

## Upper Dolpo to Mustang on the Great Himalaya Trail, Nepal.

© 2018 International Mountain Guides

This is the ultimate trek for the traveler who's done it all and is still seeking a truly rewarding experience. We cross 9 demanding high passes, the highest is 18,275 feet! Our journey begins in the lowlands of Lower Dolpo following lush valleys and steep river canyons typical to the south side of the Himalayas. When we cross the first pass, we enter the distinctive heights of the Tibetan Plateau, upper Dolpo. Over 24 days of trekking we bounce back and forth between these two worlds. To make this journey even cooler, we extend the trek by departing the regular route and traversing to Mustang on the soon to be famous Great Himalaya Trail.

### Highlights

1. This is an impressive traverse across remote and rarely visited regions. We see very few trekkers, especially when we leave Dolpo and traverse the high passes to the Kingdom of Mustang. This is "old" Nepal and when we say "off the beaten path," we really mean it on this one. No backtracking!
2. We bring "regulars" from the IMG Sherpa Team. These guys are the best in the biz and it's worth bringing them half-way across Nepal to make this trek the best it can be.
3. Explore the shores of Phoksundo Lake in Ringmo, a village established on the 40,000 year old landslide / natural dam that created the lake. The lake is almost 500' deep and must be seen in person to appreciate the magnificent color of the water. We take a rest day here and visit the 900 year old Thashung Gumpa on the eastern side of the lake. (See pictures in the 2013 Trip Report)
4. Trek the valley of the Kali Gandaki between two 8000m peaks, Dhaulagiri and Annapurna.
5. For those with an interest in Tibetan culture, Dolpo is as Tibetan as it gets. Isolated and governed by Nepal, Dolpo is "more Tibetan than Tibet" now.
6. In past years, we've seen snow leopard tracks. Dolpo's isolation makes it home to the largest snow leopard population on Earth. For you literary buffs, this is the region that Peter Matthiessen and George Schaller explored in the classic book "The Snow Leopard."

### A note from IMG Guide Adam Angel:

"I led the first IMG Dolpo Trek in 2013 and it was the most incredible trek I've ever done. Dolpo is super-remote and more committing and strenuous than some of the other treks out there. BUT, if you can put one foot in front of the other, the acclimatization schedule is perfect. We travel self-sufficiently like we did before lodges and teahouses inundated popular trekking regions of Nepal; staying in our own tents and eating from our own kitchen complete with cooks. We'll pick up chickens or a goat every now and then as we eat down our supplies! Once we hit the trail there is no easy way out, so show up healthy and in great shape. I have no doubt that you will find this trek very rewarding. Check out my [2013 Dolpo trip report](#) to see pictures and get a feel for the trek."

## Dolpo Nepal Trek Fees, Deposit and Payment Schedule

### Dates and Prices

Please contact us for more info.

Landcost: \$TBD

**Costs included in trip fee:** Transfers between hotel and airport in Kathmandu, 2 nights at hotel (with breakfast) in Kathmandu at beginning of stated itinerary, domestic flights, all meals once trip starts, Park fees, trek sherpas, porters, hyperbaric bag, emergency medical oxygen, foam trekking mattress.

**Costs not included in trip fee:** International round-trip air fare and travel expenses to/from Nepal/KTM, meals in Kathmandu, personal gear, excess baggage charges, airport taxes and Nepal entry visas, tip pool, internet and sat phone, personal sundries and beverages, costs incurred as a result of delays or events beyond the control of IMG, required insurance coverage (medical, rescue/repatriation) and customary but optional tips for Sherpas and IMG staff.

**REQUIRED insurance:** You will need to purchase adequate evacuation coverage to cover helicopter evacuation. Your policy must also cover the repatriation of your remains. For more information please see [cancellation, rescue/repatriation insurance](#) or contact the IMG Office.

**Tips:** We will collect for a tip pool, and ask the trekkers to please contribute \$300. We will collect this in Kathmandu and distribute this after the trip on behalf of the team as a thank you gift to the many unsung people that make the whole operation run smoothly: the porters, trek staff, cooks and helpers, hotel staff, Kathmandu staff, climbing sherpas, and others. You may also wish to provide additional tip to your personal Sherpa and IMG staff.

