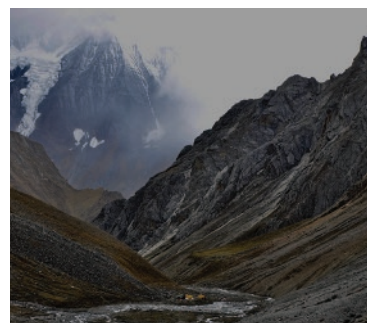
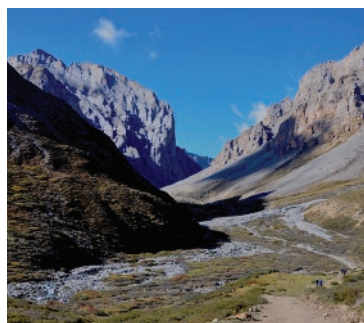




Himalaya

dolpo crystal mountain trek



trip highlights

Trek to the sacred Crystal Mountain in the spiritual heart of Dolpo
Follow in the footsteps of Peter Matthiessen through the landscapes of The Snow Leopard
Complete the sacred Crystal Mountain Kora, one of the Himalaya's most revered pilgrimages
Walk beside the turquoise waters of spectacular Phoksundo Lake, Nepal's deepest alpine lake
Visit ancient monasteries and experience the living traditions of Tibetan Buddhism and Bon culture



Trip Duration	20 days	Trip Code: ZCT
Grade	Moderate to Challenging	
Activities	Trekking	
Summary	15 day Trek, 4 nights Hotel, 15 nights Wilderness Camping	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Dolpo Crystal Mountain Trek, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Every trek is accompanied by an experienced local leader who is highly trained in remote 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. We take every precaution to ensure smooth logistics. We use an excellent 4 star hotel in Kathmandu and well maintained, good quality camping equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene and our cooks will surprise you with a varied menu. 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.



dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

Our expert staff are happy to provide a quote for airfares.

inclusions valued at USD\$:

Meals:	USD\$750
Internal Flights:	USD\$735
Park & Entry Fees:	USD\$820

meals on trek :

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

the trip

The Dolpo Crystal Mountain Trek explores one of Nepal's most remote Himalayan regions, following ancient trails through the spectacular landscapes of Shey Phoksundo National Park to the sacred Crystal Mountain (Shey Riwo). Revered by both Tibetan Buddhists and Bon practitioners, Crystal Mountain is one of the Himalaya's most important pilgrimage sites and has attracted pilgrims for centuries.

Beginning with a flight to Juphal, the trek passes through traditional villages, deep river gorges and alpine valleys before reaching the striking turquoise waters of Phoksundo Lake, Nepal's deepest alpine lake. Continuing north into the historic Kingdom of Shey, the route visits ancient monasteries and follows the initial stages of the Crystal Mountain kora, offering an insight into the region's enduring spiritual traditions and Tibetan cultural heritage.

Made famous by Peter Matthiessen's classic The Snow Leopard, Dolpo remains one of the least-visited trekking regions in Nepal. Its dramatic mountain scenery, centuries-old monasteries and well-preserved culture combine to create a rewarding trek through one of the country's last great wilderness areas.

