



Head Office

Chhetrapati, Thamel, Kathmandu, Nepal

[+977 9851069558](tel:+9779851069558)

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/name/myeveresttrip)

Upper Dolpo Trek

- Duration: 28 Days Days
- Max Altitude: 5,360 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Summer, Autumn

Highlights of Upper Dolpo Trek

The Upper Dolpo Trek is a remarkable adventure in the remote region of Dolpo, located in western Nepal. This trek takes you through a pristine wilderness, untouched by modernization, and offers breathtaking landscapes, unique culture, and a glimpse into the traditional life of the Dolpo people.

1. Remote and Pristine Wilderness: Dolpo is one of Nepal's most remote and least explored regions. It is a hidden gem that has retained its natural beauty and remains untouched by modern development. The trek takes you through dramatic landscapes, including deep gorges, high passes, turquoise lakes, and barren plateaus.
2. Shey Phoksundo Lake: The trek includes visiting Shey Phoksundo Lake, one of the highest-altitude lakes in the world. This stunning lake is known for its crystal-clear waters that change color throughout the day, surrounded by snow-capped peaks and lush green forests. It is a mesmerizing sight that leaves trekkers in awe.
3. Unique Culture and Traditions: The Upper Dolpo region is inhabited by ethnic Tibetan communities, and the local culture and traditions are deeply rooted in Tibetan Buddhism. You can witness the distinctive Bon and Buddhist monasteries, prayer flags, and chortens (stupas) along the way. Interacting with the friendly Dolpo people gives you an insight into their traditional lifestyle and hospitality.
4. Phoksundo Waterfall: Another remarkable natural wonder in the region is the Phoksundo Waterfall. It cascades significantly, creating a spectacular water display amidst the rugged terrain. The combination of the waterfall, the surrounding mountains, and the lush greenery is a sight to behold.
5. Crossing High Passes: The Upper Dolpo Trek involves crossing high passes, offering breathtaking panoramic Himalayas views. The major passes along the trek are the Kang La Pass (5,240 meters) and the Numala Pass (5,360 meters). These challenging but rewarding sections provide stunning vistas of the snow-capped peaks and surrounding landscapes.

6. Unique Wildlife and Flora: Dolpo is known for its diverse wildlife and unique flora. The region is home to the elusive snow leopard, Himalayan blue sheep, musk deer, and various species of birds. The trek allows you to spot some rare and endangered species in their natural habitat.

7. Authentic Dolpo Villages: The trek takes you through several traditional Dolpo villages, such as Ringmo, Saldang, and Dho Tarap. These villages are nestled in picturesque valleys and offer a glimpse into the ancient way of life of the Dolpo people. You can witness their traditional houses and terraced fields and experience their warm hospitality.

8. Ancient Monasteries: Upper Dolpo is dotted with ancient monasteries and gompas with great religious and cultural significance. The Shey Gompa, situated at the base of Crystal Mountain, is one of the region's oldest and most revered monasteries. It houses ancient Buddhist artifacts and murals and offers a serene atmosphere for meditation and reflection.

Overview

The Upper Dolpo Trek is a trekking trail located in a tranquil area of Nepal. It has been exclusive to foreign trekkers and mountain climbers since 1989, which has helped preserve its natural beauty and rugged charm. The region is relatively untouched, and thus, it's known for its pristine beauty.

Many years ago, farmers and nomads from [Tibet](#) became the only people to settle in this hidden land, which means that even today, it is one of the least habited places on earth. In fact, according to Legend, it is one of the only 'hidden valleys' to be explored by [Guru Rinpoche](#) and is now seen as a refuge for devout Buddhists and those with an exceptionally pure mind.

Why Upper Dolpo Trek?

During your trek to this mysterious land, you can expect to explore one of Nepal's most adventurous trekking routes. After landing in the bustling Capital, you will take two flights to Jhuphal ([Lower Dolpo](#)) and begin your adventure with a trek to Dunai. From here, you will continue your journey for three days before reaching the stunning Phoksundo Lake and marveling at its crystal-clear waters. After some rest, you will then go on to see some of the highest and most renowned mountains in the Himalayas. However, it is not just nature that you can expect to be amazed by. This trek is packed full of culture - with many visits to infamous Gompas and remote villages peppered throughout. This trek immerses you in the ancient traditions that shroud the region.