**Single Supplement:** includes single hotel room in Kathmandu, Nepalgunj, Pokhara, and single room/tent on trek: \$600

### Fee Payment Schedule for the Autumn Dolpo Trek:

Payment Due Date	
Application Fee	\$1,000
June 15	\$9,500

**All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.**

# Expedition Organization and Leadership

## International Mountain Guides

IMG is the oldest and most respected high-altitude climbing service in the world and its three principals, Eric Simonson, Phil Ershler, and George Dunn, have led and organized hundreds of expeditions worldwide since 1975. Each is an AMGA Certified Alpine Guide with Himalayan expedition experience including Everest, K2, Kangchenjunga, Shishapangma, and Cho Oyu. IMG's Himalayan mountaineering programs are organized and directed by Eric Simonson, one of the world's premiere expedition organizers. Under his direction IMG has conducted over 60 Himalayan expeditions. His teams include a group of professionals and Sherpas who are the best in the business. Since 1990, over 600 IMG team members have summited the world's classic 8,000-meter peaks, including Everest, Cho Oyu and Shishapangma.



## References

Joining a high-altitude trek or expedition is a serious decision. You should be completely confident in the organization and leadership before you make that decision. Many of you have climbed with us before, and because your experience with us was good, you're considering another climb with us. For those of you who haven't climbed with us before, we strongly encourage you to interview us thoroughly and also talk to our past clients. When you're ready to make the decision, we'll be happy to provide you with a complete list of references.

---

***“Well the trip was everything I hoped for and more! I definitely picked the right company to fulfill my dream... I was so blessed to have found IMG. I could go on and on and share with you many stories, but maybe after I get my pictures done, I'll send one to you of my happy face with the big smile!”***

—Tom F.

***“A lot of people have asked me about my trip and I've told them that if they ever want to go on a altitude oriented adventure, to connect with the guys at IMG. You run a great show...”***

—W.G.S.

---

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

---

## Things to Consider

We know we're not the cheapest deal around, and we don't want to be. We spend more providing the best personnel, equipment, logistics and safety measures – things that many lower-cost programs cannot afford and do not have. We don't cut corners. As you shop around, consider the following:

- IMG leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together.
- IMG always complies with all local, state, federal, and international regulations for the countries in which we climb. This includes proper visas and climbing permits, full insurance and equipment for our employees and Sherpa support teams, and complete adherence to all environmental regulations. Our great safety record allows us to operate with full liability insurance. All client funds are deposited in a regulated trust account. We take our business seriously!
- IMG Sherpas are top-notch. We hire the same great Sherpas every year, we treat them with respect, we pay them well and they like working with our teams. Most of them have been on many climbs with us over the years and many of them have multiple Everest summits. Our enthusiastic cooks do a great job and our menus are well considered. It makes a difference!
- IMG trek itineraries are longer than most others offered on the market. We know how to acclimatize properly and we don't rush.
- IMG treks are supported by satellite communications, allowing us to maintain excellent emergency contact capabilities and keep friends and family informed of our progress during the long weeks away from home.

## Air Travel and Required Insurance

International Mountain Guides has worked for many years with Ms. Pirjo Dehart and her staff at CTT Destinations to provide professional travel service for participants in our programs. We urge you to contact CTT Destinations at 800/909-6647 or [img@cttdestinations.com](mailto:img@cttdestinations.com) for help with your plans.

We invest in insurance coverage for commercial liability and medical and disability insurance for our employees and Sherpa while participating on our programs. We cannot insure you for your personal needs, but we do expect you to be as fiscally responsible as we are. We require that you insure yourself against potentially expensive difficulties that may arise. First, Trip Cancellation Insurance may provide financial relief should you be forced to withdraw from the program before it even happens. Next, make sure you have adequate Travel Insurance for coverage should you have a problem during the trip. Medical care and evacuation in remote locations can be expensive. For more information, please see our page on [Trip Cancellation and Travel Insurance](#).

---

***“I could go on and on, but the bottom line is that your organization is first-rate in every respect. Thanks for everything... I hope to make use of your services again...”***

—Tom G.

