Lower Dolpo Trekking

Facts

Destination: Nepal

Trip Style: Trekking and Tour

Transport: Private Vehicle / Jeep

Food: Kathmandu-Breakfast, Mountain-Breakfast+Lunch + Dinner

Accommodation: 3-Star Hotel + Camping

Group Size: 02 - 10

Max Elevation: 5,190m

Lower Dolpo Trek is the astounding journey to the faraway Himalayas of Nepal. The place is considered as the most exciting off the beaten trekking trail of Nepal. Nepal Hiking Trek offers this mystical trip of Lower Dolpo region in Nepal.

The deciding factor to choose the Lower Dolpo Trek can be the tranquility and serenity of the valleys present in the region. The Dolpo region of Nepal is very traditional and aesthetic as it still performs the traditional Tibetan rituals and culture. According to the mythology the valley was created by the Rinpoche to its devout Buddhists during the troubled period in the region. The place is isolated because of the geographical factor as well. In one side there is Dhaulagiri Massif while in another side there lays the pass covered by snow for half of the year. Therefore, people in the region are more inclined and dependent on Tibet for daily goods too. The trekking generally starts from the Juphal. From Kathmandu two connecting flights to Nepalgunj and finally to Juphal takes place. The trail passes by many households of different ethnic background. As the alpine forests start to fade away there appears the

glorious Shey Phoksundo Lake. The lake is located in the largest National Park of Nepal the Shey Phoksundo National Park. The animals like snow leopard, wolves, black bear, etc. are found. The journey would be fun-filled and adventurous. In the single trekking of the Dolpo region, trekkers can find people, forests, rivers, mountains, and high altitude lake. Therefore, give a thought on this diversified off the beaten trekking in Nepal trail. Once you have reached the Phoksundo Lake journey returns to Juphal. The flight will further take you back to Kathmandu.

Nepal Hiking Trek is the reliable trekking agency of Nepal to take you to this remote place of Nepal. Lower Dolpo Trek can become the ultimate off the beaten tranquil trail that you have trekked so far. Therefore, don't miss out on this once in a lifetime activity.

Highlights

- Kathmandu sightseeing in the major Hindu and Buddhist temple listed in UNESCO world heritage sites.
- Stunning views of the Dhaulagiri. Tibetan peak, Kangirowa, and other surrounding snow-capped peaks.
- Stunning Tibetan and Buddhist culture.
- attractive and challenging high pass Numa and Baga la Pass.
- Diverse landscapes and striking Dho valley
- Breathtaking gorges and monasteries.

Day to Day Itinerary

Day 01: Arrival in Kathmandu (1300m/4264ft).

Day 02: Kathmandu: Sightseeing and Trek Preparation.

Day 03: Fly from Kathmandu to Nepalgunj: 1 hour

Day 04: Fly from Nepalgunj to Jhupal (Dolpo) (2,320m/7,610ft).

Day 05: Dunai to Tarakot (2,543m/8,341ft): 5-6 hours.

Day 06: Tarakot to Laini (3,160 m/10,365 ft): 6-7 hours

Day 07: Laini to Nawarpani (3,545m/11,627 ft): 5-6 hours

Day 08: Nawarpani to Do Tarap (4,090m/13,415ft): 7-8 hours

Day 09: Rest Day at Do Tarap for acclimatization.

Day 10: Trek to Numa La Base Camp (4440m/14,563 ft): 6-7 hours walk

Day 11: Cross Numa La pass (5,190m/17,023ft),

Day 12: Cross Baga La pass (5,070m/16,630ft),

Day 13: Dajok Tang to Ringmo (3,600m/11,808ft): 3-4 hours

Day 14: Hike to Phoksundo Lake

Day 15: Phoksundo Lake to Shyanta (2520m/8265 ft): 5-6 hours walk

Day 16: Shyanta to Jhupal

Day 17: Fly to Nepalgunj, fly to Kathmandu

Day 18: Final departure

Cost Includes

- Transport from the international airport to your hotel at your arrival by car/van/Bus.
- Meals prepared by our best cook while trekking all days.
- We provide Foam mattresses.
- Very warm Sleeping bag. (if you want to use ours)
- Good Sleeping tents, dining tent & toilet tent
- Staff Wages Sherpa's, porters, cook, and Sirdar.
- Staff Insurance's Sherpa's, porters, cook, and Sirdar.
- All transportation costs of staff, equipment, and food.
- All trek permits, park fees, and local taxes.

- Equipment allowance, wage, food and lodging of Environmental Officer
- (Liaison Officer) deputed by the government (if applicable).

Cost Excludes

- Lunch and dinner in Kathmandu
- Expedition personal climbing gears
- Personal accident insurance
- Emergency evacuation, Helicopter rescue if required
- Bar bills & beverage
- Extra expenses for personal and Tips for Guide,Porter and Driver.