

Lower Dolpo Trek Key Info

Trekking Destination: Shey Phoksundo Lake, Dolpo
Activities : Trekking, Cultural Tour
Difficulty : Moderate, Strenuous
Max Elevation : (5,190) Numa La, (5,070m) Baga La
Trek/Tour Style: Camping
Start: Juphal

Meals : Full board on trek
Group Size: 2 - 15
Transport: Local bus or private vehicle, Airplane
Best Time: Sept - Nov and Mar - May
Trip Length: 18 Days
End: Juphal

Trip Highlight

- Remote restricted area, located in the far western part of Nepal.
- In Shey Phoksundo National Park (3,555 square km) Nepal's largest.
- Bordered by Dhaulagiri Himal and Churen Himal ranges to the west in Jumla district.
- Nomadic people and their untouched and unexplored life style are by anyone.
- Tale of "hidden valleys" created by Guru Rinpoche and Shey Phoksundo Lake (3,600m).
- Ancient Buddhist monastery and endless variety of landscapes.
- The famous book "Honey Hunter of Nepal" and "Himalaya Caravan" Move by Eric Valli.
- Flights to Nepalgunj on first day and Juphal on second day.

Lower Dolpo Trek Suggested Itinerary -18 Days

Day:

Upon arrival at international airport, our waiting support team will meet and greet you at the airport assist and transfer to the Hotel.

Day:

Trekking preparation and permit organize day. Please, check your insurance details and have a copy of your travel medical insurance policy with you.



Day 01: Fly from Kathmandu to Nepalgunj -1 to 1 ½ minutes

As per the flight schedule, we transfer to the domestic airport for a one and half hour scenic flight to Nepalganj. We will have time in the late afternoon or evening to have a look around the town which is situated on the southern Nepal border with India, and stay overnight in this transit city.

Day 02: Fly to Jhupal (Dolpo) (2,320m) - 45 minutes & Trek to Dunai (2,850m) – 2 to 3 hours

After an early breakfast you transfer to the airport for a morning flight to Jhupal, a super scenic flight of 45 minutes brings you at Jhupal over the Himalayan foothills, with views of Himalayan peaks to the north. On arriving at Jhupal we manage the gears for the trekking. Our first day adventure begins through the terraced fields to the Bheri River and the narrow gorge taking 2 to 3 hours to camp at Dunai - the administrative headquarter of the Dolpo region. You have time to stroll around for village and stay overnight at the camp.

Day 03: Trek Dunai to Tarakot (2,850m) – 5 to 6 hours

After breakfast we start our journey along the southern bank of the river heading upstream on a good trail. A tremendous gorge with pine trees and an ingenious path built about seven meter above the river, to Tarakot where colorful terraced field greets us. Tarakot is an old fortress town built by the local people as Dzong or fort. The village stands on a hillock to the south of Bheri River at one time supervised collection of tolls for the trading caravans. Overnight camp is made by the river about 150 m below the village, near the police post or we climb a steep ridge for an hour to the village on a spur, where there is a Chorten in a Gumpa on the edge of lush plateau, with a lonely tree.

Day 04: Trek Tarakot to Khani Gaon (2,543m) -5 to 6 hours

Today, we continue our journey to follow the Tarap chu river upstream, crossing the same river twice. Then the trail leads us through the farm terraces and rural villages of Sahartera and winding gradually towards a small settlement of Kola after 3 to 4 hours of pleasant walk. From here, we descend with few ups to reach our overnight camp at Khanigaun with another 2 hours of trek and overnight camp near by the village backyard.

Day 05: Trek Tarakot to Tarap Khola (3,450m) – 4 to 5 hours

We continue our trip up to the gorge of the Tarap River, rising high above on a trail built out from steep slopes. The walk is quite exciting as the valley becomes narrow gorge that in some places you can jump from one side to another. Sometimes the path disappears for a while, making our own path across stone slabs fitted on logs in between the walls which act as a bridge. The gorge also offers unexpected adventure and thrills. In some places, the bridges are either damaged or washed by the monsoon flood and we may choose to cross the chilly torrent on foot and overnight at camp nearby the river before Kamattarka village.

