

Shey Gompa and Inner Dolpo

Trip Code: DOL

Version: DOL Shey Gompa and Inner Dolpo



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Trek to remote Shey Gompa and the Crystal Mountain
- Hike the spectacular path above the stunning Phoksumdo Lake
- Travel in the footsteps of 'The Snow Leopard' author, Peter Matthiessen
- Trek to Saldang Village home to Tibetan salt traders
- FREE Sleeping bag and down jacket hire is available for this holiday

AT A GLANCE

- 20 days trekking
- Max altitude - 5375 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

- All meals included
- 21 nights Camping
- 1 nights Guesthouse
- 3 nights Hotel with swimming pool

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

This real adventure trekking holiday visits Inner Dolpo, one of the least accessible and yet most alluring corners of Nepal. Few travellers have penetrated to the heart of Dolpo, a region beautifully portrayed in Eric Valli's excellent film - 'Himalaya'. This is very much the land that time forgot, with a mix of ancient Tibetan religions and a hardy people who make their living through farming and through trade with both Tibet and Nepal.

The spiritual heart of Inner Dolpo is the 'Crystal Mountain' and the 11th century Shey Gompa at its base. The region was visited in 1973 by Peter Matthiessen accompanying George Schaller, during his study of the rare Himalayan blue sheep and the even rarer snow leopard. Matthiessen's subsequent book detailing both his trek and his personal spiritual journey has become a classic of its genre. Flying to Dolpo's only airstrip at Juphal, our holiday adventure begins with a trek north to the lush green fields of Ringmo and the stunning blue Phoksumdo Lake. After a day acclimatising in this beautiful spot we continue across the Kang La to Inner Dolpo and Shey Gompa. Our return route crosses the Shey La to the major Dolpo settlement of Saldang and then the Jeng La to reach Dho Tarap. We round off this special trekking holiday with a descent of the impressive Tarap Gorge to Tarakot and from there return to Juphal. For the connoisseur of Himalayan trekking and for anyone who wishes to visit an unspoilt region of near mythical status, this trek is an absolute must.

Is this holiday for you?

This trekking holiday into the restricted Inner Dolpo offers a variety of trekking conditions from maintained trails well trodden by local people to less regularly used routes over shale and scree. With a combination of a number of longish trekking days, several high pass crossings, and the negotiation of the steep gorges of the upper Phoksumdo and Tarap valleys, this holiday is tougher than the Annapurna Circuit and we have placed it at the highest level of our blue grade. A good level of fitness is needed for this trip and a head for heights is also required as there is a degree of exposure on some of the paths. Ideally, this should not be your first experience of trekking above 4000 metres. Since there are no lodges of a good standard in this region, this is a camping trek with a full Nepalese crew. Please note that this is camping in some style, where we provide spacious 2 person tents and thick foam mattresses to ensure you get a really good night's sleep. Also part of the camp set up is a dining tent (complete with table and chairs) where you will eat your meals and relax. The cook and his team have the use of a kitchen tent and there will also be one (or more usually two) toilet tents. Your local crew will set up the camp each evening and take it down again in the morning.

Itinerary

Version: DOL Shey Gompa and Inner Dolpo

DAY 1

Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.

Your holiday starts at the hotel in Kathmandu. Transfers from Kathmandu Airport are provided. Depending on your arrival time, you may have the opportunity to explore the immediate vicinity of the hotel and get acclimatised to this bustling city. Alternatively, you may prefer to recover from your journey by relaxing beside the hotel pool. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **D**



Accommodation

Hotel with swimming pool

DAY 2

Fly to Nepalgunj.

The morning is free to relax or for sightseeing and shopping in Thamel for any extra gear needed for the trek. In the afternoon we take a short flight down to the gateway town of Nepalgunj down in the Terai. The climate here is sub tropical and we will be relieved to reach the cool of our guesthouse. We stay overnight in Nepalgunj.

Meals: **B L D**



Accommodation

Guesthouse

DAY 3

Early start for the flight to Juphal where we begin our trek to Rupghat (2050m).

