# Lower Dolpo Trek

## Description

The Lower Dolpo Trek is a classic trek to the sacred high-altitude Buddhist monastery of Dolpa, offering stunning views of the Himalayas, including Mukut Himal. The Lower Dolpo Trek is a beautiful and remote trek in the western region of Nepal, which takes you through the stunning landscapes of the Dolpo region.

The duration of the trek is typically around 21-25 days, depending on the route and the pace of the trekker. Lower Dolpo Trek is considered to be a challenging trek, and it is recommended for trekkers with good physical fitness and some prior trekking experience. The highest altitude the trekkers trek is at Numala Pass at a height of 5,238 meters. and the best season to trek through the Lower Dolpo is from March to May and from September to November.

Dolpo or Dolpa is the largest district in Nepal. It's pristine natural beauty in remote hills and mountains. In Lower Dolpo Trek, you will explore the remotest off-the-beaten-path parts of the country. The main attraction of this trek is Phoksundo Lak, the deepest in the country. Most of the trail passes through Shey-Phoksundo National Park.

The Lower Dolpo Trek is rich in various species of flora and fauna, including Rhododendrons and the endangered snow leopard. You'll observe many landscapes and cross-high passes, such as Baga La and Numa La. Dolpa is one of the few areas inhabited by Bon Po Buddhists of Tibetan origin. The trek passes through a variety of landscapes, including high-altitude plateaus, forests, and villages, and offers views of the Dhaulagiri and Annapurna ranges.

The trek can be done independently or with a guide, and the cost can vary depending on the route and the services included. It is important to be properly prepared for the trek, including packing appropriately and acclimatizing to the altitude before the trek.

## Highlights

- Hiking through a variety of landscapes, including high altitude plateaus, forests, and villages .
- Use hidden trails used by locals.
- Cross-high passes such as Numa La Pass (5310m) and Baga La Pass (5170m).
- Visit Shey Phoksundo Lake, the deepest lake in the country.
- Visiting the Shey Phoksundo National Park, which is home to a variety of flora and fauna, including blue sheep, Himalayan black bear, and musk deer.
- Enjoying views of the Dhaulagiri and Annapurna ranges, as well as other peaks such as Churen Himal, Kanjiroba Himal, and Kanti Himal.
- Visiting monasteries and temples, such as the Thasang Monastery and the Bon Po Temple, which offer a glimpse into the spiritual practices of the region.

## Itinerary

| Days | Description | Altitude | Hours |
|---|---|---|---|
| 01 | Arrival in Kathmandu | 1,380 meters | |

| Days | Description | Altitude | Hours |
|---|---|---|---|
| 02 | Flight to Nepalgunj | 150 meters | 45 minutes |
| 03 | Flight to Juphal and Trek to Dunai | 2,140 meters | 35 minutes |
| 04 | Trek from Dunai to Tarakot | 2,543 meters | 6-7 hours |
| 05 | Trek to Laini Odar | 3,370 meters | 6- 7 hours |
| 06 | Trek to Nawar Pani | 3,475 meters | 7-8 hours |
| 07 | Trek to Dho | 4,090 meters | 7-8 hours |
| 08 | Explore Dho Village | | |
| 09 | Trek to Numala Phedi | 4,440 meters | 6- 7 hours |
| 10 | Trek to Dani gar crossing Numala Pass | 5,238 meters | 8-9 hours |
| 11 | Trek to Yak Kharka via Bagala Pass | 5,214 meters | 7-8 hours |
| 12 | Trek to Phoksundo | 3,600 meters | 4-5 hours |
| 13 | Free day in Phoksundo | | |
| 14 | Trek to Chhekpa | 2,838 meters | 7-8 hours |
| 15 | Trek to Rupghat Bridge village | 2,075 meters | 5-6 hours |
| 16 | Trek to Juphal | 2,475 meters | 4-5 hours |
| 17 | Fly to Nepalgunj and Fly to Kathmandu | | |
| 18 | Kathmandu Free day | | |
| 19 | Kathmandu Free day or shopping | | |
| 20 | Departure to airport | | |

