

# Lower Dolpo Trek

Url: <https://www.glorioushimalaya.com/trip/lower-dolpo-trek/>

## Duration

18

## Max. Altitude

5,318m

## Difficulty

Difficult

## Group Size

2+ pax

## Transport

Plane, Car, Jeep

## Meals

Breakfast, Lunch & Dinner

## Accommodation

Hotels and Tent

## Starts At

Kathmandu

## Ends At

Kathmandu

## Highlights

- Adventurous trek to the remote Himalayan region of Nepal.
- Insight into unique Buddhist culture.
- Visit the majestic Phoksundo Lake and pristine mountain views.
- Scenic domestic flight from and to Juphal

## Overview

Lower Dolpo trek offers outstanding trekking experiences in the remote western part of Nepal. This trek was opened for foreigners in 1982. Since then, the area has become a very popular destination for trekkers. Lower Dolpo has its unique charm with its remote areas and it was well known as the **'hidden treasure of Nepal'**. The trek crosses over three high passes, Kangmara La (5,115m), Numa La (5,159m), and Baga La at (5,190m). The trek will take us through protected areas and leads us to amazing **'Phoksundo Lake'** surrounded by attractive flora and fauna. Lower Dolpo is located in the Karnali region of Nepal and it requires special trekking permits from the migration office because of its

remote sensitive geography. The daily lifestyles are very difficult hereabouts because of the parched region but the people in this area are very friendly and humble with faces that know how to smile...

Our Lower Dolpo trek begins after flights from Kathmandu to Nepalgunj and then to Juphal, which is the starting point of the Lower Dolpo trek. The trail passes through beautiful villages, deep gorges, and remote zones before reaching the Phoksundo Lake. The deepest lake of Nepal is Shey-Phoksundo Lake which is situated at a height of 3,611.5m in this region. This trek has become very famous among trekkers since the route opened and this route is very well known in western Nepal. The main attractions of the trek are the ancient Buddhist monasteries, the Tibetan plateau, the gripping lifestyles of the local folks & their absorbing culture.

The people of Dolpo follow ancient Tibetan Buddhism known as the '**Bon Po**' due to its nearness to the Tibetan border. The Dolphins still earn their income by trading items of salt, cotton, barley and rice in Tibet. We still see traders walking their yaks with tinkling bells laden with such items.

This 18 days trek is designed for trekkers who want to visit the Dolpo region but have time constraints and want a shorter program due to the physically challenging trek. This trek has been designed to give you the best of Dolpa in a shorter time. We also suggest you plan your trek in between September-December or March-May for the best trekking experiences.

Check out our fixed itinerary for **Lower Dolpo Trek** or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

## Itinerary

### **Day 01: Arrival in Kathmandu. (1400m)**

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior sherpa guide will come to meet you and give you a brief orientation about Lower Dolpo Trek. You can then go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world.

### **Day 02: Kathmandu Sightseeing tour and trip preparation**

The capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. Patan and Bhaktapur are its two major neighboring cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-

century 55-window palace in Bhaktapur.

### **Day 03: Fly to Nepalgunj (150m) - 1 hr flight**

Today, we fly to the western side of Nepal. It is about a 1-hour flight from Kathmandu to Nepalgunj. Situated nearby the Nepal-India border, Nepalgunj offers you the taste of both Hindu and Muslim culture. Overnight at the hotel inclusive full board meals.

### **Day 04: Flight to Juphal (2320m) then trek to Dunai (2850m) - 3 hrs walk**

After our breakfast, we will catch another flight to reach Juphal. It will consume about 45 minutes to reach to Juphal with a scenic view of mountains. Upon arriving at Juphal our trekking crew will receive you, these guys have done a tough hike from Nepalgunj with the camping gear and food supply which take about 5-6 days. From Juphal, a short 2-3 hrs walk from the airstrip takes us to our first overnight camp at Dunai village. Our first day on the trail begins with an hour of downhill hiking through the village below the airstrip, then leading through the terraced fields to the Bheri River and the narrow gorge taking 2-3 hours to camp at Dunai. This is a much larger village or rather, a small township, with a new hospital and is the administrative headquarters of the Dolpo region. Here we have ample time for a leisure walk around the village. Overnight at a tented camp with all meals.

