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The Lower Dolpo Trek is a more moderate trekking trip through Dolpo with its maximum height at Numa La (5238 m). Lower Dolpo Trek is an unexplored paradise that offers the opportunity to hike through one of the most remote regions of Nepal. The main attractions are the vibrant culture, the delightful turquoise Phoksundo Lake and the snow-capped peaks of the Mountain.

- ❖ Adventure trip to the isolated Himalayan region of Nepal.
- ❖ Experience the three regions of Nepal. Plains, hills, and Himalayas
- ❖ Knowledge of the unique Buddhist culture.
- ❖ Journey to the majestic Phoksundo Lake and view of the virgin mountains.
- ❖ Scenic domestic flight to and from Juphal
- ❖ Experience the ancient Bon Buddhist practices in various monasteries.
- ❖ Entrance to Shey Phoksundo National Park.
- ❖ Go to the desert rain shadow area of the lower Dolpo region.
- ❖ The view of the diverse flora and fauna will attract you

## About Lower Dolpo trek

Lower Dolpo Trek offers outstanding trekking experiences in the remote west of Nepal. A more moderate Dolpo trek was opened to foreigners in 1982. Since then, the area has been a popular destination for trekkers all over the world. Lower Dolpo has exclusive charm with its remote areas and has been known as the hidden treasure of Nepal. The journey passes through three high passes, Kangmara La, Numa La and Baga La, through protected areas and up to the fantastic "Phoksundo Lake", surrounded by attractive flora and fauna. Due to its remote geographical location, a special trekking permit is required from the Nepal

Immigration office. The arid region complicates everyday life, but the people in this area are friendly and humble with faces that can smile. Most of the lower Dolpo area is under the protection of Shey Phoksundo National Park. It has the pine, spruce, and birch forests, as well as wildlife such as the elusive snow leopard, the rare blue Himalayan sheep, the Goral, the Thar, the Himalayan black bear, the langur and rhesus monkeys, and much more.

The Lower Dolpo Trekking begins with the flight from Kathmandu to Jhupal via Nepalgunj. The Lower Dolpo Trek is intended for real adventurers who want an extraordinary experience. The trek leads through the Shey Phoksundo National Park with a breathtaking mountain backdrop, monasteries, and yak convoys. Our trek takes us through a lush region and then leads through narrow gorges on the dry plateau near the Tibetan border.

### **Lower Dolpo Trek itinerary**

#### **Day 01: Arrival in Kathmandu airport**

Upon your arrival at Kathmandu International Airport, our representative will pick you up, greet you in Nepal, and then take you to the hotel. Once check-in at the hotel is complete, you can rest at the hotel. After a short break, we'll assume you on a quick tour of Thamel, Kathmandu's main tourist centre, to familiarize you with some great restaurants, ATMs, money changers, supermarkets, equipment stores, and other essentials for your trip. After a short exploration, we will take you to our office for a briefing. If you arrive in the evening, then this tour and trip briefing will be host the next morning after breakfast. You will spend the night at the deluxe three-star hotel.

**Meals included:** Breakfast

#### **Day 02: Sightseeing tour in Kathmandu and preparation of the trek**

Today, after breakfast, you start a day trip to some of the most historical and spiritual places in Kathmandu. Some of these sites are considered a World Heritage Site, including Kathmandu's historic Durbar Square, the sacred Hindu temple of Pashupatinath, the famous "Temple of the Monkeys" (Swayambhunath)

and the Buddhist shrine (Bouddhanath) stupas of the world. When you return to your hotel, you will have time to explore the surroundings, have dinner and perhaps take a stroll down the famous Thamel Street. You will spend the night at the deluxe three-star hotel.

**Meals included:** Breakfast

**Day 03: Flight or Drive to Nepalgunj: 7-8 hours by car**

Today, after breakfast, we make a 7-8 hour trip from Kathmandu to Nepalgunj in the western part of Nepal. Nepalgunj, a city near the Nepal-India border, is also the gateway to Simikot and Humla. The town itself is an attractive Terai city that shows the diverse culture of Nepal. In Nepalgunj, we visit the local market, the mini zoo, and the nearby villages. You will spend the night in Three-star hotel.