## Detailed Itinerary

**Day 1: Kathmandu Arrival**

Welcome to Kathmandu, on your arrival at the TIA, you will be greeted and guided to the designated hotel by one of our Precious Adventures representatives. He/ She will give short information about the Time zone, room, money exchange, and welcome dinner. Later you will be visiting one of the finest restaurants for a complimentary welcome dinner. You will be informed in short about the summary of your tour.

**Day 2: Kathmandu Free day / SS. Flight to Nepalgunj**

Today we take a short flight to Nepalgunj which is a 40 minutes flight. Nepalgunj is a bustling city with a rich cultural heritage.The temperature here is warm and humid. After arriving at Nepalgunj, you'll be accommodated in your hotel rooms. Overnight at Nepalgunj.

**Day 3: Flight to Jhuphal. Trek to Dunai (2140m) 3-4 hours**

On the 3rd day, we take  flight to one of the most remote airports of Nepal. A lifetime experience, flying over the majestic mountains of  Nepal. After arriving at Jhuphal we take a short trek for 3-4 hours to Dunai where we have our lunch. Walking along the gorgeous Thuliveri River and passing through Dagibada village, Dangubada, and Rupghat we reach Dunai. It is a popular town that serves as the district headquarters of Dolpa. Government offices and hospitals for the entire Dolpa district are located here. In the evening we walk around and explore the Dunai Bazaar. Tonight we stay in a tent at Dynau Bazaar. Dynau Bazaar is located just on the banks of the Thuliveri river.

**Day 4: Dunai  to Tarakot (2543 m) , 6-7 hrs**

After breakfast, we carry on with the trek. We walk for about 45 minutes in a straight trail and cross the Thuloveri River for the first time. After walking for about 3-4 hours we reach Byasghar where we have our lunch. After nourishing and resting for a while it's time to get going, we continue walking on the trail. After walking for 3 hours via Lempara and crossing the Thuliveri River for the second time we arrive at the Lingdo village. A well-marked road track is present until we make it toTarakot. Tarakot is a beautiful village that comes with many facilities such as the post office, tourist information center, school, and numerous historic sites and stupas that are worth visiting. We stay overnight at Tarakot in a tent.

**Day 5: Trek to Laini Odar 3370 m , 6- 7 hrs**

Continuing on with the trek after breakfast we hike along the banks of Thuliveri river. It takes 4 hours to reach Laisicap (checkpost and junction for Kakkotgaon, Mukotgaon) where we have our lunch. We take a short expedition to the nearby Chhedul Tibetian Buddhist Monastery at Laisicap. An annual fair is held here during the occasion of Fagu Purnima. Crossing the Thuliveri river we continue walking on a gradual up trail following Tarap khola up to Laini Odar. The trail to Laini Odar is filled with different types of bushes, juniper plants, and pine trees. Along the way, beautiful views of the Putha Hiunchuli and Churen Himal Range are observable. Laini Odar is a camping site and even though there is no permanent settlement at Laini Odar, you may see local seasonal tents of yak herders during your stay. overnight camp at Laini Odar

**Day 6: Trek to Nawar Pani, 3475 m / 7-8 hrs**

On the 6th day, we begin our hike towards Nawar Pani. Nawar (also Naur) is the Nepali name for Blue sheep. In the autumn season, we can see the domestic Himalayan goat and its herd. There is a high possibility of encountering the blue sheep. Today we walk through shrubs, bushes, and hills until we reach Chhyugar. We walk in the narrow valley for about 4-5 hours before arriving at Chhyugar where we have lunch. After lunch, the route goes through a wide valley. It takes about 2-3 hours from Chhyugar to reach Nawar Pani. Nawar Pani is a broad area that is characterized by grass and short shrubs. Nawar Pani is a great place to connect with nature. We camp at Nawar Pani today.