Flights into Dolpo are always early in the morning since the anabatic winds of the Thulo Bheri Valley prevent afternoon flights, rather like Jomsom in the Kali Gandaki further east. We therefore have an early start for the spectacular 40 minute flight. At Juphal we meet our trek crew and after an early lunch,

during which final preparation are made and the baggage is assigned to our porters, we set out downhill to the river and our first night's camp at Rupghat (2050m).

Meals: **B L D**

	Accommodation Camping		Ascent 430M		Descent 790M		Time 3 hrs trekking		Distance 6KM
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DAY 4

Trek to Chepka (2970m), crossing the Anke Khola river.

The Suli Gaad River flows down from Phoksumdo Lake through a steep and highly vegetated valley. The trail undulates, sometimes beside and sometimes high above the tumbling white-water river. There are scattered villages along the route including the deserted crude stone houses of Jyalhasa where we take our lunch. Many of these villages are only occupied during the winter months when the communities of Upper Dolpo bring their animals down from the high pastures and at the time of our trek they can be almost hidden in an overgrowth of tall grasses. After lunch we cross the Anke Khola and it can be quite hot as we make our way up the river to our campsite at Chepka (2970m).

Meals: **B L D**

	Accommodation Camping		Ascent 1600M		Descent 1025M		Time 6 hrs trekking		Distance 16KM
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DAY 5

Ascend the gorge to Renji (3010m) and overnight at the village of Samduwa (3085m).

We cross and re-cross the river today as we make our way up the narrow gorge, ascending the undulating trail through forests of bamboo, and conifer. As yesterday, we are sometimes high above tumbling waterfalls and at others the trail is right beside the river or with stepping stones providing the only means of keeping feet dry where the river cuts into the steep bank. At one point the trail climbs steadily for an hour or more to bring us out of the forest and into flower-strewn meadows. Eventually the valley opens up a little and the going becomes easier until we reach a bridge leading to several houses which make up the village of Renje (3010m). Beyond here the valley narrows once more and the trail continues to climb and descend as we negotiate spurs of the steep hillside. At the confluence of the Suli Gaad and Pungmo Khola we cross to the west bank and reach the village of Samduwa (3085m), where we make camp.

Meals: **B L D**

	Accommodation Camping		Ascent 1130M		Descent 785M		Time 7 hrs trekking		Distance 12KM
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DAY 6

Trek to Ringmo and on to Phoksumdo Lake (3600m).

From Samduwa upwards, the river is known as the Phoksumdo Khola and runs crystal clear from the lake. We pass Palam, another deserted winter village and enter the National Park. The trail climbs to a ridge which separates the open fields of Ringmo from the narrow valley below. A roaring waterfall, the highest in Nepal, lies below and we get our first glimpse of Phoksumdo Lake. Descending steeply through the forest we then climb steadily to reach the charming Dolpopa settlement of Ringmo with its collection of flat roofed stone houses, stuccoed chortens and long walls of prayer-carved mani stones. Just below the village we cross the river and follow it to the lake where we set up camp. (3600m).

Meals: **B L D**

	Accommodation Camping		Ascent 1640M		Descent 1000M		Time 7 - 8 hrs trekking		Distance 12KM
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DAY 7

Vital acclimatisation day at Phoksumdo Lake.

It is necessary to spend a day here to give our bodies' time to acclimatise to the new altitude. This will also be a welcome rest after the last few days of trekking and a chance to catch up on laundry. There are various options for excursions in this fantastic location and a visit to Ringmo and its overlooking monastery is a must.

Meals: **B L D**

	Accommodation Camping
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DAY 8

Trek the spectacular lakeside trail to a ridge at 4000 metres, then descend to camp north of the lake.

