



## Shey Festival Trek 2024



Trip Grade: Moderate  
Duration: 23 Nights/24 Days  
Max. Altitude: 5350m

Destination: Nepal  
Region: Dolpa  
Activity: Trekking & Hiking  
Theme: Tented Camp

WhatsApp  
+977 984107075  
Email us at:  
info@trekkingexperts.com

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### Overview

Shey Festival is one of the rarest festivals in the world which occurs only few times in your life. And you'll be able to witness once (twice maximum) in your lifetime. You should be lucky enough to occur it when you're ready for this trip. Shey Festival is the most important festival Dolpo region of Nepal which occurs once in twelve year. This festival is called Dolpo Festival too because it is celebrated in Shey Gompa which is situated Upper Dolpo region of Nepal. Shey Festival happens in twelve-year cycle in Buddhist calendar each year represented by different animal and each year with importance of twelve different pilgrimages, which includes Mt. Kailash in Tibet, Swayambhunath in Kathmandu, Shey Gompa in Dolpo and other in many other places in the world. Last time Shey Festival happened in 2012 and Shey Festival for 2024 is taking place from 1<sup>st</sup> September to 4<sup>th</sup> September 2024 at Shey Gompa. Trekking Experts offer this rarest Shey Festival Trek for 2024.

The Shey is major pilgrimage in Dragon year and the upcoming Dragon year falls in 2024 in Tibetan calendar. The religious belief is that if one makes Kora (circuit) of Ribu Drukta in dragon year equals visiting 11 rests of the major pilgrimages. But especially there is great festival for one week from full moon of seventh month in Tibetan Calendar. During the festival, all the Buddhist followers from the region and beyond gather to the place and perform typical dances, wear traditional and antique dresses and different events like horse riding, archery and lama dances are organized. There is religious preaching by fifth reincarnation of Tuptup singe and other respected high Lamas (monks). Poojas (worship) and Wang (blessings) will take place during the festival. Shey Festival Trek in 2024 with Trekking Experts begins with flight to Nepalgunj and then to Juphal. Trekking in Dolpo region itself gives you amazing experience of real nature, wilderness and adventure. Dolpo/Dolpa region is one of wonderful trekking destination for tented camp holidays. Dolpa region is a perfect destination for nature lovers, adventure seekers and cultural explorers. The famous Shey Phoksundo National Park is located in Dolpa region. Besides witnessing rare festival, you'll get unique experience of nature, culture and beautiful landscapes. Dolpo is a land of ancient trading routes arcing across a timeless landscape, distant from the modern world, Shey Festival Trek provides valuable insight into the far western settlements in Nepal. The region features Yak caravans traversing the barren terrain, medieval fortified villages clinging to mountain slopes, and at its heart the mystical Bon Kingdom.

### Highlights

- ✓ Witness rarest Shey Festival in your lifetime
- ✓ Visit religiously very important Shey Gompa
- ✓ Amchi Hospital (an Amchi is a traditional Tibetan doctor/healer)
- ✓ Many ancient & white-washed monasteries like Thasoon Chholing Bon-po Gompa
- ✓ The Phoksundo Lake, the world's highest altitude lake
- ✓ Special Bon cultural villages and inhabitants like Dho Tarap

- ✓ Many ancient & white-washed monasteries like Thasoon Chholing Bon-po Gompa
- ✓ Gigantic mountain ranges and over the Numala pass at 5,400m
- ✓ Amazing country of Crystal Mountain at SheyGomba
- ✓ The route follows the ancient Trans Himalayan Trade route

## Trip Itinerary

### Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu. Dinner will be booked at the hotel.

**Accommodation:** Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

### Day 02: Kathmandu –Nepalgunj (alt. 492m)

Today, you have free morning at the hotel. This would be your final preparation for trek such as if you missed to buy anything for trekking, you can buy. In the afternoon, you'll transfer to Kathmandu Domestic Airport and will fly to Nepalgunj. An hour flight to Nepalgunj takes you the south-west part of Nepal. Upon arrival at Nepalgunj airport, you'll be picked by hotel. Check-in at hotel and rest at the hotel.

