

DOLPO JOMSOM TREK - 30 Days

The Dolpo Jomsom Trek is a mesmerizing expedition through the remote and rugged terrain of western Nepal. Combining the serene beauty of the [Dolpo region](#) with the dramatic landscapes of [Upper Mustang](#), this trek is a once-in-a-lifetime adventure for those seeking solitude, cultural immersion, and unparalleled natural beauty. Nestled in the trans-Himalayan zone, this route offers an unforgettable blend of high-altitude desert landscapes, deep river valleys, and centuries-old Tibetan Buddhist culture.

This route starts from the tiny Juphal Airstrip, encircled by Dolpo, and makes its way to a bustling town named Jomsom within Mustang. It crosses some of the most captivating parts of Nepal. It also takes about 24 to 30 days based on the schedule undertaken and the preference of the pace by the trekkers. Though quite tiresome, it compensates with fresh landscapes, excellent mountain scenery, and different local experiences that are enriching in culture.

The Dolpo Jomsom/Mustang Trek is more than just a physical journey; it is a passage through time and culture. The ancient trade routes, sacred monasteries, and the resilience of communities surviving in harsh environments make this trek a deeply enriching experience. The interplay of stark geographical features with rich spiritual heritage creates a tapestry that leaves trekkers awestruck at every step.

This historical and geographical richness is what makes the Dolpo Jomsom Trek a unique and transformative adventure.

A UNIQUE BLEND OF DOLPO AND MUSTANG

The Dolpo Jomsom Trek is unique in its ability to combine two of Nepal's most fascinating regions: Dolpo and Mustang.

- **Dolpo:** Known for its isolation, the Dolpo region is a mystical land of ancient monasteries, traditional Tibetan culture, and serene natural beauty. It is also home to rare wildlife such as the snow leopard and blue sheep, protected within Shey Phoksundo National Park.
- **Mustang:** Often referred to as the "forbidden kingdom," Mustang captivates with its arid landscapes, towering cliffs, and ancient caves. The region's walled city, Lo Manthang, offers a glimpse into a bygone era of Himalayan history.

The trek seamlessly transitions from Dolpo's wild and untamed landscapes to Mustang's vibrant and historic terrain, making it an unparalleled adventure in Nepal.

WHY CHOOSE THE DOLPO JOMSOM TREK?

Here's an overview of the key reasons why the Dolpo Jomsom Trek stands out:

- **Shey Phoksundo National Park and Lake:** The route takes you through Shey Phoksundo National Park, home to Phoksundo Lake, one of Nepal's deepest and most striking lakes. Its turquoise waters set against the barren cliffs of Dolpo create a scene of otherworldly beauty.

- **Tibetan Buddhist Villages:** Along the way, you'll pass through secluded villages like Ringmo, Dho Tarap, and Chharka, where Tibetan Buddhist culture thrives. These villages offer insights into ancient lifestyles and spiritual practices that remain largely untouched by modernity.
- **High Mountain Passes:** The trek includes crossings of formidable passes such as the Kang La Pass (5,240 meters) and Jeng La Pass (5,090 meters), providing awe-inspiring vistas of snow-capped peaks and the stark beauty of the trans-Himalayan region.
- **Diverse Landscapes:** The trail traverses an incredible variety of terrains, from lush pine and rhododendron forests to high-altitude deserts. The constantly shifting scenery keeps trekkers captivated throughout the journey.
- **Cultural Encounters:** The trek provides opportunities to engage with diverse ethnic groups, including the Dolpo-pa and Thakali people. You'll also encounter Tibetan refugees who preserve traditional customs, creating a unique cultural mosaic.
- **Challenging but Rewarding:** Known for its remote location, high altitude, and rugged trails, the trek is moderately difficult to challenging. It demands physical fitness and mental endurance, but the rewards are immense, both in terms of natural beauty and personal achievement.
- **Permits and Conservation:** Trekkers will need permits for Shey Phoksundo National Park and the restricted areas of Upper Dolpo and Mustang. These permits, arranged through licensed trekking agencies, contribute to preserving the fragile environment and local heritage.

BEST TIME FOR THE DOLPO JOMSOM TREK

The Dolpo Jomsom Trek offers diverse experiences throughout the year, but spring (March-May) and autumn (September-November) are considered the best seasons due to their ideal weather and trail conditions.

Spring (March-May):

- **Weather:** The weather is moderate, with pleasant temperatures during the day and cooler nights, especially at higher altitudes.
- **Landscapes:** Spring brings the trails to life with blooming rhododendrons and other alpine flowers. The greenery of the lower regions contrasts beautifully with the arid landscapes of Dolpo and Mustang.
- **Visibility:** Clear skies ensure uninterrupted views of snow-capped peaks and stunning valleys.

Autumn (September-November):

Weather: This is the most popular season for trekking, with stable, dry conditions. Days are sunny, while nights at higher elevations can be cold.