**Day 7: Trek to Dho, 4090 m,7 hrs**

After breakfast, we walk gradually walk straight and uphill passing through Toltol, Gyamgar, and Sisaul khola. The route passes through areas that are not populated by the human population. After reaching Sisaula khola we have lunch. Finishing up with lunch we continue on our journey. We cross a classic wooden bridge in Langa. (junction to Kalanggaon) Enjoying the wide range valley we continue trekking till Dho Tarap where we'll camp. Famous monasteries like Ribo Bumbo Buddhist Monastery, Sipchhog Bon monastery, and many other monasteries are located here. Dho Tarap is a major highlight of Dolpo Trek. Dho is a big Dolpali settlement. In the morning one can see the caravan of goats and almost every family owns a horse for riding and transportation purposes. Exquisite roofless houses can be seen here. Immerse yourself in the local culture and learn about the area's rich history and heritage of local Tibetan origin villages and their people.

**Day 8 : Explore Dho Village**

Settle in for today's day as we have a lot to do. We begin exploring the Dho village after breakfast. Today we visit the nearby renowned monasteries and get a closer glimpse at the life of Tibetan people.  Around the last weeks of Sept or the first week of Oct, locals celebrate the Harvesting

festival, the crops are harvested after sunset. We meet with the local communities and wander around the picturesque village. You can also opt for visiting the nearby school and other places or perhaps visit the settlement of Tokyu village. Overnight at Dho village.

**Day 9: Trek to Numala Phedi(4440m) 6-7hrs**

On day 9th after completing breakfast we continue our journey to Numala Phedi. Tokyu village serves as a junction where one way leads to Tinjegaon. Herds of horses and yaks can be seen grazing. We take the trail to Numala Phedi, altogether today we climb up to 500mtrs. Until we arrive at Taski the trail is mountainous and straight. After Taski we have lunch further the trail goes up until basecamp. An eye-catching view of the Dho, Tarap, and Tokyu village is seen from Taski. Overnight in Numala Phedi

**Day 10 : Trek to Dani gar crossing Numala Pass(5238m),8-9 hrs**

We begin our day early in the morning. Today trek to Dani gar via the Numala pass. The trail is easygoing and it is a straight-up trail until the Nuamal pass. Numala means Breast shaped mountain, and it got its name after the shape of the mountains. It seems as if a woman is sleeping, showing her breast. We pack our lunch The prayer flags and piles of memorial stones are gathered there. A serene view of the Dhaulagiri and Kanjirowa Himal ranges can be seen. Sometimes traveling above the clouds can also be experienced in this area. A small stream with iconic beauty is seen before we arrive at tonight's destination. Danighar is a yak station until September. A magnificent view of Norbung Khang is seen from there. We camp at Danigar for the night.

**Day 11: Trek to Yak Kharka (3980m) via Bagala Pass, (5214m) 7 -8 hrs**

Prepare for a trip filled with serenity and delight. Today we trek to Yak Kharka via Bagala pass. The Bagala pass is 5214m high and delivers a stunning picture of the surrounding. Dhaulagiri and Kanjirowa Himal range and Nurbung Khang and the Numala pass trail can be seen clearly from this place. We carry a packed lunch today. Decorated with colorful prayer flags, the sight is truly aesthetic. Yak Kharka, like many places, is a campsite with no houses to shelter travelers. So trekkers should be ready for another camping night. If lucky trekkers can spot Marmots along with yak and horse herders. Overnight in Yak Kharka.