**Accommodation:** Tourist-class Hotel **Meals:** Breakfast/Dinner **Walking Hours:** N/A **Altitude:**492 meters

### Day 03: Nepalgunj-Dunai (alt. 2140m)

Today early morning, you'll be transferred to Nepalgunj airport and then will fly to Juphal (2475m). A pleasant 45 minute's flight to Juphal by small 17-seater aircraft will provide you views of Himalayan foothills with views of Annapurna and Dhaulagiri peaks to the north. Upon arrival at Juphal, you'll meet your trekking crew (guide, cook, kitchen team etc). From Juphal, your first day trek to Dunai will take about 2-3 hours walk. The trekking trail follows terraced fields to the Bheri River and the narrow canyon which after in 3 hours will lead you to a relatively larger village called Dunai. Tented Camp at Dunai (2140m).

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 2-3 Hours Walk **Altitude:** 2140 meters

### Day 04: Dunai-Tarakot (alt. 2540m)

After breakfast at first tented camp night, you'll trek to Tarakot today. As the trek begins today, you follow the upstream trail that banks Bheri River. First part of today's trek is very pleasant as you'll trek along the leveled path occupied by beautiful landscapes in the neighborhood. Almost a couple of hours of trek bring you to the settlement of Byasghar (2430 m). Exiting out of Byasghar, you'll continue trekking along the riverside trail that heads towards northeast direction. During this part of the trek, the trail most of the times flanks the river closely and at other time it climbs over the hill or around the ridge. The trek continues along open trails before it arrives to Bajjibara. This small settlement holds a Bon Monastery. After a short uphill trek further, dry stone walls and cultivating fields indicate the arrival of famous mid-hill settlement of western Nepal, Tarakot, a small settlement that nestles high above Thuli Bheri River was once a famous trading point as it was the capital of ancient independent kingdom Tichorung. Most of the natives of the village belong to Magar tribe and the most of them practice Tibetan Buddhism as their religion. In some clusters of 'Kaike' a local dialect is spoken, which is not spoken anywhere else.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5-6 Hours Walk **Altitude:**2540 meters

### Day 05: Tarakot-Laina Odar (alt. 3370m)

After breakfast at camp, the trek begins today by hiking along the trail that lies on the southern bank of Bheri River. An hour-long trek brings you to the open valley created by Bharbung Khola. Then the trail heads east along the bank of Bharbung Khola. This part of trek brings you closer to PuthaHuinchuli and Churen Himal. The trail beyond Bharbang Khola chases the easy steps that eventually bring us to Laisicap (277 m). Now you cross the main river and begin to trek along the west bank of Tarap Khola. You'll head north until we arrive to Khanigaon (2950m). Khanigaon is the winter residence of the Dho-Tarap people. Then you can see the wonderful view of Sandul Gompa across the valley from Khanigaon. The final push on the steep uphill trail finally brings you to Laina Odar, which is a wonderful camping site with a beautiful waterfall nearby.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walk **Altitude:**3370 meters

### Day 06: Laina Odar– Sim Odar (alt. 3550m)

After breakfast at camp, today's trek begins along the spectacular trail. As you head further from Laina Odar, the trail goes through the deep gorges with scary cliffs above them. After couple of hours of trek to the north from Laina Odar, the trail begins to become relatively open. A little bit of effort put to make the trail easier can be seen. You now trek on the easy trail paved with wooden planks and flat stones that leads us to Chhyugar (3440m). Chhyugar lies at the bank of small stream which we cross and begin to trek along its western bank to Pibke or Nawarpani (3475m). The final part of today's trek, which is couple of hours long brings you to Sim Odar (3550m). Sim Odar is a winter refuge for the people of Upper Dolpo. You will settle down your camps here for the overnight stay.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walk **Altitude:** 3550 meters

#### **Day 07: Sim Odar- Dho Tarap (alt. 3944m)**

After breakfast at camp, from today one of the most interesting days of the trek is about to begin. The trek most of the times run along the bank of Tarap Khola switching sides frequently. On the first part of the trek your hike along the northwest bank of Tarap Khola to Ghyamghar, a small settlement with a monastery. At Ghyamghar, you'll cross the river and begin to trek along the eastern bank to Sisaul. At Sisaul once again you'll cross the river to its western bank and begin to trek along the lonely valley.

