

Lower Dolpo Trek

Duration: 18 Days Days

Max Altitude: 5,190 m

Destination: Nepal

Trip Grade: Moderate

Best Season: Summer, Autumn, Spring

Trip Highlights

Lower Dolpo Trek Highlights

Witness the age-old Bon- Buddhist practices in different cloisters

Trek to the stunning Shey Phoksundo alongside an entry to the Phoksundo National Park

The amazing experience of hiking in the desert- suchlike the rain shadow area of the lower Dolpo region

Catch the enticing views of Yak Caravan and got to walk on the ancient swab trade route

Feel seduced by the sight of different foliage and fauna of the region

Trip Overview

The **Lower Dolpo Trek** is often overshadowed due to its difficult topography. However, if adventure, staying away from the beaten trek, and **unhidden** gems, are what you are looking for, then look no further!

Located in the remote mid-western region of Nepal, the traces of vehicles here are rare as no road connection has yet been able to connect Dolpa. In fact, trekkers were only introduced to this trekking route in the late 1980s. Ever since then, it has been on the bucket list of hardcore trekkers, who come to the Dolpo region to explore the **untouched Himalayan culture** and exclusive human civilization of this high altitude.



Dolpo Trek

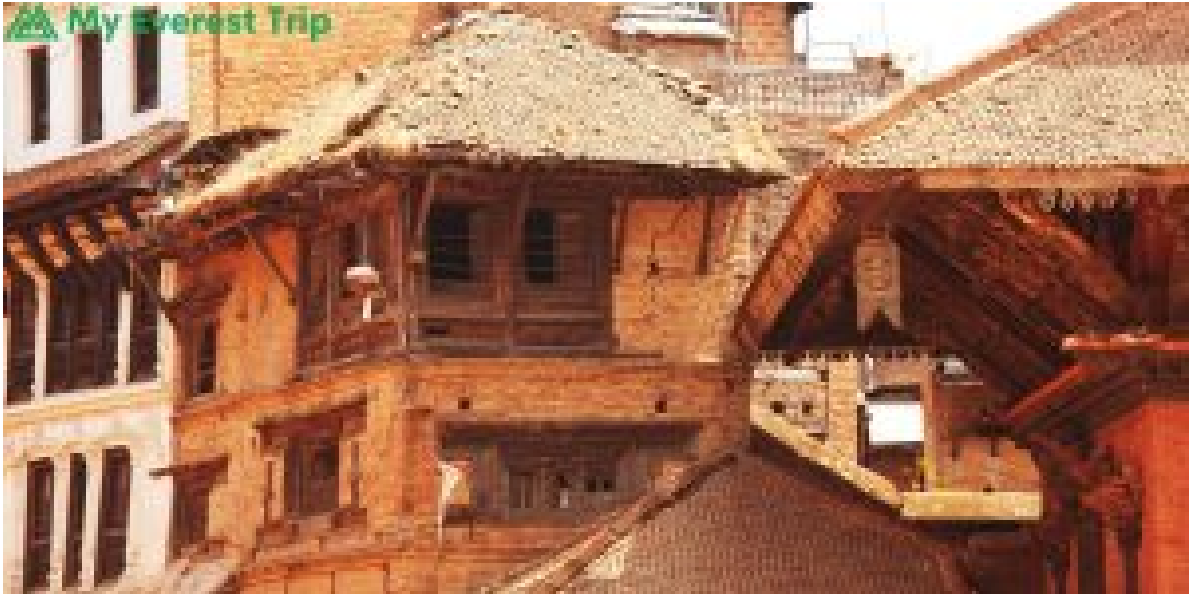
This **Dolpo region** protects the **Bon religions of traditional Tibetan culture**, so trekking here allows you to witness a wildly different way of life. As well as culture, you will also experience incredible flora and fauna, as you scale the mountains of the region, and visit the **Shey Phoksundu National Park** – the largest and only **trans-Himalayan** national park in Nepal. Here you will see a multitude of endangered animals and birds, along with one of the best examples of a well-preserved ecosystem of plants and wildlife on the planet.

You will also visit the sacred **Shey Phoksundo Lake**: the deepest and **second largest lake in Nepal**. This beautiful turquoise lake is a true highlight of a journey peppered with magnificent landscapes, mountain views, rivers, water springs, flat-roofed houses, **chotens, and monasteries**. Not to mention the snowy peaks of the **Kanjoroba and Dhaulagiri range**, and spectacular views of the lower Dolpa valley.