**Day 12: Trek to Phoksundo 3600m, 4-5 hrs**

On our 12th day, we will embark on a journey to the pristine Phoksundo lake. Today, we walk through bushes, juniper trees, and pine trees. Along the path, we come across a viewpoint from where we can get a glimpse of the portion of the Phoksundo lake, Ringmo village, and waterfall. After crossing the viewpoint it takes about 1 hour to reach Phoksundo lake. we have lunch at Phoksundo lake. facilities of a health post and schools surrounding, a national park check post, and an army camp are rendered here. The exciting view makes the efforts and hardwork worth it. Overnight camp at Phoksundo Lake

**Day 13: Free day in Phoksundo**

Waking up next to the turquoise Phoksundo today is a free day to explore the vicinity. We begin by visiting the Bon Monastery and the nearby Ringmo village. Kartike Fair is a significant fair celebrated here. If you want to get the best view of Phoksundo Lake, you can opt to walk along the lake which is up to 4400m. Phoksundo Lake is considered a holy lake by the Buddhist and Bon

believers hence, swimming is strictly prohibited.  It is also believed that Guru Rinpoche subdued the negative evil in this lake. According to local belief, it is believed that the villagers must preserve this lake, or else the water from this lake will sweep out the entire village. And these are the reasons why it is not allowed to swim here.

**Day 14 : Trek to Chhekpa, 2838m, 7-8 hrs**

Today we travel towards Chhekpa. The entire route can take up to 7-8 hours. After walking for 4 hours we walk through the jungle and Amchi Hospital. Passing through Polam, which is a place for yak and goat in winter we have lunch at Rechi. After finishing up our meal we walk through Syagta village along with the pine, Himalayan bamboo, walnut trees, and juniper forest.  We follow the Phoksundo kola until we arrive at Chhekpa. Today we cross the Phoksondo Khola several times. Our tonight's destination will be Chhekpa where there is a house and a campsite.

**Day 15 : Trek to Rupghat Bridge village,2075m, 5-6 hrs**

On the the15th day of our expedition we trek towards Rupghat village, Rupghat is located at the junction of two rivers Thuloveri and Rupghat khola. Lunch at  Aakhe. The edge of Phoksundo khola is followed till Sulighat. The small village of Sulighat which arrives before Rupghat is facilitated with police and army checkpoint national park check post and a campsite. Our today's program includes a walk along the bank of Phoksundo Khola. Overnight at Rupghat

**Day 16 : Trek to Jhuphal(2475m) 4-5 hrs**

Today marks the final day of our trek together. After breakfast, we begin trekking from Rupghat to Jhupal. After following the trail for 4-5 hours we arrive at Jhuphal. We have lunch together and go about exploring the place before our final departure from her. In the evening we celebrate all together with all the trekking crew.

**Day 17: Fly to Nepalgunj,  late afternoon flight back to Kathmandu**

On the 17th day we head back, early in the morning we fly back to Nepalgunj and in the late evening, we get on the plane to Kathmandu. After returning you can either rest in your room and get a good night's sleep or perhaps head outside and witness the popular tourist hubs in the locality.

**Day 18 :Kathmandu Free Day**

An additional day in Kathmandu if the flights are canceled. An additional day calls for further exploring local cuisine, learning something new

**Day 19: Kathmandu Free day or shopping day**

Free day to relax and enjoy, enough time at your disposal today for shopping souvenirs or perhaps exploring the world heritage sites of Nepal before leaving. . Witness the traditional craftsmanship in Bhaktapur, a historic city close to Kathmandu and Boudhanath, one of the prominent Buddhist pilgrimage sites. Walking around those cities brings about a beautiful impression of the tradition, culture, city life, and customs of Nepal. The choice is yours to make.