It is not possible to proceed north of Phoksumdo Lake without the special Inner Dolpo permit. We start our trek to Shey Gumpa in Inner Dolpo with a spectacular trail around the western end of the lake. The precarious path is chiseled from the steep rock walls and in places is supported on wooden trestles

woven with saplings and covered with rocks. The sparkling pure turquoise waters of the lake lie directly below and it is wise to proceed with full attention to your footing. This trail was dramatically featured in Eric Valli's brilliant film about the life of the people of Dolpo who bring their yaks over difficult passes bearing salt from Tibet to trade for vital grain in the south. The film was originally released with the title 'Caravan' but later this was changed to 'Himalaya'. After this high traverse, the trail climbs to a ridge giving spectacular views over the lake, the dark green forest, and the bright fields of Ringmo with the snow peak of Kang Norbu to the south. A cairn and prayer flags mark our highpoint on the ridge at a little above 4000 metres, beyond which we make a gradual descent to the lake's northern shore where we take lunch. We ascend a wide flat valley with scattered knee-high thorn bushes and across sponge-like turf criss-crossed with several tributary streams, to reach a drier 'alpine' zone of conifers where we make camp (3700m).

Meals: **B L D**

	Accommodation Camping		Ascent 930M		Descent 885M		Time 7 - 8 hrs trekking		Distance 13KM
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DAY 9

Trek in Peter Matthiesson's footsteps to Snowfields Camp (4650m) at the foot of the Kang La.

The Phoksumdo Valley now becomes quite narrow with high rock walls on both sides. We are forced to cross several tributaries and some may have to be waded. After 20 or 30 minutes we leave the main valley and head north again entering a narrow gorge. We have a long climb, often with no trace of any trail as we progress up the steep sided valley, passing occasional grazing areas and crossing several side streams. We are following in Peter Mathiesson's footsteps here and we camp at the spot he named 'Snowfields' Camp in his book. The camp is at the foot of the pass that will lead us to Inner Dolpo. Altitude at camp is approximately 4650m meters.

Meals: **B L D**

	Accommodation Camping		Ascent 1220M		Descent 270M		Time 6 hrs trekking		Distance 8KM
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DAY 10

Cross the Kang La (5350m) into Inner Dolpo and Shey Gompa (4370m).

It will take 2 to 3 hours from our camp, climbing awkwardly on loose slatey scree slopes which may have a covering of snow, to reach the summit of the Kang La (5350m). This high pass into Inner Dolpo is also known locally as the Ngadra La and is adorned with cairns and prayer flags. We make a steep descent of around 45 minutes to the valley floor and follow the river easily for a further 3 hours to reach Shey Gompa, the entrance of which is marked by a red and white chorten and snaking lines of mani stones.

The monastery is located beneath the strange Crystal Peak on a small grassy plain created by the confluence of two rivers. Physically the gompa itself is not very imposing and is surrounded by half a dozen red colored buildings but the setting is very dramatic and there is no doubt why this place is so revered by both Buddhists and followers of the Bon religion. We set up our camp just below the gompa in a meadow containing a few herders' huts.

Meals: **B L D**

	Accommodation Camping		Ascent 980M		Descent 1370M		Time 8 hrs trekking		Distance 12KM
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DAY 11

A day for rest and exploration at Shey Gompa.

We have a day to explore the environs and to catch up on laundry and other camp chores. A worthwhile side trip is to visit the amazing Kagyupa monastery of Tsa Kang which is perched on a narrow ledge high on a cliff face. To get there we have to climb part way on the trail which pilgrims follow to make the 'Kora' or circuit of Crystal Peak.

Meals: **B L D**

	Accommodation Camping
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DAY 12

Traverse the Shey La (5100m) to the pastures at Namgung (4415m).

Continuing our journey through Inner Dolpo we now head east up another narrow valley and climb to the summit of the Shey La (5100m). On reaching the top of the pass the view north to Tibet and east towards Mustang, suddenly opens out and we have some notion of the vastness and arid nature of the Tibetan Plateau. Turning to the north we now make a long descent to the pastures at Namgung (4415m) consisting of a few stone houses and a relatively new gompa.

