

UPPER DOLPO TREK



A trail that passes through the forest of Birch and Chirpine, waterfalls, grassy slope, sand and ridges; Phoksundo river; Ringmo village and Phoksundo lake and glacial valley Ringmo village inhabited by Tibetan ethnicity of Bonpo faith still in practice

The experience of juniper forest, stony canyon, bare rocks and coarse eroded soil, pastures of grazing yaks, caravan of laden yaks heading towards Tibet boarder Stupas, chortens, heaps of mani stones, terraced fields, Chaiba monastery, Namdo village, Nam Khong River, Namdo monastery and the settlement of Sibü



WELCOME TO NEPAL WANDERS

Thank you for your interest in our Upper Dolpo Trek trip. Nepal wanders we are passionate about our off the beaten track experiences as they provide our travelers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or

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individuals. Our itineraries will give you the very best travel experience, designed by people with incredible knowledge who have excellent vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, or kayaking Nepal Wanders can make it happen for you. We hope you will join us for a life changing experience!!

WHY TRAVEL WITH NEPAL WANDERS?

Nepal Wanders have been pioneering treks in Nepal since 2008. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. Every trek is accompanied by an experienced local leader trained in remote wilderness first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you.

You can be sure that when booking a Nepal Wanders trip there will be no hidden costs - our all inclusive treks represent the best value for money. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

TRIP FACTS

Activities: trekking

Trip duration: 24 days

Grade: Demanding which means

1) Suitability: a good choice for regular hill walkers, high level of fitness required.

2) Walking times: average 6 to 8 hours walking per day (with several longer days up to 12 hours) for up to 14 days with some rest days included.

3) Altitude: up to 5,500m.

4) Terrain: for some of the time following well-travelled trails although also likely to encounter rough and rocky

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sections. There may be significant amount of ascent and descent.

5) Remoteness: often in more remote areas and normally a longer distance from nearest road and facilities available in a city.

TRIP INTRODUCTION

The Upper Dolpo, one of the remotest, the least exposed, less explored and naturally isolated by the difficult topography in the north-west region of Nepal, beats all other remote trekking destinations in Nepal. Along with the unparalleled beauty of the landscape, trekking in this region of Nepal also allows you to experience Bon (religion older than Buddhism) – the original Tibetan religion and their culture, social life and religious practices. Another treasure of this trekking destination is the Shey Phoksundo National Park (3555 km²), the biggest national park in Nepal and the Shey Phoksundo Lake (the deepest lake in Nepal). Moreover, this area in Nepal is also very rich in medicinal herbs, despite being thinly vegetated and shadowed from the seasonal rain. In order to preserve the unique culture, the ancient tradition of the people and the exceptional beauty and ecosystem, the Upper Dolpo region is restricted and requires a special permit.

TRIP ITINERARY

Day 01: Arrive in Kathmandu – the capital city of Nepal.

Upon our arrival at the Tribhuvan International Airport (TIA) in Kathmandu, you will be greeted by a representative from Nepal Wanders who will take you to our hotel. In the evening there will be a welcome dinner in a traditional Nepali Restaurant where you will be able to enjoy authentic Nepali cuisine with a brief cultural program. Overnight in Kathmandu.

Meal included: Dinner

Day 02: Kathmandu valley sightseeing and trek preparation

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The capital, Kathmandu Valley is a big storehouse of exclusive cultural and historical sites. Kathmandu valley has the highest concentration of UNESCO world heritage sites in a given space. In this day we will have full day sightseeing of UNESCO World Heritage Sites like Kathmandu Durbar Square (a historical structure offering architectural wonders), the Pashupatinath Temple (a Hindu shrine dedicated to the Lord Shiva- lord possessing the power of destruction), Swoyambhunath - a Buddhist shrine dedicated to Lord Buddha – the Light of Asia. After sightseeing we finalize our clothing and trekking gears (down jacket, trekking boots, sleeping bags etc.) required during the trek. Overnight in Kathmandu.