at a glance

DAY 1	JOIN KATHMANDU (1,400M / 4,593FT)
DAY 2	KATHMANDU (1,400M / 4,593FT) TO NEPALGUNJ (150M / 492FT) (1 HR FLIGHT)
DAY 3	FLY TO JUPHAL (2,475 M / 8,120 FT), DRIVE TO RUPGHAT AND TREK TO SULIGHAT (WALK 2-3 HRS)
DAY 4	TREK TO CHHEKPA (2,720 M / 8,924 FT, WALK 5-6 HRS)
DAY 5	TREK TO NECHA (3,110 M / 10,203 FT, WALK 5-6 HRS)
DAY 6	TREK TO RINGMO (3,650 M / 11,975 FT, WALK 4 HRS)
DAY 7	ACCLIMATISATION DAY AT RINGMO (3,650 M / 11,975 FT)
DAY 8	TREK TO CHHOLUPU (3,650 M / 11,975 FT, WALK 6 HRS)
DAY 9	TREK TO LAR TSA (4,200 M / 13,780 FT, WALK 7 HRS)
DAY 10	TREK TO MENDOK DING (4,620 M / 15,157 FT, WALK 3 HRS)
DAY 11	CROSS SEHU LA (5,120 M / 16,798 FT) AND TREK TO SHEY GOMPA (4,250 M / 13,944 FT, WALK 8 HRS)
DAY 12	REST AND EXPLORATION AT SHEY GOMPA (4,250 M / 13,944 FT, WALK 3-4 HRS)
DAY 13	CROSS NAGDALO LA (5,340 M / 17,520 FT) AND TREK TO HIGH CAMP (4,850 M / 15,912 FT, WALK 6-7 HRS)
DAY 14	TREK TO PHUKSUMDO KHOLA (3,650 M / 11,975 FT, WALK 6 HRS)
DAY 15	TREK TO RINGMO (3,650 M / 11,975 FT, WALK 4-5 HRS)
DAY 16	TREK TO CHEKPA (2,720 M / 8,924 FT, WALK 6 HRS)
DAY 17	TREK TO RUPGHAT, DRIVE TO JUPHAL (2,475 M / 8,120 FT, WALK 2-3 HRS, DRIVE 1.5 HRS)
DAY 18	FLY TO NEPALGUNJ AND KATHMANDU
DAY 19	EXPLORE KATHMANDU (CONTINGENCY) (1,330 M / 4,364 FT)
DAY 20	TRIP CONCLUDES IN KATHMANDU (1,330M / 4,364FT)

what's included

- 19 breakfasts, 17 lunches and 17 dinners including all meals on trek (valued at US\$800)
- Accommodation at the Radisson Hotel in Kathmandu and in fully serviced wilderness campsites
- Use of a World Expeditions trek pack including a quality sleeping bag, sleeping bag liner, and down or fibre-fill jacket (valued at US\$500)
- Internal flights Kathmandu/Nepalgunj/Juphal and Kathmandu
- Expert bilingual guide



dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



trip dates

2027 03 May - 22 May

fast facts

Countries Visited:
Nepal

Visas:
Yes*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Private Groups:
Private group options are available for this trip*

Singles:
A single supplement is available for this trip*

Leader:
Expert local leader

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

- Arrival transfer on Day 1 and departure transfer on Day 20, or if you have prebooked accommodation at the Radisson Hotel through us
- All park entrance fees and trekking permits
- World Expeditions Souvenir kit bag
- Safety equipment including satellite phone, portable high altitude chamber and expedition medical kit
- Porters to carry all personal and group equipment, including porter insurance

what's not included

- International flights
- Travel Insurance
- Visa
- Tips and gratuities
- Lunch & dinner in Kathmandu
- Bottled water, soft drinks and alcoholic drinks
- Personal expenses such as laundry etc.
- Any items not listed as included

detailed itinerary

DAY 1 Join Kathmandu (1,400m / 4,593ft)

On arrival at Tribhuvan International Airport in Kathmandu, you will be met by a World Expeditions representative and transferred to your hotel. The remainder of the day is free for you to relax after your journey or explore the surrounding area at your own pace. In the afternoon, you will attend a pre-trek briefing where your guide will outline the adventure ahead and distribute your trek pack. This evening, enjoy a welcome dinner with your fellow travellers, providing the perfect opportunity to get to know your group before the trek begins.