As you arrive to Langa, you'll once again cross the river and follow its eastern bank that climbs to a small arid hill. The last part of today's Inner Dolpo Trek slides down from this small hill to Dho Tarap (3944m). Dho Tarap is a fascinating settlement that manifests the real attributes of Dolpo. This famous settlement of Dolpo nestles high above a wide valley and was a famous trading point to the traders of Tibet and Mustang in the ancient days. You will settle down our camps at Dho Tarap for the overnight stay. There are plenty of places to see around Dho Tarap. In fact, Dho Tarap is a highland settlement dotted with monasteries. If you time enough for trek, you can spend one more night at Dho Tarap to explore around.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours Walk **Altitude:** 3944 meters

#### **Day 08: Dho Tarap– Jyanta Bhanjyang Base Camp (alt. 4542m)**

After breakfast at camp, you'll begin the trek along a gentle uphill trail from Dho Tarap. Nearly an hour-long uphill climb brings us to Crystal Mountain School and Health Post. Schools and health posts are very rarely seen in Dolpo. En-route to Jyanta La Base Camp you'll trek along the easy trail that reaches to Tokyu (4209m). Authentically traditional looking village Tokyu is a widespread village with graceful and old-fashioned houses. Tokyu is also a delightful place for a photographer on a bright sunlight. From Tokyu, you'll take another route to Jyanta La instead of route of Numa La Base Camp as it is straight forward. After couple of hours of walking you'll reach Jyanta La Base Camp, a camping site below Jyanta La.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5 Hours Walk **Altitude:** 4542 meters

#### **Day 09: Jyanta Bhanjyang Base Camp- Dovan (alt. 4160m)**

After breakfast at camp, today you'll hike up to Jyanta La (5220m) by ascending from Jyanta Bhanjyang. It takes 7 to 8 hours of extensive time in order to accomplish the trek and arrive in the camp.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours Walk **Altitude:** 4160 meters

#### **Day 10: Dovan-Saldang (alt. 3903m)**

After breakfast at camp, today trek to Saldang.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours Walk **Altitude:** 3903 meters

#### **Day 11: Saldang- Namgung (alt. 4400m)**

After breakfast at camp, you'll trek to Namgung. Today you'll descend steep slopes from Saldang village situated on a plateau high above the Nam Khong nala and the biggest villages of lower Dolpo area.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 4-5 Hours Walk **Altitude:** 4400 meters

#### **Day 12: Namgung- Shey Gompa (alt. 4126m)**

After breakfast at camp, today you'll cross Saldang La (5200m) over forest leading to a rocky canyon. You walk through a meandering trail to reach the top of Saldang-La Pass.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walk **Altitude:** 4126 meters

#### **Day 13: Shey Gompa (alt. 4126m)**

Today is the first day or opening Ceremony of the 67th Shelri Dugdra (Shey) Festival 2024 in the presence



of different government officials. The opening ceremony will further go on with ritual and cultural events.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4126 meters

**Day 14: Shey Gompa (alt. 4126m)**

Today you'll spend full day to explore the festival as today is considered very curial day as people will wake up early in the morning to circumambulate (Kora) of the Crystal Mountain. This will take almost a whole day the approximate timing of the full Kora is 7/8 hrs. In the evening, there will be Phowa (Transference of Consciousness) by His Holiness Kyaje Drikung Chetsang Rinpoche.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4126 meters

**Day 15: Shey Gompa (alt. 4126m)**

Today, the 3rd day of the Shey Festival, there will be ritual events, teachings and sermons by His Eminent Kyapje Menri Ponlop Rinpoche and H.E. Kyabje Gyangkhang Khentul Rinpoche lead the. In the afternoon, cultural and religious events will performed by Amchi and Doctors will conduct medical camps, Horse Race, Archery and others make the event more colorful.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4126 meters

**Day 16: Shey Gompa (alt. 4126m)**

Today the closing ceremony of the Shey Festival. Today is also consider as one of the major day as the three Rinpoches will bestow a Longevity Empowerment to the entire attendees and devotees. There will be Cultural shows, Mask dances, performances from the schools and the traditional dances in the afternoon. The local will perform the cultural dance rest of the day and likewise the ceremony will be close.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4126 meters