Meal included: Breakfast

Day 03: Fly from Kathmandu to Nepalgunj

After breakfast at the hotel in Kathmandu, you will be transferred to the airport (in a private vehicle), to board a flight to Nepalgunj. After about an hour of scenic flight the plane will land at the Ranjha Airport located in Nepalgunj. From the airport, you will be transferred to the hotel booked for you in Nepalgunj. If time permits, we can spend the remaining day visiting the attractions of Nepalgunj: mini zoo, Muslim bazaar and the Tharu villages. In the evening, we will get back to the hotel and make preparations for the next day's flight to Jhupal. Overnight in a hotel in Nepalgunj.

Meals included: Breakfast, Lunch & Dinner

Day 04: Fly from Nepalgunj to Juphal (2320m/7601ft) and trek to Sulighat (2070m/6790ft) (2-3hrs)

After breakfast at the hotel in Nepalgunj, we will be transferred to the airport in Nepalgunj, to board an early morning flight to Juphal. The plane flying over the high mountains will land at the airport in Juphal, where we meet the rest of the crew members (especially porters), awaiting our arrival. The luggage will be prepared for the porters, while you enjoy your lunch. Once the arrangement is finalized, we will walk down, toward the bank of the Thuli Bheri River, past a beautiful village and terraced fields. As we reach the river, following the bank of the river we further

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walk down towards the bridge across the Thuli Bheri River. Crossing the bridge, we now head up towards our destination, Sulighat. Sulighat is about 2-3 hour walk from the airport in Juphal. Overnight in a camp in Sulighat.

Meals included: Breakfast, Lunch & Dinner

Day 05: Trek from Sulighat to Renje (3010m/9873ft) (5-6hour)

After breakfast, the walk continues towards Renje. Crossing the bridge, and now on the west bank of the river, we first head towards Jyalhasa- a winter settlement of Rimgmo village, past abandoned settlement of Raktang, herders' hut and horse pastures over the ridge. Before heading ahead, we again cross the bridge and now following the up and down trail, passing through grasses and fern along the east bank of the river we reach the trail junction to Phoksundo Lake. Following the Phoksundo Lake trail, we first continue up on a ridge and then down on a rocky path to Chepka. From here, staying close to the river, we climb a small ridge, cross to the west side and continue upstream climbing up and down to the Renje campsite. Overnight in a camp in Renje .

Meals included: Breakfast, Lunch & Dinner

Day 06: Trek from Renje to Ringmo village (3640m/11940ft) and the Phoksundo Lake (3620m/11874ft) 5-6 hrs.

After breakfast, the walk continues first up the ridge and then down to the wooden bridge. From the bridge about an hour of up and down walk, along the valley floor will take us to the confluence of the Pungma River and the Phoksundo River. Crossing the river, and now on the west bank of the Phuksundo River, the trail continues through the forest, traverses a grassy slope high above the river and switches back steeply on a sandy trail through open country. From this place, the trail gets much steeper (around 400 meter ridge). Shortly after we cross the ridge, we will get the first view of the Phoksundo Lake. We will then descend through the forest of Birch and Chir pine to the upper ridges that allows us to enjoy the rushing water of Phoksundo River. Finally a gentle climb will take us to the charming village of Ringmo. Following the trail along the edge of

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the village, we walk all the way up to the Phoksundo Lake.

Overnight in a camp in Phoksundo Lake.

Meals included: Breakfast, Lunch & Dinner

Day 07: Rest day in Phoskundo Lake and explore around Ringmo Village.

This day can also be taken as an acclimatization day or the rest day after 3 days of walk without proper rest. Therefore, today, instead of heading further after breakfast, we set out to explore the very beautiful Phoksundo Lake- alpine fresh water oligotrophic and the deepest (145m) lake in Nepal. After exploring the lake area, we also explore the Ringmo village, located south of the lake and white Thasung Chholing Gompa. If time and energy permits, we also walk all the way up to see the source of the lake. Overnight in a camp in Phoksundo Lake.

Meals included: Breakfast, Lunch & Dinner

Day 08: Phoksundo Lake to Phoksundo Khola (3,630m /1190ft) (4-5 hrs)

After breakfast, the hike continues skirting the shore of the lake as it curves on a rocky ridge along the western bank of the lake. The trail is uneven and is suspended on a gangplank of wood that is maintained by pegs driven into the crevasse in the rocks - the first example of the remoteness of the area. As we reach the westernmost edge of the lake, the path leads through a lush meadow that later opens up into the flood plain of the Phoksundo River. From here onwards, we walk through the valley, cross the river and avoiding the rare marshy land we stop today's hike at the bank of the Phoksundo River. Overnight in a camp near Phoksundo River.

