

Dolpo and Phoksumdo Lake Trekking Trek of 18 days

Departure : From April to November, dates of your choice – To travel outside these dates, please contact us. shangrila-trek@gmail.com

Duration of the trek : 18 days from the day you arrive in Kathmandu until the day you leave

Detailed Program :

This program is for an indication only. It may be modified depending on the weather and ground conditions, the physical condition of the participants, etc.

In addition, the Agency does not take any responsibility for any changes on the internal flights.

A big thank you to Béa Rolland for her notes taken during the trek of Dolpo.

D1 to D4:

D1	arrival in Kathmandu & transfer to the hotel			
D2	One day in Khatmandu			
D3	Flight to Népalgang and then Jumla			
D4	Flight to Juphal - trek to Dunai	Stage 1	2h30	2400 m

- In Juphal and Dunai, you can recharge your batteries for your camera.
- Kathmandu – Nepalgani: Flight
- Nepalgani – Juphal or flight directly from Kathmandu to Juphal depending on the season. You will be traveling by plane, with Yeti Airline (approximately 1h30). You will land on a very small airport in the mountains. The plane also flight to Dolpo.
- Juphal – Dunai: The path follows the river. You will pass a military camp which defends the entrance of the valley. The valley leads to Ringmo. The valley is also the entrance to Shey Phoksumdo National Park.

D5 to D7 :

D5	Tarakot	stage 2	5 hours	2400m
D6	Lahini	stage 3	5H30	3200m
D7	Simular-Pigo Phu Cave	stage 4	4 hours	3500m

- Dunai – Taragbar : There are a lot of coniferous trees that give to the valley an alpine look. Each plateau is occupied by small cottages and their crops: spices, potatoes, . The camp will be set up in a sweet corn field. A little bit higher is the village of Tarakot.
- Taragbar – Lahini: The path is getting steeper but some steps have been carved into the rock. You will meet a lot of nomad from Tibet who are setting up their tents along the path during the touristic season and which allow you to drink some delicious teas and eat some tasty dal-bhat!!!
- Lahini – Simular: The path runs along the river, the vegetation becomes more arid and more mineral. However, the path is really pleasant.
- Simular – Dunai: You will walk in wonderful gorges. Rocks have a red colour. The area is now very wild.

D8 to D9 :

D8-D9	Dho	stage 5	6H30	4000m
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- In Dho, you can recharge your batteries for your camera.
- Dho: First village of the Dolpo area, located in a valley leading to Jomoson. The farmers are busy threshing and winnowing crops of barley. The barley is the principal cereal used here as well as in Tibet. You will also visit the Gompa and spend some time acclimatizing.

D10 to D12 :

D10	High camp	stage6	3 hours	4300m
D11	Danighare (crossing of Numa La - 5200m)	stage 7	7 hours	4300m
D12	Ringmo (crossing of Basia La - 5100m)	stage 8	7 hours	3600m

- Dho – High Camp : You will be walking through the valley of Tarap. The valley is large with a lot of Gompa built on the surrounding summits. After Tok Khyu, the valley splits in two, one valley going towards the north-east (Tibet) and one towards the north-west. You will be walking on the valley going towards the north-west, direction Numa La. The path goes through wonderful Tibetan villages. To say hello, you will have to say “Tashi Delek” (Tibetan) when meeting inhabitants.
- High Camp – Numa La – Dani Ghar: On this day, you will be climbing your first high pass. The path is very pleasant and you will be walking slowly. If the weather is clear, you can admire the end of the valley of Dhaulagiri. Then, you will go down, approximately 900m lower. The camp will be set up next to the river, at the end of the valley, the first glacier, the Norbu Kang.
- Dani Ghar – Baga La – Ringmo: Walking towards the second pass, the landscape is beautiful and the path very pleasant. Once arrived on the top of Baga La, you will have few minutes to rest and take some pictures. The descent is quite long and leads to the beautiful village of Ringmo.

D13 :

D13	Visit of Ringmo - Lac Phoksumdo	stage 9		3600m
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- In Ringmo, you can recharge your batteries for your camera.
- Ringmo and his incredible Lake Phoksumdo: This is a dream-land! Like in a movie! Do not forget your camera!! One day of rest in this breathtaking landscape. You must walk around the lake, it is majestic! You must also visit the Gompa.