We operate The Lower Dolpo Trek in both groups and private tours, and as with all of our treks, offer a fully customizable itinerary, with personalized travel and accommodation plans available upon request. So if you want to know any more about the itinerary options, trek cost, trek difficulty, or anything else at all, then please don't hesitate to get in touch with a friendly member of our team. Or, if you would like to read about what it's like to experience this adventure, then check our Lower Dolpo Trek Blog.

Detailed Itinerary

Day 1: Arrival in Kathmandu



Kathmandu

Altitude: 1300 m

On arrival, you will land in Kathmandu airport, where our friendly team will greet you and take you to your hotel. Depending on what time you arrive, you are free to take a rest, or if you are itching to start exploring, you can spend the rest of the day soaking up the atmosphere of the Capital. You will then have dinner and an overnight stay in a highly recommended hotel in the city.

Dinner and overnight stay at a 3-star hotel in Kathmandu

Day 2: Sightseeing in Kathmandu valley and trek prep

After a welcoming breakfast, today you will have the opportunity to see some of Kathmandu's most famous UNESCO-listed world heritage sights, including Pashupatinath, Boudhanath, and Swayambhunath. Once you return you will meet your guide and begin preparation for your trek.

Breakfast and overnight stay at a 3-star hotel in Kathmandu

Day3: Fly from Kathmandu to Nepalgunj

Altitude: 150m

Just a short flight today, from Kathmandu to Nepalgunj in Western Nepal, so lots of time to explore! A fascinating Terai town hosting a zoo, local market, and chances to explore the nearby villages, it's a great stopover before the trek begins.

Breakfast, Lunch, Dinner, and overnight stay at a 3-star hotel

Day 4: Fly to Jhupal (Dolpo) and trek to Dunai

Altitude: Jhupal (2,320m/7,610ft) and Dunai (2,850m/9,348ft)

Duration: 45 mins flight, 2-3 hours trek

Accommodation: Tea House

Meals: Breakfast, lunch & dinner

Before we can get trekking we must first fly to Jhupal (45 mins). Resting on the Himalayan foothills, it's a beautiful place to begin our journey. We start by walking through terraced fields until we reach the narrow gorge of the Bheri River. From here we continue to Dunai, which offers plenty to explore before we rest for the night.

Day 5: Trek to Tarakot

Altitude: 2,543m/8,341ft

Duration: 5-6 hours

Accommodation: Tea House

Meals: Breakfast, lunch & dinner

Our trek begins by following the Beheri River. Starting on the southern bank we follow upstream, passing deep gorges, hanging bridges, and sparsely populated villages. As we continue along this pleasant trail, we will cross a path built about 7 meters over the river and soon reach the colorful terraced village of Terakot.

Day 6: Trek to Laini

Altitude: 3,160 m/10,365 ft

Duration: 6-7 hours

Accommodation: Tea House

Meals: Breakfast, lunch & dinner

A long day of walking that starts alongside the Tarap Chu River. We must crossover to reach Sandul Gumpa, at the juncture between Barung Khola and the Tarap Chu River. We then move on through farm terraces and a number of villages on our bumpy trek that ends in Laini.

Day 7: Trek to Nawarpani



Altitude: 3,545m/11,627 ft

Duration: 5-6 hours

Accommodation: Tea House

Meals: Breakfast, lunch & dinner

Today is a steep climb that begins along with the switchback over the Tarap River. It may be steep but it is also exciting as the valley soon becomes a narrow gorge that forces us to jump from spot to spot. The struggle continues with a tough climb and sharp descent before passing through Chyugur Khola to reach our destination of Nawarpani.

Day 8: Trek to Dho Tarap

Altitude: 4,090m/13,415ft

Duration: 7-8 hours

Accommodation: Tea House

Meals: Breakfast, lunch & dinner

After breakfast, we slowly hike uphill to Kamattarke. After following the tree line, we must pass over a narrow gorge to be welcomed by a multitude of wild rose and juniper bushes. Just a few more hours then, until we reach our resting spot: Do Tarap. Surrounded by an irregular stone wall, this is a fascinating village, where both the Bon Po and Chaiba religious sects reside together.