Meals: **B L D**

	Accommodation Camping		Ascent 835M		Descent 730M		Time 8 hrs trekking		Distance 13KM
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DAY 13

Trek to Saldang (4070m) close to the Tibetan border.

A shorter day today, beginning with a brilliant traverse high above the Namgung Khola and then a steep descent to the large Dolpopa village of Saldang. Saldang is close to the Tibetan border and the some of the salt trade Yak caravans are routed through here. This trading of Tibetan salt for rice from the southern lowlands is a vital, age-old practice which still prevails in Inner Dolpo. Saldang is really a collection of five separate villages and is the biggest settlement in Inner Dolpo. We set up camp in time for lunch and have the afternoon free to explore. Altitude at camp is 4070 metres.

Meals: **B L D**

	Accommodation Camping		Ascent 275M		Descent 600M		Time 3 hrs trekking		Distance 6KM
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DAY 14

Trek to Sibu (4150m), passing the monasteries at Samdo.

Leaving Saldang we turn south following the Nagaon Khola through terraced fields of barley the staple crop of the Dolpopa. We pass through the scattered village of Namdo which boasts two monasteries, one beside the river and another high on a cliff top. Our riverside camp tonight is near the smaller settlement of Sibu (4150m).

Meals: **B L D**

	Accommodation Camping		Ascent 540M		Descent 475M		Time 6 - 7 hrs trekking		Distance 14KM
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DAY 15

Ascend to the pastures below the Jeng La.

The day begins gently as we follow the river. After 2 hours of trekking we turn away from the main river and climb steeply to a yak grazing area located at 4850 metres, below the Jeng La. This is our overnight camping place.

Meals: **B L D**






	Accommodation Camping		Ascent 940M		Descent 220M		Time 7 - 8 hrs trekking		Distance 15KM
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DAY 16

Cross the Jeng La (5110m). Views of Dhaulagiri. Descend to Tokyu (4160m).

It is a steep climb to the summit of the pass at 5110 metres which is reached after approximately 2 hours. From the top we have a spectacular view southwards to Dhaulagiri. Beyond the pass, we descend into the extensive Tarap Valley, eventually reaching a stream and following this to Tokyu Village, where we camp. Altitude here is 4160 metres.

Meals: **B L D**

	Accommodation Camping		Ascent 380M		Descent 1030M		Time 6 - 7 hrs trekking		Distance 14KM
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DAY 17

Short walk down the Tarap Valley to Dho Tarap (4020m). Afternoon free.

In contrast to the majority of our trekking so far the trail down the Tarap Valley is well used and is well maintained providing relatively easy trekking through a broad fertile valley. There is much cultural interest during today's short descent beside the Tarap Chu and opportunities to visit several gompas before reaching Dho Tarap, a cluster of stone houses below the Ribo Bhumpa Gompa with its unusual chorten within the arch of a larger chorten. The women of Dho Tarap wear very striking headpieces of beaten silver (known as a 'tikpu') and also usually have large amounts of turquoise, amber and zee stone hanging from their necks and ears. The men of Dolpo often wear red woolen braid in their hair in the manner of the Khampas of Eastern Tibet. As in the Kali Kandaki Valley on the other side of Dhaulagiri there can be a fierce anabatic wind here from late morning to sunset and the construction and arrangement of the houses reflects this. We'll walk on to Yak Kharka beyond the village, where it is less windy, to set up camp. Altitude at camp is 4020 metres.

Meals: **B L D**

	Accommodation Camping		Ascent 100M		Descent 400M		Time 2 - 3 hrs trekking		Distance 6KM
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DAY 18

Contingency day for possible delays.

This is a spare day in case we have encountered any difficulties with our trekking schedule. If we haven't had to use this day, we have the option to spend a rest day at Dho Tarap or at one of the campsites lower down in the valley. Our trip leader will decide on the most appropriate place to take this rest day.