Accommodation: Radisson Hotel

meals: D

DAY 2 Kathmandu (1,400m / 4,593ft) to Nepalgunj (150m / 492ft) (1 hr flight)

This morning, you will transfer to the airport for your flight to Nepalgunj, located in Nepal's lowland Terai region near the Indian border. As you descend, the landscape transforms from rugged mountain terrain to subtropical plains, offering a striking contrast in scenery. On arrival, you will be transferred to your hotel, where you will have time to relax before the next stage of your journey. Spend the evening at leisure as you prepare for your onward adventure.

Accommodation: Hotel Nepalgunj

meals: B,L,D

dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

trip grading

Moderate to Challenging

Anyone undertaking a challenging adventure should be aware of the physical and mental demands involved. Our challenging treks are designed for experienced adventurers who are seeking a real challenge. A well above average level of fitness is required as days can involve 10 hours of strenuous exercise in very remote and rugged terrain. Altitudes are generally less than 6000metres although higher pass crossings are possible. Generally trekkers can expect to carry a day weighing around 8kgs. The terrain will often be rugged and some walks may be exploratory, venturing far off the beaten track. Weather conditions may be harsh at times, and you will need to be comfortable trekking in adverse weather conditions. We suggest up to one hour of strenuous exercise each day, interspersed with a relatively demanding bushwalk / hike at the weekend. The best exercise for trekking is bushwalking / hiking involving relatively steep ascents and descents; multi day walks are ideal preparation for our challenging adventures.

DAY 3 Fly to Juphal (2,475 m / 8,120 ft), drive to Rupghat and trek to Sulighat (walk 2–3 hrs)

This morning, fly from Nepalgunj to Juphal (2,475 m / 8,120 ft), enjoying spectacular views as you enter the remote mountain landscapes of Dolpo. From Juphal, drive approximately 1.5 hours to Rupghat, passing through traditional villages and scenic river valleys.

At Rupghat, meet your trekking crew before setting off on a gentle walk to Sulighat, following a well-defined trail into the remote wilderness of western Nepal. The day ends at our riverside campsite at Sulighat.

Accommodation: Wilderness Camping

meals: B,L,D

DAY 4 Trek to Chhekpa (2,720 m / 8,924 ft, walk 5–6 hrs)

Today, begin trekking along the river valley towards the entrance of Shey Phoksundo National Park. After permits are checked, the trail continues through forested hillsides and traditional villages as you gradually gain altitude. Keep an eye on the surrounding slopes, where bharal (blue sheep) are sometimes seen grazing.

Arrive at Chhekpa (2,720 m / 8,924 ft), where camp is set for the night.

Accommodation: Wilderness Camping

meals: B,L,D

DAY 5 Trek to Necha (3,110 m / 10,203 ft, walk 5–6 hrs)

Today, follow the Suli Gad River, passing through small settlements and crossing several suspension bridges. The trail climbs gradually through forests of blue pine and cedar, with occasional open sections offering views into the Suli Gad Gorge and the surrounding peaks.

Arrive at Necha (3,110 m / 10,203 ft), where camp is set for the night.

Accommodation: Wilderness Camping

meals: B,L,D

DAY 6 Trek to Ringmo (3,650 m / 11,975 ft, walk 4 hrs)

Today, ascend out of the gorge towards Phoksundo Lake, following the valley to the confluence of the Phoksundo Khola and Yulung Khola. Passing through small settlements, including Samjhana, the trail climbs steadily on a series of switchbacks towards Ringmo.

As you gain elevation, enjoy views of the impressive waterfall flowing from Phoksundo Lake and the surrounding peaks. Arrive at Ringmo (3,650 m / 11,975 ft), a traditional village overlooking the lake.

Accommodation: Wilderness Camping

meals: B,L,D

DAY 7 Acclimatisation day at Ringmo (3,650 m / 11,975 ft)

Today is an acclimatisation day at Ringmo (3,650 m / 11,975 ft) on the shores of Phoksundo Lake. Surrounded by steep cliffs and snow-capped peaks, you explore the area and take a short hike to a nearby Bon monastery, reflecting the region's ancient spiritual traditions.

