

Upper Dolpo Trek

Safety plan · last checked on 10 October 2026

Who to call

- Rujan Neupane, licensed trekking guide: +977 984-3808583 (phone and WhatsApp)
- Email: rujanneupane@gmail.com

Emergency in Nepal	Number
Police	100
Tourist Police (English spoken)	1144
Ambulance	102
Fire	101

Fill in before you leave:

Insurance company	
Policy number	
Insurer 24-hour emergency number	
Your embassy in Kathmandu	
Family contact (name, phone)	

The altitude plan for this route

For every night above 3,000 m: where we go down to if someone feels unwell and does not get better with rest.

Day	Night at	Altitude	If unwell, go down to
4	Rechi (Amchi Hospital)	3,110 m	Chhepka, 2,838 m, 3 hours back
5	Ringmo	3,640 m	Rechi, 3,110 m, 3 hours down
6	Phoksundo Lake	3,640 m	Rechi, 3,110 m, 3 hours down
7	the Phoksundo Khola camp	3,750 m	Back to Ringmo, 3,640 m
8	Phoksundo Bhanjyang	4,402 m	Phoksundo Khola camp, 3,750 m, 4 hours down
9	Shey Gompa	4,390 m	Before the top: back down the valley. After the top: on to Shey
10	Shey Gompa	4,390 m	Back over the Kang La is long; we rest and watch
11	Namduna	4,800 m	Back to Shey Gompa, 4,390 m
12	Saldang	3,770 m	Saldang is lower; rest here
13	Sibu	3,942 m	Saldang, 3,770 m, 4 hours back
14	Jeng La Phedi	4,900 m	Sibu, 3,942 m, 4 hours down
15	Tokyu	4,209 m	After the top: on down to Tokyu
16	Dho Tarap	4,090 m	Down the Tarap valley
17	Dho Tarap	4,090 m	Down the Tarap valley to Kamakharka, 3,800 m

18	Kamakharka	3,800 m	Kamakharka is lower; rest here
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Warning signs

Altitude sickness (AMS): headache, sickness or no appetite, unusual tiredness, dizziness, bad sleep. Stop going up; rest at the same height until it passes.

Brain swelling (HACE), an emergency: confusion, strange behaviour, stumbling or loss of balance, a severe headache that does not ease, very sleepy. Go down at once, even at night.

Fluid in the lungs (HAPE), an emergency: out of breath at rest, a cough that does not stop, a gurgling chest, much weaker than the others. Go down at once and get help.

The golden rules: walk slowly; never go higher with symptoms; if they get worse, go down. Going down is the best treatment.

Every day on the trail

- Each morning and evening I ask how you feel: your head, breathing, appetite and sleep. Please tell me the truth; a hidden headache can become a problem.
- We drink enough, eat well, and keep the pace slow.
- We decide together, every day, whether to go on, rest or go down.

Helicopter rescue, honestly

A helicopter is for real emergencies, when walking down is not possible or not safe. It is arranged through your insurer. Never let anyone push you into a helicopter you do not need, and never agree to pretend to be ill. If you are unsure, call your insurer's emergency number yourself first.

Risks on this trek

- Very remote: help is days away, and a rescue depends on the weather.
- Mostly camping; nights on the plateau are very cold, even in summer.
- Jupal flights are often delayed. Keep several spare days.
- The restricted area permits for Dolpo are expensive, and a camping crew adds to the cost.
- Three high passes over 5,000 m, with long, steep days.
- Snow can close the passes from November to April.

My card (fill in by hand; it stays on paper)

Name

Blood group

Allergies

Medicines I take

Health conditions

Emergency contact