Upper Dolpo Trek Itinerary

The Upper Dolpo Trek usually takes around 25 to 30 days and starts from Juphal. During the trek, you will get to see Phoksundo Lake, ancient monasteries like Shey Gompa, and culturally rich villages. You will also cross high mountain passes, including Kang La and Shey La while experiencing the unique culture of Dolpo. The trek ends in Juphal, offering a profound exploration of the remote and scenic landscapes of Upper Dolpo.

Upper Dolpo Trek Cost

The cost of the Upper Dolpo Trek can vary depending on a few factors, such as the duration of the trek, the inclusions, and the chosen trekking agency. On average, this trek can cost anywhere from \$4000 to \$6,000, which should cover permits, guides, accommodation, meals, and transportation. To ensure a great experience in the remote and culturally rich Upper Dolpo region, it's recommended that you choose a reliable trekking company that offers a detailed cost breakdown and prioritizes your safety.

Best Time for Upper Dolpo Trek

The ideal time to go trekking in Upper Dolpo is during late spring (May to June) and early autumn (September to October). During these months, the weather is stable, and the temperatures are moderate, making it the perfect time to explore the region's pristine landscapes, unique culture, and diverse flora and fauna. Additionally, the trails are easily accessible, ensuring an optimal trekking experience in Upper Dolpo.

The Upper Dolpo trek is fully customizable and can be done as either a teahouse or a camping trek. This trek is not considered strenuous due to the lack of exposure to high altitudes, making it suitable for trekkers for most of the year. The Dolpo Trek is a challenging and remote adventure that offers trekkers unparalleled natural beauty, cultural richness, and a sense of adventure. It is truly an off-the-beaten-path experience that is sure to leave a lasting impression.

Upper Dolpo Trek Difficulty

The Upper Dolpo Trek is challenging, mainly due to its remote location, rugged terrain, and high altitudes. Trekkers need to climb steep ascents and descents, and they must cross challenging mountain passes like Kang La and Shey La. Moreover, the trek has limited infrastructure, and the weather is unpredictable, which adds to the difficulty. To conquer the challenges of Upper Dolpo, trekkers must ensure proper acclimatization, physical fitness, and prior trekking experience.

Upper Dolpo Trek Permit

If you plan to trek in the Upper Dolpo region of Nepal, you will need to obtain a special permit from a registered trekking agency. Additionally, you must acquire the Shey Phoksundo National Park Permit and Restricted Area Permit. It is crucial to adhere to all regulations when exploring this culturally significant and remote area.

For more information about the Itinerary, trek difficulty, or trek cost, please get in touch with our friendly team, who are always happy to help. Or you can visit our blog if you would like to read what it's like to embark on such an adventure. And don't forget - if you like the sound of this trek but it isn't quite what you had in mind, then we have a wide range of [Everest trekking packages](#) available to explore!

Day 01

Arrival in Kathmandu

On arrival, you will land at [Kathmandu](#) airport, where our friendly team will greet you and take you to your hotel. Depending on when you arrive, you are free to rest, or if you are itching to start exploring, you can spend the rest of the day soaking in the atmosphere of the Capital. You will then have dinner and

an overnight stay in a highly recommended hotel in the city center. Dinner and overnight stay at a 3-star hotel in Kathmandu

Day 02

Kathmandu Sightseeing and Trip Preparation

After a delicious breakfast today, you can see some of Kathmandu's most famous UNESCO-listed world heritage sights, including Pashupatinath, Boudhanath, and Swayambhunath. Once you return, you will meet your guide and begin preparation for your trek. Breakfast and overnight stay at a 3-star hotel in Kathmandu.

Day 03

Fly Kathmandu to Nepalgunj, 1-hour flight

We will start early and take the one-hour flight from Kathmandu to Nepalgunj. Nepalgunj, lying right on the Nepal-India border, is a substantial hot city in Mid-Western Terai. The journey is memorizing as you travel through Narayangarh, Hetauda, Bharatpur, and Butwal. Then on arrival, you are free to spend the day exploring the area before spending the night.

Breakfast and overnight stay at a 3-star hotel in Nepalgunj.

