

DOLPO JOMSOM TREK - 30 Days

The Dolpo Jomsom Trek is a captivating trekking route located in the remote and rugged terrain of western Nepal. It combines the stunning landscapes of the Dolpo region with the iconic views of the Mustang region, making it a unique and rewarding trekking experience. Here's an overview of what you can expect:

The trek typically starts from Juphal, a small airstrip in the Dolpo region, and ends in Jomsom, a town in the Mustang region. Both regions are situated in the trans-Himalayan zone of Nepal, offering a blend of high-altitude desert landscapes, deep valleys, and traditional Tibetan culture.

The Dolpo Jomsom Trek usually takes around 18 to 24 days to complete, depending on the specific itinerary and the pace of the trekker. It's a challenging trek due to the high altitude and remote terrain.

Highlights:

This trek takes you through Shey Phoksundo National Park, home to the spectacular Phoksundo Lake, one of the deepest lakes in Nepal. The turquoise-blue waters of the lake contrasting with the barren landscape make for a breathtaking sight.

Along the route, you'll pass through several remote villages inhabited by Tibetan Buddhists, offering a glimpse into their traditional lifestyle and culture. Some notable villages include Ringmo, Dho Tarap, and Chharka.

The trek involves crossing high mountain passes such as Kang La Pass (5,240 meters) and Jeng La Pass (5,090 meters), which offer panoramic views of the surrounding Himalayan peaks.

From lush forests of pine and rhododendrons to arid, high-altitude deserts, the Dolpo Jomsom Trek offers a diverse range of landscapes that are sure to enchant trekkers.

Throughout the journey, you'll have the opportunity to interact with the local inhabitants, including Tibetan refugees and ethnic groups like the Dolpo-pa and Thakali people, learning about their customs, traditions, and way of life.

The trek is considered to be moderately difficult to challenge due to its high altitude, remote location, and the need to cross several high mountain passes. Trekkers should be well-prepared both physically and mentally, and it's advisable to acclimatize properly to avoid altitude-related illnesses.

As with many trekking routes in Nepal, permits are required for the Dolpo Jomsom Trek. Trekkers need to obtain permits for both Shey Phoksundo National Park and the restricted areas of Upper Dolpo, which can be arranged through licensed trekking agencies in Nepal.

Overall, the Dolpo Jomsom Trek is a remarkable journey that offers a blend of natural beauty, cultural immersion, and adventure, making it a memorable experience for trekkers seeking an off-the-beaten-path adventure in the Himalayas.



PRICE INCLUDES

- 3-night hotel in Kathmandu on a bed and breakfast basis
- 1 night hotel in Nepalganj with breakfast
- 1 Night hotel in Pokhara
- Domestic flights from Kathmandu - Nepalganj - Juphal, Jomsom- Pokhara- Kathmandu
- One expert trek leader or Hire Norbu with a local assistant
- All Three meals during a trek (the best and healthiest food prepared by our trekking chef)
- Special Trekking permit and national park fees
- Trekking equipment -Mattresses, Member tents, and Kitchen utensils
- Staff's salary, food, insurance, and clothing.
- Farewell dinner in Kathmandu

PRICE EXCLUDES

- International flights and visa fees.
- Personal expenses and meals in Kathmandu.
- Travel insurance, Rescue, and evacuation.
- Tips and gratitude for staff Leader tips on your discretion.
- Donation and local entrance fee.
- Extra baggage weight on domestic flight

ITINERARY IN DETAIL

Day 1: Day 1: Arrival in Kathmandu

- Arrive in Kathmandu, the capital city of Nepal.
- Transfer to your hotel and rest.
- Explore the vibrant streets of Kathmandu if time permits.

Day 2: Day 2: Kathmandu Sightseeing

- Guided sightseeing tour of Kathmandu Valley.
- Visit UNESCO World Heritage Sites such as Kathmandu Durbar Square, Swayambhunath Stupa (Monkey Temple), Pashupatinath Temple, and Boudhanath Stupa.
- Prepare for the trek, including obtaining necessary permits.

Day 3: Day 3: Fly from Kathmandu to Nepalgunj

- Take a domestic flight from Kathmandu to Nepalgunj, a city in the western Terai region of Nepal.
- Overnight stay in Nepalgunj.

Day 4: Fly from Nepalgunj to Juphal, Trek to Dunai

- Take an early morning flight from Nepalgunj to Juphal.
Start trekking from Juphal to Dunai, the administrative headquarters of Dolpa District.
Overnight stay in Dunai.

Day 4: Day 4: Fly from Nepalgunj to Juphal (2400m), Trek to Dunai (2100m) 2:30 hours

Take an early morning flight from Nepalgunj to Juphal.

Start trekking from Juphal to Dunai, the administrative headquarters of Dolpa District.