Renowned for its striking turquoise waters and cultural significance, Phoksundo Lake is one of Nepal's most beautiful alpine lakes. Return to camp at Ringmo for the night.

Accommodation: Wilderness Camping

meals: B,L,D

dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 8 Trek to Chholupu (3,650 m / 11,975 ft, walk 6 hrs)

Leaving Ringmo, follow the shoreline of Phoksundo Lake, with uninterrupted views across its striking turquoise waters. A steady climb leads to a high crest above the lake, offering panoramic views of the surrounding mountains and valleys. The trail then descends through birch forest to alpine meadows at the northern end of the lake.

Arrive at Chholupu (3,650 m / 11,975 ft), where camp is set beside the lake.

Accommodation: Wilderness Camping

meals: B,L,D

DAY 9 Trek to Lar Tsa (4,200 m / 13,780 ft, walk 7 hrs)

Today, follow the Phoksundo Khola upstream through a broad alpine valley, passing the side gorge that leads towards Ngadra La. The trail continues along the valley floor before climbing gradually onto grassy ridges, with increasingly expansive views of the surrounding mountains as you gain altitude.

Arrive at Lar Tsa (4,200 m / 13,780 ft), where camp is set for the night.

Accommodation: Wilderness Camping

meals: B,L,D

DAY 10 Trek to Mendok Ding (4,620 m / 15,157 ft, walk 3 hrs)

Today, continue ascending into the high valleys of Dolpo, following a steady climb to a ridge above camp. From the crest, the trail descends gently across open alpine terrain, with views of high mountain pastures and the rugged peaks that surround the valley.

Arrive at Mendok Ding (4,620 m / 15,157 ft), where camp is set for the night.

Accommodation: Wilderness Camping

meals: B,L,D

DAY 11 Cross Sehu La (5,120 m / 16,798 ft) and trek to Shey Gompa (4,250 m / 13,944 ft, walk 8 hrs)

Today, ascend to Sehu La (5,120 m / 16,798 ft), entering the remote high mountain landscapes of Inner Dolpo. From the pass, enjoy expansive views across the surrounding Himalayan ranges before continuing along part of the sacred circuit around Crystal Mountain (Shey Riwo).

The trail crosses several smaller passes before descending into the Tar Valley, passing Tsakang Gompa en route. By late afternoon, arrive at Shey Gompa (4,250 m / 13,944 ft), one of Dolpo's oldest and most important monasteries, where camp is set in a broad alpine meadow.

Accommodation: Wilderness Camping

meals: B,L,D

DAY 12 Rest and exploration at Shey Gompa (4,250 m / 13,944 ft, walk 3-4 hrs)

Today is a rest and exploration day at Shey Gompa (4,250 m / 13,944 ft), one of Dolpo's oldest and most important monasteries, set beneath the sacred Crystal

dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



Mountain (Shey Riwo). Spend time exploring the monastery and the surrounding valley, or take an optional walk to nearby viewpoints for impressive views of the surrounding peaks and alpine landscape.

Return to camp at Shey Gumpa for the night.

Accommodation: Wilderness Camping

meals: B,L,D

DAY 13 Cross Nagdalo La (5,340 m / 17,520 ft) and trek to High Camp (4,850 m / 15,912 ft, walk 6–7 hrs)

Leaving Shey Gumpa (4,250 m / 13,944 ft), follow the stream that flows from Nagdalo La, gradually ascending through a broad alpine valley and across an extensive moraine field. The final climb to the pass is the steepest part of the day.

From Nagdalo La (5,340 m / 17,520 ft), enjoy sweeping views north towards the rugged peaks and ridgelines that mark the border with Tibet. The trail then descends to the valley floor and continues to High Camp (4,850 m / 15,912 ft), where camp is set beneath the impressive Kanjiroba Range.