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

---

## Dolpo Nepal Trek Itinerary

Day	Itinerary
Day 1	Arrive Kathmandu, transfer to Hotel
Day 2	Free day in Kathmandu
Day 3	Fly Kathmandu to Nepalgunj (KEP), overnight hotel
Day 4	Fly Nepalgunj to Juphal, trek to Dunai (2185m), camp
Day 5	Trek to Syangda (2,545m), camp
Day 6	Trek to Amchi Hospital (3,110m), camp
Day 7	Trek to Ringmo (Phoksumdo Lake) (3,733m), camp
Day 8	Rest day at the lake to explore and rest/acclimatization
Day 9	Trek to Phoksumdo Khola (Salla Ghari) (3,680m), camp
Day 10	Nangdala Pass high camp (4,690m), camp
Day 11	Trek over Nagdala la ( 5,340m) to Shy Gompa (4,160m), camp
Day 12	Full day at Shy Gompa to explore monastery
Day 13	Trek over Sela Pass (5,110m) to Namgung Gompa (4,430m)
Day 14	Trek to Saldang (4,150m), camp
Day 15	Trek over Komasa pass (4,720m) to Komasa village (4,300m), camp
Day 16	Trek to Semen Village (3,925m), camp
Day 17	Trek to Tingue Village, camp
Day 18	Trek to Larja (4,740m), camp
Day 19	Trek over Choyela Pass (5,050m) to Do Tarap (4,155m), camp
Day 20	Trek to Charkula high camp (4,820m), camp
Day 21	Trek over Charkula Pass to Kharka River Camp, camp
Day 22	Trek over Tsharka Pass (5,040m) to Tsharka Bhot (4,150m), camp
Day 23	Trek to Yak Kharka (4,775m), camp
Day 24	Trek over Niwal pass (5,545m) to Gok Phedi (4,390m), camp
Day 25	Short day trek to Sangda village (3,880m) to allow some rest
Day 26	Trek over Sanda Pass (4,825m) to Dalle Pokhari (3,500m), camp
Day 27	Trek to Jomsom via Kagbeni, lodge
Day 28	Fly/drive to Pokhara, lodge
Day 29	Fly Pokhara to Kathmandu in afternoon
Day 30	Free day in Kathmandu
Day 31	Transfer to airport for international departure

## Dolpo Trek Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for a high altitude trekking trip. Most items are required. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items from your duffel. Keep in mind that this list has been carefully compiled by Eric Simonson, the expedition organizer. Don't cut corners on the quality of your gear. In order to assist our clients in understanding and selecting the appropriate equipment for this program, IMG has worked with online outdoor retailer Mountain Gear ([www.mountaingear.com](http://www.mountaingear.com)) to post gear lists, along with specific product recommendations, on the Mountain Gear website.

### Travel Items

- Duffel Bags: One duffel will accompany you on the trek to BC. Climbers will need a second duffel, which will be packed with the mountain equipment and which will go direct to BC. Duffels are carried by porters and yaks and should be sturdy and waterproof with name written on bag (in case tag is lost). Bags with wheels are nice for the airport, but the porters and yaks don't like to carry them, so don't bring wheeled bags. You will also store some travel clothes at the hotel in Kathmandu while trekking, so a smaller additional bag with a lock might be handy. Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- Daypack: Large daypack or bag with a shoulder strap, so you don't have to set it down while doing the duffel shuffle or handling travel documents while going through passport control and customs at the airport. It needs to be big enough to hold everything you'll need for an overnight stop.
- Locks: You'll want padlocks in Nepal and Tibet, but for flying out of the USA, it might be better to use plastic zip ties which can be cut by TSA staff if necessary (bring extra zip ties).
- Travel Wallet: Important for carrying your important documents including passport, extra photos, duffel inventory list, and money. We suggest that you use a travel wallet that you can hang around your neck and place inside your shirt, or around your waist tucked under your shirt or trousers.
- Passport (valid for at least 6 months after the trip ends with sufficient extra pages for visa stamps and in same name as airline ticket (or with endorsement-for women who changed name w/ marriage). Get your Nepal visa on arrival in Kathmandu at the airport
- Additional passport photos -- at least two: one for Nepal visa, one for trek permit.

### Trekking Gear

- Trekking Poles: Poles come in handy for balance and easing impact to your knees. Get collapsible poles that can attach to your backpack.
- Backpacks: The "day pack" is great for a travel carry-on and may be big enough for the trek (need room for your clothes, water, camera, food, etc during the day while hiking). Climbers will need a larger pack (50-60 liter size is popular) and this will also be fine for the trek. For the international flights put your backpack into the duffel bags, but carry it on the plane for the Lukla flight.
- Pack Cover: Waterproof rain cover for your pack.
- Sleeping Bag: Rated to at least 0 degrees Fahrenheit. Synthetic or Down.
- Trekkers do not need a pad (foam mattress will be provided for trek and Base Camp).

### Camp Accessories

- Headlamp: With several sets of extra batteries. Climbers should bring a second "back up" headlamp.
- Water Bottles: 2 water bottles with foam insulation shells. Bring a Pee bottle too.
- Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- Camera: With spare batteries, and film or memory cards. Small USB drive to make it easy to share photos with your teammates.
- Pocket Knife.

### Footwear

- Lightweight Shoes: Running/tennis shoes and sandals for camp, around town, etc.
- Hiking Boots: Medium-weight hiking boots, waterproofed and broken-in.

- Gaiters: To keep snow, mud, and scree out of your hiking boots.
- Socks: At least 3 complete changes of socks, in a combination that you have used and know works for you. Boots must be enough for the sock combination; tight boots will make your feet cold.