### **Day 05: Trek to Tarakot (2543m) - 6 hrs walk**

Today's trek leads through many small streams and then follows the Bheri and Barbung river that runs through a tremendous gorge with pine trees and an ingenious path built about seven meters above the river; after a good walk, we come to Tarakot where colorful terraced fields greet us. Tarakot is an old fortress town built by the local people as Dzong or fort. Tarakot was a capital before the Gorkha dynasty reigned in Nepal. The famed Sandul gompa lies farther east from Tarakot and at the junction of Barbung Khola (river) and Tarap Chu (river). The village stands on a hillock to the south of Bheri River which at one time supervised the collection of tolls for the trading caravans. Our overnight camp is made by the river about 150m below the village, near the police post or we climb a steep ridge for an hour to the village on a spur, where there are chortens and a gompa on the edge of a grassy plateau with solitary trees scattered around. Overnight in Tarakot at a tented camp with all meals inclusive.

### **Day 06: Trek to Laini (3170m) - 6 hrs walk**

After breakfast After breakfast, we will leave for Laini which is about 6-7 hours walk. We will catch away following the Tarap Chu River. We have to cross some suspension bridges and the same river again. We can see a famous Gompa named Sandul Gompa little further on a junction where Barbung River and Tarap Chu River meet. The trail goes through terraced farming inside some beautiful villages. Then walking downwards for some time, we will be at Laini. Overnight in Laini at a tented camp inclusive full board meals.

## **Day 07: Trek to Nawarpani (3545m) - 7 hrs walk**

We will start our trek early morning after our breakfast. We will leave for Nawarpani, we will continue following Tarap Chu River walking on the way made by steep stones. You can feel the different experience of walking today because you will get some narrow gorges on the way where you have to jump from one place to another. On the way, the path disappears in some places where we have to make the way to our effort. We have to place logs between the stones which will work as a bridge. This will be an exciting walk. Walking little furthermore, we will reach Nawarpani. Overnight in Nawarpani at a tented camp inclusive full board meals.

## **Day 08: Trek to Do Tarap (4090m)- 8 hrs walk**

Our morning walk begins with a gradual up leading us to Kamattarka at the confluence of the Tarap Chu and Lang Khola, a stream flowing from the east. After few hours of good morning hiking, we leave the narrow gorge & from here the path leads just above tree lines of juniper bush and wild rose, typical of dry inner Himalayan valleys. Another 3 hours or more walking brings us to the village of Dho Tarap surrounded by an irregular stone wall. At Dho, thirty-four houses are divided into three groups and built in random fashion, it's pretty interesting! In this Valley, both Bon Po and Chaiba sects reside together. Tarap is also inhabited by a few Tibetans and mostly Magars who have lived here for many generations. Overnight at a tented camp by the village yard with all meals.

## **Day 09: Acclimatization day at Dho Tarap**

This is a well-deserved rest day free from the hassles of packing today and a chance to make friends with the locals who have hardly seen westerners for ages. It's always good to interact with the local folks & give the kids some toffees if you have them. The Dolpo people wear homespun clothing that is sometimes dyed maroon and they favor Tibetan style Somba or Dhochha (boots with upturned toes) for footwear. Both men and women often wear religious amulets and strings of coral, amber and turquoise. The people of the region are both Bon Po and Nyingmapa of the Buddhist sect. The Buddhist Gumpa is nearby to the camp while the Bon Gumpa (pre Buddhist) is about half an hour's walk away. Overnight at a tented camp with all meals inclusive.

## **Day 10: Trek to Numa La Base Camp (4440m)- 7 hrs walk**

After exploring Dho Tarap village, our journey heads towards Numa La Base Camp which is about 6-7 hours walk. Going upwards from Dho Tarap village, the trail leads you inside the plain valleys with the view of river covered by the green grasses on both of the sides which is a different view than others you can have in this region. We will then follow Tarap Chu upward all the way. After having an hour's walk, we will be at Tokyo village where we can see a monastery of the Chiba group. We can have some roaming around this village. The trek from here may be a little difficult as we have to walk over a rough path for about 3 hours. Finally, we will be at Numa La Base Camp. Overnight at Numa La Base Camp on tented camp inclusive full board meals.

## **Day 11: Cross Numa La pass (5190m) and camp at Pelung Tang(4465m)- 7 hrs walk**

Our journey continues with the crossing of Numa La pass at 5,190m, the track goes to a steep climb all the way to the top ridge of Numa la with fantastic views of the surrounding landscapes; the scenery of the valleys, & mountains including the north face of the Dhaulagiri massif along with other distant snow-capped peaks is so spiritually invigorating. After a glorious moment at the pass, almost three hours of downhill hiking brings us to Palungtang 4,465m or further for the overnight camp just before Baga-la or Basi-la pass. We bunk out here with all meals inclusive.