Meals: **B L D**

	Accommodation Camping
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DAY 19**Trek through blue sheep grazing areas to Shim Ora (3647m).**

Descending gradually beside the river we cross to the west bank and continue below imposing cliffs, before crossing a ridge marked with two ancient chortens. Dropping down to the pastures of the Shishul Khola, home to large herds of the blue sheep (or bharal), which George Schaller came to study in 1973. Beyond, we cross and re-cross the Tarap Chu on a variety of bridges old and new to reach the grazing area of Shim Ora (3647m) where we make camp.

Meals: **B L D**

	Accommodation Camping		Ascent 800M		Descent 1090M		Time 7 hrs trekking		Distance 16KM
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DAY 20**Trek through the gorges of the Tarap Chu and descend to Kanigaon (2620m).**

An interesting day of trekking through gorges of the Tarap Chu on a well engineered trail including flights of stone steps mostly on the west bank of the river. After approximately 4 hours of descent we break for lunch. After lunch the descent continues for a further 2 - 3 hours to Kanigaon where there is a police check post. We make camp just outside the village, below the check post in a stand of juniper beside the river. We are now at an elevation of just 2620 metres and it is noticeably warmer.

Meals: **B L D**

	Accommodation Camping		Ascent 1330M		Descent 2340M		Time 7 hrs trekking		Distance 16KM
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DAY 21**Trek to Tarakot from where there is the option to visit the fortified settlement at Gumba Tera.**

Leaving Kanigaon we come to a confluence of the Tarap Chu with the Barbung Khola and shortly after, cross this latter river on a high suspension bridge. The trail continues generally high above the river with some ups and downs until a final descend to Tarakot where we camp just below the village. This is a short day of trekking (approximately 2 -3 hours) and after lunch, there is the option to make the 1-hour (400 metre) climb up to the commanding, fortified settlement of Gumba Tara, where there is a monastery. In this lower valley there are 13 settlements which are collectively known as Tichurong.

Meals: **B L D**

	Accommodation Camping		Ascent 430M		Descent 610M		Time 3 hrs trekking		Distance 9KM
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DAY 22

Follow the Barbung Khola to Dunai (2090m).

We complete our trekking circuit today following the Barbung Khola (which becomes the Bheri River) to Dunai 2090m). This is another short day and provides us with a free afternoon. Dunai has a couple of small lodges and those who are ready for a beer should be able to find one. Our penultimate night's camp.

Meals: **B L D**

	Accommodation Camping		Ascent 305M		Descent 645M		Time 6 hrs trekking		Distance 16KM
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DAY 23

Trek to the airstrip at Juphal.

Continuing alongside the Bheri River on a lovely trail with some excellent stands of large conifers, there is a sting in the tail as we make a final climb through terraced farmland to reach the airstrip at Jhupal (2480m). We set up camp beside the airstrip and, this being our final camp of the trip; we will want to celebrate with our crew on the completion of one of Nepal's finest treks.

Meals: **B L D**

	Accommodation Camping		Ascent 660M		Descent 290M		Time 3 - 4 hrs trekking		Distance 10KM
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DAY 24

Fly via Nepalgunj to Kathmandu.

The early morning flight takes us out of the cool, fresh mountains of Dolpo and into the hot and humid Terai region at Nepalgunj. This time, however, it is a short stop and we soon connect with our flight to Kathmandu, where we check into our hotel. Time now for a clean up and a look in the mirror (if you dare). This evening we have to get used to some fine dining and the hustle and bustle of Kathmandu's busy streets.

Meals: **B L D**

**Accommodation**Hotel with swimming pool

DAY 25**A free day in Kathmandu which can also be used as contingency.**

This is a contingency day in case of problems with the weather-dependent flight out of Jhupal. If we have flown on schedule this will be a day to relax and enjoy the delights of Kathmandu. In the morning there is an optional complimentary guided sightseeing tour of the city's main attractions. Alternatively, you may prefer to do your own thing, especially if you have visited Kathmandu before. One of the attractions of any visit to Nepal is the chance to walk the streets of Kathmandu, which presents a fascinating mosaic of shops, cafes and restaurants, food markets and street vendors, as well as a bewildering array of colourful temples and shrines. This evening we will have an end of trip dinner in one of the city's finest restaurants.