**Day 17: Shey Gompa- High Camp (alt. 4717m)**

After breakfast at camp, today you'll ascend gradually up for about 2 hours to reach High Camp of Kang La Pass following rock valley. From there, you'll ascent to the Kang La Pass (5350m) which will take about 3 further hours. From the Kang La Pass, you'll view Crystal Mountain, range of Mount Dhaulagiri and KanjirowaHimal etc. From the pass, now you'll descent about 1.5 hours to reach our today's camp.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walking **Altitude:**4717 meters

**Day 18: High Camp-Forest Camp (alt. 3630m)**

After breakfast at camp, today you'll descent down to Forest Camp through the Kang La River for about two hours. And then trail passes through the dense jungle pine forest for about 4 hours and reach camp site. We shall set up camp at the bank of Phoksundo Lake.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5-6 Hours Walking **Altitude:**3630 meters

**Day 19: Forest Camp- Ringmo (alt. 4641m)**

After breakfast at camp you, your today's trek will start with about 1.5 hours walk up through the jungle and then descent about 2 hours and one more hour in flat land to reach Ringmo village. The trail follows the bank of the Phoksundo Lake.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 4-5 Hours Walking **Altitude:** 4641 meters

**Day 20: Ringmo-Chhekpa (alt. 2838m)**

After breakfast at camp, today you'll descent to Chhekpa all the way down through forest and villages.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours Walking **Altitude:**2838 meters

**Day 21: Chhekpa-Juphal (alt. 2475m)**

After breakfast at camp, today you'll finish off your trekking. The trail starts with about 3 hours descent till Sulighat and then you'll trek about 3 hours ascent to reach Juphal.

**Accommodation:** Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walking **Altitude:**2475 meters

**Day 22: Juphal-Kathmandu (alt. 1310m)**

After early breakfast at Juphal, you'll take a short 30 minutes' flight to Nepalgunj from Juphal. And then

you'll catch another flight to Kathmandu from Nepalgunj. Depending the flight time to Kathmandu, you can spend some time in Nepalgunj to wait connecting flight to Kathmandu. Upon arrival in Kathmandu airport, you'll be transfer to hotel.

**Accommodation:** Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:**1310 meters

#### **Day 23: Kathmandu (alt. 1310 m)**

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

**Accommodation:** Star Hotel **Meals:** Breakfast **Walking Hours:** **Altitude:** 1310 meter

#### **Day 24: Departure from Kathmandu**

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time

### **What's Included**

#### **Meals & Accommodations**

- 3 nights in Kathmandu at three star-hotels on twin sharing basis with bed & breakfast basis
- 1 night in Nepalgunj at tourist-class hotel on twin sharing basis with half board (breakfast and dinner)
- 19 nights in tented camps during the trekking on twin sharing basis with full board basis (Breakfast, Lunch and Dinner)

#### **Transportations & Flights**

- All airport/hotel/airport transfers by private air-conditioned vehicle
- Ground transfer for Kathmandu sightseeing by private air-conditioned vehicle
- Kathmandu-Nepalgunj and Nepalgunj -Kathmandu flight with airport taxes
- Nepalgunj-Dolpo and Dolpo-Nepalgunj flight with airport taxes
- 18 kg baggage per person for trek and flights

#### **Permits & Fees**

- Shey Phoksundo National Park Fee
- Lower and Upper Dolpo Special Permit Fee

#### **Guide & Supporting Crew**

- 1 English speaking experienced trekking guide
- 1 experienced trekking cook
- Required kitchen team (kitchen helpers)
- 1 assistant guide for every 5 members
- Required porters to carry personal baggage, camping equipment, kitchen utensils and trekking food

#### **Equipment**

- One 2-men sleeping tent for every two members
- 1 Foam mattress for every member
- Dining Tents and kitchen tent
- Required toilet tents
- Required Shower tents
- Required tables and chairs
- Required kitchen utensils with fuel
- Solar light for lighting purpose only

#### **Value-Added Services**

- Comprehensive First Aid Kit
- Comprehensive Trekking Map and Kathmandu Valley Map

### **What's not Included**

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Emergency helicopter rescue charges
- Main meals in Kathmandu (lunch and dinner)
- Fees for taking photos/videos
- Tips for trekking crew