**Day 20 : Final Departure**

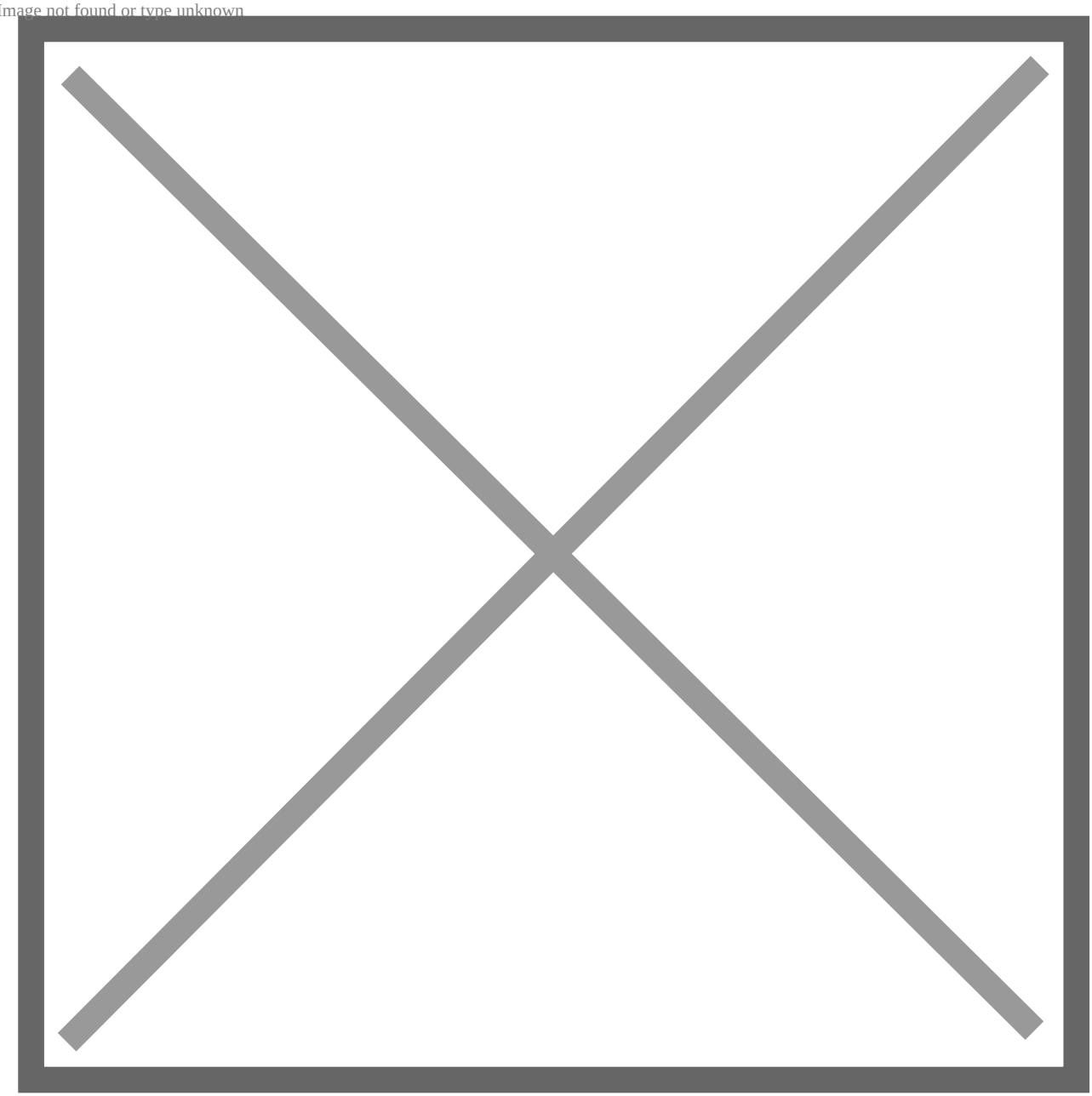
With hopes that you enjoyed the experience with us, we bid you goodbye. We will be looking forward to more precious adventures together. Have a safe journey.

