



Upper Dolpo Saldang La (5200m) - Jeng La pass (5090m)



Introduction

Upper Dolpa area was open to foreigners only from 1989. Dolpo is a culturally Tibetan region in western Nepal Valleys (south), and the Phoksumdo and Mugu Karnali Valleys (west and northwest). To the southwest lies Dhaulagiri, the sixth highest mountain in the world (8172 meters). This massif and its outliers create a rainshadow that determines much of Dolpo's climate. Though no meteorological records have been kept in Dolpo, its valleys probably receive less than five hundred millimeters of precipitation yearly. Dolpo is home to some of the highest villages on earth; almost ninety percent of the region lies above 3,500 meters. The population of Dolpo is less than five thousand people, making it one of the least densely populated areas of Nepal. Its inhabitants wrest survival from this inhospitable landscape by synergizing agriculture, animal husbandry, and trade. Dolpo's agro-pastoral livelihood is characterized by migrations between permanent villages and pastures at higher altitudes. More than ninety percent of the population lives under the poverty line, literacy is low, and life expectancy is a mere fifty years. Administratively, the valleys of Dolpo are located in the northern reaches of Nepal's largest district, Dolpa. This region is also referred to as 'Upper' Dolpo by His Majesty's Government of Nepal, a designation which has restricted foreigners from traveling extensively in this area. Originally, the Dolpo region was located in the kingdom of Zhangzhung. Located in western Tibet, this kingdom was strongly connected with the Bön religion. The first Tibetan dynasty (Yarlung) conquered much of the territory that encompasses the Tibetan-speaking world, including Zhangzhung, between the sixth and eighth centuries. Populations migrated from Zhangzhung to areas east and south, including Dolpo; the name for this region first appears in written sources at this time. The dominion of the western Tibetan dynasties over Dolpo was eclipsed during the fourteenth century by the principality of Lo (in present-day Mustang District, Nepal). Thereafter, Dolpo villagers paid tributes to the Kingdom of Lo in the form of

grains, labor, and religious service. One manner in which Dolpo's villagers paid their annual taxes was by painting Thangka and carving Mani walls. Tenzin Norbu counts among his ancestor's painters who traveled to Manthang, the capital of Lo, to participate in the creation of the renowned paintings at Thubchen and Jampa monasteries.

Dolpo was for centuries a relatively independent region in constant economic and cultural interaction with the greater, rivaling political powers that surrounded it. Dolpo was always too rugged, sparsely populated, and distant from the major passes over the Himalaya to become a major political entity: it was instead a pawn in the power struggles of competing kingdoms like Lo and Jumla, which sought control of trade routes across the Himalaya. Pastoralists and farmers living in the trans-Himalayan region were drawn into networks of exchange, cycles that often followed the calendar of religious festivals.

Nepal, the nation-state that eventually incorporated Dolpo, began taking shape in the mid-1700s when the Gorkha tribes and their leader, Prithivi Narayan Shah, consolidated power, conquered neighbors, and worked their way toward Kathmandu, which they seized in 1769. By 1789, the Gorkhas had extended their territorial control over the economically powerful Kali Gandaki valley and subsumed the Kingdom of Lo. Dolpo thus became the Gorkhas' when Lo relinquished political power over the Kali Gandaki and surrounding regions. Tremendous displacements have marked the experience of Dolpo's communities over the past fifty years: the assertion of Chinese authority over Tibet (and subsequent restrictions on the traffic of people, animals, and goods across its borders); the expansion of communications and transportation infrastructure in Nepal (which opened these remote villages to new goods and people, altering economics and crossing cultures); and the rise of modern nation-states like the People's Republic of China and Nepal (with their attendant visions of development for their peripheral populations). After the 1960s, Dolpo was no longer as isolated or self-governing as it once was: its autonomy was bounded when the Chinese closed the borders of Tibet. Across the Tibet phenomenon. External forces, including the creation of Nepal's largest national park, Shey Phoksundo, and the making of the major motion picture, Himalaya, have introduced new elements of social and economic change to the people of Dolpo.

Facts

- Altitude: 5200<
- Duration: 24 days
- Grade: 2 B
- Group: 2 - 15
- Country: Nepal
- Best Season: March to May (Spring) and September to October (Autumn)
- Start/Ends: Kathmandu (Capital of Nepal)
- Accomodation: Full board Camp
- Transportation: Domestic Flight, or Transportation by Private car or van as per group size



Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (TUM) Kathmandu
- **Day 2** : Kathmandu: Trek preparation and sightseeing. Included meals:Breakfast Dinner
- **Day 3** : Fly from Kathmandu to Nepalgunj: 1 hour. Meals Includes:Breakfast Lunch Dinner
- **Day 4** : Fly from Nepalgunj to Jhuphal and trek to Dunai (2,850m): 45 mins flight, 2-3 hours trek. Meals Includes:Breakfast Lunch Dinner
- **Day 5** : Dunai to Ankhe (2,896m): 4-5 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 6** : Ankhe to Sulighat: 5 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 7** : Sulighat to Phoksundo Lake (3,611m) 5-6 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 8** : Acclimatization and rest at Phoksundo Lake. Meals Includes:Breakfast Lunch Dinner
- **Day 9** : Trek to Phoksundo Khola: 3-4 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 10** : Phoksunds Khola to Phoksundo Bhanjyang: 5-6 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 11** : Phoksundo Bhanjyang to Shey Gompa (4,500m/14,760ft) via Kang-La pass (5,360m): 6 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 12** : Acclimatization and rest at Shey Gompa. Meals Includes:Breakfast Lunch Dinner
- **Day 13** : Shey Gompa to Namduna Gaun (4,800m) via Saldang La (5,200m): 5-6 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 14** : Namduna Gaun to Saldang (3,620m): 4-5 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 15** : Saldang to Yangze Gompa (4,960m): 4-5 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 16** : Yangze Gompa to Sibru (4,560m): 6-7 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 17** : Sibru to Jeng-la Phedi (4,900m): 5-6 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 18** : Jeng-la Phedi to Tokyu Gaon (4209m) via Jeng La pass (5,090m): 5-6 hours. Meals Includes:Breakfast

Lunch Dinner

- **Day 19** : Tokyu to Dho Tarap(4,040m): 4-5 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 20** : Rest Day at Dho Tarap. Meals Includes:Breakfast Lunch Dinner
- **Day 21** : Dho Tarap to Tarap Khola (Kamakharka) (3,800m): 6-7 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 22** : Tarap Khola to Khanigaon(3,150m): 4-5 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 23** : Khanigaon to Tarakot (2,537m): 4-5 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 24** : Tarakot to Dunai (2,140m): 5-6 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 25** : Dunai to Jhuphal: 2-3 hours. Meals Includes:Breakfast Lunch Dinner
- **Day 26** : Fly from Jhuphal to Nepalgunj and then to Kathmandu. Meals Includes:Breakfast Lunch Dinner
- **Day 27** : Final Departure

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Airport Pickup/Drop
- Domestic Airfare Kathmandu-Juphal-Nepalgunj Round trip.
- All Ground Transportation
- All Required restricted Entry permits, ACA permit & National park Fees
- Guide and Porter wages and their insurance
- 3 star or same category hotel on BB (Bed & Breakfast) plan in Kathmandu according itinerary
- Accomodation in Nepalgunj with full board of meals.
- Comfortable high quality VE-25 North face tents for members during camping
- Entire necessary High quality Kitchen utilities with Dining, Toillite, Kitchen tent chair/table.
- Company Guarantee for Emergency evacuation (clients are required to have their own traveling Insurance which copied hand over to company)
- All food, kitchen & camping staffs and equipment transfers by bus to Nepalgunj and by air to Simikot.
- Flight fare from Kathmandu-Nepalgunj-Juphal-Kathmandu including airport departure taxes.
- Required necessary land transport
- Full board of meals while on trekk
- Thuraya SAT Phone (Emergency)
- Radio Walki Talki
- Guide and porters will be insured as required by government regulation
- Local supporting staffs wages including their insurance



Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

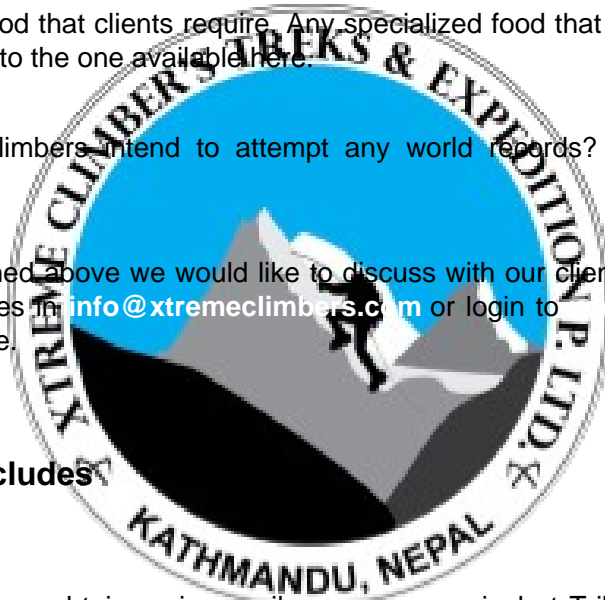
Why we dont't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.

2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in info@xtremeclimbers.com or login to www.xtremeclimbers.com for any information about your selected package.



Cost Excludes

Full Board Service Excludes

- Travel insurance
- International airfare
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. (a multiple-entry tourist visa good for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport-size photos.)
- Cold drinks, bottled or boiled water, snacks and other personal expenses
- Personal trekking equipment
- Tips and gratuities for trekking staff and drivers