

**EVERGREEN TOURS**

... discover beyond HIMALAYAS!

Dolpa Trip

Tour Code: ETI-DT24

Day 01 Arrive Kathmandu: You will be met on arrival at Tribhuvan International Airport in Kathmandu and transferred to hotel of your choice. Overnight at hotel.

Day 02, Kathmandu: Free for self activities. We prepare necessary permits on this day. Overnight at hotel. **B**

Day 03, Kathmandu-Nepalgunj: Your adventure journey begins with a flight to Nepalgunj. On arrival take a ride to hotel. Overnight in local hotel. **BLD**

Day 04, Nepalgunj-Juphal or Dolpa-Dunai (2149 m): Early morning take a ride to airport to board your flight to Dolpa. On arrival in airport you will be met with your trekking crews and your trekking begins toward Dunai. Camping at Dunai. Approximately 4-5 hours walk. **BLD**

Day 05, Dunai-Chhepka (2838m): Each day we start early to avoid late arriving in our destination. Journey goes along the Shulikhola passing through the Raktang, Shyanta etc. Journey approximately 6-7 hours. Camping in Chhepka. **BLD**

Day 06, Chhepka-Sanduwa: Today our journey follows to Phoksundo Khola, (Khola means river) passing through Rechi (2940 m). Camping in Sanduwa. 6- 7 hour journey. **BLD**

Day 07, Sanduwa-Phoksundo (3733 m): Our destination today is Phoksundo lake- one of the deepest and beautiful lake of Nepal and entry point of upper Dolpa. **BLD**

Day 08, Phoksundo: Today rest for acclimation. **BLD**

Day 09, Phoksundo-Sallaghari (3850m): Your journey to upper Dolpa start from today. After entry formalities, proceed toward Sallaghari. You will be able to see Kanjiroba Himalaya (6612m) on your left. Camping at Sallaghari. **BLD**

Day 10, Sallaghari-Nangdala Base camp: Our journey continues toward Nangdala base camp, Nangdala also pronounced as Kangla too. Camping at Nangdala Base camp. **BLD**

Day 11, Nangdala-Shey Gompa: An early start to cross Nangdala pass (5110 m) second highest pass in your journey. La means pass and Gompa means monastery in Tibetan language. Journey approximately 7-8 hours. Camping Shey-Gompa. **BLD**

Day 12, Shey Gompa-Numgaon (3800m): Our journey continues passing through Se-la (also pronounced Ge-la) Bhanjyang (5094 m) toward Numgaon or Numgung. Bhanjyang means pass in Nepal language and Gaon means village. You may visit Namgung Gompa in Numgung. Camping in Numgung. **BLD**

Day 13, Numgaon-Saldung (3770m) Today we follows Namga Khola, Tankhor and camp at Saldung. Journey approximately 6-7 hours. **BLD**

Day 14, Saldung: Today rest for acclimatizing. You may visit Tilling Gompa and back to Saldung (roundtrip journey 4 hours). Camping at Saldung. **BLD**

Day 15, Saldung-Khoma-gaon (4060m): Today our journey continues toward east to Khomagaon. 8 hours journey. Camping in Khomagaon. **BLD**

Day 16, Khoma-gaon-Tinje-gaon (4110 m): The journey follows the Panjyan Khola passing through Mendo, Pu-Gompa, Tar gaon and camp at Tinjegaon. **BLD**

Day 17, Tinje Gaon-Kehen Khola: Today journey continues along the Panjyan River with average altitude of 4110-4300 m. Camp at Kehen Khola. **BLD**

Day 18, Kehen Khola-Chharka Bot (4110m): Journey continues through the Kehen Khola after Ghajyan it is called Lakkyan khola and cross the Mola Bhanjyang (5027m). Overnight at Chhakra. **BLD**

Day 19, Chharka-Base camp of Tuchela Bhanjyang (4400m): Today journey continues toward Tuchela passing Niwar pass (5120 m) and camp at Tuchela base. Journey 8 hours. **BLD**

Day 20, Tuchela Base-Sandok (4000m): Today is last in upper Dolpa part; journey continues crossing Tuchela Bhanjyang (4890m) and follows the Bher Khola. Camping in Sandok village. **BLD**