Overnight stay in Dunai.

Day 5: Day 5: Trek from Dunai to Chhepka (2700m) 6/7 hours

- Trek from Dunai to Ankhe, passing through beautiful landscapes and local villages.
- Overnight stay in Chhepka.

Day 6: Day 6 Trek from Chhepka to Saijol (3200m) 6/7 hours

- Continue trekking from Chhepka to Saijol, enjoying scenic views of the surrounding hills and forests.
- Overnight stay in Saijol.

Day 7: Day 7 Trek from Saijo to Phoksundo Lake (3640m) 3/4 hours

- Trek to Phoksundo Lake, also known as Ringmo Lake, the deepest lake in Nepal.
- Explore the picturesque surroundings of the lake and visit nearby monasteries.
- Overnight stay near Phoksundo Lake.

Day 8: Day 8 Rest and Acclimatization Day at Phoksundo Lake

- Rest day to acclimatize to the high altitude.

- Explore the area around Phoksundo Lake, visit nearby villages, and Bon Monastery or simply relax and enjoy the stunning views.
- Overnight stay near Phoksundo Lake.

Day 9: Day 9 Trek from Phoksundo Lake to Sallaghari (3700m) 6/7 hours

- Trek along the trail that follows the Phoksundo Khola (river), passing through rugged terrain and picturesque landscapes.
- Overnight stay near Sallaghari or Ruktang.

Day 10: Day 10 Trek from Sallaghari to Kangla High Camp (4800m)

- Trek uphill from Phoksundo Khola to Kangla High Camp, crossing several scenic viewpoints.
- Overnight stay near Kamgla High Camp

Day 11: Day 11: Cross Kang La Pass and Trek to Shey Gompa

- Early morning ascent to Kang La Pass (5,240 meters), offering breathtaking views of the surrounding Himalayas.
- Descend to Shey Gompa, a historic monastery in the Dolpo region.
- Explore Shey Gompa and its surroundings.
- Overnight stay near Shey Gompa.

Day 12: Day 12: Rest Day at Shey Gompa (4100m) 6/7 hours

- Rest day to explore Shey Gompa, visit nearby caves and monasteries or interact with local monks.
- Overnight stay near Shey Gompa.

Day 13: Day 13 Trek from Shey Gompa to Namgung Gompa (4360m) 6/7 hours

- Trek across Shey La Pass (5,200 meters), enjoying panoramic views of the Himalayas.
- Descend to Namgung Monastery, a traditional cliff monastery.
- Overnight stay in Namgung Monastery.

Day 14: Day 14 Trek from Namgung monastery to Saldang village (3770m) 7 hours

- Trek to Saldang, one of the largest villages in the Dolpo region.
- Explore the village and interact with the local inhabitants, predominantly of Tibetan descent.
- Overnight stay in Saldang.

Day 15: Day 15 Trek from Saldang to Musi Village (4200m) via Yangjer Monastery 5/6 hours

- Trek from Yangze Gompa to Musi Village, descending through rocky terrain and narrow valleys.
- Enjoy the views of the surrounding mountains and landscapes.
- Overnight stay in Musi Village one of the last valleys to the Tiber Border.

Day 16: Day 16 Trek from Musi Village to Simen Village (3850m) via Muri La (5030m)

- Trek from Musi To Simen ascend to muri La and descend till simen village.
- Overnight stay in Simen Village.

Day 17: Day 17 Trek from Simen To Tinje Valley (4110m) 4 hours

- Trek from Simen to Tinje takes you through the amazing landscape and wide trail where you will see some changes in the last decade.
- Overnight stay in Tinje.

Day 18: Day 18 Trek from Tinje To Choila High Camp (4480m)

- While trekking from Tinje most of the trails are wide and will see so many nomad camps and motorable roads.
- Overnight Stay in Choila High Camp.

Day 19: Day 19 Trek from Choila High Camp to Tokyu (4209m) via crossing Choi La (5051m)

- Ascend till Choila Pass will be quite challenging but you will be rewarded with stunning views of the Himalayas and mountains Peak.
- Over night stay in Tokyu.

Day 20: Day 20 Trek from Tokyu to Sipchuk or Maran (4350m) 4 hours

- This Day we will trek in a relaxed way. We will trek up to Sipchuk or Marang.
- Overnight Stay in Sipchuk.

Day 21: Day 21 Trek from Morang or Sipchuk to Yak Kharkha via crossing Jhyargo la (5378m)7/8 hours

- Trek from Tokyu to high camp gradually needs to go up and will see pasture land and nomad camp.
- Overnight camp in Yak Kharkah (4800m)

Day 22: Day 22 Trek from Yak kharkha to Chharka bot via crossing Mola pass (5030m)

- Trekking from Yak Kharkha to Chharka Bhot Via Crossing Mola
- Overnight Stay in Chharka Bhot

Day 23: Day 23 Rest and Exploring Day

- Rest day to explore Chharka Village and Bon Buddhist Monastery, visit nearby caves and monasteries, or interact with local monks.
- Overnight stay Chharka .