Meals included: Breakfast, Lunch & Dinner

Day 09: Phoksundo Khola to Phoksundo Bhanjyang (4,120/13,514ft) (6-7 hrs)

After breakfast, leaving the camp site, we head towards the confluence of the Phoksundo River and Ghyampo Kapuwa River through a glacial valley. Crossing the wooden bridge, we continue on a hardly distinctive path, towards the north-east of the valley on the Shey Gumba trekking trail. The trail is difficult,

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which makes us climb over the rocks and boulders and ford a stream that rushes down the steep valley. After a long climb, we reach a sheep meadow, where the trail swerves up a steep gorge. From here, a steep and hard climb to the top will take us to another valley that presents us the view of the Kang La pass. The night will be spent in a tented camp in Phoksundo Bhanjyang.

Meals included: Breakfast, Lunch & Dinner

Day 10: Phoksundo Bhanjyang to Shey Gompa (4390m/14400ft) via Kang-La pass (5160m/16325ft) (5-6hrs)

Today we start early. After breakfast, the walk continues towards the Kang-La pass. The steep trail littered with slate scree makes the walk quite strenuous. The top of the pass presents the amazing view of the large valley cut across into two halves by a gushing river. As we descend from the pass, the path leads us on a long winding trek along the banks of the river, which also requires us to crossing it several times. We walk past the meadow and the old nomadic hut of the herders. Soon we will see a red chorten that marks our arrival at the Shey Gompa. Here we cross the old wooden log bridge and walk up to the Shey Gompa. The night will be spent in a tented camp in Shey Gompa.

Meals included: Breakfast, Lunch & Dinner

Day 11: Rest day at Shey Gompa the crystal monastery

Today, both for the purpose of exploration and acclimatization we visit a monastery, Shey Gompa and the Crystal Mountain, built during the 11th century. The monastery belongs to the Chaiba community, who are the followers of saint Padmasambhava and is the first Kagyaupa monastery. Shey Gompa is located above the confluence of Kangjunala and Yeju Nala River. After exploring the monastery we also visit the crystal mountain and then get back to the camp for overnight stay.

Meals included: Breakfast, Lunch & Dinner

Day 12: Shey Gompa to Namgung village (4430m/14530ft) via Saldang La (5010m/16432ft) (6-7hrs)

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The Namgung Village is the destination set for the day. After breakfast, we continue to walk towards the destination. Initially the trail is pleasant as it runs through the juniper and descends into a gray, stony canyon. Then a zigzag path over bare rocks and coarse eroded soil will lead us to the top of Saldang La. The long, tiring trail steeply descends north until we see the first sight pastures of grazing yaks and sheep and nomadic tents. This is a sign that we are approaching towards the Namgung village. Soon we will see a red stone structure build against the backdrop of a cliff on the north wall of a gorge. The structure is Namgung Monastery of the Karma-pa sect, which has now collapsed. We will explore the monastery, village and the nearby area. The night will be spent in the tented camp in Namgung village.

Meals included: Breakfast, Lunch & Dinner

Day 13: Namgung village to Saldang (3620m/11,874ft) (4-5hrs)
Leaving the beautiful village of Namgung, we will head towards today's destination, after breakfast. Initially, we ascend a scree slope and then continue along the dusty barren mountains. After some hours of hard climb, we will be greeted by the picturesque view of Saldang (the largest village of the Inner Dolpo) below on a plateau high above the Nam Khongmala. We walk all the way down to Saldang. If time permits, we also explore the village and the lifestyle of people living in the village. The night will be spent in a camp in Saldang village.

