



Upper Dolpo Niwar-La 5,250m. Jomsome-Juphal Trek



Introduction

Upper Dolpo till today stands as one of the most isolated and remote region of this Himalayan country. But, the magnificence of this region is second to none. Snuggled between the Tibetan plateau and Dhaulagiri Himalaya Chain, it is your Shangri-La. 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.

The Upper Dolpo-Jomsom to Juphal and back to Kathmandu trek will take you to the most isolated and unscathed parts of the Mid-West region of Nepal. Dolpo, the land past Himalayans summons the beautiful and up-close view of regal mounts, oldest monasteries and frosty turquoise lakes. The Upper Dolpo Trekking Jomsom to Juphal passes by some of the world's lordliest mounts as Annapurna, Dhaulagiri and Kanjiroba, and an ancient medieval kingdom of Lower Dolpo. 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.

The trek passes north of the major mountain chain, through thrilling mountain passes as high as 5,250m. Niwar-La as well several few other over 5000m. towards the Tibetan Plateau. We will come across monasteries, both Buddhist and Pre-Buddhist (Shamanistic) laden with colorful prayer flags. Shey Gumpa is anthropologically and religiously very important monastery of the region.

Facts

- Altitude: 5250<
- Duration: 26 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 Camping
- Transportation: Domestic Flight, Ground Transportation by Private car or van as per group size.

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Trip preparation and S... Meal includes:Breakfast/Dinner
- **Day 3** : Drive to Pokhara 900m. ... Transfer to Hotel. Meal includes:Breakfast/Lunch/Dinner
- **Day 4** : Fly to Jomsom 20-25 hrs. ... Trek to Dhangajung 3,175m. 2-3 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 5** : Hike to Sangda 3,710m. 4-5 hrs. overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 6** : Trek to Sangda Phedi (Tuchen) Niwar La Phedi) 4,190m. 5-6 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 7** : Hike to Yak Kharka 4,780m. 3-4 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 8** : Trek to Chharka Village 4,110m. 6-7 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 9** : Trek to Chanla Phedi 4,530m. 6-7 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 10** : Trek to Do Tarap 4,040m. 4-5 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 11** : Exploration of Dho Tarap. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 12** : Trek to Pangjang Khola Dovan 4,480m. 5-6 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 13** : Trek to Tinjegaon 4,150m. 4-5 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 14** : Trek to Shimengaon 3,870m. 5-6 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 15** : Trek to Koma 4,060m. 5-6 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 16** : Trek to Saldang Village 3,770m. 5-6 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 17** : Trek to Shey Gumpa 4,500m. 4-5 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 18** : Exploration of Shey Gumpa. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 19** : Trek to Lar tsa 4,120m. 6-7 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 20** : Trek to Ringmu/Phoksundo Lake 3,730m. 5-6 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 21** : Trek to Sanduwa 3,038m. 4-5 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 22** : Trek to Chhepka 2,680m. 4-5 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 23** : Trek to Dunai 2,050m. 4-5 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 24** : Trek to Juphal 2,345m. 4-5 hrs. Overnight in a camp. Meal includes:Breakfast/Lunch/Dinner



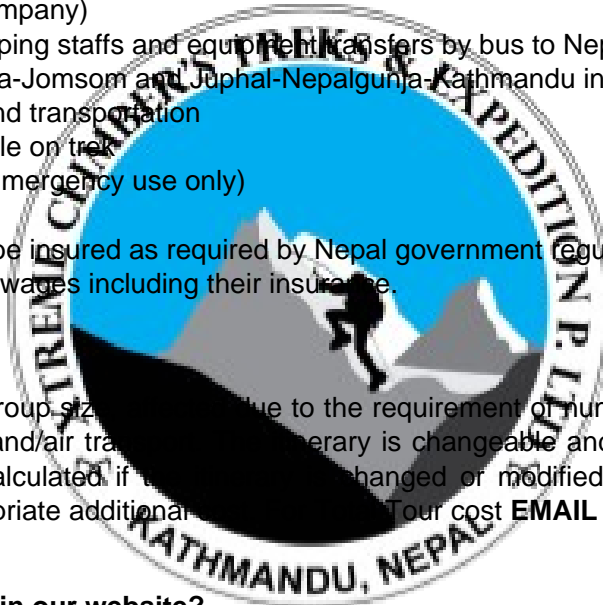
- **Day 25** : Fly from Nepalgunj to Kathmandu and transfer to Hotel. Meal includes:Breakfast/Lunch/Dinner
- **Day 26** : Departure day from Kathmandu (12,64m)

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, ACAP 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, Toilitte, 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 Pokhara-Jomsom and Juphal-Nepalgunja-Kathmandu including airport departure taxes.
- Required necessary land transportation
- Full board of meals while on trek
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- Guide and porters will be insured as required by Nepal government regulation
- Local supporting staffs wages including their insurance.



Cost and payment details

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

Why we don'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 [our contact form](#) or login to [our website](#) 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 valid for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, multiple-entry tourist visa for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport-size photos.)
- Cold drinks, bottled or boiled water and other personal expenses
- Personal trekking equipment
- Tips and gratuities for trekking staff and other services