Meals included: Breakfast, lunch, and dinner

**Day 04: Flight from Nepalgunj to Jhupal and walk to Dunai**

After breakfast, we fly to Jhupal. The city is beautifully situated at the foot of the Himalayas, overlooking the Annapurna and Dhaulagiri peaks in the north. Here we meet our trekking crew and start the trip. We will go through terraced fields to the Bheri River and its narrow gorge. We continue towards Dunai, the administrative centre of the Dolpo region. In the afternoon, we explore the small town and camp there at night.

Meals included: Breakfast, lunch, and dinner

**Day 05: Trek from Dunai to Tarakot: walking distance 5-6 hours**

Today, after having breakfast, you will continue walking along the southern bank of Bheri River on an easy path. On the way, we pass several deep gorges, suspension bridges, and remote villages. Our route also includes a vast canyon with pine trees, and a path is about seven meters above the river. After a while, You will be greeted by the colourful terrace field of Tarakot, a small town on a hill south of the Bheri River. Spend the night in Tarakot.

Meals included: Breakfast, lunch, and dinner

### **Day 06: Trek from Tarakot to Laini: Walking Distance 6-7 hours**

We walked by the side of the Tarap Chu River and crossed it twice before we reached Sandul Gompa. The gompa is located at a crossroads between Barbung Khola and the Tarap Chu Khola. We continue on a path that leads us through agricultural terraces and rural villages. After a period of ascent and descent, we finally reached Laini. Night stay in Laini.

Meals included: Breakfast, lunch, and dinner

### **Day 07: Trek from Laini to Nawarpani: Walking Distance 5-6 hours**

We walked up a steep path and followed the curve over the Tarap River. The hike is fascinating as the valley turns into a narrow gorge where you can jump from side to side in some places. Various steady ascents and descents lead us to the banks of the Chyugur Khola, from where we reach Nawarpani. Spend the night in Nawarpani.

Meals included: Breakfast, lunch, and dinner

### **Day 08: Trek from Nawarpani to Do Tarap: walking distance 7-8 hours**

We embark on today's hike, which gradually ascends to Kamattarka at the confluence of Tarap Chu and Lang Khola. You cross a narrow gorge and leave behind the line of trees and welcome wild roses and juniper shrubs, which are typical of the dry valleys inside of the Himalayas. After walking for a few more hours, we reached the town of Dho Tarap, which is surrounded by an irregular stone wall. The religious sects Bon Po and Chaiba live together in this valley. Tarap is also inhabited by some Tibetans and mainly Magars, who have lived here for many generations. Night stay at Do Tarap.

**Meals included: breakfast lunch dinner**

### **Day 09: acclimatization day in Do Tarap**

Today's rest will help with acclimatization and lets the body rest a little. You can spend the time visiting nearby place and monasteries. During today's short walks, we also have the opportunity to get to know the local culture. Dolpo people wear

house clothes, sometimes maroon coloured, and they prefer Somba or Dhochha (finger-up boots) in Tibetan style for shoes. Both men and women often wear religious amulets as well as coral, amber, and turquoise chains. The region's inhabitants are Bon Po and Nyingmapa (Buddhist sects). Spend Night at Do Tarap.

Meals included: Breakfast, lunch, and dinner

#### **Day 10: Trek from Do Tarap to Numa La base camp: Walking Distance 6-7 hours**

We go upper valley of Tarap and enjoy the view of the lush meadows on both sides of the river, which are unique in this part of the interior of the Dolpo. We continued along the Tarap Chu River and enjoyed the fantastic view of the vast Tarap Valley with its wide plains and high mountains. A pleasant walk of a few hours takes us to the village of Tokyu, where there is a Buddhist monastery of the Chiba sect. After exploring the monastery, we continue on a rugged path through the valley before reaching the base camp of Numa La. Spend the night at Numa La base camp.