Meals included: Breakfast, Lunch & Dinner

Day 14: Saldang to Yangjze Gompa (4960m/16267ft) (4-5 hrs)
After breakfast at Saldang, the trail further heads north towards the destination, Yangjze Gompa. A fairly gradual path with few ups and downs along the Nagon River will also make us walk past the small settlement like Tiling, Kigaon and Lurigaon. We will cross the bridge over the Panjyang River and a short walk from here will lead us to a rarely explored area of this region, the Yangjze Gompa – a very old Bon-Po Monastery. We will spend the remaining day exploring the monastery and the

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village. Overnight in a camp in Yangjer Gompa.

Meals included: Breakfast, Lunch & Dinner

Day 15: Yangze Gompa to Sibü (4560m/14957ft) (6-7 hrs)

Sibü is the destination of the day. There are two trail options to Sibü. However, in order to save time, we retrace the path leading towards Saldang village. As we reach Saldang, following the river bed we walk past the terraced fields, stupas, chortens, mani stones, Chaiba monastery, and Namdo village located left of the Nam Khong River. From here, we further continue for about two hours to reach the destination, Sibü. The night will be spent in a tented camp in Sibü.

Meals included: Breakfast, Lunch & Dinner

Day 16: Sibü to Jeng La Phedi (4900m/16072ft) (5-6 hrs)

After breakfast, leaving Sibü, we set off towards Jeng La Phedi. Initially we continue following the same Nam Khong River. However, later we turn east and continue until we come across the confluence of two small tributaries. From here, we walk all the way up to the bottom (Phedi) of the Jeng La. The night will be spent in a tented camp in Jeng La Phedi.

Meals included: Breakfast, Lunch & Dinner

Day 17: Jeng La Phedi to Do Tarap (4080m/13382ft) via Jeng La pass (5090m/16695ft) (6-7 hrs)

After breakfast at the Phedi, around two hours of uphill climb will take us to the top of the Jeng La pass that greets us with a beautiful view of snow ranges and the north face of Dhaulagiri massif. After spending some time here on the pass, we descend through rough path towards the Tarap valley. Around the afternoon, we come to the green valley, which further leads us on a pleasant track down towards Tarap Chu. On the way, we also visit Tokyu monastery belonging to Chaiba sect. The trail further leads east along the downhill course of Tarap Chu in a plain valley with patches of lush verdant grass on both sides of the river. After a short trek in the valley we reach Do Tarap. The night will be spent in a tented camp in Do Tarap.

Meals included: Breakfast, Lunch & Dinner

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Day 18: Exploration and acclimatization day in Do Tarap
After several days of tiring walk, this day is set aside for exploration and acclimatization. Therefore, after breakfast, we set out for a leisurely half day excursion up to the valley to Dero Gumpa and Shipchok Gumpa –a school of Bonpo. We also visit Ribo Bhumpa Gumpa above the village, rebuilt in the year 1955 and the village of Do Tarap. The night will be spent in a tented camp in Do Tarap.

Meals included: Breakfast, Lunch & Dinner

Day 19: Do Tarap to Tarap Khola (Karmakharka)
(3800m/12464ft) (6-7 hrs)

After breakfast, the trail descends towards the wide valley and then into the gorge. We then walk along the juniper bushes and wild roses, just above the tree line. Around the afternoon, we reach the confluence of the Tarap Chu and the Lang River. We walk further towards the meadow in Karmakharka, where we set up our camp for overnight stay. If time permits, we can also go and visit nearby caves. The night will be spent in a tented camp.

Meals included: Breakfast, Lunch & Dinner

Day 20: Tarap Khola to Khanigaon (3150m/10332ft) (5-6hrs)

After breakfast, we continue on a trail down the gorge of Tarap River. We walk past many possible camp sites by the river, narrow deep gorges, stone slabs fitted on logs in between the walls acting as bridge. We will continue until we reach the camping spot beside the Tarap River at Khanigaon. The night will be spent in a tented camp in Khanigaon.

Meals included: Breakfast, Lunch & Dinner

Day 21: Khani Gaun to Dunai (2030m/6658ft) via Tarakot
(2537m/8321ft) (5-6 hrs)

After breakfast, we set out on the trail that passes through the forest and then descends into another gorge. We continue following the river downstream to reach Tarakot, where we can enjoy colorful terraced fields. Soon we will cross the bridge at Lawan and now seven meters above the river we walk past the remote village in the shades of pine trees and deep gorges.