Day 06: Trek Tarap Khola to Yak Kharka (3800m) – 4 to 5 hours

Today, we start our trip with a lovely walk and with most scenic landscapes and easily get to the Yak Kharka. We may have lunch at the middle of the way. Our camp will set at Yak Kharka. For the rest of the day we wander around the area or rest in the camp.

Day 07: Trek Yak Kharka to Dho Tarap (4,090m) -5 to 6 hours

After breakfast, we take the trail leading us gradually up at Kamattarka confluence of the Tarap Chu and Lang Khola, a stream flowing from the east. After a pleasant walk the trail leaving the narrow gorge and leads just above tree lines for juniper bush and wild rose, typical of dry inner Himalayan valleys. Next 3 hours or more walk brings us to the village of Dho Tarap surrounded by an irregular stone wall. Here there are thirty-four houses are divided into three groups and built in a random way. Bon Po and Chaiba both sects reside together. Tarap is also inhabited mostly by Magars who have lived here for many generations as well as a few Tibetans. Stay overnight by the village.

Day 08: Rest Day at Dho Tarap for acclimatization

Today is a pleasant day free from the hassle of packing and chance to make friends with the locals who have hardly seen any westerners. People here wear home spun clothing that is sometimes painted maroon. They favor Tibetan style somba or dhocha (boots with upturned toes) for foot wear. 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 Buddhist sect. The Buddhist Gompa is nearby to the camp while the Bon Gompa (pre Buddhist) is about half an hour's walk.

Day 09: Trek Dho Tarap to Tokyu Gaun () -5 to 6 hours

After a wonderful time at Dho Tarap, our journey continues towards upper Tarap valley, the walk follows in this plain valley with patched of lush grassy pasture on both sides of the river, which is completely different from other parts of inner Dolpo. The trek on this pleasant track leads by the Tarap Chu upstream all the way. Tarap is certainly a dream valley with vast plains in high mountains extending twenty kilo meters along the river Tarap Chu, having ten villages with cultivated fields of barley, buck wheat, wheat and potato. After a 3 to 4 hours pleasant walk in this perfect tranquility we get in to the village of Tokyu. After visiting this village our walk continues further up this valley climbing up the rough track for almost another three hours to reach our overnight camp beneath the Numa La.

Day 10: Trek Tokyu Gaun to Numa La (5, 015) – 3 to 4 hours

We start our trek with scenic view but gaining high altitudes and feel short breathing. This is short day but feel little hard during the walk. Even a great day at the high altitude and we'll reach at the camp for overnight stay.

Day 11: Cross Numa La (5,190m), and camp at Phedi () – 6 to 7 hours

After breakfast our trip continues to crossing of Numa La pass at 5,190m, and the track leads to a steep climb all the way to the top ridge of Numa La with great views of the surrounding landscapes scenery of valleys, mountains including north face of the Dhaulagiri massif along with other distance snow capped peaks. This is one of the longer and more difficult days during our trek. It takes 6 to 7 hours and after top at Numala, we will descend another bottom part known as Phedi for overnight camp.

Day 12: Cross Baga La (5,070m) and camp on the other side of the Phedi (4,470m) – 5 to 6 hours

After breakfast, our journey start with a steep climb to reach the ridge top of Baga-la at 5,070m, which offers fantastic views of the surrounding landscapes and of the distant snow capped peaks of Kanjirowa Himal range, after a wonderful moment at the pass, almost three hours of downhill walk takes to the Phedi for the overnight camp.

Day 13: Trek Phedi to Ringmo (3,600m) -6 to 7 hours

Our trek starts through the pine forest. Then leaving the forest behind the country and the vegetation changes for pasture field 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 Phoksundo view from our camp.