D14 to D16

D14	Sangta	stage 10	7 hours	2600m
D15	Juphal	stage 11	5 hours	2400m
D16	Flight Juphal - Kathmandu			

- Ringmo – Sangta : You will walk down towards Sangta, at lower altitude. The vegetation becomes richer.
- Sangta – Juphal : Last trekking day, you will be crossing large field of cannabis. The descent towards the check point is quite. At the check point, you will need to register and give name, first name and nationality. But no worries, your guide will take care of all that. You will then walk on the path where you were walking on the first trekking day, yes, sadly it is already finished! You closed the loop! This trek, very authentic, will leave you unforgettable memory!

D17 and D18

D17	one day in Kathmandu			
D18	departure to your country			

To know before starting your trek in the Dolpo

- During all the trek, you can not buy plastic bottles of drinking water. But no worries, the cook will boil some water for your flask. You should also take some iodine or chlorine tablets to purify the water.
- As it is quite remote, you can not take hot showers in the different villages. However, if you really want, we always walk along river!! Sherpas will also boil water that you can then use. Think about taking small cleaning tissue (usually for baby), they are very useful.

Trekking Grades : Grade 3 over 4

- Accommodation in tents with walks of between 3 and 7 hours per day;
- Maximum altitude of 5200m, Numa La; and
- 2 nights at 4300m in High Camp and Danighare.

Trip Grading – Explanation:

Level 1: No difficulties. For example, visit of Kathmandu and its surrounding.

Level 2: Accommodation generally in lodges with walks of approximately 6 hours per day maximum. The highest altitude will not exceed 4500-4700m, and nights will be spent at altitude no greater than 4000m. An example is the trek of the Langtang.

Level 3: Accommodation will be in lodges or tents, with an average of 4 to 9 hours walking per day. Participants should expect to trek above 5000m when passing a pass, and one or two nights would be spent above 4000m. An example is the Manaslu Circuit Trek.

Level 4: Accommodation is mainly tents, with longer walks of between 6 and 9 hours per day. Self-catering during all or most of the trek. Participants should expect to trek at high altitude (above 4500m) with low temperatures for several days. Participants will also pass several passes and / or plateaus peaking at more than 5000m. An example is the Kangchenjunga Trek.

Luggage during the trek : During the trek, you will only carry your equipment for the day. This will include warm clothes (e.g. fleece), a windstopper / waterproof jacket, gloves, a woolen hat and a drinking water bottle.

Your main luggage will be carried by the porters or by yaks or mules depending on the area where you are traveling. The total weight of your main luggage should not exceed 14kg. Every evening, your luggage will be waiting for you at the campsite or lodge.

List of personal belongings

Your bag should not exceed 14-15kg.

Articles	Quantity	Observations
Sleeping bag	1	Type 3 seasons - warm
Rucksack	1	About 50-65 litres or marine bag for the porters + a small Rucksack of approximately 30l for yourself
Trekking boots	1 pair	Warm and waterproof
Mountain / trekking socks	2 pairs	One warm and thick and one light
Light trouser	2	
Thermal baselayer	2	
Fleece or pullover	1	Warm softshell
gore-tex jacket & pants	1	Waterproof jacket with hook and trouser
Sun hat	1	
Woolen hat	1	Take also a scarf
Sun glasses	1 pair	Protective index 4 (for glacier)
Torchlight	1	With leds (more reliable and lighter)
Gloves	2 pairs	One light and one warm and waterproof (e.g. ski gloves)
Camp shoes or sandals	1 pair	To wear at the campsite or in the lodge

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Walking equipments	Walking poles, survival blanket, energy bar
Others	Flask, toiletries, knife, sun-cream, batteries, camera, towel, note-book, pen
Medicinal kit	You must bring your own medicinal bag with appropriate medicines: aspirin, bandage, antiseptic solution, antibiotic (wide spectrum), anti-inflammation cream, etc. Please, ask your doctor for some advices. You can print a list of your medical kit and submit it to your doctor for approval.

Services

Cost includes	Cost exclude
<ul style="list-style-type: none"> ■ 4 nights in a Hotel in Kathmandu with breakfast ■ Guide, porters, cook and kitchen boy ■ Equipments for the porters ■ Food during the trek (3 meals per day) ■ Trek permits and park fees ■ Insurances for the Nepalese team ■ Return flight Kathmandu/Juphla ■ Transfer airport-hotel and hotel-airport 	<ul style="list-style-type: none"> ■ Lunch and dinner in Kathmandu ■ Personal insurance, rescue/recovery ■ Hot showers in lodges (approximately 1 to 2 euros) ■ International airfare, departure tax and visa ■ Phone, cold / alcoholic drinks and soda ■ Tips for the Nepalese team ■ Return flight from Paris-Kathmandu or London/Kathmandu

Prices : Price is as indicated on the website.