Accommodation: Wilderness Camping

meals: B,L,D

DAY 14 Trek to Phuksumdo Khola (3,650 m / 11,975 ft, walk 6 hrs)

From camp, we make a long descent over scree slopes, crossing several small streams before reaching the valley floor. The trail then follows the Phuksumdo Khola through birch forest and across open alpine meadows to our peaceful campsite beside Phuksumdo Lake (3,650 m / 11,975 ft).

Accommodation: Wilderness Camping

meals: B,L,D

DAY 15 Trek to Ringmo (3,650 m / 11,975 ft, walk 4–5 hrs)

Today's walk begins with a steady climb to a viewpoint overlooking Ringmo Village, set beneath the snow-capped peaks that form the natural divide between Upper and Lower Dolpo. The trail then descends along a broad path traditionally used by yak caravans, passing through woodland and open alpine pastures where local villagers graze their yaks.

The final hour follows the shoreline of Phoksundo Lake before arriving back at Ringmo (3,650 m / 11,975 ft).

Accommodation: Wilderness Camping

meals: B,L,D

DAY 16 Trek to Chekpa (2,720 m / 8,924 ft, walk 6 hrs)

Leaving Ringmo, the trail descends past the impressive waterfall flowing from Phoksundo Lake before reaching the highest settlements in the area near Sunduwa, where we stop for tea. Continue through a series of traditional farming villages and small settlements before arriving at Chekpa (2,720 m / 8,924 ft).

Accommodation: Wilderness Camping

meals: B,L,D

dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



DAY 17 Trek to Rupghat, drive to Juphal (2,475 m / 8,120 ft, walk 2–3 hrs, drive 1.5 hrs)

This morning, follow the trail from Sulighat to Rupghat, where you bid farewell to your trekking crew. From here, drive approximately 1.5 hours to Juphal (2,475 m / 8,120 ft), passing through traditional villages and scenic river valleys.

The remainder of the day is at leisure before your flight to Nepalgunj the following morning.

Accommodation: Lodge

meals: B,L,D

DAY 18 Fly to Nepalgunj and Kathmandu

A short walk brings us to Juphal Airport for our scenic flight to Nepalgunj, with views over the forested foothills of western Nepal. On arrival, connect with your 45–50 minute flight to Kathmandu (1,330 m / 4,364 ft).

If flights operate on schedule, you will arrive in Kathmandu by late morning, where a hot shower and the comforts of the Radisson Hotel Kathmandu provide a welcome end to the trek.

Accommodation: Radisson Hotel

meals: B,L,D

DAY 19 Explore Kathmandu (contingency) (1,330 m / 4,364 ft)

Today is a contingency day in Kathmandu (1,330 m / 4,364 ft), providing flexibility in the event of flight delays from Dolpo. If everything has operated on schedule, you are free to explore the city at your own pace. You may wish to visit Pashupatinath Temple or Boudhanath Stupa, wander the bustling streets and markets of Thamel, or simply relax at the hotel.

Accommodation: Radisson Hotel

meals: B

DAY 20 Trip concludes in Kathmandu (1,330m / 4,364ft)

After breakfast, you are transferred to Kathmandu Tribhuvan International Airport for your onward flight. Your trip concludes in Kathmandu

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

am i suitable for this trip?

A Challenging trip is more difficult than any other program we offer. Each of these expeditions has an ambitious objective or goal that necessitates cooperation, contribution and a positive spirit from every member for it to be successful and ultimately rewarding and enjoyable for all. Being personally very fit and healthy will allow you to cope with the rigours of the trip through all conditions right through to the finish, and being mentally ready to embrace the variety of experiences involved is equally important. We strongly encourage intending participants to talk and meet with us directly as early as possible to discuss your ideas and ensure you have chosen the right trip for your level of experience and fitness.

physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per

dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking and climbing at altitude. Overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also, this develops skill and confidence on difficult terrain you will find on expedition. Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. (We hope that it will become a 'lifetime' thing.) With a solid training regime comes a more relaxed disposition, more energy and usually better walking and breathing technique, which ultimately leads to you having a great trip rather than some kind of survival experience. Likewise overnight camping bushwalks encourage you to become self-actualised and self-reliant, making the daily routine on trek, getting ready on time, keeping clean, helping out and so on, much easier and less stressful. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

The best time to trek in Nepal's Dolpo region is from late April to early June and from early September to late October. Unlike much of Nepal, Upper Dolpo lies in the Himalayan rain shadow, meaning it receives very little of the summer monsoon. This extends the trekking season well into May and June, when many other regions become too wet for trekking.

