic paper. The map is double-sided and covers the High Route between Malchham north of the Rara Lake and the Rara National Park and Crystal Mountain in the Shey-Phoksundo National Park.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 kgs.

You must bring the following items:

- Hiking boots
- Trekking poles (see notes)
- Microspikes (Kahtoola or similar) footwear traction (see notes)
- Sandals or similar for river crossings
- Gaiters
- Trekking trousers
- Waterproof overtrousers

- Baselayer shirts
- Baselayer leggings
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Warm jacket (down)*
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Warm and waterproof gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x 2 (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep your kit bag contents dry)
- Daypack approximately 30 litres
- Sleeping bag (comfort rated -10°C)*

- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).
- Small padlock (to lock your kit bag)

The following items are optional:

- **Thermarest or similar camping mat
- Trainers or similar for camp use
- Shorts
- Sleeping bag liner
- Swimwear
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

*FREE sleeping bag and down jacket hire is included in your KE holiday booking on request. Please make all requests at least 4 weeks prior to the trip departure date. Please note all hire / rental equipment is issued in Kathmandu. Please remember to allow room in your kit bag for these items.

**Foam mattresses are provided. Taking an additional Thermarest or similar mattress is optional.

Trekking Poles and Footwear Traction. For this trip you must bring a pair of trekking poles and appropriate footwear traction such as the excellent Kahtoolah Microspikes. These will provide valuable assistance and help to prevent accidents on any slippery, icy or snow-covered sections of trail.

Repect Nepalese Custom. The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a trekking skirt.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

Pioneering Treks This route from Dolpo to Mugu is one of the great trekking challenges of west Nepal and has been on our radar for many years. Having run the trip very successfully in 2023, we would recommend this trek for any of our committed Nepal afficionados.

Please Note This document was downloaded on 17/11/2026 and the trip is subject to change