This price is fixed with no extra charges for a group of participants ranging from 4 to 6. For bigger group, between 6 and 12 participants, prices are reduced, please contact us.

Trekking Staff : You will be guided by a professional local guide who will speak either French or English. The guide is from the agency, Khumbu Shangri La. All of our guides are highly skilled professionals who have been selected based on their technical proficiency, proven safety records, careful judgment, patient and supportive teaching styles and great personalities. Our guides are also very experienced in dealing with the effects of higher altitudes and since they are natives of Nepal. Trust him!

Size of the groups : The groups are composed of between 4 and 12 persons.

Accomodation : In Kathmandu, you will stay at the International Guest House Hotel located in Thamel. You will be in double bedrooms. You can have a look at your hotel on our website www.voyages-nepal.com, under "Links" and then "your hotel in Kathmandu". You will be able to leave some of your belongings at the hotel during the duration of your trek.

During the trek, you will be sleeping in tents of 2/3 places for 2 peaples.

Porters : No trek is possible without porters. They do a difficult job, and we are very keen to give them the utmost respect. This starts by providing them performance clothing and adequate equipment. The TSL company is a world leader in the production of snow shoes and outdoor equipment (walking sticks, shoes, rucksack, flasks, torchs, etc.) help us and provide to our porters trekking/moutaineering shoes.

The skiing schools of Courchevel and Meribel (two well-know ski resorts of the Alpin Massif) provide to our porters warm clothes such as waterproof jackets and trousers. Those clothes come from the ski teachers who, each year have to change their equipments.

Tips : Tips are not compulsory but are very welcome! If you are satisfied by the services provided, you may leave a tip to the different members of our team. Please find below an idea of the tips usually given:

- Porters: 1000 roupies per porters (approximately 15 euros)
- Guide and chief cook: 1500 roupies per chief cook and guide (approximately 20 euros)

Passport – VISA : You must have passport which will still be valid 6 months after the date of your return in your country.

A VISA is required to enter in Nepal. You can either get your Visa in the Nepalese Embassy / Consulate before your trek, or at Kathmandu Airport when you arrive.

You have to pay for the fee of the VISA (between 25 and 35 euros + 2 ID pictures).

You can find all the information regarding your passport and VISA on our website www.voyages-nepal.com, under "FAQ" and then "Passport and VISA".

Please note that in order to facilitate the procurement of trekking permit, bring with you 3 copies of your passport (the four first pages) and your VISA (with the VISA, you can make some copies in Kathmandu) and 4 ID pictures.

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Health : We advise you to go and see your doctor for a checkup before your departure in order to make sure that you are capable of doing the trek.

There are no compulsory injections, however before your departure check the salient information given on the embassy website of France or England in Nepal.

French Embassy: www.ambafrance-np.org

British Embassy: <http://ukinnepal.fco.gov.uk/en>

Finally, visit your dentist before your departure in order to check that you do not have any problems with your teeth that could worsen with altitude.

You must also have your own medical kit that you may want to run through with your doctor. You will find an initial list on our website under "questions-responses" and then "Medicine-medicinal kit".

Please note that the list is not exhaustive and should be completed and/ or modified with your doctor.

Advices for altitude greater than 3500m

- Walk very slowly. You must push yourself to walk slowly and do not try to follow someone else. When you have found a good walking rhythm, slow down a bit more. Acclimatisation to altitude is a long and slow process.
- At the campsite or lodge, do not make any sudden moves, avoid any over exertation; everything must be done very slowly.
- In the evening, before going to bed and from 3500m of altitude, you can take between 250 and 500mg of aspirin.
- During the night, try to sleep with the upper body slightly higher. Always keep a flask or water bottle next to you to drink during the night.
- During the day, drink a lot; always try to have a full flask or water bottle with you. The guide will fill them in the morning before trekking.

Pressurised Bag :

For the trek or trekking peak, we can rent for you a pressurised bag if it is already used by some of our expeditions. Cost is of approximately 350 euros for one month.

