



NOMADIC SKIES

DOLPO: TRAILS OF REMOTE HIMALAYAN
CULTURE AND WISDOM

SEEKING & TRAVELLING DEEPER

DISCOVER REMOTE NEPAL

Explore Dolpo, the remote and sacred
Phoksundo Lake and the land of
Shamanic Hinduism, ancient Bon religion,
and hidden Tibetan culture.

Exclusive small group accompanied expeditions to the hidden valleys of the sacred Phoksundo Lake deep within the high Himalayas of Nepal and in an area of ancient Nepal-Tibetan culture.

Nomadic Skies is founded on the principle of promoting travel that deepens links with and economic benefits for fragile mountain communities.

We are offering small group expeditions (8 to 10 people) that will not only explore the stunning nature and landscapes of remote North West Nepal but undertake an exploration of the culture of the mountain people of Dolpo.



“Their trek is a shared experience with a community not just a hike through a wonderful landscape.”

ANNE INCE



A TREKKING JOURNEY UNLIKE ANY OTHER.

- Explore the cultural sites of Kathmandu then travel by plane to the remote and less visited valleys of Dolpo deep in the high Himalaya.
- Travel off the main trekking trails to villages that are seldom visited by foreigners and be hosted in these communities.
- Trek through a staggeringly beautiful landscape among glaciated peaks, along forested river gorges, across stunning mountain paths, past Nepal's highest waterfall and to the sacred and otherworldly turquoise shores of Lake Phoksundo.
- Be led by local guides from both the Shamanic Hindu and Bon communities that we will visit and gain a unique insight into the mountain cultures of this area.
- Visit mountain, village and lakeside Bon gompas (monasteries) and shrines.
- Be hosted by lamas (monks), amchis (traditional healers), community leaders and villagers and experience and learn about cultural and spiritual ceremonies and traditions.
- Explore the relationships of mountain communities with the fabled and illusive snow leopard in one of their key mountain strongholds.

19 days / 18 nights,
starting and finishing
in Kathmandu.





SLOWER & EXPERIENTIAL TREKKING:

Nomadic Skies focuses specifically on trekking in remote but populated areas. Unlike many other trekking companies that merely pass by local communities, we focus on building our treks around a meaningful and mutually beneficial relationship with local communities and locals with unique skills and insights who can add to our journeys.

In Dolpo we have linked to village elders, amchis (Tibetan herbalists and healers), lamas (monks), craftspeople, musicians and local yak and goat herders with the knowledge of wildlife and the habits of the elusive snow leopard.

These links add a depth to our journeys - with locals inviting us into their houses, guiding us among their villages, sharing their music and stories, showing us intimate religious ceremonies that are seldom seen by other trekkers. We believe in timetabling our travel to allow for this depth of interaction and the spontaneity of chance meetings and the frequent request to join, share and discuss with locals.

This 'slower and experiential trekking' and our past journeys have shown how this provides insights that so many trekkers can miss when they either stick to main routes, spend their time within the 'bubble' of their group, or stick to rigid and onerous itineraries that provide little opportunity for interaction.

TRAVEL THAT BENEFITS LOCAL COMMUNITIES

With Nomadic Skies' founders professional backgrounds being in international development and rural development, we aim to ensure that our journeys benefit local communities economically, socially and culturally.

We hire local staff and guides and provide donations to community funds for experiences that locals provide along our journey. We also try to buy and procure locally wherever possible. Tourism is one of the potential sources of income and employment in these fragile rural and remote communities and we believe that our journeys should be contributing to the survival of these communities.



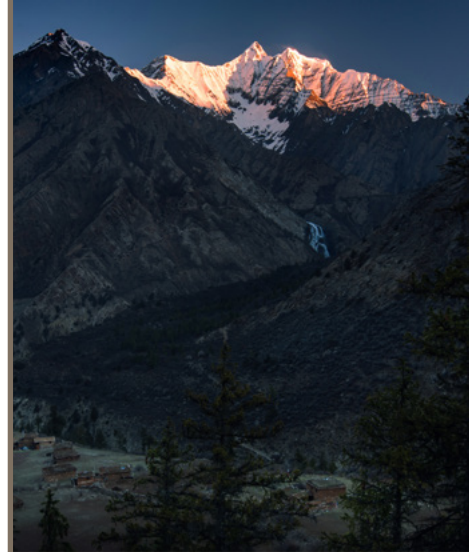
“I am taking away many many extraordinary memories and moments: marvelling at the stunning scenery whether from the vantage point of the Suli Gad river valley or the rock meadow above Ringmo, sitting alongside and talking to Dolpo-pa in their homes and tea houses, being blessed by B'on and Buddhist lamas, meditating at the monastery on the shores of Phokusundo Lake, spotting snow leopard prints on the path, being chased by an angry yak, drinking my first cup of tea of the day brought by Norbu and the lads in the early morning with frost still on the ground, and letting the beauty and serenity of the remote and beautiful land and culture finally quieten my inner mental churn of work and lists and commitments and obligations.

