

Lower Dolpo Trek

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22 days

From \$3000



Dolpa is an isolated area with most of the part fenced by Shey-Phoksundo National park, the largest national park of Nepal. The trekking begins from Juphal or from Jumla via flight from Nepalgunj or also from Beni and ends at Juphal. The mysterious and silent region also known as 'BaYul' the hidden land consists of huge passes like Numla pass (5149 m) and Bagala pass (5190 m) to the south. The fascinating features of the area are valuable medical herbs, the wild animal and birds. The lower part of Dolpa is swayed by Hindu culture and tradition also influenced by Tibetan Culture and religion.

Grade: Moderate

Moderate types of trekking generally take place on the low altitude zone crossing the passes below the elevation of 4500 meters. Normally the walking is from 4 - 6 hours each day.

Destination: Nepal

Activity: Trekking

Region: Dolpo Region

Itinerary:

DAY 1: Kathmandu

Arrival and transfer to hotel.

DAY 2: Kathmandu

Free day in Kathmandu and trek preparation day.

DAY 3:Kathmandu - Nepalgunj

If we fly to Nepalgunj we will reach after 1 hour, if we drive we will reach Nepaljung after 16 hours. Overnight at hotel in Nepalgunj.

DAY 4:Nepalgunj - Juphal (2440 m) - Dunai (2150 m)

This day in the morning we will fly to Juphal, after 45 minutes we will reach Juphal, and we will start our trek to Dunai, after 3/4 hours walk we will reach Dunai. Overnight at lodge/tented camp.

DAY 5 :Dunai - Tarakot (2500 m)**DAY 6:**Tarakot – Laina Odar (3370 m)

This day we will walk for about 9 hours to reach Laina through uphill and downhill trail. Trail follows the bank of river, where the valley becomes large and green. On the way we will have chance to see musk deer jumping in the middle of juniper and pine forest. Overnight at Tented Camp.

DAY 7:Laina Odar - Tarap khola cave (3523 m)

This day we will walk for about 9 hours to reach Tarap Khola through uphill downhill. This day also the trail follows the bank of river. On the way we will cross Juniper and Pine forest. Overnight at Tented Camp.

DAY 8:Tarap Khola cave - Dho-Tarap (4100m)

This day we will walk for about 8 hours to reach Dho Tarap through uphill and downhill trail. On the way we will cross small river, pine and juniper forest. The path is dug into the rock but many parts are covered over by rockfalls. Overnight at Tented Camp.

DAY 9 :Dhotarap

This day we will explore around near by village.

DAY 10:Dhotarap - Numla base camp (5360m)

This day we will walk for about 6 hours to reach Numla base camp through mostly uphill trail. On the way we cross Numla pass, from here we will see some mountain views such as Dhaulagiri, and Gurja Himal, from the pass we will also see Dho Tarap Village. Overnight at Tented Camp.

DAY 11:Numla base camp - Bagla base camp (5090m)

This day we will walk for about 8 hours to reach Bagla base camp through uphill trail. After crossing Numla Pass we will walk through downhill trail towards Poyon khola. Bagla pass is surrounded by big glaciers and blade shaped rock cliffs. From the pass we will see beautiful views of Kanjiroba mountain. Overnight at Tented Camp.

DAY 12: Bagla base camp - Phoksundo (3540m)

This day we will walk for about 10 hours to reach Phoksundo. At first we will cross Bagla pass, after Bagla pass we will reach Ringmo valley. On the way we will see small rivers, Mount Kanjirowa and Dolpo himal, cross dense forest of Pine and Juniper. After crossing dense forest we will reach Phoksundo Lake. Overnight at lodge/tented camp.

DAY 13: Rest day and explore

This day we will explore around Phoksundo Lake, visit monasteries and villages. Here mostly we will find people of Tibetan origin. Overnight at lodge/tented camp.

DAY 14: Ringmo – Chekpa (2838m)

This day we will walk for about 9 hours to reach Chekpa through mostly downhill trail. One the way we will cross jungles and rivers. Overnight at lodge/tented camp.

DAY 15: Chekpa – Juphal (2475m)

This day at first we will walk for about 3 and half hours to reach Dunai. Here we will have our lunch and again we will walk for about one half hours through straight trail to reach Kalogaun. From here again we will walk for about one and half hours through uphill trail to reach Juphal. Overnight at lodge/tented camp.

DAY 16: Juphal – Nepalgunj - Kathmandu

This day we will take a flight to Nepalgunj, after 45 minutes flight we will reach Nepaljung, same day we can have flight to Kathmandu from Nepalgunj.

DAY 17: Kathmandu

Free day in Kathmandu, you are free for shopping, sightseeing, relax, hotel.

DAY 18: Final departure

Transfer to international airport and fly to your destination.

Cost Include:

- Transfer airport – hotel – airport including domestic airport
- 5 Nights hotel in Kathmandu and Nepalgunj with breakfast
- Kathmandu - Nepalgunj - Juphal flight ticket including guide.
- Phoksundo National Park Permit Fee
- Lower Dolpo restricted Area Permit Fee
- Accommodation at lodge/tented camp during the trek
- All meal (breakfast, lunch and dinner with tea or coffee) during the trek
- Guide, cook, Kitchen boy and necessary porters/Mules/Yaks during the trek
- Sleeping tent, staff tent, kitchen tent, dining tent, toilet tent, table, chairs kitchen gears cooking fuels and etc.
- Camping charge
- Staff: all meal, accommodation daily wages and Insurance with full equipped

- Juphal - Nepalgunj - Kathmandu flight ticket including guide
- Company service charge
- All necessary government taxes

Cost exclude:

- Personal equipment
- Personal and medical insurance
- Lunch and dinner in Kathmandu
- Emergency Rescue evacuation by helicopter incase needed
- Bar bills and beverage (like mineral water, coke, beer and etc)
- Personal expenses
- Tips
- Any other services not mentioned in above inclusion