Day 14: Rest Day at Ringmo for a hike to Phoksundo Lake

This is another pleasant day free from the hassle of packing. You have chance to visit the Tibetan Buddhist monastery which is well worth a visit, as is the village of Ringmo. A walk round the lake is also very enjoyable and relaxing. This is a great day exploring the tranquil Crystal Lake areas and with a great views overnight at camp.

Day 15: Trek Ringmo to Chepka (2260m) – 4 to 5 hours

The trail follows through the massive overhanging rock. We found many important medicinal mineral which is believed to cure almost anything in this area. The route then passes through the villages, before climbing to the pasture at Chepka. We camp at Chepka overnight.

Day 16: Trek Chepka to Jhupal (2,320m) -

Today, at first the trail gently slopes upwards to Jhupal. From the top, we can have the most spectacular views of the mountain and scenery of Jhupal below us. After reaching Jhupal, we can spend our afternoon exploring the busy market town or simply follow whatever we feel like.

Day 17: One reserve day for flight plan

As a remote area, the airstrip and the flights of Jhupal are only operated in the morning time and during the day time it can be interrupted by wind or clouds. It is quite technical flight so it may be canceled due to weather problem. So, we keep an extra day at Jhupal for avoiding this unpredictable flight problem.

Day 18: Fly to Kathmandu via Nepaljung

We take a flight from Jhupal to Nepalgunj. Then, reaching Nepalgunj we return to Kathmandu on the next available flight. The rest of the day in Kathmandu can be spent shopping and general sightseeing.

Day:

In this pleasant day you may have full day at leisure either relax at hotel or explore the around Thamel. Today is day of ending your journey, so we would like offer you farewell dinner in Nepali typical Restaurant and hand over your Trip Certificate, Trekking Permit and TIMS Card for memory of Nepal trip.

Day:

Today is free or last minute shopping for souvenirs or gift to your family, friends or relatives for you until departure flight/drive. Our assist will be transfer to the International Airport for your departure flight to your onwards destination, taking with you the memory of a life time.

Note: *If you wish to stay longer, we can offer plenty of suggestions: mountain biking in the Kathmandu valley, Rafting in white water, wildlife Safari, Bungee Jump, Hotel Booking, an Everest view flight, a trip out to Bhaktapur or Patan, the Kathmandu valley's other historic cities, or a night at the Fort Hotel in Nagarkot for a bit of luxury and some worth able sunset and sunrise mountain panoramas. We help to arrange any of these excursions for you. Namaste and see you during your next trip to the Nepal Himalayas!*

Trip Cost Includes

- Arrival and Departure all transportation (airport to Hotel to airport).
- All ground transportation by private vehicles, local bus or Comfort Tourist bus.
- Transportation from Kathmandu to Nepalgunj and Jhupal and Jhupal to Nepalgunj and Kathmandu by plane.
- Warm down Jacket and Sleeping Bag for the trek.

- Government license holder experienced Local Guide with English Speaking and friendly their food, accommodation, salary, insurance, equipments.
- Porter (between every 2 person basis) Max.30 kg. Plus their food, accommodation, salary, insurance and equipments.
- One Sherpa (assistance guide) if group size more than 6 people. Plus their food, accommodation, salary, insurance and equipments.
- Dolpo Restricted Area permits Fee
- Duffel Bag during trek.
- First Aid medical kit.
- Full board meal (breakfast, lunch, dinner) with Tea, coffee each meal in a cup.
- Tourist service charge, vat, Governments Tax and official expense if necessary.
- Welcome and Fare well program.

Trip Cost Dose not Includes

- All kind of beverage including mineral water, Phone calls, laundry, hot shower during Trek.
- Travel and Rescue Insurance (compulsory).
- Tipping to crew
- Personal expenses like Shopping, souvenirs or gift.
- Personal mountaineering gears.
- Optional trips and sightseeing if extend.
- International airfare and airport departure tax.
- Visa fee, you obtain a visa easily upon your arrival at Tribhuwan International Airport.
- Not mention above services.