NICKY HARFORD



FEATURES & HIGHLIGHTS:

- Exploring the Buddhist cultural centres Of Boudhanath and Swayambhunath and the ancient Durbar squares of Kathmandu
- Taking a stunning Himalayan mountain flight to the start of our trekking journey.
- Travelling off established trekking trails and spending time in villages that have seldom been touched by trekking tourism.
- Experiencing traditional mountain Hindu and Tibetan villages and culture of the Bon religion and the culture of Shamanic Hindu villages.
- Discovering Nepal's highest waterfall and the stunning other-worldly aqua blue sacred Lake Phoksundo
- Moving among the majesty of the glaciated peaks, hills and valleys of the hidden high Himalaya
- Exploring the habitat of the elusive snow leopard and being led by local herdsman to seek snow leopard tracks
- Ascending the fabled 'Demon's path' to a stunning viewpoint above the aqua waters of lake Phoksundo.
- Spending evenings by the firesides of family homes to discover the stories, culture, music and lives of the remote Himalaya.
- Being led by traditional Tibetan herbalists and healers (Amchi) to discover the medicinal plants of the high Himalaya
- Engaging with the lamas (monks) of remote Trasung Choeling and Thegchen Rabgyling Gompas to discover the teachings of ancient Bon religion.
- Viewing the intimate and visually stunning ceremonies of mountain Bon religion that few travellers see





YOUR JOURNEY



INDICATIVE FULL ITINERARY:

DAY 1: ARRIVAL IN KATHMANDU

You will be picked up at Kathmandu Airport on arrival and be taken to our hotel base in Thamel, in the heart of Kathmandu's most dynamic and lively area,

Thamel has many places to eat and provisions on the doorstep (including book, map, food and trekking equipment shops).

DAY 2: EXPLORATION OF SOME OF THE CULTURAL SITES OF KATHMANDU (OPTIONAL)

Your trekking permits for Dolo will be processed on this day. We will explore the historic city of Patan. Kathmandu valley combines 3 historic cities - Kathmandu, Patan (Lalitpur) and Bhaktapur. Patan and Kathmandu have effectively merged with urbanisation, but Patan maintains a much more traditional and relaxed ambiance and has a stunning Durbar (palace) Square of temples and palace buildings. We will be guided around some stunning temples both in and outside Durbar Square.

In the afternoon we will travel to Swayambhunath (Sometimes known as the Monkey Temple) and ascend to the hill top Stupa overlooking sprawling Kathmandu.

As dusk falls, the tourists and most locals depart and butter candles are lit, the lights of Kathmandu emerge and the monkeys descend to retake the temple and eat the food offerings left on the numerous shrines...by far the best time to be at Swayambhunath. We will descend to have a celebratory welcome dinner before returning to our hotel.

DAY 3: BOUDHANATH AND FLIGHT TO NEPALGUNJ

After packing we will visit the second of Nepal's most important Buddhist Stupas - Boudhanath. We can visit the shop and café of the renowned Dolpo artist Tenzin Norbu Lama and have a lunch overlooking the beautiful Stupa.

After lunch we will travel to Kathmandu airport to take the flight to Nepalgunj, a town on the border with India in Nepal's Terai (flat lowlands). This is the hub for flights to Nepal's remote North-West.

We will be transported to our hotel (The Siddhartha) - a new and very nice hotel in the hotlands of Nepal - with a swimming pool and rooftop bar to watch the sun set over the fields and flat plains of the Terai.

