

Upper Dolpo

REGION	Trans-Himalaya · Shey Phoksundo
DURATION	21 days
MAX ALTITUDE	5,360 m
GRADE	Strenuous
SEASON	May-Sep
FROM	from \$3,200

Overview

The Nepal of a thousand years ago

Behind the Dhaulagiri massif lies a forbidden kingdom - turquoise Phoksundo Lake, ochre-walled gompas and a Bön culture sealed off by high passes. The Nepal of a thousand years ago.

Upper Dolpo is a rain-shadow desert behind the main Himalaya - a Tibetan world of mani walls, ancient Bön monasteries and herders moving salt by yak. It opened to outsiders only recently, and still feels like stepping back a millennium.

Our 21-day traverse begins at the impossibly blue Phoksundo Lake, crosses passes above 5,000 m and visits Shey Gumpa beneath Crystal Mountain. It's high, dry and demanding - and one of the last truly remote walks left in Nepal.

Highlights

- Turquoise Phoksundo Lake
- Shey Gumpa & Crystal Mountain
- Ancient Bön & Tibetan culture
- True trans-Himalayan wilderness

Itinerary

Day 1 - Fly west -> Juphal

Fly via Nepalgunj into lower Dolpo and start walking.

Day 2 - Phoksundo Lake

Reach the turquoise lake and the village of Ringmo.

Day 3 - Into Upper Dolpo

Cross the Kang La and enter the restricted high country.

Day 4 - Shey Gumpa & Crystal Mountain

Visit the heart of Bön Dolpo beneath the sacred peak.

Day 5 - High passes to Tarap

Traverse 5,000 m+ passes into the Tarap valley.

Day 6 - Descent & fly out

Drop to Dunai and fly back out.

What's included

- Upper Dolpo restricted permits
- Licensed guide + camping crew
- Full camping & meals on trek
- All ground transport & domestic flights
- Pre-trip briefing & gear check
- 5% funds village schools & health posts

Not included

- International flights to/from Nepal
- Travel & high-altitude insurance
- Personal trekking & climbing gear
- Nepal entry visa fees
- Tips for guides and porters
- Personal expenses (drinks, wifi, laundry)

Available departures

- 15 Mar 2026
- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026