

Upper Dolpo “Simple-Trek”- 25 Day’s / 16 Day’s

Dolpo is a wild, mountainous region in the far western reaches of Nepal. Once part of the ancient Zhang Zhung kingdom, it claims some of the highest inhabited villages on earth.



There are no roads and no electricity; access is by small plane or several days’ trek over high passes. Fierce winter snowstorms ensure that these routes are impassable for up to six months of the year, when Dolpo is isolated from the rest of the country. But during the summer months, when the alpine fields are alive with yellow poppies and the lower slopes are furrowed with barley and buckwheat, the paths are navigable again.



In 1999 Oscar-nominated movie Himalaya and the German documentary Dolpo Tulku was written in culture of Dolpo. The Dolpo are generally adherents of Bon, a religion whose origins predate Buddhism but whose modern form is officially accepted as a fifth school of Tibetan Buddhism.

The “Simple trek” recognizing that most companies arrange “colonial trek style” we felt the need to create a trek for nature lovers who are more interested in an authentic and less invasive, inexpensive, experience. With 2 guests + guide & porter it is possible to minimize costs, and enable you to enjoy the beauty of this remote area without a large entourage. In this basic and simple form of trek, participants carry a part of their luggage, using high tech gear and food. Each night you will stay either in simple home stay or tea houses. In some places where there are no houses you will camp and cook with your guide & porter. Likewise you’ll get a real outdoor experience with just 4 people (2 guest + guide & porter) instead of 6-8 mule, mule man, guide, cook & helper, Sherpa’s.



We begin our trekking to Dolpo from Juphal, which we reach by initially flying Kathmandu to Nepalgunj and then catching another plane to Juphal, where we spend the first night . Next day we start our trek according to itinerary day by day. During the trekking, walking from Aankhe, Renji you will arrive to beautiful Phosundo lake (3600m). We take rest along the lake and explore the area. We continue our trek to Shey Gompa (4375m) and crossing the 2-3 high passes (Nengla pass 5368m, Mola pass 5030m & Sangtang pass 5490m) finally we reach to Jomsom (2710m) almost in 3 weeks, where we either catch a flight or drive to Pokhara and then we return to Kathmandu.

Group Size: Minimum 2, maximum 12 people.

Duration: 25 Days – can be extended according to your wish. (short trek 16 days, details on request).

Price overview:

Simple Trek 25D. cost: Euro **1475.00** per person

Special Permit:

- Royalties / Special permit Upper & lower Dolpo **520.00** \$ per person
- National park fee Shey Phoksundo & Annapurna and flight tickets **411.00US** \$ per person
- Government taxes & Sherpa Insurance **100** \$ Per person.

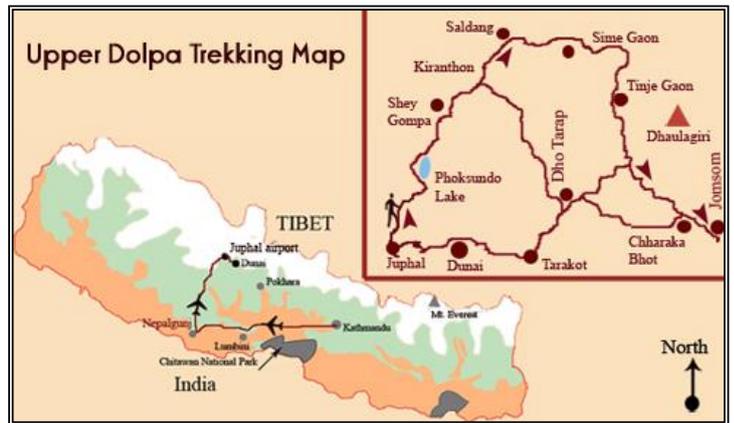
Total Permits 1031 \$ per PAX (payable in Kathmandu in US\$)

Grandtotal € 1475 + \$ 1031 (private transport on day 25, additional 300€ :2= 150€ per PAX)

Included:

- All Air fares as per separate itinerary
- 10kg main -, 5kg hand-luggage, total 15kg
- All land transport during the trek
- Accommodation in tea houses or camp fee.
- An English speaking guide, Sherpa, and Porter he carries 15kg from the group.
- All necessary equipment, cooking utensils & food for staff.

Excluded: visa for Nepal; airport transfer and hotel in Kathmandu, all food, personal equipment, insurances; tip & Gratitude's for staff.



We will send you detail itinerary day by day via e-mail.

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May all beings be happy!