DAY 4: FLIGHT TO JUPHAL (DOLPO), TREK PREPARATION AND TREK THROUGH HINDU VILLAGES TO THE THULI BHERI KHOLA (RIVER)

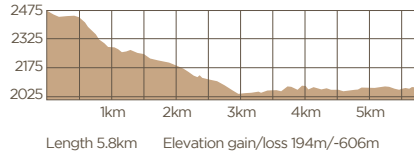
We will have a very early morning (5am) start to catch our spectacular mountain flight to Dolpo. The plane will be a small 20 seater aircraft and will take us from the flatlands of the Terai over the hill areas and into the high Himal.

The views of the snow and glacial peaks of the high Himalaya are stunning and we will land on the mountain airstrip of Juphal. Our exploration of Dolpo will begin. We will meet with our local support staff and have breakfast with views to the valleys and peaks of Dolpo.

We will also meet a local cultural guide who will take us through the Hindu villages which are his home. Nomadic Skies is working to build the capacity of local guides and we know that local knowledge and connections is so critical to develop a deeper understanding of this superb area (most trekking groups fly their guides from Kathmandu and they are from areas outside Dolpo and seldom speak the local Dolpo Tibetan dialect).

Bags will be packed on our mules, and we will have a discussion of trek operations and safety. After a light lunch we will descend to the Thuli Bheri River through Thakuri and Chhetri (Hindu) villages.

A short 5.8 km / 3.6 mile (2-3 hour) descent will take us to our first camp site beside the Thuli Bheri river (2150m).



DAY 5: TREK INTO SHEY PHOKSUNDO NATIONAL PARK AND TO THE ALMOST UNVISITED HINDU MOUNTAIN VILLAGE OF PERLA

In the morning we will trek and enter the Shey Phosundo National Park at the start of the Suli Gad River Valley and Gorge. After completing park formalities, we will quickly leave the 'main' trekking trail ascending gradually to the high path which in the past were the main trade routes from the Tibetan Plateau to the Hill areas of Nepal.

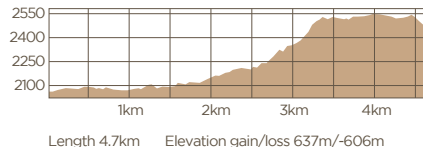
Since lower trails were established in the seventies, these villages have become isolated and seldom visited by trekkers or local traders. This was the route taken by the 1974 expedition by author Peter Matthiessen and field naturalist George Schaller as detailed in Matthiessen's cult travel book 'The Snow Leopard'.



The elevated positions of the villages provide majestic views to the snow peaks and the valley below (a view very few Dolpo trekkers see). We will trek to Perla village (also known as Perla Gaon - 'gaon' meaning village) where we will pitch camp below the village with stunning mountain views to the south.

The village is perched on the steep hillside and the people follow a form of Shamanistic Hinduism with ceremonies involve shamans entering trance states to connect with the spirit world.

This is a relatively short trek (4.7 km/ 2.9 km with an ascent to 2475m) which will allow us to acclimatise to altitude and offer an afternoon exploration of the village and nearby waterfalls

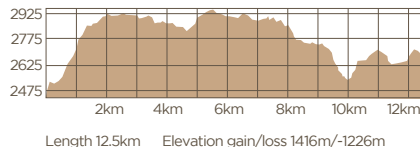


DAY 6: TREK TO CHHEPKA ON THE HIGH ROUTES OF THE SULI GAD

Today's trek will be a longer day (12.5 km / 7.8 miles) but does not involve significant overall altitude gain (from 2475m to 2680m).

In the morning we will take a steep path up the hill above Perla and arrive in about 3 hours at the mountain Hindu village of Raha where we will stop for lunch. Expect interest from local villagers and children - for this is also far from any trekking trails. Raha is an ancient village with a long history and was a stop on author Peter Matthiessen's route to Dolpo.

Our afternoon route is on village paths high on the valley side with fabulous mountain views and we will drop back into the valley of the Suli Gad River at the growing village of Chhepka. We will camp in the village and find our first traditional Tibetan style Tea House, sitting round the fire hearth and provided with tea by the very friendly proprietor who is from Pungmo (a village we will visit in a couple of days)



"A fantastic trek and so much more besides. Stunning mountain scenery, serene other-worldly Lake Phoksundo and a full-on immersion in everything Nepalese in general and Dolpa Region in particular."

NICOLAS SINCLAIR



DAY 7: TREK TO THE GARUNG VILLAGE OF RECHI

Our ascent following the beautiful Suli Gad River Gorge will continue. The crystal blue and clear waters are fed from Lake Phoksundo which is in turn fed by numerous glaciers. The water crashes spectacularly over moulded rocks and between a steep cliff faced gorge.