Day 04

Fly to Jupal (2,500m)+ Trek to Dunai (2,850m) - 3 to 4 hours trek

From Nepalgunj, we will take another short 45-minute flight to Jhuphal (Dopo), flying over the stunning landscapes of the Dhaulagiri and Annapurna ranges. From here, we will finally begin trekking, with a 2-3 hour hike to Dunai, on the bank of The Thuli Bheri River.

Breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 05

Trek to Chhepka (2,687m) - 5 to 6 hours trek

Today is our most extended trek, climbing for 5-6 hours from Dunai to Ankhe. Along the way, you will cross suspension bridges, pass by ridges and through valleys, walk alongside canyons and rivers, and battle through dense forests. This is one of the exciting parts of [Treks in Nepal](#). Breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 06

Trek to Chunuwar (3,000m) - 6 to 7 hours trek

Today is another long trek, climbing for 5-6 hours from Ankhe to Sulighat. You will trek along a path that passes through forests and streams before following the rocky trail by the river to pass through Ryajik and reach Sulighat. Breakfast, Lunch, and Dinner with an overnight stay in a tent

Day 07

Trek to Phoksundo Lake (3,600m) - 5 to 6 hours trek

Our final trek before our first rest day has you trekking from Sunlight along the valley and onto the junction of the Phoksundo and Pungmo Rivers. We then follow the Pungmo River until we reach our beautiful destination of Phoksundo Lake, where our 4-5 hour trek will end. Breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 08

Acclimatization Day at Phoksundo Lake

Today, we will rest and acclimatize at the beautiful Phoksundo Lake (the most miniature lake in Nepal). The lake is at an altitude of 3611 meters. After exploring the majestic waters, you can visit Ringmo village and a Tibetan Buddhist Monastery as you explore the region's culture—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Also, read [Rara Lake Trek](#) - The most extensive Trek in Nepal

Day 09

Trek to Sallaghari (3,630m) - 5 to 6 hours trek

After a good rest, we are back on the trail and trekking for 4-5 hours to Phoksundo Khola. The trail follows the Shey Phoksundo Lake from the west and leads you to the rocky hills before passing through lush grassland to reach our final spot for the day, Phoksundo Khola. Breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 10

Trek to Nagdalo La HC (4,717m) - 5 to 6 hours trek

From Phoksunds Khola, we will make our way over 6 - 7 hours to Phoksundo Bhanjyang - our longest day of walking. You will walk through a glacial valley before reaching the junction of The Phoksundo River. Then, after crossing a bridge, we will walk northeast and begin our uphill climb to the top of a steep George, where we can see the Kang-La pass—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 11

Trek to Shey Gompa (4,500m) via Nagdalo La Pass (5,350m) - 5 to 6 hours trek

From Phoksundo Bhanjyang, we climb to Shey Gompa along the Kang-La pass. The Kang-La Pass is at an altitude of 5,360 meters and has fantastic views of valleys, mountains, and canyons. The strenuous walk continues on the descent from the pass as we cross rivers and pass through meadows before reaching Shey Gompa—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 12

Trek to Namgung Gompa (4,360m) via Sela La Pass (5,100m) - 6 to 7 hours trek

After a strenuous trek, we rest well and acclimatize at the Shey Gompa camp. Take in the culture and explore the area that hosts the most famous monastery in Upper Dolpo and attracts hundreds of Buddhists annually—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 13

Trek to Namduna Gaun - 4 to 5 hours trek.

We resume our trek from Shey Gompa and go to Namduna Gaun. We begin trekking through a Juniper Forest that leads us to a rocky canyon. From here, we hike to the top of Saldang La alone before finishing our 6-7 hour journey by descending to Namduna Gaun - where we can visit the Namgung monastery, perched on the northern wall of a ridge—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 14

Day Hike to Saldang Village 4 to 5 hours trek

We begin from Namduna Gaun by ascending barren hills until, after 4-5 hours, we reach Saldang Village, stretching through a slope above The Namga River. Surrounded by terraced fields, this is the largest settlement in Inner Dolpo, hosting around 600 people—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 15

Trek to Yangze village - 6 to 7 hours trek

It's week 3! We will set off early from Saldang and begin the 4-5 hour journey to the Yangze Gompa. We follow the Nang Chu River to Tiling and Lurigaon village. We then continue onto Yangze Village. We will end the day by exploring the Yangtze region, complete with the Bon-Po monastery and the Panzang River—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 16

