



## **Kathmadu-Jomsom-Dolpa-Kathamndu**

An extraordinary journey through Mustang and Dolpa regions

Jomsom To Juphal, Dolpa is a long trek and offers the visitors the most beautiful and remote areas of the country. Jomsom-Juphal trek is recommended to expert trekkers who are used to embrace challenges and traverse through the great heights. This trek crosses more than eleven mountain passes, seven of them higher than 5,000m. Thus, it is a difficult route compensated, however, by natural beauty of the country-side, cultures and traditions of the indigenous people. This trekking tour is undoubtedly one of the best that can be undertaken along the stretch of the mighty Himalayas. The shining Ringmo Lake, with its pristine turquoise blue water, makes a trip to this region an experience of the lifetime.

The trek starts from Jomsom, following the 15-minute of scenic and picturesque flight from Pokhara. The route goes through high and remote alpine areas & passes and finally come to Do Tarap, a beautiful village in Dolpa. It stretches towards Charkha, probably the most beautiful high altitude village in the Himalayas and to the She Ghompa and the Shey Phoksundo Lake(3600m), the deepest lake in Nepal. From here, the trail descends to Dunai, the district headquarters of Dolpa district and on to Juphal to catch flight back to Kathmandu via Nepalgunj. The trekkers carry only their daypack and walk on their own pace, while Dolpa Treks take care of everything else.

### **Standard Itinerary**

- Day 01 Arrival and transfer to hotel in Kathmandu/welcome dinner. (D)
- Day 02 Day at Leisure, preparation for trek, briefing etc. /Hotel in Kathmandu. (B)
- Day 03 Drive to Pokhara by tourist bus/ Hotel (B, L, D) ( Flights available)
- Day 04 Fly to Jomsom (2710m) and trek to Dangarjong (3290m)(B, L, D)
- Day 05 Trek to Yak Kharka (3540m) (B, L, D)
- Day 06 Trek to Sangdang Phedi (4215m) (B, L, D)
- Day 07 Trek to Milung Kharka (4735m) via Sangda La (5460m) (B, L, D)
- Day 08 Trek to Chharka phedi (4530m) (B, L, D)
- Day 09 Trek to Ramanan Kharka (4627m) via Chharka La (4920m) (B, L, D)
- Day 10 Trek to Do Tarap (4040m) via 4800m pass (B, L, D)
- Day 11 Trek to Tokkyu Village (4060m) (B, L, D)
- Day 12 Trek to Chutung Dang (3967m) via Jeng La ( 5110m) (B, L, D)
- Day 13 Trek to Chibu Kharka (3915m) (B, L, D)
- Day 14 Trek to Saldang (4100m) (B, L, D)
- Day 15 Trek to Yang Tsser village (4300m) (B, L, D)
- Day 16 Trek to Karang ( 4100m) (B, L, D)
- Day 17 Trek to Samling Gompa (3800m) (B, L, D)
- Day 18 Trek to Shey Gompa (4500m) via Shey La (5010m) (B, L, D)
- Day 19 Day at Leisure (B, L, D)
- Day 20 Trek to Yak Kharka (4500m) (B, L, D)

Day 21 Trek to Ringmu/Phoksundo Lake (3730m) (B, L, D)  
Day 22 Phoksundo Lake to Sepka (B, L, D)  
Day 23 Trek to Rahagaon (B, L, D)  
Day 24 Trek to Dunai (2050m) (B, L, D)  
Day 25 Dunai to Juphal (2345m) (B, L, D)  
Day 26 Fly to Kathmandu via Nepalgunj /Hotel in Kathmandu (B)  
Day 27 Day at leisure/ farewell dinner/Hotel (B, D)  
Day 28 Drive to airport for return flight. (B)

**Notes:**

1. Average trekking duration per day is 7-8 hrs.
2. The itinerary and logistics can be customized according to client's need. Therefore the cost is negotiable.

**Cost includes:**

International airport pickup and drop  
Welcome and farewell dinner  
Hotel accommodation at 3 star category in double occupancy  
Trekking Transportation by plane as per mention in the itinerary  
Special Trekking permit to the restricted regions  
Annapurna Conservation Area permit  
TIMS permit  
Meals as per the program (B=Breakfast, L=Lunch, D=Dinner)  
Camping (twin sharing two-person tent) / dining tent, toilet tent  
English speaking guide with insurance coverage and equipment  
Porter with his insurance coverage and equipment (one porter for two persons)  
Wages, food, accommodation and other facilities to the staffs

**Cost does not include:**

Beverage (drinks)  
Tips  
Helicopter evacuation in case of emergency.  
Personal insurance  
Sleeping bags (Available for rent in Kathamndu at moderate prices)

For more information and inquiries please write to us !