Meals: **B L D****Accommodation**Hotel with swimming pool

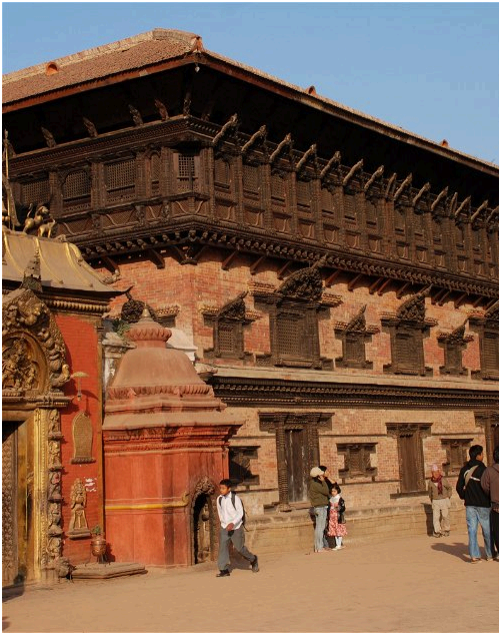
DAY 26**Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.**

Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided. To extend your holiday in Nepal, why not pre-book a day's sightseeing tour in the Kathmandu Valley, or a multi-day excursion to the wildlife reserve at Chitwan. Contact our office for details.

Meals: **B**

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.



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



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\$1,545 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 in the trip dossier
- 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 26

Food & 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.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 diet 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.

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 comfortable hotel in Nepalgunj. Whilst on trek there are 21 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. 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 supplementary 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, most recently undertaken in February 2024. KE uses 5 airlines in Nepal which have been approved by this audit. These airlines are: Buddha Air, Summit Airlines, Shree, Tara and Yeti. 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 on our website which can be viewed via the link below. 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.
www.keadventure.com/page/altitude.html

Park Fees & Permits

The region known as Inner Dolpo is classified as a 'restricted area'. To limit the number of visitors to this sensitive region and to help preserve the unique culture of the Dolpa, a quite significant charge is made for access to this area. Unlike many trekking companies, KE include this permit fee in the overall holiday price, so there are no hidden surprises or hefty costs once you arrive in Nepal.

Spending Money

Approximately £200 to £250 (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 it will rarely be possible 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 tips are given 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 £100 (in rupees) to these tips. 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, whilst technical clothing and equipment such as head-torches and trekking poles is highly prized by the Sherpa team. 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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and 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.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

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.

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). Shey Gumpa and Inner Dolpo (DOL). 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. Please send these scans to us once your holiday is guaranteed.

In addition, for Conservation Area treks and other treks requiring Special Permits - DOL, 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

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

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 hours each day with ascents and/or descents of up to 1000 metres on most days. We would suggest that you 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. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

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 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 can not 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 prior to 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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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 direct 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.
- Rough Guides Caravans of the Himalaya. Eric Valli.
- The Snow Leopard. Peter Matthiessen

Maps

Upper Dolpo 1:125,000. Nepa Maps

A good map covering the entire route. The scale is quite small compared to maps we might be used to for mountain walking in Europe or the United States, but larger scale maps are hard to come by and this one has enough detail, clearly presented, to be useful to the trekker.

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
- Sandals or similar for river crossings
- Gaiters
- Trekking trousers
- Waterproof overtrousers
- Travel clothes
- Baselayer shirts
- Baselayer leggings
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- 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 x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- 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)*
- Warm jacket (down)*
- 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
- Trekking poles (strongly recommended)
- 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.

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.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [-> Find out more](#)

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

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

We have been running treks into Nepal's wild west for 25 years and Dolpo remains one of our favourite places. For a classic Nepalese trekking adventure, into an amazing part of the country that sees very few trekkers, this one is hard to beat.

Please Note This document was downloaded on 18/05/2024 and the trip is subject to change