Trek to Namdo village - 5 to 6 hours trek

From the Yangze Gompa, we go up to Sibü - another strenuous trek of 6-7 hours. We start by retracing our path back to Saldang village and taking the trail that leads to Namdo village, stretching over 5 km. We can visit the Namdo monastery near The Nam Khong River before continuing for two more hours to reach Sibü. Breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 17

Trek to The Jeng La pass - 5 to 6 hours trek

Starting at Simbu, we make our way to Jeng-La Phedi. A beautiful spot to rest for the night. The Nam Khong River will lead us past yaks herds and to a junction of two small streams. We will then begin a challenging upward climb to the base of The Jeng La pass, where we will rest for the night. Breakfast,

Lunch, and Dinner with an overnight stay in a tent.

Day 18

Trek to Tokyu (4,240m) - 6 to 7 hours trek

Via Jeng la Paa, we will trek from Jeng-la Phedi to Tokyu Gaon for 5 -6 hours. The day starts strenuously, with a 2-hour hike to the top of Jeng La Pass. From here, we can witness stunning views of the Dhaulagiri massif before descending toward The Tarap Valley. Here we will find a stream leading us to our overnight spot in Tokyu village—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 19

Trek to Dho Tarap (3,944m) - 4 to 5 hours trek

On our final day of trekking before our next break, we take it easy and walk through a broad valley as we make our way from Tokyu to Dho Tarap. This easy trek allows us to visit several shortens along the way. On arrival at Dho Tarap, we can relax before our rest day. Breakfast, Lunch, and Dinner with an overnight stay in a tent

Day 20

Rest Day in Dho Tarap

Today is time for a well-deserved rest day at Dho Tarap - explore and recover! This is one of the highest settlements in the world. Located right at the junction of trails that lead to [Mustang](#), [Jomsom](#), and Tibet, its inhabitants consist mainly of Magars and Tibetans. There are many Buddhist shrines to explore - including the infamous Bon Gompa above Dho Tarap—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 21

Trek to Tarap Khola- 6 to 7 hours

After a rest, we are refreshed and ready for the 6-7 hour trek from Dho Tarap to Tarap Khola (Kamakharka). We descend towards a valley we follow as it becomes a gorge. We then pass through forests of junipers before reaching the junction of Tarap Chu and the Lang Khola on the way to Kamakharka, where we can rest for the night—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 22

Trek from Dho Tarap to Khanigaon- 5 to 6 hours trek

Today we set off from Tarap Khola and make our way to Khanigaon. Trekking alongside the gorge of Tarap Khola, be warned that it can become narrow, so you may have to cross the river with a jump - making our journey to Khanigaun truly exciting! Breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 23

Trek to Tarakot- 4 -5 hours

Today's steep climb from Khanigaon to Tarakot, but the sights to see make it truly worth it! We begin on the trail to Lalberi village, pass through a forest, descend to a gorge, trek alongside a river, and finally reach Tarakot. After 4-5 hours of walking, we can relax in Tarakot - a small town once the Capital of the Tichorung Kingdom, still packed with history and things to do—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 24

Trek to Dunai (2,850m)- 5 to 6 hours

From Tarakot, we continue to Dunai for another 5-6 hour trek. Start the morning by following the Bheri River, passing through several gorges, villages, and bridges before reaching Dunai. Dunai is the district headquarter of Dolpa, with almost 3000 residents and wonderfully developed facilities—breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 25

Trek from Dunai to Jhuphal (2,500m/8,200ft) - 2 to 3 hours trek

For our final day of trekking, we have a short 2-3 hour journey from Dunai to Jhuphal. We start by continuing along the Thuli Bheri trail. We'll pass through Dhupichaur, Rupgad, Kalagaonda, and Motipur before finally ending our trek in Jhuphal and reflecting on our achievements. Breakfast, Lunch, and Dinner with an overnight stay in a tent.

Day 26

Fly from Jhuphal to Kathmandu via Nepalgunj

Is it time to begin our journey back to Kathmandu and take two short flights - from Jhuphal to Nepalgunj and then to Kathmandu? Rest at the hotel or continue the excitement by exploring the Capital before our farewell dinner—breakfast, Lunch, and Dinner with an overnight stay in a 3-star hotel in Kathmandu.