You can also rent it to one of the producer Certec www.certec.eu.com

Please note that for this trek a pressurised bag is not considered a necessity.

Satellite phone :

You can rent a satellite phone on the following websites :

www.francesatellite.com

www.cellhire.fr/content/satellite.htm

telephone-satellite.marinesat.fr/

Money : Change your money in Thamel. There are a lot of official exchange offices; there is one at approximately 500m of the International Guest House Hotel where you will stay.

Euros and pounds are accepted in all the exchange offices and banks of Nepal. You can also withdraw some money with your VISA card or Mastercard in some of the banks in Kathmandu and Pokhara.

However, you will need to pay a transaction fee for it. Finally, in Kathmandu, euros are usually accepted in all the shops.

During the trek, take only small bank notes that you would have exchanged in Kathmandu (10 to 500 roupies).

Insurance : You must have an insurance covering "Rescue + Recovery + Medical and Emergency Expenses"

You will have to indicate on the booking form, the contact details of your insurance company and the person to contact in case of emergency.

Make sure that the fees to be rescued by helicopter are included in your insurance contract and without any restrictive clauses due to the altitude. In England, the British Mountaineering Club have such unrestrictive clauses. Be careful as insurance linked to your credit card does not always cover for rescue/recovery and research.

You can also subscribe to an insurance that will protect you against cancellation and losses or theft of your belongings.

Time Difference :

France-Nepal : 3h45 in summer and 4h45 in winter. For example, when it is 12h in France, it is 14h45 in Nepal in summer and 16h45 in winter.

United Kingdom-Nepal: 4h45 in summer and 5h45 in winter.

Electricity :

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The voltage is of 220 Volts. There are regular power cuts but they are generally not very long. You can find adapters for the plugs in the hotel.

Movie-Pictures :

You can find everything in Thamel (the area surrounding your hotel), memory cards, films, batteries (AA, lithium, etc.). You can also develop and print on paper or CD your pictures. The quality is very good and prices very attractive.

Booking – Payment : To book your trek please return the booking form by mail with a deposit of 30%. The booking form can be found on our website www.shangrila-trek.com

The booking form and the deposit are to be mailed to the following address:

MINGMA TSERING SHERPA
Chez M. TOMIO
Chalet Le Bivouac
73710 PRALOGNAN LA VANOISE
FRANCE

If you pay by cheque, please make it payable to Mingma Khumbu Shangri La.
Once we have received your deposit and full payment we will send you a receipt.
The full amount is to be fully paid 30 days before your departure to Nepal.
For other paid contact us.

Contact: Agency Khumbu Shangri La

Address of the Agency in Kathmandu :	Mobile phone of the Agency in Kathmandu :
Agency Khumbu Shangri La Lazimpat Nile Sarsawati Box 25229 Kathmandu NEPAL	98 41 52 27 43 or 98 41 20 15 78 (call from Nepal) 00 977 98 41 52 27 43 or 00 977 98 41 20 15 78 (call from abroad)

Contact International Guest House Hotel

Address of the hotel:	Landline of the hotel (3 lines) : Call from abroad	Mobile phone of the hotel: Call from abroad	Email Address of the hotel:
International Guest House Po Box 70 60 Thamel Kathmandu NEPAL	00 977-1-4252299 00 977-1-4267888 00 977-1-4251661	00 977 98 51 04 08 32	info@ighouse.com The hotel is equipped with internet

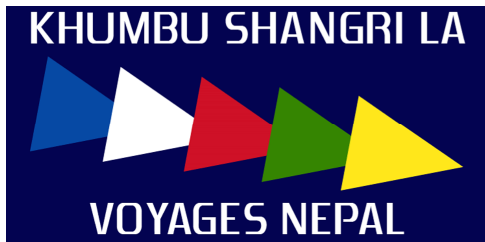
Useful links :

Rental of a satellite phone
www.cellhire.fr/content/satellite.htm ; telephone-satellite.marinesat.fr/
Rental of a pressurised bag
www.certec.eu.com/

**ALL THE TEAM OF KHUMBU SHANGRI LA
IS AT YOUR SERVICE AND WISH YOU A VERY GOOD TREK.**

MINGMA TSERING SHERPA, TASHI SHERPA, ANG TSERING SHERPA and PASANG SHERPA

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Agence Trekkings et Expéditions au Népal et au Tibet
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