Meals included: Breakfast, lunch, and dinner

#### **Day 11: Crossing the Numa La Pass, camp in Pelung Tang: Walking Distance 6-7 hours**

After breakfast, we cross the Numa La Pass on a steep path to the top of the pass. Today is the hardest day and one of the longest of our trek. From the hill, we have an incredible view of the dry Dolpo Mountains to Mount Dhaulagiri. After reaching the top of Numa La, we descend to the camp in Pelung Tang.

Meals included: Breakfast, lunch, and dinner

#### **Day 12: Cross the Baga La Pass, trek to Dajok Tang: Walking Distance 5- 6 hours**

After breakfast, we start our steep climb to the Baga La Pass from here we have a fantastic view of the dry landscape and the distant snow-capped mountains, including the Mount Kanjirowa. We spent time on top of the pass, take photos, and generally enjoyed the fascinating view. Then we descend to Dajok Tang for the night stay.

Meals included: Breakfast, lunch, and dinner

### **Day 13: Trek from Dajok Tang to Ringmo: Walking Distance 3-4 hours**

Today, we spent most of the time hiking on trails along with beautiful pine forests and alpine vegetation. After walking for a short time on a smooth path with only gradual ups and downs, we arrived in Ringmo Village. The village is a traditional Tibetan village in the Dolpo region. Night stay in Ringmo.

Meals included: Breakfast, lunch, and dinner

### **Day 14: Trek from Ringmo to Phoksundo Lake**

Today we explore the large Phoksundo Lake and camp on its banks. We see yak caravans that enter and leave Ringmo mainly towards the Tibetan borders on remote mountain trails. The scene is even shown in a Hollywood film, "Caravan," which was mostly shot here. On the way to the lake, we also visited a nearby monastery. After reaching Phoksundo Lake, we can take a relaxing walk along the calm shores of the lake. We will spend the night in Phoksundo.

Meals included: Breakfast, lunch, and dinner

### **Day 15: Trek from Phoksundo Lake to Shyanta: Walking Distance 5-6 hours**

Today, we trek down to Chepka from where the path follows an overhanging rock. During your walk, you will come across many essential medicinal minerals that are believed to heal almost everything in this area. The route then goes through the villages before going to Shyanta. Spend the night in Shyanta.

Meals included: Breakfast, lunch, and dinner

### **Day 16: Trek from Shyanta to Jhupal**

We walk through Sulighat on a path surrounded by birch trees to Jhupal. From the top of a ridge, we have the most spectacular view of the mountain above us and the village of Jhupal. Extreme caution is required when walking this path. After arriving in Jhupal, we can spend our afternoon exploring the busy market town or just resting. Night stay in Jhupal.

Meals included: Breakfast, lunch, and dinner

**Day 17: Flight to Nepalgunj: 45 minutes flight**

You will take the first flight to Nepalgunj from Jufal. Overnight in Nepalgunj.

Meals included: Breakfast, lunch, and dinner

**Day 18: Flight or drive to Kathmandu**

After completing our trip, we will return to Kathmandu today. We drive with the landscapes which you can see from the windows. When we arrive in Kathmandu, we rest and pack for tomorrow's international flight. In the evening,

Meals included: Breakfast and lunch

**Day 19: Drop to Kathmandu international airport**

Today you will return to your home or move to the next destination. If you wish to stay more days in Nepal, we will be delighted to assist you. Otherwise, we will take you to the international airport to fly back to your home

