



Inner Dolpo Traverse - Jumla to Jomsom via Phoksumdo, Shey Gompa & Chharka – 31 days, 25-day trek

Long trek that takes you deep into Inner Dolpo, the heartland of Tibetan culture in Nepal.

Tour JTT-NE-T03: Kathmandu – Pokhara – Jumla – Kagmara La – Phoksumdo – Shey Gomba – Do Tarap – Chharka - Jomsom

Best time: April/May, August – November



Introduction

'The land behind the Himalayas' is what they called it. Little was known about this hidden land until Christoph von Furer's visit in 1962 and the subsequent recording about the trade in the Trans Himalayan region including Dolpo in his book, 'Himalayan Traders.' Later, about 38 years ago, Peter Matthiessen (author of the snow leopard) and zoologist George Schaller visited Inner Dolpo region. Some privileged researchers visited the area in the 70's and the 80's. During those times, the entire region of Dolpo was forbidden to foreigners.

The inner Dolpo region, in particular, has always caught the imagination of people in the western world. This imagination was fuelled further by the feature film called "Caravan-Himalaya," directed and produced by Eric Valli. The Oscar nominated film brought the mesmerizing landscape and life in Dolpo to the attention of people worldwide. Few researchers and sneak travelers have been there earlier around the 1980's. Karna Shakya – a botanist - is among the few researchers fortunate enough to have visited including George Schaller and Peter Matthiessen (who tracked snow leopards). Phillip Sturgeon, a 75 year old American, in his travelogue "Himalayan Echoes" expressed his 1992 experience of Inner Dolpo as "If there is a Shangri la, it is Inner Dolpo." The land known for Shey Gompa, blue sheep, and musk deer is still an enigma to the outside world.

For years, people have wanted to have a look at the monastery at Shey known as the Shey-gompa. Shey gompa is behind the so called 'crystal mountain.' It is not an easy walk to this hidden place.

There are several high passes that you have to go through before getting behind the crystal mountain. This is unexplored land where the trails are not always defined. The trek to Shey demands a lot of energy and patience. But good weather would make this trek a truly memorable one.

We fly to Nepalgunj, stay overnight there and next day, fly to Jumla. The scheduled flight to Jumla departs in the morning. We walk from Jumla to Gothichaur and then to Riverside camp before the alpine trek starts for the Kagmara la. After Kagmala La, you arrive at Phoksundo lake (3600m) and then you further trek on the northern side of the lake to Shey Gompa. From here, the landscape is simply indescribably beautiful till your adventure comes to an end after crossing several high passes to Jomsom. From Jomsom you fly back to Pokhara.

Itinerary

Day 01: Arrival Kathmandu

After arrival at the Kathmandu airport, you will be met by our representative and taken to a comfortable hotel in Kathmandu.

Day 02: Sight seeing in Kathmandu

We spend the day relaxing in Kathmandu while your permits for trekking are taken care along with last minute sorting out of equipment. As this is a rather long and heavy trek, a detailed briefing of the trek will be given in the evening.

Day 03: Fly to Nepalgunj with overnight stay

We fly to Nepalgunj where we stay overnight in a comfortable hotel. Nepalgunj is a town in the western Terai, very close to the Indian border and the Bardia National Park. It is also a major transport hub for western, mid-western and far-western regions of Nepal.

Day 04: Fly to Jumla – the starting point of the trek

We fly to Jumla from where we begin our trek to Gothichaur (2650m). The trail moves along Tila Khola before crossing it at the confluence to Chaudabise. Later, the route ascends up till it



reaches the fertile valley of rice terraces. From here, we will pass through villages and forests of maple and walnut to arrive at a meadow in Gothichaur where we camp for the night.

Day 05: Trek to Churtha (3380m)

From Tila Khola, the trail gets more picturesque with fields of corn, buckwheat and barley along the way. We will move along the river passing through Maniwals to a small Buddhist settlement of Churtha where we will stay overnight in a tented camp.

Day 06: Trek to Chaurikot (3060m)

We follow the steep trail through forests of oak and rhododendrons to arrive at Mauria Lagna, which is popularly known among trekkers as the 'Honey Pass'. We will descend from the pass to Chaurikot Village where we camp for the night.

Day 07: Trek to Hurikot (2610m)

From Chaurikot, we will descend further before ascending to the ridge at 3080 m. The climb up the hill through wild vegetation will take us to Hurikot, our next destination.

Day 08: Trek to Toijum (2920m)

Early in the morning, we will head for Toijum where an army post is also located. This day is a relatively short and pleasant trekking day.

Day 09: Trek to Kagmara phedi (3500m)

After breakfast, we head towards the base camp of Kagmara which is located in a rocky area in Kagmara Phedi. The area has a rugged charm that most people appreciate and enjoy.

Day 10: Cross Kagmara La (5115m) and trek further to Lasa (4060m)

Today is a slightly hard trekking day. The day begins with walking alongside the Kagmara glacier from where we make our way to the Kagmara La (5115). It gets a little arduous when we have to move further on towards Lasa.

Day 11: Trek to Pungmo (3500m or Samduwa (2960m)

We trek down following the river to Pungmo, the site of a small Bon gumpa. If time permits, then we can continue to Samduwa in the Phoksundo Khola.

Day 12: Trek to Phoksundu - Ringmogaon



We will head for the Phoksundo Lake where we shall unwind for a bit before moving on to our next camping place. We will pass by a gushing waterfall and through a heady pine forest with juniper and blue pine trees. We camp here among the fragrant pine trees.