Our path follows the tight gorge sometimes ascending high above the river on paths that can feel rather precipitous. We will step aside frequently as mule trains and possibly even trains of Dzo (a buffalo yak hybrid) or pure yaks pass, for this is the main modern trade route between Upper and lower Dolpo.

As the Suli Gad valley opens, we find ourself at the Garung Village of Rechi. Rechi adheres to the Hindu religion but has close links with the upper Dolpo Bon villages of Ringmo, Rike and Pungmo. Despite being on the trekking trail, few trekkers visit Rechi village and a new suspension bridge past the old village exacerbates its isolation.

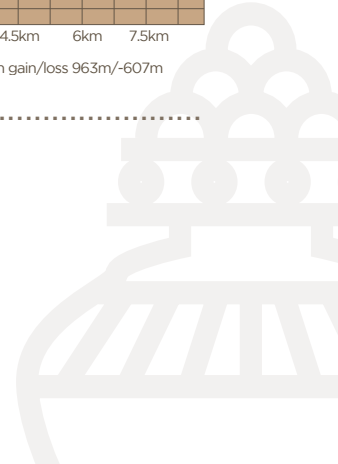
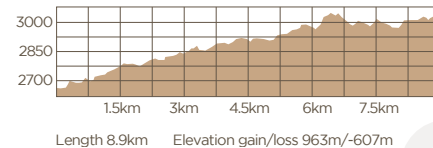
The village is said to have been founded by brothers fleeing conflict at least five generations in the past. The villagers ascend to the high pastures with goats and sheep in summer and to seek the lucrative and strange yarsagumba (a caterpillar larvae that has been impregnated by a fungus that is reputed to have strong medicinal

qualities and is highly prized in Chinese and Asian markets commanding prices that are greater than gold).

We will show you this strange 'harvest' of the high Himal and explain how it has become part of the cultural and economic fabric supporting these villages.

We have now entered the villages that live in the lands of the snow leopard and we will meet friends here who will prepare mountain herb tea and host us for discussions. We will also see the local goat, sheep and yak wool weaving prevalent in this area.

The total trek today is 8.9km / 5.5 miles ascending to an altitude above 3000m.



DAY 8: TREK TO PUNGMO VILLAGE

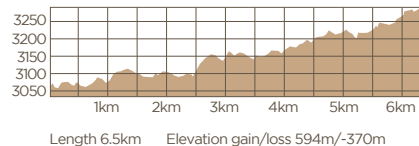
Our Hindu village guide will hand over the cultural guiding role to local guide Dawa Gyalpo who will accompany us back to his home village of Pungmo and through the Bon areas. We will ascend the forested Kagmara River Valley on good paths and entry chortens will herald our arrival at the stunning Bon Village of Pungmo.

Pungmo is an ancient settlement reputed to be the local birthplace of the Bon religion in Dolpo. Again this is away from the more frequented trekking trails and as such receives few foreign visitors. Those that do visit seldom interact meaningfully with the local villagers (a huge loss for them).

Our trek is relatively short today (6.5 km / 4.0 miles) and we will arrive at our camp for lunch and explore the village and stunning upper valley of Pungmo in the afternoon. The village is renowned for its carving and arts and we will visit local craftsmen in the ancient buildings of the village. We will enter the local temple in the village and be received in the houses of families where hospitality is always extended to travellers.

We are likely to gather with locals to share tea and drinks and to explore their heritage. These are the Bon villages, where we are often asked to watch and even participate in religious festivals and music that are part of the culture of these valleys. We will have reached an altitude of around 3250m.

When night falls and the moon has waned, the high Himalayan skies are punctuated by millions of stars



DAY 9: DAY TREK TO THE MOUNTAIN MONASTERIES OF PUNGMO

We will be staying a second night in Pungmo and will take a local path high above Pungmo to the remote Thegchen Rabgyling Gompa (monastery). The path weaves up the hill through forest and breaks into a high hillside with magnificent views across the mountains.

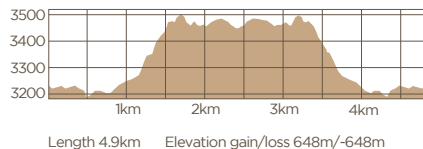
There are many snow leopard in this area and the lama of the Gompa protects wildlife and claims that they are regularly visited by various wildlife including leopards. We may well find tracks and scat from snow leopard along this path.