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Optional Additional Trip

If would like to extended some more days after or before trip , then we are glad to organize your trip following area or glad to offer you according to your desire, holiday period and interest with reasonable price.

[I] Jungle Safari in Chitwan National Park

We arrange for 1 night 2 days to 2 nights 3 days Jungle Safari trip in Chitwan National Park either by airplane from Kathmandu to Bharatpur and back to Kathmandu or regular tourist bus. In this package will includes all accommodation and activities such as Elephant safari, Canoe ride, Bird watching, Jungle walk, village walk, visit to the Gharial (A rare type of crocodile) Breeding Center and a cultural show of the indigenous people of Chitwan. [Read more.....](#)

[II] Everest Mountain Flight

People who have short time and physically unfit, those people won't be able to get in Himalaya explore around in their life time. But now do not need to worry about, Everest Mountain Flight would be best way to explore around Himalaya range at once glance. Nepal Mountain Flight conducts every morning regular flights by Yeti, Simrik, Guna and Buddha Airlines craft towards the Himalayan range. This is the quickest way to get a close look at Mt. Everest, the highest mountains in the world. And other mountains that can be viewed at close range are Nuptse (7,879 m), Lhotse (8,501 m), Cho Oyu (8,210m), Makalu (8,475 m) and Kanchenjunga (8,584 m). Aircraft have large and clear windows and provide superlative sights of the Great Himalayan Range. You are provided by the window seat to enjoy the whole flight viewing the snowy peaks, and from the cockpit it is even a superb and undisturbed view. It begins North East of Kathmandu offers you eye-level sun rising views of the snow capped peaks and bring you back to Kathmandu within an hour. [Read more....](#)

[III] Kathmandu Sightseeing Tour

It is possible 1 day to 2 days sightseeing around Kathmandu valley with our professional tour Guide. Having explored historical and spiritual attractions; including the historic Durbar Square, Bouddhanath; one of the largest stupas in Nepal, Swayambhunath; top on the hill in the city knows as the Monkey Temple, Pashupatinath; Hindus holy place, Sadhus and pilgrims bathing at occasionally, funeral pyres burning on the ghats, located on the holy Bagmati River. [Read more.....](#)

[IV] White River Rafting

White River Rafting is another option for your additional day trip. Nepal Mother House offer you Trishuli River Rafting /Kayaking for 1 day to 3 days trip, which will be starting at Charaudi on the way to Pokhara Prithivi Highway and taking out at before Narayanghat. During this trip you will get full satisfying exciting adventure experience, you run all the major rapids watch the river grow as its tributaries join, awesome sight as it cuts its way through impressive gorges, and then leave it when it spreads out over the great plain of the Ganges. This rafting is the best including for training purpose, Kayaking and Rafting as well. [Read more.....](#)

[V] Bungee Jumping

Bungee Jumping could be another optional trip for your additional day; it is situated 160m over the Bhote Koshi River, near to the Nepal-Tibet border, 3/4 hours bus ride from Kathmandu and can back to Kathmandu same day. It was designed by one of New Zealand's leading bungee consultants, and operated by some of the most experienced jump masters. Bungee Jumping here is probably best in the world as it is not only the highest but also provides the most wonderful view in the world. The thrill and excitement of bungee is absolutely a once in life time experience. [Read more.....](#)

[VI] Paragliding and Jeep Flyer

If you are looking for adventure experience during additional day, it would be best do Paragliding and Jeep flyer in Pokhara. In 2 to 3 days period you participate for this activities, you can get in Pokhara either by plane scenic 20 minutes flight or comfort tourist bus. We take a 20 min jeep ride from Pokhara to Sarangkot (1,592m), which offers great panoramic mountain views and tranquil Fewa Lake, where the sunrise and sunset rays land in amazingly. For the paragliding, you do not need to have experience, Nepal Mother House provides you qualified pilots will provide you full briefing before your trip launch. If you want to have fun with gliding and Jeep flyer in beautiful city Pokhara why don't let us serve you. [Read more.....](#)