Day 24: Day 24 Chharka Bhot To Molum Sumna (4900m) 6/7 hours

- Trek from Chharka Bhot to Molum Sumna the trails are wide and flat. We will follow the streams and nomad camp several times.
- Overnight stay at Molum Sumna.

Day 25: Day 25 Molum Sumna To Ghaldeng Ghuldung (4247m) 6/7 hours

- Trek from Molumsumna to Sangda Phedi or Ghaldeng Ghuldung, crossing over Newar pass (5120m) and Junbeni Pass (5,550 meters).
- Enjoy breathtaking views of the surrounding Himalayan peaks from the pass.
- Descend towards Sangda Phedi, a small settlement nestled amidst the mountains.
- Overnight stay in Sangda Phedi.

Day 26: Day 26 Trek from Ghaldeng Ghuldung to Sangta (3777m) 5/6 hours

- Trek from Sangda Phedi to Sangda, a traditional Tibetan village located in the Mustang region.
- Explore the village and interact with the local inhabitants.
- Learn about the unique culture and way of life of the people living in this remote region.
- Overnight stay in Sangda.

Day 27: Day 27 Trek from Sangta To Dhagarjung or Phalak

- Trek from Sangda towards Dhagarjun, following the trail that leads through rugged terrain and rocky hillsides.
- Enjoy the views of the surrounding landscapes as you make your way towards your destination.
- Overnight stay in Dhagarjun.

Day 28: Day 28 Trek from Dhagarjung To Jomsom

- Trek from Dhagarjung to Jomsom, the administrative center of the Mustang district.
- Follow the trail along the Kali Gandaki River, passing through picturesque villages and apple orchards.
- Arrive in Jomsom and celebrate the completion of your trek.
- Overnight stay in Jomsom.

Day 29: Day 29 Fly from Jomsom to Pokhara

- Take an early morning flight from Jomsom to Pokhara, enjoying aerial views of the Annapurna and Dhaulagiri mountain ranges.
- Transfer to your hotel in Pokhara and rest.
- Explore the lakeside city of Pokhara and relax after your trekking adventure.

Day 30: Day 30 Fly From Pokhara To Kathmandu

Day 31: Day 31 Departure to your home country

FAQ

1. How difficult is the Dolpo Jomsom Trek?

The Dolpo Jomsom Trek is considered strenuous. It involves long days of walking, with some sections reaching altitudes over 5,000 meters (16,404 feet). The terrain is rugged, with steep ascents and descents, and the remote nature of the region adds to the challenge. This trek is best suited for experienced trekkers with good physical fitness and a sense of adventure.

2. How long does the Dolpo Jomsom Trek take?

The Dolpo Jomsom Trek typically takes 24-30 days to complete, depending on the itinerary and pace. This duration includes time for acclimatization, exploration of cultural sites, and travel to and from the trailhead. The trek covers a vast distance and requires careful planning and preparation.

3. What is the best time to do the Dolpo Jomsom Trek?

The best time for the Dolpo Jomsom Trek is during the spring (April to May) and autumn (September to October) seasons. These periods offer the most stable weather conditions, with clear skies and moderate temperatures, making it ideal for trekking. The monsoon season can make the trails slippery and challenging, while winter brings extreme cold and snow, especially at higher altitudes.

4. Why is the Dolpo Jomsom Trek popular among trekkers?

The Dolpo Jomsom Trek is famous among seasoned trekkers for its untouched beauty, remote wilderness, and rich Tibetan Buddhist culture. The trek offers a rare opportunity to explore some of Nepal's most isolated regions, including the famous Shey Phoksundo Lake and the ancient monasteries of Upper Dolpo. The cultural experience, challenging terrain, and stunning landscapes make this trek a once-in-a-lifetime adventure.

5. Is the Dolpo Jomsom Trek safe?

The Dolpo Jomsom Trek is generally safe for well-prepared and experienced trekkers. However, due to the remote location and challenging terrain, it's essential to trek with a knowledgeable guide and support team. Altitude sickness is a risk due to the high passes, so proper acclimatization is crucial. Additionally, the region's isolation means that access to medical facilities is limited, so trekkers should carry a well-equipped first aid kit and ensure they have comprehensive trekking insurance.

6. What type of accommodation is available on the Dolpo Jomsom Trek?

Accommodation on the Dolpo Jomsom Trek is basic and typically consists of camping and staying in local tea houses or homestays. The region's remoteness means that facilities are limited, and trekkers should be prepared for rustic conditions, especially in the higher and more isolated areas.