On arriving in the monastery we will visit the lama's house to spend time gaining insight into the Bon religion and the indigenous belief systems that combine elements of animism with Buddhism.



We will return to Pungmo and are likely to be hosted in the evening by villagers allowing us to find out more about the religion and culture of the area.

Total walk distance to /from the gompa is 4.9 km / 3.0 miles



DAY 10: TREK TO RIKE

We will leave Pungmo in the morning and take the easy path back to the Suli Gad. We will pass the fantastic Taprizza school which is making such an impact on ensuring children can be educated in their local language and therefore maintaining their cultural identity. If the teachers and head are available, they are always so happy to meet us and explain more about the school and show the school temple murals that explain the stories, legends and developments of the area.

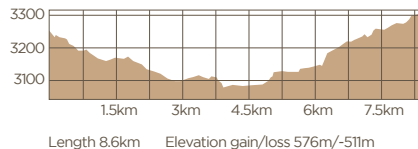
We will again depart the main trail making our way to the tiny and wonderfully located Bon village of Rike (a trek of 8.6 km / 5.3 miles). A small settlement with a completely different ambience from Pungmo. We have

left the tighter valleys of the Suli Gad and Kangmara rivers and the open valleys of the Meduwa Khola provides spectacular views to the snow-capped peaks of Kanjirowa Himal and Nepal's highest waterfall. Nomadic Skies was the first trekking organisation to bring groups to Rike.

Nearby is the deserted village of Meduwa, testament to the dangers faced by villages losing its younger people and struggling to find economic opportunities since the reduction of trade between Tibet and Hill Nepal.

The village of Rike is particularly friendly and local households will often usher us indoors to share tea and welcome. Above the village is a choke-point between valleys, where herders frequently find signs of night time visits by snow leopards. Local herders can help us seek signs of snow leopards and most have stories of encounters with snow leopards and predation on local livestock. Conservation programmes have established insurance and compensation schemes and are supporting local herders with protective animal corrals.

Our camp will be at Rike Village at 3300M





DAY 11: TREK TO RINGMO AND PHOKSUNDO LAKE

We will leave Rike on a path that climbs above the village and ascends to the summer yak pastures of Yak Kharka and then traverse on a spectacular (but at times precipitous) path to the Phoksundo Lake basin.

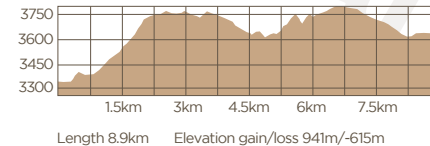
There are stunning views across the snow-capped mountains to South, East and West. We will arrive at the village of Ringmo (3650M) after a 8.9 km / 5.5 mile journey and will be greeted again by village chortens. We will see the stunning deep blue and sometimes turquoise and mirror-like waters of Lake Phoksundo – almost un-earthly in its colour and serenity.

We can explore the village and take a short walk to the spectacular Thasung Choeling Gumpa (monastery) – this is likely to be the first of a number of visits, the location and ambience of the gumpa are sublime. The lamas at Thasung Cheling are very appreciative of the (very few) visitors who show interest in their culture and wisdom. The head lama is likely to be undertaking religious ceremonies (pujas) during our stay and will often invite us to view and participate.

We will hear about the beliefs around nature and the environment where humans and nature are inter-connected and where Deities inhabit the mountains, lake, stones and

forests. The wild animals are the livestock of the Deities, and their abuse can have dire consequences that the lamas will explain.

Our camp will be at the edge of Ringmo overlooking the spectacular lake. Trek time is around 4 to 5 hours – there is a more direct (but steep) route for those who would prefer a less precipitous path.



DAYS 12 AND 13: EXPLORATION OF RINGMO

In total we will stay 3 nights/2 full days in Ringmo. In the early morning the lake can be like a mirror and from the eastern lake edge the western hills perfectly reflect – if one tilts your head the lake edge reflections begin to resemble an almost totem pole of animalistic faces and images ... an optical illusion or proof that Deities really do inhabit this landscape?

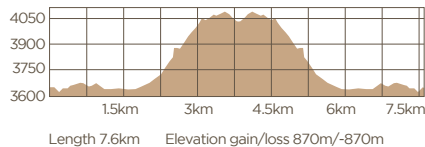
The lamas of Thasung Choeling will smile knowingly when asked about this phenomenon – ‘the landscape is sacred and we must show respect’. We are likely also to have an opportunity to accompany

the local Amchi (Tibetan healer) into the landscape and to have the medicinal properties of plants explained and explore Tibetan healing practices.