Day 9: Rest Day at Do Tarap for acclimatization

Time for a well-deserved rest and a chance to acclimatize and explore. Today we can visit the monasteries around the area, enjoy some short walks, and have an introduction to the history and culture of the area.

Day 10: Trek to Numa La Base Camp

Altitude: 4440m/14,563 ft

Duration: 6-7 hours walk

Accommodation: Tent Camp

Meals: Breakfast, lunch & dinner

Re-energised from our rest day we hit the trail again and trek towards the Upper Trap Valley. As we walk alongside the Tarap Chi River we can enjoy the views of lush grasslands and the vast Tarap valley, complete with wide plains and high mountains. Our next stop is the village of Tokyu, home to a Chiba Sect Buddhist Monastery. After a break to explore, we take the rough trail to Numa La Base Camp, where we will rest for the night.

Day 11: Cross Numa La pass and trek to Pelung Tang

Altitude: 4,465m/14,645 ft

Duration: 8-9 hours

Accommodation: Tent Camp

Meals: Breakfast, lunch & dinner

Get ready for the longest – and possibly the toughest day yet! The adventure begins as we cross the Numa La Pass to embark on a steep trail to the top ridge of the pass. From here take in the beautiful views, from Dolpo up to Mount. Dhaulagiri, before we descend until we reach Pelung tang.

Day 12: Cross Baga La pass (5,070m/16,630ft) and trek to Dajok Tang



Altitude: 4,080m/13,382ft

Duration: 6 hours

Accommodation: Tea House or Home Stay

Meals: Breakfast, lunch & dinner

Another day of steep climbing as we start with an ascent to the top of Baga La Pass. Once there we can take a break and observe the dry landscape, contrasting the snowy mountain peaks of Mount Kanjirowa and its fellows. We then begin another descent to our location for the night, Dajok Tang.

Day 13: Trek to Ringmo

Altitude: 3,600m/11,808ft

Duration: 3-4 hours

Accommodation: Tea House or Home Stay

Meals: Breakfast, lunch & dinner

After the tough days of trekking that we've had, today is more gentle as we walk alongside lush alpine vegetation and beautiful pine forests. The easy trail continues till we reach the traditional Tibetan village: Ringmo.

Day 14: Trek to Phoksundo Lake



Accommodation: Tea House or Home Stay

Meals: Breakfast, lunch & dinner

Day 15: Walk to Shyanta

Altitude: 2,520m/8,265 ft

Today is a real highlight of the trip as we get the chance to visit Phoksundo Lake and even camp by its waters. Serene and beautiful, nestled between the mountains, it's truly mesmerizing. Even our journey there is memorable as we follow the famed journey of the yak caravans.

Day 15: Walk to Shyanta

Altitude: 2,520m/8,265 ft

Duration: 7-8 hours walk

Accommodation: Tea House or Home Stay

Meals: Breakfast, lunch & dinner

Today we swap water for rock as we trek downhill to Cehpka and follow a huge overhanging rock on a route that passes through many villages before a final hike up to Shyanta. On the way, we will also encounter medicinal minerals – infamous in the area for their cure all benefits.

Day 16: walk to Jhupal

Duration: 7-8 hours walk

It's our final day of trekking! So muster up the last of your energy as we trek through birch trees towards Sulighat. We will take a break on a ridge and observe the mountains that have kept us company on our journey. Then we continue on the last precarious part of our route to reach Jhupal and explore before finally resting.

Day 17: Fly to Nepalgunj, fly to Kathmandu

It's time to wave goodbye to Shyanta and take 2 flights – first to Nepalgunj,

and then finally to Kathmandu. On arrival, you are free to spend the rest of your day enjoying the excitement of the Capital – either taking a rest or exploring the city’s nightlife for the final night of your trip.

Breakfast, Lunch, Dinner, and overnight stay at a 3-star hotel

Day 18: Final Departure

it’s time to fly home! Say goodbye to Nepal and your fellow trekkers! A member of our friendly team will take you to the airport. **Breakfast.**

What’s included

- Airport/hotel pick up and drop off by private car
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on full board (breakfast, lunch, and dinner) in whole trekking
- Fly from Kathmandu – Nepalgunj – Jhuphal – Nepalgunj and then to Kathmandu
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charge

What’s not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 – US\$ 20 per day
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment

Trip Map



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