### Clothing

- Base Layer: 2 pair synthetic long johns: one midweight set and one expedition weight set.
- Mid Layers: One additional warm layer (wool sweater, another fleece jacket, shelled vest, etc, that can be worn in conjunction to the other layers).
- Shell Jacket: Waterproof/breathable jacket with hood.
- Shell Pants: Waterproof/breathable pants (full side zips are best).
- Climbing/Trekking Pants: Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion and dries quickly. You can wear them over longjohns if it is cold.
- Warm Parka: Down or synthetic. This should be big enough to go over other garments.
- Trekking Clothes: Light hiking pants and / or hiking shorts for warm weather down low- NOT cotton. Shirts for hiking on nice days (t-shirts OK, quick-drying synthetic fabric far better.)
- Casual Clothes: For travel/meals in dining rooms. You'll want a shirt or two with a collar to wear on flights and for restaurants. A sweatshirt or light jacket might be nice in the evening.
- Bathing Suit: Some of the hotels have pools (eg, in Bangkok).

### Clothing Accessories

- Gloves: Light gloves for hiking and warm ski gloves. Bring mittens too if your hands tend to get cold.
- Hats: Warm wool or heavy fleece hat, sun hat and bandana.
- A "Buff" or light balaclava to breathe through in the cold dry air. Good for preventing coughs.

### Personal Accessories

- Wrist Watch: With alarm and light for reading in the dark. We like the Suunto ones.
- Eyewear: Bring good sunglasses. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions that cause blowing dust.
- Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them. Lens solutions are not widely available in Nepal, bring enough.
- Skin Care: Maximum SPF sunscreen and lip balm.
- Basic First Aid and personal: Bring plenty of hand sanitizer (Purell). Also you'll want moleskin, tape, aspirin (many climbers take an 81mg aspirin every day to prevent stroke), ibuprofen / acetaminophen, Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid, insect repellent, ear plugs, and several rolls of toilet paper (we will have a supply at Base Camp), small towel, soap/shampoo, a few disposable dust masks, hand cream (for chapped hands),
- Prescription Medications: 1) Two regimens of antibiotic for respiratory and GI problems (azithromycin/"Z-Pak") 2) Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week); 3) a few Sleeping pills for the first few days of jet lag; 4) Malaria Chemoprophylaxis, (not needed unless you go to low areas in Nepal or Thailand, in which case we suggest Malarone); 5) Asthma medication, if any history (for example an Advair inhaler – many people find this VERY useful for "Khumbu Cough" bronchitis/irritation which can ruin your expedition and prevent you from climbing.) ; 6) nifedipine (for pulmonary edema, the 30 mg time release x 2 tablets) and 7) dexamethasone (for cerebral edema, 4 mg x 10 tablets).
- Cold medicine (Sudafed, etc), Chloroseptic or Tessalon Perles throat lozenges.
- Personal Snack Food: Lunches are included but you might like to bring a modest amount of personal snacks, also some drink mixes if you like these (add drink mix to your water bottle after giving iodine tablets 30 minutes of contact time).
- MP3 Player and Books.
- Pee bottle
- Chemical hand warmers(6)

## Immunizations Checklist

- Tetanus-Diphtheria - You should already have. Do you need a booster?
- Polio -You should already have. Do you need a booster?
- MMR -You should already have. Do you need a booster?
- Meningitis - Recommended. Consult your physician.
- Hepatitis A - Recommended. Consult your physician.
- Hepatitis B - Not a bad idea. Ask your physician.
- Cholera - Ask your physician. Not usually recommended any more.
- Typhoid - Not a bad idea to be safe. The tablet form, Vivotif Berna, is good for five years.
- Rabies - The new vaccine is easy. Kathmandu and Nepal have rabid animals.
- Malaria – No problem in Kathmandu, since we are above the zone of malaria, but if you plan on traveling to lower elevations in Nepal, or to certain parts of Thailand before/after the trip then malaria chemoprophylaxis is highly recommended.

Consult your physician and visit the travel clinic at a major University Hospital or your local Public Health Department for the most up to date info on travel requirements, or check out the Center for Disease Control Website at [www.cdc.gov](http://www.cdc.gov).

---



---

***“I wanted to say thanks for a great expedition. I was very impressed with the organization and facilities that were put together for the trip. Outstanding group of staff and in general the trip flowed with great ease because of the groundwork you've spent years perfecting. Thanks for the fantastic adventure!”***

—Kris E.

***“I was very impressed with how everything was so well organized. It seemed like every little detail was covered. IMG is way better than the others. Way better! You guys are the best in the business....”***

— Jim P.

***“I want to let you know that I am grateful that I got my money's worth. I worked so hard to be able to afford the trip, and it was worth every cent... Thank you for everything.”***

—Gary G.

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

---