## Includes

?? Standard accommodation in Kathmandu and Nepalgunj
?? Camping Equipment
?? Domestic flight
?? Guide and Trekking Staff
?? All ground transportation as per itinerary
?? Meal During the trek
?? All permits ( special permits, National park, Conversation area)

## Map

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## Practical Information

Q. Food and Accommodation
A. Lower Dolpo is one of the country's most remote areas, with few teahouses. So, you get a basic room in a teahouse. Most of the stays are in tent camps. Food in Lower Dolpa is mostly traditional, but western food is also available. The food is served in the teahouse Dal bhat. You can expect Tibetan foods on the menu. Most toilets have squat toilets without toilet paper and other necessities.

Q. Best season for the trek
A. The trail is long and difficult. Trekking enthusiasts will have a great time. However, it is quite unsuitable for beginners. The best seasons for this trek are the Spring season from March to May and the Autumn season from September to November. Daytime temperatures are stable at this time of the year, and the clear blue skies and mountain views are astonishing. Rhododendron flowers bloom best during these seasons. Lower Dolpo Trek is not recommended in winter.

Q. Trip Category
A. The Lower Dolpo Trekking is one of Nepal's most challenging remote treks. The hiking takes 5 to 7 hours a day. Trekking routes include long ascents/descents, passes over 5000 m, and long trekking days on a rocky trail. Therefore, acclimatization is highly recommended. You do not need prior trekking experience, but you must be in good physical condition.

Q. Health and Safety along the trail
A. Altitude sickness is common on theLower Dolpo Trek due to the remote location, high-altitude hikes, and arid landscapes. So, to avoid that, take your time and drink plenty of water. Do not consume alcohol, and don't smoke. Let your guide know if you have any symptoms of altitude sickness. Primary medical care is available at some health posts. Return to Nepalgunj or Kathmandu for medical care if needed. It is advisable to have a first aid kit and necessary medicines on hand.

## Frequently Asked Questions

Q. How long does the Lower Dolpo Trek take?
A. The duration of the trek can vary depending on the route and the pace of the trekker, but it typically takes around 21-25 days to complete.

Q. What is the best time to do the Lower Dolpo Trek?
A. The best time to do the Lower Dolpo Trek is during the peak trekking seasons of Spring (March to May) and Autumn (September to November), when the weather is clear and the skies are generally free of clouds, offering excellent views of the surrounding mountain ranges.

Q. What is the difficulty level of the Lower Dolpo Trek?
A. The Lower Dolpo Trek is considered to be a challenging trek, and it is recommended for trekkers with good physical fitness and some prior trekking experience. The trek involves some steep and strenuous sections, as well as long days of hiking over rough terrain.

Q. What is the maximum altitude reached during the Lower Dolpo Trek?
A. The maximum altitude reached during the Lower Dolpo Trek is around 5,180 meters at the Numa La Pass.

Q. Is it necessary to have a guide for the Lower Dolpo Trek?
A.

While it is required to have a guide for the Lower Dolpo Trek because of restricted area. A guide is familiar with the route, can provide valuable information about the local culture and history of the region, and can help you to prepare for any unexpected challenges that may arise during the trek.

Q. What is the accommodation like during the Lower Dolpo Trek?
A.

You can expect to stay in a combination of lodges, guesthouses, and tent camping. These accommodations are often basic, with shared bathroom facilities and simple meals available. It is important to note that the trek passes through remote areas, so you should expect the facilities to be relatively basic compared to those found in more developed areas.Our itinerary is based on Camping Trek. So mostly we will have tent during the Trek.

Q. Is the Lower Dolpo Trek suitable for beginners?
A. The Lower Dolpo Trek is considered to be moderate to challenging, and may not be suitable for beginners. It involves long days of trekking over rough terrain, and some sections of the trek may be physically demanding. It is important to be in good physical condition before attempting this trek.

Q. What should I bring on the Lower Dolpo Trek?
A. You should bring clothing and equipment suitable for cold and wet weather, as well as sun protection. You should also bring a first aid kit, a water purification system, and enough cash to cover any additional expenses. It is also a good idea to bring some snacks and energy bars to eat during the trek.