Landscapes: Post-monsoon clarity offers vibrant colors, from golden fields in the valleys to the stark beauty of Mustang's cliffs.

Visibility: Exceptional mountain views and stunning sunrises make this season unforgettable.

Monsoon (June-August):

- **Considerations:** The monsoon brings heavy rains, especially in Nepal's southern regions, but Dolpo and Mustang, located in the rain-shadow zone, remain relatively dry. However, trails can still become slippery, and flights to remote areas like Juphal may face delays.

Winter (December-February):

- **Challenges:** Winter trekking in Dolpo and Mustang is challenging due to snow-covered passes, extreme cold, and closed facilities in higher-altitude villages.
- **Opportunities:** For experienced trekkers willing to brave the cold, the solitude and serenity of the winter landscape can be an unmatched experience.

For more information on this incredible trek into the heart of the Himalayas, or to reserve your space and Customized Itinerary, [contact us](#) now.



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.

Your Himalayan adventure begins with a warm welcome to Nepal's bustling capital. Relax and prepare for the trek.

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.

A short flight to Nepalgunj introduces you to the Terai region, a vibrant gateway to western Nepal

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.

A scenic flight to Juphal marks the start of the trek. The trail winds down to Dunai, the administrative center of Dolpo.

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.

Follow trails through dense forests, crossing rivers and passing quaint villages like Chhepka and Saijol. Marvel at the turquoise beauty of Phoksundo Lake, set against the arid Dolpo landscape.

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.

Take a day to acclimatize and explore the tranquil surroundings of this stunning Himalayan gem

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

Climb through steep ascents to Kang La High Camp, preparing for the challenging crossing of Kang La Pass (5,240m). The views from the top are awe-inspiring. Descend to Shey Gompa, the heart of Dolpo's spiritual heritage.

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.

Explore this ancient monastery, known for its ties to Tibetan Buddhism. Take in the spiritual aura of the "Crystal Mountain."

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.

Pass through remote monasteries and villages, experiencing the Dolpo-pa way of life. The rugged terrain and high passes are physically demanding but deeply rewarding.

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.

Cross Muri La Pass (5,030m) and descend into the fertile Tinje Valley, a serene haven surrounded by towering peaks

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. What is the duration of the Dolpo Jomsom Trek?

The trek usually takes 20 to 26 days to complete, depending on the route and pace of the trekker. Customized itineraries may extend or shorten the duration as we, Dolpo Caravan treks are providing 30 days itineraries to complete the trek.

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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.

The best seasons are:

- **Spring (March-May):** Moderate temperatures, blooming flora, and clear skies.
- **Autumn (September-November):** Stable weather, vibrant landscapes, and excellent visibility.

Avoid winter (due to snow) and monsoon (except for Mustang, which lies in a rain-shadow area).

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.

- **In Mustang:** Basic teahouses with simple rooms and shared facilities.
- **In Dolpo:** Camping is the primary option as teahouses are sparse. Trekking agencies organize tents, kitchen supplies, and porters for camping.

7. What type of food is available on the trek?

- Teahouse meals include Dal Bhat, noodles, soups, pancakes, and Tibetan bread.
- Camping meals are prepared by trekking cooks and include hearty, energy-rich options like soups, rice, and pasta.
- Bring high-energy snacks (nuts, protein bars) for extra sustenance.

8. How do I reach the starting point of the trek?

- Fly from Kathmandu to Nepalgunj, then to Juphal, the gateway to Dolpo.
- The trek ends in Jomsom, where you can fly to Pokhara and then to Kathmandu.

9. Are guides and porters mandatory?

Yes, for the restricted areas of Upper Dolpo and Mustang, hiring a licensed guide is mandatory. Porters are optional but highly recommended for carrying heavy loads.

10. What wildlife can be seen during the trek?

The trek passes through Shey Phoksundo National Park, home to:

- Snow leopards (rare sightings).
- Himalayan blue sheep.
- Griffons, Himalayan vultures, and other bird species.

11. What is the highest point on the trek?

The highest point is typically Kang La Pass (5,240 meters), offering panoramic views of the Himalayas.

12. Is travel insurance necessary?

Yes, travel insurance is essential, covering:

- High-altitude trekking.
- Emergency helicopter evacuation.
- Trip cancellations or delays.

13. Are there ATMs or mobile networks on the trek?

- **ATMs:** Limited or unavailable in the trekking areas. Carry enough cash from Kathmandu or Pokhara.
- **Mobile Networks:** Sparse and unreliable, though satellite phones may be available with trekking agencies.

14. How physically fit do I need to be?

The trek requires a high level of fitness. You should prepare with:

- Cardiovascular exercises (running, cycling).
- Strength training for endurance.
- Prior high-altitude trekking experience is highly recommended.