Day 13: Rest day - at Phoksundo - Rinmogaon

Today we take off and relax. We experience the stunning lake and explore its equally beautiful surroundings the whole day.

Day 14: Trek to Pine forest camp (3750m)

Early in the morning, we set off and follow the Phoksundo river and valley that leads to the pine forest camp.

Day 15: Trek to Nangdala base camp (4717m)

Today, the trekking is relatively easier than other days as the Nangdala base is not that far from the forest camp.

Day 16: Cross Nagdala la (5350m) and arrive Shey Gompa (4343m)

We cross the Nagdala la and head towards Shey Gompa. Also known as the Crystal Mountain, Shey gompa is an 800 year-old Bon po monastery located in a remote part of Dolpo. Shey Gompa is believed to belong to the Chaiba community. We will stay overnight at Shey Gompa in a camp.

Day 17: Trek to Langmosya Base Camp (5726m) via Shelamunchung pass (5126m) (pass open April to Nov only)

We will climb uphill to the Jeng La Pass and then descend to Lagmo Che, which is located in the north, positioned between Saldang and Dho Tarap. We will spend our night in a high camp of the Langmosya Base Camp at 5726m.



Day 18: Langmosya Base Camp trek to Khuyangla Base Camp via the Langmosya pass

We trek to Khuyangla Base Camp, which is also known as Numala Bhanjyang north (5143m). If time permits,

we try to visit Shering Gumpa.

Day 19: Trek to Dho Tarap (3944m)

We will go down the hill and pass a mani wall to arrive at the Tarap region. Later, we will move across the barley fields to the village of Dho where we will spend the night. This traditional village has friendly inhabitants and an interesting small gumpa. It is good place for a day of rest.

Day 20: Rest day

Day 21: Trek to Mola la phedi (5027m)

Leaving Dho Tarap, we head north through a typically Tibetan landscape and climb to a high camp below the Molala pass. This place can really feel high and cold and you'll probably crash out early. Wolves and snow leopards do feel very much at home here and if there is fresh snow you should look out for tracks the next morning



Day 22: Cross Molala pass and then trek to Chharka Bhot

We cross the Molala pass La (5027m) and descend to the Keheing Khola. We then cross the Mallan La at 4830m and descend to the village of Chharkha Bhot (4110m).

Day 23: At Chharka Bhot

A day for rest or exploration at Chharkhabhot. This a wildly pittoresk village in a very isolated place. Eric Val-li shot part of his film Caravan-Himalaya here. We take a break here before we start the long climb to the Sangda La.

Day 24: Trek to Niwar Phedi



Day 25: Cross Niwar pass at 5120m to Sangda

We begin the day climbing a yak pasture at Molum Sumna (4860m) and on to a crest at 5120m. We then make a long traverse across meadows to the foot of the Sangda La, and then a long, steep final climb to the pass at 5560m. We descend over switchbacks to our campsite by a stream at 5100m.



Day 26: Sangda (3700m)

We climb to a lower Sangda La at 4990m, then descend through loose shale towards the village. We drop down to the Ford, crossing it at 3750m, and then climb steeply up the opposite bank. We then come to a set of steep switchbacks that descend to a stream at 3580m. We do another climb to reach Sangda.

Day 27: Trek to Phale Gaon

We climb the hill behind Sangda and spend most of the day making a high traverse, crossing nine ridges to a final crest at 4280m. We then descend into the Kali Gandaki valley, traversing under high cliffs and descending to the large village of Phale Gaon.

Day 28: Trek to Jomsom (2720M)

We climb to a ridge at 3360m and make a final descent on a challenging trail of loose rocks to Jomsom at 2720m.

Day 29: Flight Jomsom – Pokhara; flight Pokhara - Kathmandu

We fly to Pokhara, then fly to Kathmandu. We spend the day unwinding in Kathmandu.

Day 30: Kathmandu

We spend this last day in Kathmandu shopping for souvenirs and gifts or simply relaxing.

Day 31: Departure

You are transferred to the airport for your international flight out of Kathmandu.

Price

2	Pers. US\$ 6745 per person
3-5	Pers. US\$ 6125 per person
6-8	Pers. US\$ 5240 per person

Single supplement: US\$ 230

Cost includes:

- 01: All meals and accommodation in tent during the trek
- 02: Cooking and eating utensils.
- 03: Service of sardar (guide), cook, kitchen and sherpa assistants
- 04: Porters to carry personal baggage (each 15 kg.), food and camping equipment
- 05: Warm clothing, shoes, blankets and dark goggles for high altitude porters as required
- 06: Accident insurance for staffs and porters.
- 07: Domestic Airfare according to programme
- 08: Upper Dolpo and lower Dolpa Special trek permit
- 09: National park/conservation entry permit as per programme
- 10: Arrival and departure transfers.
- 11: Local / public transport as shown in the programme for staff
- 12: Accommodation on BB in Kathmandu (3 star category) as per programme

Cost does not include:

- 01: Personal clothing and sleeping bag
- 02: Personal accident and health insurance
- 03: Emergency evacuation and oxygen cost, and medical-box
- 04: Alcoholic and bottled beverage, laundry, and tips
- 05: Any other services and expenses that are not specifically mentioned in the programme
- 06: Expenses due to flight delay, sickness other contingencies