The lower sections of the trek, including the approach to Phoksundo Lake, are influenced by the Indian monsoon and feature forests and fertile pastures. During spring, daytime temperatures at lower elevations typically reach 20–25°C (68–77°F), with mild, occasionally humid conditions. Beyond Phoksundo Lake, the landscape becomes increasingly arid as you enter the rain shadow. At higher elevations, daytime temperatures are much cooler, while overnight temperatures commonly fall to 5°C (41°F) or below, with sub-zero temperatures possible at the highest camps.

The spring and autumn shoulder seasons offer excellent trekking conditions. Spring brings blooming wildflowers, generally stable weather and fewer trekkers, while autumn is renowned for crisp mountain air, clear skies and outstanding visibility. Winter (December to February) is much colder, with freezing nights and occasional snowfall affecting high passes, making trekking more challenging. To help you stay comfortable in these alpine conditions, World

dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



Expeditions provides a quality trek pack that includes a down jacket (parka), sleeping bag and foam sleeping mattress, reducing the amount of specialist gear you need to bring from home while ensuring you're well equipped for the journey.

meals on trek

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

mountain flights

The flight services to the west of Nepal (including Nepalgunj and Simikot) are fairly dependable, with flights generally scheduled in the morning to take advantage of clearer weather windows. For Mountaineering trips, the maximum luggage allowance on these flights is 25kg per person including the weight of your hand luggage. These limits are strictly adhered to so please pack carefully.

Some flights to the west of Nepal travel via Pokhara. The flights to and from Pokhara are a spectacular journey and a highlight of any trip to Nepal. Unlike the small mountain airstrips that use small aircraft and are often unreliable due to weather delays, this flight is from the major airport of Pokhara to the capital of Kathmandu. The many flights between these two cities use larger aircraft and have frequent schedules. The views of the Annapurna, Manaslu, Ganesh and Langtang ranges are breathtaking. Maximum luggage allowance on flights between Kathmandu and Pokhara is 20kg per person including the weight of your hand luggage (bear in mind though that the maximum weight of your kit bag can only be 15kg during the trek). These limits are strictly adhered to so please pack carefully.

contingency itinerary for flight delays

We aim to ensure the continuity of travel in the event of flight cancellations or adverse weather conditions. If unsuccessful, a contingency itinerary will be put into place to ensure you are able to achieve the key goals of the trip, without compromising on acclimatisation. Your leader will brief you on the revised itinerary if it is necessary to put it into place. Typically, there is no additional cost associated with the itinerary change as the cost for the flights will be utilised towards the vehicles required to fulfil the new arrangements. Your leader will keep you fully informed as the plans unfold.

dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. 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.

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 travellers 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.

equipment provided

You will be provided with the use of a World Expeditions trek pack which includes a duffle bag, quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500). Further, our porters are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip balm etc. Porters carry all group gear and your trek pack.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise 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 acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache

dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise 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.

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

*A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.

*We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.

*We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.

*Porters also receive life insurance and income protection insurance.

*Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.

*Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.

*Porters are not to carry more than 30kgs.