Crossing the bridge we gradually descend and head east and

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following the bank of the Thuli Bheri River, we finally reach Dunai. Overnight in a basic lodge in Dunai.

Meals included: Breakfast, Lunch & Dinner

Day 22: Dunai to Jhuphal (2320m/7610ft) (2-3 hrs)

After breakfast, we continue on a flat trail along the Thuli Bheri River. The trail then passes through terraced fields, and beautiful villages all the way up to Jhuphal. About 2-3 hours walk will take us to Jhuphal. It is the last day of the trek in this region. The night will be spent at a lodge in Jhuphal.

Meals included: Breakfast, Lunch & Dinner

Day 23: Fly from Jhuphal to Nepalgunj to Kathmandu

After breakfast at the lodge, we first fly back to Nepalgunj and then from Nepalgunj, we fly back to Kathmandu. As you reach the Kathmandu airport, a company representative will pick you at the airport and transfer you to your hotel in Kathmandu in a private vehicle. In the evening, we meet for a farewell dinner and discuss the trek. The night will be spent in a hotel in Kathmandu.

Meals included: Breakfast & Dinner

Day 24: Farewell Nepal

Our representative will pick you up at the hotel and transfer you to international airport for onward journey.

Meals included: Breakfast

FOOD

In Kathmandu there is a wide selection of restaurants to choose from, serving both delicious local and International cuisine to suit a broad range of tastes and budgets.

Most treks in Upper Dolpo are fully-catered camping treks given accommodation and food supplies are hard to come by along the trail.

Meals will be prepared by the guides and staffs. Our guide will assess the food arrangements that will be served. Health and safety issues will be kept as the utmost importance along with taste. It is still important to be mindful of the fact that restocking provisions can be challenging for guides and porters in this region, and that resources are scarce.

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DIETARY REQUIREMENTS

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut free or allergen free trip, and therefore, we strongly encourage that travelers with life threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

ACCOMMODATION

In Kathmandu, guest will stay at the Ambassador Hotel situated in the heart of the city close to Thamel – the touristic hub of Kathmandu valley. The hotel is an excellent place to relax pre and post trek. Whilst on trek your stay is arranged in a tented camp due to the unavailability of teahouses and lodges in this part of the region.

For the 4 hotel nights in Kathmandu and Nepalgunj, single rooms are also available for a supplementary cost. Additional hotel nights in Kathmandu are also available.

A TYPICAL DAY

After dawn you should wake and start packing your kitbag and making preparations for the day. Coming down to the dining room we will be served breakfast from the lodge kitchen. After a wholesome breakfast we are usually on the trail between 7.30am–8am, depending upon the duration and nature of the day's walk. We will generally reach our lunch stop by mid-day

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after around 3 or 4 hours of trekking. Lunch is taken at tea houses along the route or occasionally as a packed lunch. This is normally a leisurely affair and is a great time for relaxing, reading and sitting in the sun. Our porters usually catch up with the group during lunch and then are well on their way to the evening's stop by the time we set off again. It is usual for the afternoon's walk to be shorter than the morning session. On arrival at the lodge the trek leader will organize everyone's room. After checking in to your room you may wish to relax with a beer on the terrace of your lodge before taking dinner. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water.

Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

INTERNAL FLIGHTS

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The inclement nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the European Commission's list of airlines that are banned from flying into EU member states. Flying in Nepal is an acknowledged risk, and many countries provide information regarding travel warnings. UK and Commonwealth Office travel advice provides further details which you can read on their website at: www.gov.uk/foreign-travel-advice/nepal/safety-and-security.