Day 27

Fly back to Kathmandu

It's time to fly home! Say goodbye to Nepal and your fellow trekkers! A member of our friendly team will take you to the airport.

Breakfast, Lunch, and Dinner with an overnight stay in a 3-star hotel in Kathmandu.

What To Expect?

What's included

- Airport/hotel pick up and drop off by private car.
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking

- Fly from Kathmandu - Nepalgunj - Jhuphal - Nepalgunj and then to Kathmandu
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekkers' Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment

FAQs

What is Upper Dolpo Trek Cost?

Upper Dolpo Trek is Nepal's most prolonged, remote, and strenuous trek. So, naturally, it is also the most expensive trek in Nepal. The Upper Dolpo Trek Cost by [MyEverestTrip](#) costs \$4495. The most significant part of this cost goes for the staff who accompany you, i.e. the guide, porter, and the food. Also, it includes the domestic flight to Jhupal, Dolpo Permit Cost worth a lot, and accommodation. We might have to set camps in many parts, and all those trekking gears also cost a lot. In addition to this \$4495 Cost of the Dolpo Trek package, you will need about \$500 of your own.

Well, it is not cheap. But we can say that it's worth it. After all, this Upper Dolpo Trek will be an utterly rejuvenating journey for you.

How can we prevent altitude sickness in Upper Dolpo Trek, Nepal?

Per MyEverestTrek Upper Dolpo trek Itinerary, we stop at Phoksundo, Shey Gumpa, and Dho Tarap for acclimatization. These acclimatization days will prevent you from the risk of altitude sickness. Also, you must drink enough water and keep yourself hydrated. Also, eat nutritional foods, stroll, and take a lot of rest. However, if such symptoms get prominent, walking down to a lower altitude is wise. Helicopter rescue is needed if the case gets worst. Thus, it's recommended to have Travel Insurance before you book your trek to Nepal. The insurance should cover all the rescues up to 6000 meters above sea level.

Check our [Everest View Trek](#) for an easier Journey.

Is Upper Dolpo To Jomsom trek Possible?

Yes, instead of visiting Dolpo and getting back to Dunai, the trekkers can also get to Jomsom from Dolpo. Dolpo and Mustang lie pretty apart. Can't we join Jomsom from Dolpo in about seven days? The trail to Mustang separates from Dho Tarap, the highest settlement in the world.

The itinerary for Upper Dolpo to [Jomsom trek](#) is the same for the 12th day until we enjoy a rest day in Shey Gumpa. Then, we take a slightly different route from Day 13.

- Day 13: Trek to Saldang (3970)- 3 hours
- Day 14: Trek to Komash Gaon (4100) 5 hours 30 mins
- Day 15: Trek to Mendo (4000) 5 hours
- Day 16: Trek to Tenje or Tenkyu (4100) 4 hours
- Day 17: Trek to Rakpa (4535) 6 hours
- Day 18: Trek to Chharka Bhot (4110) 7 hours
- Day 19: Rest day!
- Day 20: Trek to Norbulung Khola (4750) 6h00
- Day 21: Trek to the Bottom of Sangta - La (4800) 6 hours
- Day 22: Trek to Sangda Phedi via Niwar Pass (5130 m)- 6 hours
- Day 23: Trek to Lower Sangda (3710m)- 5 hours
- Day 24: Trek to Phalyak via Bima Lojun La (4460 m)- 7 hours

Day 25: Trek to Jomsom (2800) 4 hour

Day 26: Fly to Pokhara, then connecting flight to KTM

Additional Information

Dolpo Trekking Permit

Firstly, you will need your Visa to Nepal, which can be issued at the Airport upon arrival. Nepal's tourist visa is issued for 15, 30, and 90 days, costing \$30, \$50, and \$125, respectively. It can also be given within minutes at any other entry point in Nepal.

Next, you need a special Upper Dolpo Trekking Permit to hike in the restricted region of Dolpo. The trek must be booked via a licensed company like Mystic Mountain Treks, and you must walk in a group of two people and a guide. An individual cannot issue a license. But an agency might help you get the authorization if you are a solo traveler. Besides the Dolpo permit, you also need a Shey- Phoksundo National Park license.