Meals included: Breakfast

**THE COSTS INCLUDE:**

- ❖ Pickup and drop off service at the airport in a private vehicle
- ❖ Hotel in a three-star deluxe category in Kathmandu
- ❖ During the trek, three meals every day with tea or coffee
- ❖ All land transportation according to the travel itinerary
- ❖ Round trip by bus to Kathmandu Nepalgunj Kathmandu.
- ❖ Plane ticket from Nepalgunj to Jufal and back to Nepalgunj
- ❖ Guided city sightseeing tour in Kathmandu on private vehicle
- ❖ Monument entry tickets according to the itinerary
- ❖ English speaking, experienced and friendly trekking guide and porter
- ❖ Salary, insurance, equipment, meals, accommodation, and airfare for staff
- ❖ All necessary documents for trekking including National Park Permit and TIMS

- ❖ All state and local taxes

### **THE COSTS Exclude:**

- ❖ Nepal entry visa fee
- ❖ excess baggage fee (s)
- ❖ Additional hotel night in Kathmandu for early arrival, late departure
- ❖ Lunch and dinner in Kathmandu
- ❖ International flights to and from Kathmandu
- ❖ Travel and rescue insurance
- ❖ Personal expenses (phone calls, laundry, charging the battery, etc.)
- ❖ Tips for guides, porter, and drivers

### **Accommodation and Food**

You will stay in three-star hotels in Kathmandu and during trek, teahouses, and camps. All accommodations will be on a twin or double sharing basis. We will organize rooms with attached bathrooms in Kathmandu; however, tea houses in some remote locations only have shared washing and toilet facilities. Also, note that single rooms are available in Kathmandu and lower trekking regions. However, it can be difficult to find them at higher altitudes.

Only Breakfast serves in Kathmandu; we will serve all meals (breakfast, lunch, and dinner) during the trek. You can enjoy freshly cooked, healthy and nutritious meals on full board prepared by our trained and experienced chef while trekking. There are authentic Nepalese, Tibetan dishes, and the most popular international cuisine (Tibetan, Continental, Italian, Indian, etc.).

### **Trekking guides and other staff arrangements**

The most important thing that makes your Lower Dolpo trek successful, entertaining and unforgettable are the knowledgeable, experienced, polite, and helpful trekking guides and crew members who can easily spend your days in the mountains. The best and most professional leaders lead your journey. All of our trekking guides are carefully selected based on their experience, leadership skills, and personal talent. To support local communities, we only employ Nepalese



personnel who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of Nepal.

### **Physical condition and experience requirements**

Lower Dolpo Trek is classified as a challenging hike. On such a trek, you will probably walk 6-7 hours, crossing steep and mountainous terrain and occasionally high passes of up to 5500 m. You are going to be in a remote area with extreme weather for a few days. They are also exposed to high altitude air with low oxygen levels. Therefore, previous trekking experience, fitness, and a positive attitude are essential. Exercising and jogging regularly for a few weeks before the trip is a great idea to improve our strength and stability. Past hiking experiences are crucial, but no technical knowledge is required for this trip. Participants with existing diseases such as heart, lung and blood diseases must consult their doctor before the tour. You should inform us of your health condition before booking the trek.

### **Travel insurance**

Travel insurance for each itinerary of our company is a condition for booking a holiday. You must have at least emergency health insurance and repatriation, which must include the cost of mountain rescue. Please read the general terms and conditions of your insurers carefully. In particular, you should make sure that the following is covered: 1) Activity (i.e., tourism, trekking or mountaineering) 2) Maximum altitude reached on the trek 3) Helicopter evacuation in an emergency. You should understand that you are ultimately responsible for all costs associated with evacuation and return procedures and that it is your responsibility to bear the costs of evacuation or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that, in certain circumstances, our business manager may undertake a helicopter rescue (or other necessary means) in the event of a medical emergency without first seeking approval from your insurance company.

### **The best time for a trek in Dolpo region**

Spring (from March to May) and autumn (from September to November) are the best months for this Dolpo trek. Since the Dolpo region is located in the rain shadow region of the Dhaulagiri and Annapurna mountain ranges, you can also take this trip during the monsoon season (June to August). You can see an unobstructed panoramic view. The entire region also bloomed with numerous wildflowers, and the air also carries the freshness of the Himalayas.