A walk along the lakeside path (sometimes known as the 'demons path' based on the mythology of the lake) and up to a spectacular eyrie viewpoint is a must (7.6 km / 4.7 miles). Snow leopard tracks and skat are often found on the path if we go before yak or mule trains pass.

For those with energy reserves and a craving for high locations, we can ascend to the rock meadows of Palangathan Mountain about 600 to 700 metres above Ringmo - the habitat of snow leopard and blue sheep and often with lammergeier's swooping above our heads.

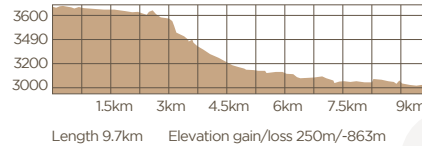
Whatever we choose to do we must remain open to opportunity and local invitations - stories by home hearths await, the potential of household, rooftop or monastery pujas (festivals), potential evenings of local music and step dancing... and much more



DAY 14: DEPARTURE BACK TO RECHI

We will depart Ringmo on a different path from our entry. Descending to viewpoints above the mighty Phoksundo waterfall, past the winter village of Ringmo and back to Taprizha School stopping potentially at the Amchi Hospital a hub for knowledge of medicinal plants in the area. We will begin our descent down the Suli Gad and will arrive to spend a second night hosted in the village of Rechi.

A relatively short day of 3 to 4 hours trekking (9.7km / 6.0 miles).



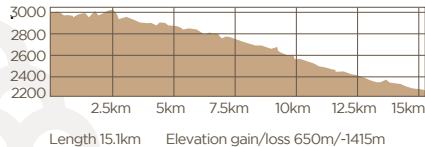
DAY 15: DESCENT TO KAGNI VILLAGE

Our second day of descent will take us over both known and new ground. We will descend the Suli Gad once more and marvel at the dancing waters of the gorge.

At Chhepka we will continue our descent down the Suli Gad on the lower path. Coming out of the forest we will pass other spectacular winter villages which are the homes for the seasonally Nomadic people from Ringmo and Rike.

We will descend to the Hindu village of Kagni - a village of water driven mills. We will feel the heat of the lower valleys at 2400M and camp at the lovely tea house of friends of Nomadic Skies.

A longer day of around 6 to 7 hours of trekking - 15.1km / 9.4 miles

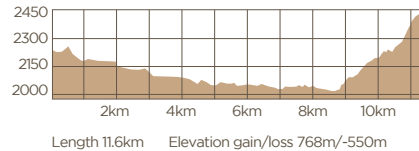


DAY 16: TREK TO JUPHAL

Our last trek day will see us descend back to the confluence of the Suli Gad and Thuli Bheri Rivers, returning to the only roads in Dolpo and we will see motorised vehicles for the first time in almost 2 weeks. A short walk along this road will then lead to the start of the ascent to Juphal (village and airstrip). An ascent best done before midday heat.

We will pass again through the fields and Hindu villages. Our destination will be a local tea house where we will gratefully arrive to have a lunch and afternoon rest.

A trek of 11.6km / 7.2 miles in total. We will have an evening party with our crew and thank them for their support.



DAY 17: FLIGHTS TO KATHMANDU

We will be up early to pack bags and get to the airfield for our return flights to Kathmandu. Again, we will fly by small plane to Nepalgunj where there should be time for breakfast before taking a second flight to Kathmandu where we should arrive about lunchtime.

Minibuses will take us back to our Thamel hotel where hot showers, soft beds and clean sheets await.

A relaxing afternoon and a return to the bustle of Thamel.

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DAY 18: KATHMANDU

Our last day in Kathmandu can be flexible. People may wish to souvenir shop or travel to the third city of the Kathmandu valley Bhaktapur, also with a spectacular Durbar (Palace) Square and streets alive with potters and artisans. Bhaktapur again is very different from either Kathmandu or Patan. We will have a final group farewell dinner that evening

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DAY 19: DEPARTURE

Departure from Kathmandu. It is recommended to depart on this day (and not earlier) to provide a cushion for any delays in our return flights from Dolpo.