[Lower Dolpo](#) permit costs USD 20/per person for the first seven days. An additional USD 5 per day is needed for the extended stay. This permit is required inside Thulibheri Municipality and Shey Phoksundo Rural Municipality. Next, you need an Upper Dolpo restricted area permit. This permit is necessary to enter Dolpo Buddha, Charka Tangsong, and Shey Phoksundo Rural Municipality. This Dolpo Trek permit costs USD 500 per person for the first week and USD 50/per day after that. This permit can only be issued in the Department of Immigration, Kalikasthan, and Kathmandu. The government ([immigration department](#)) gives the restriction permit to check the uncontrolled flow of tourists in Dolpo and control

the invasion of foreigners into the local's culture.

Then, it would be best if you had Shey-Phoksundo National Park Permit. This can be published at the gate of the National Park at USD 30 per person. This money for the National Park permit goes for the conservation of the rear flora and fauna in the region.

Dolpo Trek Difficulty

The northwest of Nepal, behind the Dhaulagiri range, is Nepal's most remote area. The trail was only opened for visitors in 1989 and remained a restricted area. A month-long journey in a land without houses, internet, or electricity is not a joke. The experts have marked the Upper Dolpo trek difficulty as "Challenging." And this is among Nepal's most demanding and longest trekking trails. That being said, the rewards are astounding! And you must be aware of the difficulties you face during this Dolpo trek.

Difficulty due to Upper Dolpo distance and duration: Dolpo trek package is 28 days long. Trekking for a month and being detached from all worldly pleasures demands considerable commitment. We will walk for 20 days, covering 250kms to 300kms around the distance. Walking more than 12-15 km in such steep mountains is demanding. You will walk 5-6 hours daily, up to 9 hours, while crossing the high passes.

Difficulty due to Upper Dolpo elevation: The biggest challenge for trekking to Upper Dolpo is its altitude. We begin the walk from Jhupa, which lies below 2000 meters and climb to the Kang La Pass elevation of 5360 meters. We will be gaining almost 500 meters every day. Once you cross Dunai, you will likely be victimized by altitude sickness (every one in three trekkers develops altitude sickness in Nepal). Therefore, you must look for symptoms like headache, body pain, vomiting, shortness of breath, etc.

Accommodation in the Dolpo Region

Upper Dolpo has three kinds of accommodation depending on the season and route. The first one is hotels in Kathmandu. You will be staying in three-star hotels in [Kathmandu](#) that are pretty luxurious with all the necessary amenities. You will stay in tea houses in the lower region- small yet comfortable local lodges. The rooms only have two single beds, a mattress, pillows, and a clean white sheet. In the higher region, few clubs might be closed most of the year.

Exploring the Culture of Dolpo

We can observe three kinds of Culture in Dolpo- Lower, Upper, and Middle Dolpo. The Hindus inhabit the lower region, while the middle area blends Hindu and Buddhist people (Bonism and Shamanism). A cluster of the Magar people speaks the typical "Kaile" language. The Upper region of Dolpo was home to the Buddhist and Bon cults. Tibetan Buddhism has driven the culture of these "Dolpo-pa." The people speak the 'Khaam' or 'Poike' language and strictly follow their culture. Bönpo monasteries such as Shey Gumpa are the foremost destination for pilgrims aiming for the circuit trek. The salt trader first used this trail, and the story was depicted in the movie called "Himalaya" by Eric Valli. During the summer, this route has been a trade route for "Yarchagompa" (caterpillar fungus). You can also be a part of the unique Festivals of Upper Dolpo. Check [Cultural tours of Nepal](#).

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map

Dolpa Trekking Map



Contact Us

Head Office

Saat Ghumti Marg 3, Kathmandu 44600, Nepal

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/name/myeveresttrip)

WhatsApp +9779851069558

Taiwan

Salik KC / 沙立克

Xinyi Road, Sec-2, Taipei City

Cell: [+886-909439712](tel:+886-909439712)

Romania, Germany, and Italy

[Deniela Schiopu](#)

WhatsApp +40721971479

United Kingdom (UK)

Eddy Cota

WhatsApp: +447521762520

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