Day 21, Sandok-Kagbeni (2800m): Today journey descend toward Kagbeni of Annapurna conservation area. After completing entry formalities camp at Kagbeni. You visit Kagbeni village on your own. **BLD**

Day 22, Kadbeni-Jomsom: Today follow to Kali Gandaki river toward Jomsom. Camping in Jomsom. This evening final get together with your trekking crews. **BLD**

Day 23, Jomsom-Pokhara-Kathmandu: Start early in the morning to board your flight to Pokhara and connecting flight to Kathmandu. An afternoon free for self activities and last minute shopping. This evening enjoy fare well dinner hosted by Evergreen Tours with your tour director. Overnight at hotel. **BLD**

Day 24, Departure: Sadly our Trip in Nepal concludes from this morning. An EVERGREEN TOURS representative will be on hand to arrange your airport transfer to connect with your flight, (flights any time). **B**



Trip Details

Months of Operation

Mar, April, May, June, July, August, September, October,

Group Objectives

To involve our members in the environmental landscape, unexplored adventure and religious culture of Upper Dolpa, lower Dolpa and few part of lower Mustang of Nepal in the behind of the Himalayan Mountains. Members are expected to experience an ancient Buddhist region, and remote villages and their life style.

Group Size

Minimum 2 and maximum 12 People

Rendezvous Location

Kathmandu, Nepal

Passport and visa requirement

Valid passport and tourist visa required for entry into Nepal. Tourist visa available upon arrival.

Entry permit and fees

This region is protected region of Nepal. Each traveler has to pay US\$ 700 per person to the Government of Nepal as Royalty for a week trip in this upper Dolpa region. Addition US\$ 70 for additional day. US\$ 10 per week for lower Dolpa region. Entry fee of Rs 2000 for ACAP.

Physical Setting

The upper Mustang region is a remote, lightly populated area situated in mountainous terrain. Elevation range from above 3000 meters in the valleys to over 5500 meters in the highest mountain passes.

Temperatures range from -1 degree Celsius in the night to over 25 Celsius in the afternoon. Each day very windy after 12 p.m. Very little rain falls during summer time. Terrain ranges from low angle trails and a road in the valleys to high angle ascents over the mountain passes.

Physical Demands

At high elevations above sea level, we expect our members to be in good physical condition and we will require a health statement from your doctor before departure. We expect our members to walk and/or hike from 3 to 6 miles each day. In addition, bending and light lifting are required of members on some of our activities. Most people carry a light daypack (5 to 19 lb.), but this is optional for our members. You do not have to carry or bring a large frame pack and camping supplies.

Our porters will handle or carry any baggage or packs if you so desire. Primary health hazards are altitude sickness, sun exposure and the occasional twisted ankle. You do not have

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Medical Facility

Basic Medical facilities are available in the region for primary treatment. We also carry basic first aid kit.

Medical Emergency

If an emergency evacuation is necessary, the injured person will be transported by porter or the person will be placed on a packhorse and escorted to the nearest health post or air transport to hospital in Pokhara or Kathmandu. Helicopter chartered can be arranged.

Meals

Each day, fresh Breakfast and dinner will be prepared by cooks while camping. Lunch is cooked during the hike in the finest campsite. For dinner and lunch, expect variety of hot soups, vegetables, beans, lentils, bread, cheese, noodles, and rice dishes with chicken, fish or pork.

For breakfast, expect eggs, toast, cereal, pancakes and French toast with plenty of hot tea and coffee. Also, if any member has any diet restrictions, you must inform us so that we can prepare your food to your liking.

Accommodation

For your stay in Kathmandu and Pokhara it will be at hotel. The remaining days of your trip are camping excursions; we will provide high quality tents and foam-sleeping pads.

Field Supplies

Experienced travelers always travel LIGHT. Bring enough clothes for the trip. We recommend the following supplies for our members.

- Sleeping bag
- Hiking boots (broken in)
- Wool socks and inner liners
- Hiking shorts and T-shirts
- Long pants and long sleeve shirts
- Wool sweater and wind proof jacket
- Hat and rain poncho
- Small toiletries and toilet paper (a must)
- Strong flashlight and extra batteries
- Sunglasses and sunscreen
- Water bottle
- Camera and binoculars
- First aid kit and blister pads
- Comfortable walking shoes, socks and sandal