Every Nomadic Skies Journey is unique and takes advantage of seasonal activities ceremonies and opportunities that arise with our local contacts and interaction.



MAIN TREKKING ROUTE



Flight to and from
Nepalgunj



Pungmo

Ringmo

Shey
Phoksundo
Lake

Rike

Rechi

Chhepka

Hotel Golden
Eagle (Camping)

Tripurakot
त्रिपुराकोट

Kagni

Thuli Bheri
Khola

Perla

Juphal

Laxman
लाखमन



JOURNEY DETAILS



TRAVEL & BOOKING INFORMATION

DATES:

Expeditions will be organised from April to mid-June and from late September to late November (the months from mid-June to mid-September are monsoon months).

Check our website and facebook page for upcoming expeditions or contact us directly for specific date requests.

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MODE OF TRAVEL:

Mini bus transport in Kathmandu. 4 internal flights within Nepal (2 to reach Dolpo, and 2 to return to Kathmandu). Trekking along trails and village paths.

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GROUP SIZE AND COMPOSITION:

Our groups will be between 8 and 10 people and be internationally and locally led. We also link to locals within the mountain communities to provide us unique insights into the culture and natural environment in which they live.

LEVEL OF DIFFICULTY:

The route is on relatively good paths but with some steep ascents and exposure in places (vertigo could be an issue). The expedition will ascend to around 3800metres culminating in Ringmo by the fabled Phoksundo Lake at 3650metres. An optional additional ascent to the Yak pastures and rock fields above Ringmo would involve ascending to around 4000 metres. A good level of health and fitness and experience of walking is therefore required for this expedition.

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NOTE ON SAFETY AND EMERGENCY

The expedition will have 2 staff permanently on hand that are trained as first responders in case of medical emergency. We will be carrying two fully equipped expedition medical kits. In case of any medical emergency the expedition is in contact with Nepal helicopter evacuation services that can be mobilised to the area. Due to mountaineering activities in Nepal, the country has a well-developed helicopter rescue service and international mountain hospitals.



“The trip was amazing, a masterpiece of organisation, you have a lot to congratulate yourself about.”

JEANETTE ARNOTT



COSTS

Contact us or look on our website for upcoming expedition dates and costs.

Single person supplements will apply.

Prices won't include international travel to Kathmandu but Nomadic Skies can advise on flight booking.

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BOOKING PROCEDURES

Please contact us for a booking form to register interest in the journey. We will confirm the journey once we have received 8 registrations. We will then require a US\$700 as a deposit to confirm the journey with the balance then due 6 weeks before departure.

Nomadic Skies is a member of the UK Travel Trust Association (TTA) and your payments are paid into a trust account and guaranteed by TTA.



WHAT'S INCLUDED:

- All airport transfers in Nepal.
- 4 nights accommodation in Kathmandu – in a small boutique, high quality hotel.
- Historical tours of Kathmandu's most sacred and historical sites with historical interpretation.
- Breakfast and dinner in Kathmandu (lunch independently not included)
- 1 night hotel, dinner and light breakfast in transit in Nepalgunj on route to Dolpo.
- Internal flights to and from Dolpo (2 flights incoming and 2 flights return).
- 10 nights fully equipped camp trekking with all equipment provided (expedition members should bring their own sleeping bag). Tents will be equipped with thick (12cm) inflatable mattresses.
- Trekking fees and National Park Fees.
- Full catering – breakfast, lunch, dinner and snacks during the time in Dolpo.
- International expedition leader during the whole expedition.
- Local expedition manager, additional trained guide and cook for the camping and trekking part of the expedition.
- Luggage portorage during the camp trek by mule and porter.
- Support and advice on kit preparation, packing and the purchase of international flights, travel insurance etc.
- 100% consumer financial protection through The UK Travel Trust Association (TTA).



AND WHAT'S NOT:

- International flights to and from Kathmandu.
- Tourist visa fee for entry to Nepal.
- Lunch during the 4 nights in Kathmandu.
- Alcoholic and carbonated drinks.
- Tips for local guides and porters (optional).
- Personal travel insurance (to cover ascending to 4000M altitude).

“An extremely well-planned and well-led trek, with interest and activity in every day, from the streets and temples of Kathmandu to the dramatic V-shaped gorges of Dolpo which we trekked through, and the villages we passed by or stayed in, and the various locals we met, and on a couple of occasions, sang and danced with.”

JOHN SHADE





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