## **Day 12: Cross Baga La (5,070m) and camp Dajok Tang (4,080m) - 7 hrs walk**

The trek today also goes across high altitude as we have to cross Baga La pass of 5070 meters. The journey commences with a steep climb up to the top of Baga La which is difficult to climb but worth climbing as you can have the beautiful view of surrounding landscapes and snowcapped peaks of the Kanjirowa Mountain range. After spending some time, we will walk downward for about 3 hours to reach Dajok Tang. Overnight at a tented camp in Dajok inclusive all meals.

## **Day 13: Trek to Ringmo (3,600m) - 4 hrs walk**

The morning trek starts with a steep climb to reach the ridge top of Baga-la at 5,070m, which offers fantastic views of the surrounding landscapes and the distant snow-capped peaks of the Kanjiroba Himal range, after a great moment here our walk leads to descent for 2 hours through a pine forest; on leaving the forest behind, the country and the vegetation changes for pasture fields and alpine shrubs most of the way to Ringmo on the gradual slopes with few ups and downs as we reach our final destination at Ringmo and the crystal serene Lake of Phoksumdo. We crash out in this lovely area at a tented camp with all meals inclusive.

## **Day 14: Rest Day at Ringmo and hike to Phoksundo Lake**

The nearby Tibetan Buddhist monastery is well worth a visit, as is the village of Ringmo. A walk partway around the lake is also very enjoyable and relaxing. It's a wonderful place to just chill out & let your spirits go free. You could also perhaps, get rid of your demons down here. Overnight at a tented camp with all meals inclusive.

## **Day 15: Trek to Shyanta (2520m) - 6 hrs walk**

Today we will descend downwards to Chepka after having breakfast. It is believed that we can get many important medicinal minerals which cure many diseases. Then we pass through some lovely villages. After some more walk, we will reach Shyanta. Overnight at Shyanta in a tented camps inclusive full board meals.

## **Day 16: Trek to Juphal - 6 hrs walk**

Today, we trek from Shyanta to Juphal. From Shyanta we follow the river trail downstream to Juphal. We walk uphill through meadows and past a few houses to the small hotels at Kala Gaura (2090m). After several hours of walking, we finally reach Juphal, which is the endpoint of our trek. We bunk out here in our tents with all meals inclusive.

## **Day 17: Fly to Kathmandu via Nepalgunj**

We will take a flight to Kathmandu via Nepalgunj from Juphal. After we reach Kathmandu, you will be taken to your hotel. We don't have any plans today, so you can either take a rest or visit around town for some shopping. Overnight at the hotel inclusive breakfast.

## **Day 18: Departure from Nepal**

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

## **Trip Includes**

- All the required airport and hotel transfers by private vehicles.
- 3 nights of twin sharing 3-star standard hotel accommodations in Kathmandu city inclusive breakfast.
- 13 nights of twin sharing tented accommodations while on the trek.
- 1 night of twin sharing standard hotel accommodation in Nepalgunj inclusive breakfast.
- 1 day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- Full board meals prepared by our expert trekking cook while on the trek. (breakfast, lunch & dinner)
- All the essentials camping gears such as tents, mattresses, kitchen utensils etc.
- Highly experienced and government certified local trekking guide for the trek.
- Required supporting local porters and donkeys to carry foods, camping equipments and luggages.
- All the essential trekking permits and official paperwork for the trek.
- All the required domestic airfares and airport taxes.
- Food /Salary/accommodation and medical and accidental insurance of all the local trekking staffs.
- Waterproof duffel bag and sleeping bags to use while on the trek. (provide on request)
- First aid medical kits with an oximeter to check your pulse and oxygen level while on the trek.
- Trip achievement certificate after the successful trip completion.
- Nepalese cuisine farewell dinner at a typical local restaurant with a cultural dance show.
- All government and local taxes.

# Trip Exclude

- International airfares and Nepal entry visa fees.
- Lunch and dinner in Kathmandu hotel.
- Entrance fees for the Kathmandu sightseeing tour.
- Your travel insurance.
- Alcoholic beverages, bottled mineral water, soft drinks and snack foods while on the trek.
- Gratitude for the guide and porters.
- Extra hotel accommodations if other than the scheduled itinerary.

# Checklist

## Trekking Gear Checklist

### Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

### Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

### Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **Feet**

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

## **Sleeping**

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.



## **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

## **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

## **Extras/Luxuries**

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

## **Contact Us, Head Office**

### **Address:**

P.O. Box No. 8349  
Thamel, Kathmandu  
Nepal

**Mobile:** [+977-9843760242](tel:+977-9843760242) (Viber, Hotline)

**WhatsApp:** [+977-9813637616](tel:+977-9813637616)

**Email:** [info@gloriorhimalaya.com](mailto:info@gloriorhimalaya.com)