*The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

protecting the environment

Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We do not have camp fires and we strongly discourage trekkers from buying wood-fuelled hot showers that they may



dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



encounter along the way. We do not use wood for cooking or heating water whilst in lodges but use kerosene stoves that we carry with us. We also carry our own food supplies in order to maintain the highest standards of hygiene and meal quality, and do not deplete local resources. By joining a trek with World Expeditions you are supporting a sustainable trekking service, rather than depleting natural resources. Camping, rather than staying in tea houses, ensures we can fulfill this.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

Nepal Visa Information

All nationalities require a visa to enter Nepal. For most travellers, a multiple-entry tourist visa can be obtained on arrival at Tribhuvan International Airport (Kathmandu).

To make your arrival as smooth as possible and avoid long queues at the airport, World Expeditions strongly recommends completing the online visa application before you travel.

Option 1: Complete Your Visa Application Before Departure (Recommended)

The easiest and fastest option is to complete your visa application online before arriving in Nepal.

Online Visa Application Portal:

<https://nepaliport.immigration.gov.np/>(<https://nepaliport.immigration.gov.np/>)

Important

Applications can only be submitted within 14 days of your arrival date

The barcode confirmation generated by the system is valid for 15 days. If your travel dates change and you arrive more than 15 days after completing the form, you will need to submit a new application.

How to Apply

1. Visit the Nepal Immigration Portal above.
2. Select "Visa on Arrival".
3. Choose Tribhuvan International Airport (TIA) as your point of entry if you are flying into Kathmandu.
4. Complete and submit the application.
5. Print or save the barcode confirmation receipt.

What to Bring

- * Passport valid for at least 6 months from your arrival date
- * Printed barcode confirmation receipt
- * 4 x passport-sized photographs
- * Visa fee payment (USD cash recommended)

On Arrival in Kathmandu

1. Proceed to the visa payment counter.
2. Pay the applicable visa fee.
3. Present your passport, payment receipt and barcode confirmation at Immigration.
4. Your visa will then be issued.

dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



Option 2: Apply for Your Visa on Arrival

If you have not completed the online application before departure, you can still obtain your visa upon arrival at Tribhuvan International Airport.

On Arrival

1. Proceed to one of the visa application kiosks in the arrivals hall.
2. Complete the electronic visa application form.
3. Print the confirmation receipt if available, or take a clear photo or screenshot of the confirmation page.
4. Proceed to the visa payment counter.
5. Present your application confirmation, payment receipt, passport and passport photographs at Immigration.

Please note that queues can be lengthy during busy periods, which is why completing the online application before departure is recommended.

Visa Fees

Current tourist visa fees are:

15 Days - US\$30

30 Days - US\$50

90 Days - US\$125

Payment Information

USD cash is strongly recommended. AUD, CAD and GBP are generally accepted at the exchange rate of the day. Bringing the exact amount in US dollars will help speed up processing and avoid delays

Important Requirements

Before travelling, please ensure you have:

- A passport valid for at least 6 months from your date of arrival
- 4 x passport-sized photographs
- A printed or saved copy of your visa application confirmation (if applying online)
- Sufficient funds to pay the visa fee on arrival

Visa Validity

Once issued, your Nepal tourist visa must be activated by entering Nepal within 6 months of the date of issue.

As visa regulations can change without notice, travellers should always check the latest requirements with Nepal Immigration prior to departure.

World Expeditions Recommendation: Complete the online visa application before departure and bring a printed copy of the barcode confirmation. This is the simplest way to minimise waiting times and ensure a smooth arrival into Nepal.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

subscribe to our e-newsletter

Never miss another deal or spot on an exciting new trip! Be part of our adventure community, head to our website to subscribe to our free e-newsletter.



dolpo crystal mountain trek

Trek to Crystal mountain in the spiritual heart of Upper Dolpo and traverse into Mustang



social networking

Connect with our community @

FACEBOOK: @worldexpeditions

facebook.com/worldexpeditions

INSTAGRAM: @worldexpeditions

Follow us at [instagram.com/worldexpeditions](https://www.instagram.com/worldexpeditions)

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to your nearest World Expeditions office.