Nepal Wanders is mindful of its duty of care to clients travelling with. NW uses only four airlines in Nepal which were approved as safe carriers. These airlines are: Yeti Airlines, Tara Air, Buddha Air and Simrik Airlines. In addition to this both, Tara Air and Yeti Airlines have fulfilled the IATA Standard Safety Assessment (ISSA) - a new global safety standard for

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commercial airlines operating smaller aircraft.

www.iata.org/whatwedo/safety/audit/issa/

While we have taken appropriate action to try to minimize the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night in Kathmandu. On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but alternative arrangements must be made if internal flights are cancelled for a subsequent day. For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. Helicopters can sometimes fly when the scheduled fixed wing aircraft cannot. If your group is offered the opportunity to use a chartered helicopter, either flying up from or back to Kathmandu, the cost will be shared between those choosing to take this option. In the extremely unlikely event that flight cancellations cause you to miss your homeward international flight, NW will render all assistance, but cannot be held liable for any extra costs incurred. We advise you to take out suitable insurance and to keep your receipts, as you may subsequently be able to make a claim.

TRAVEL INSURANCE

For everyone planning their next trek in the Himalayas of Nepal, it is highly recommended that you get a travel insurance that covers added expenses that might result due to various health issues, injuries or accidents (together with air ambulance, helicopter rescue and other treatment cost). Your insurance policy should cover up your entire activities that you are planning to accomplish throughout your stay in Nepal. In addition to this, the policy should also cover death, misplaced luggage, theft and liability, cancellations, medical treatment (counting hospital charges, cost of the medicine, doctor's fees)

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as well as repatriation cost. Also, most of the trekking trails in Nepal take you above the altitude of 5000m, therefore, you also need to ensure that your insurance policy covers treks that go over 5000m. In short, its client himself/herself has to take the responsibility regarding unforeseen expenses during the trip. For details please read our “terms and conditions”.

GROUP LEADER & SUPPORT STAFF

The group will be led by an experienced English-speaking local leader and local guides. We will also have the services of porters or baggage animals to carry luggage.

SPENDING MONEY

Approximately £200 (or equivalent in US dollars, Euros etc.) changed into local currency, should be sufficient for miscellaneous personal expenses including porter and trek crew tips, beer and soft drinks. It is not necessary to obtain local currency (Nepali rupees) prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money (rupees only) from ATMs in Kathmandu using your debit or credit card but not while on trek. During the trek it is possible to buy snacks, chocolate, tea, coffee, soft drinks and beer on most days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

GUIDANCE ON TIPPING

Tipping is the accepted way of saying ‘thank you’ for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the

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end of the trek and this is best done as a group rather than from individuals. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. The level of tipping should be determined by the group as a whole with everyone contributing an equal amount that all are comfortable with. As a rough guide, we recommend that a contribution from each group member of around £50 - 60 (in rupees) should provide a good level of tips when divided among your guides, porters, and other trek crew. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received by the porters. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the Sherpa crews. If you think you would like to donate equipment at the end of your trip, your local trip leader will make arrangements for a fair distribution among the trek crew.

BAGGAGE ALLOWANCE

Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg (33 pounds). It is possible to leave clothes or other items not required on trek at the group hotel.

ACUTE MOUNTAIN SICKNESS

When we ascend above 2500 meters, our bodies have to acclimatize to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly allowing acclimatization to occur. However, during the acclimatization process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea

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- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatize at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

EQUIPMENT LIST

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your trek bag while trekking should be no more than 15 kgs.

You must bring the following Items:

- Hiking boots – highly recommended leather ones
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Base-layer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)*
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 litres

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- Head-torch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litrex2
- Sleeping bag (comfort rated -15°C)
- Washbag and toiletries
- Toilet paper (you can also buy this in the lodges if necessary)
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)

OUR ATTEMPT WHILE YOU ARE ON A TREK:

Most of our trails take you to the remote Himalayan region of Nepal, where communication facilities are very less. Therefore, we will take all the responsibility to deliver your message to your family, friend, relatives or the concerned person. Our guides are provided with a cell phone and are contacted on a regular basis. You can use the cell phone provided to our guides to send your message to us which will further be delivered to the respected person. Also, our guides will make every attempt to follow the planned itinerary; however, it is kindly requested to be flexible in case of changes in the itinerary caused by extreme weather conditions. We can also help you reschedule your international flight (Extra charge applicable) if you need any additional days to complete your trek. We will make every possible attempt to make your trek a 'grand success'.

IMPORTANT LINKS

Booking Conditions Link:

<http://nepalwanders.com/terms-and-conditions/>

Reservation and Booking Link:

<https://nepalwanders.com/booking-form/>