

WILDERNESS TREKS **10 OF THE BEST**

Trekking towards  
Chumemba

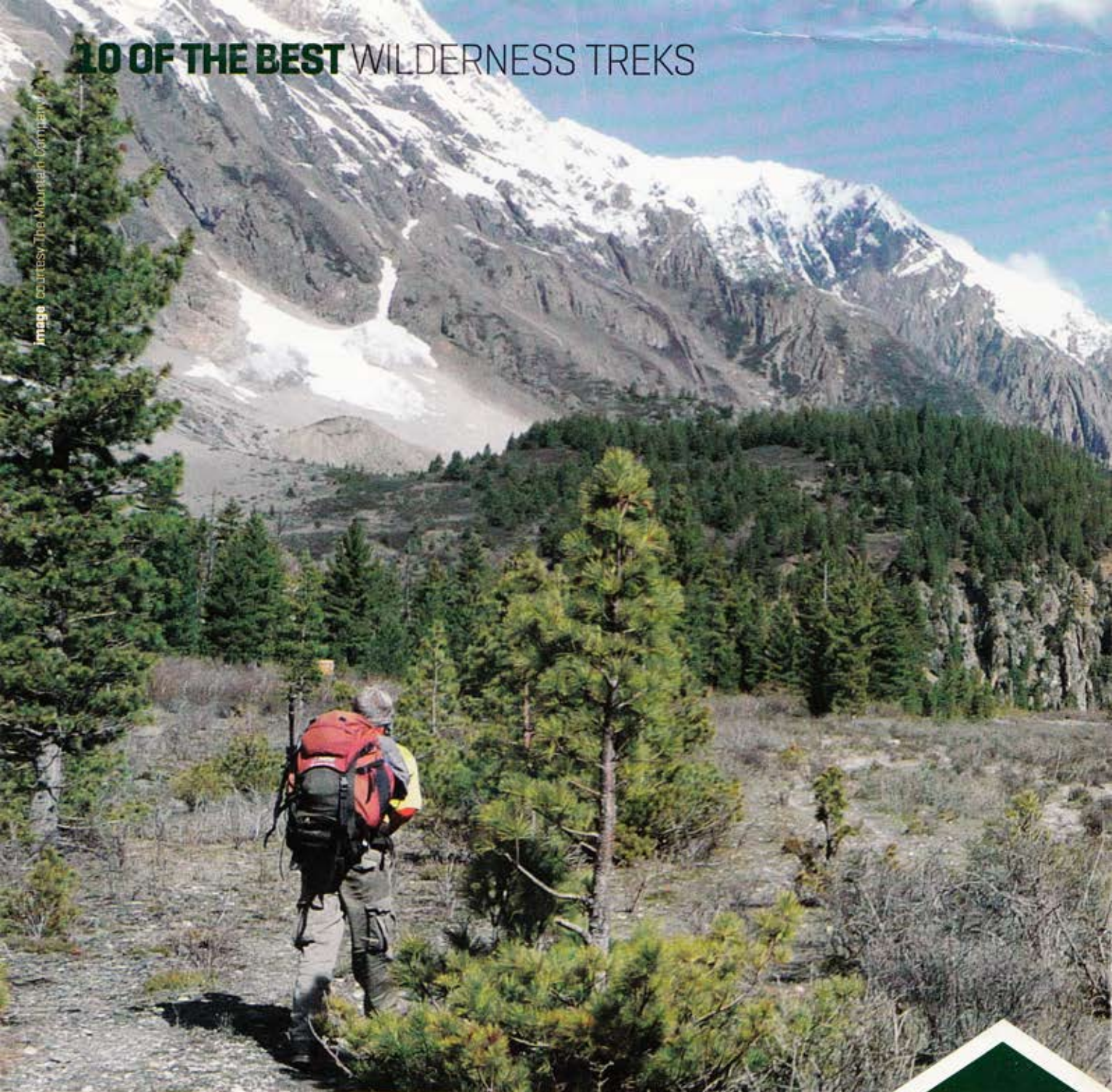
10 Of The Best...

# Wilderness Treks

Looking to get *really* off the beaten track?  
We scour the globe for ten treks that  
will help you do exactly that

# 10 OF THE BEST WILDERNESS TREKS

Image courtesy The Mountain Company



## 1. UPPER DOLPO, NEPAL

One of Nepal's most remote and least inhabited regions

- **Go with:** *The Mountain Company*
- **When to go:** *Apr-May*
- **How long:** *29 days*
- **Level:** *Strenuous*
- **More info:** [www.themountaincompany.co.uk](http://www.themountaincompany.co.uk)

Dolpo is the most remote and least inhabited region of Nepal, and the area has only been accessible to trekkers in the last 20 years. Upper Dolpo has been referred to as the last enclave of pure Tibetan culture, with the landscape,

culture and Buddhist religion of the region more like Tibet in pre-Chinese times than the rest of Nepal. Situated between the Tibetan plateau and the Dhaulagiri Himalayan range, this region has a vast and rugged landscape inhabited by a hardy, enterprising folk who live in some of the highest villages in the world. The region is rich in wildlife and you might spot herds of blue sheep, musk deer, Himalayan fox, eagles, lammergeier and, of course, the elusive snow leopard.

The Upper Dolpo to Jomsom trek, as run by The Mountain Company, forms part of the Great Himalayan Trail (GHT) and takes a route through a remote area very close to the Tibet border before walking out on the challenging trail to Jomsom in Mustang region. Highlights of the trek include crossing a number of high passes and enjoying the stunningly blue waters of Phoksumdo Lake, with the surrounding snow peaks of Kanjirowa Himalayan range all around. ➤