

Overview

This exotic journey gets away from common travels through a remote and strikingly beautiful area that is rarely visited. It's a challenging trek ideal for people seeking a unique adventure.

The Lower Dolpo Trek is a journey through the pristine land of **Shey-Phoksundo National Park** where the award-winning, where The Caravan, was filmed. To the east is the Dhaulagiri Range including the world's 7th highest mountain and to the north is the Tibetan plateau. The journey begins with a flight to Jhupal and we will travel to many villages among which are Tarap, Dho, and Tarakot, and through forests of oak, rhododendron (Nepal's national flower) and pine with spectacular views as we climb over three passes, Kagmara La 5115m, **Baga La 5190 m** and **Numa La at 5159 m**.

This tour is highlighted by the culture and the views of the mountains, the Phoksundo Lake and the majestic monasteries. Chances are that we may even see various wild animals such as Blue Sheep and Snow Leopard on top of rare vegetal species. Peter Mathiessen wrote his classic book, The **Snow Leopard** from his experiences in Dolpo.

The Lower Dolpo Trek is a camping tour. The facilities in the region are not capable of supporting a teahouse or lodge to lodge trek. We will have a crew of porters to carry all supplies, including a dining tent, tables, chairs, bathroom tent and personal, comfortable sleeping tent. Our cook will provide quality meals and the evening around the camp will be a cozy time recollecting the wonders of the day's journey and spectacular surroundings over a good meal and a warm drink.

Few Exotic trips you may like:

- [Manaslu Circuit Trekking](#)
- [Upper Mustang Trekking](#)
- [Upper Dolpo Trekking](#)

Itinerary Details

Day 01 : Arrive Kathmandu (1,300m/4,264ft)

Namaste and welcome to Kathmandu. Our airport representative greets you at the international airport on your arrival. Then you will be transferred to the hotel. After Check-in at the hotel, refresh and rest yourselves. We will briefly explain our tour program in the evening. O/N at hotel. (A).

Day 02 : Fly from Kathmandu to Nepalgunj (152m/498ft)

From Kathmandu we take a bus or fly on any domestic carrier to Nepalgunj. western, mid-

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western and. It takes 1 hour to reach from Kathmandu to Nepalgunj by flight. If you go through Bus it takes around 8 hours to reach there. Overnight stay will be at hotel or lodge that is 10 to 15 minutes drive from the airport.

Day 03 : Fly Nepalgunj – Juphal (2,320m/7,610ft), trek to Dunai (2,850m/9,348ft): 35 min, 2-3 hrs

Today we take a 35 minutes long flight to Juphal .Our trekking starts from Juphal. The first forty five minutes of the trek descends down to Kalagauda followed by two hours of hike along the trail above Thuli Bheri River. We trek by the riverside and pass Roop Ghar with the water mill and finally reach the Dunai (2150m) a small town, the head quarter of the district.You can visit the Bon Stupa and school, Central Buddhist monastery, From the Stupa you can have the view of whole town and another village, upper Dunai too. Overnight stay at Dunai. (B,L,D)

Day 04 : Dunai – Tarakot (2,543m/8,341ft): 5-6 hrs

After breakfast we continue our journey following the south bank of the river. Passing the bridge over the river, we move through dense pine forest and reach to Tarakot. There beautiful and colorful terraced field greets us. We spend our night at Tarakot.(B, L, D)

Day 05 : Tarakot – Laini (3,160 m/10,365 ft): 6-7 hrs

Crossing a suspension bridge over Tarap chu river we continue our trip. On the way we will interact with Sandul Gompa. The Path leads through the farm terraces and rural villages. And then we reach to laini and we camp there overnight. (B, L, D)

Day 06 : Laini – Nawarpani (3,545m/11,627 ft): 5 hrs

Walking through the gorge of the Tarap River, we climb above the hill. Exploring with narrow gorge, it gives the feeling of adventure in the journey. After walking about 5 hours we reach to Nawarpani. We spend overnight in Nawarpani camp. (B, L, D)

Day 07 : Laini – Do Tarap (4,090m/13,415ft): 7-8 hrs

Leading Tarap chu and Lang khola we move towards east. After few hours of walk we get through the bushy forest of wild rose and get in to the Do Tarap village surrounded by irregular stone wall. Overnight camp at Do Tarap. (B, L, D)

Day 08 : Rest Day at Do Tarap for acclimatization

Today, we spend our day with exploring villages, monasteries. We will move towards Bön Gompa which is just half an hour far from Do Tarap. Overnight camp at Do Tarap. (B, L, D)

Day 09 : Do Tarap – Numa La Base Camp (4440m/14,563 ft): 6-7 hrs

Today, our journey continuous towards upper tarap valley. After a few hours of walk we reach to the village of tokyu, where we can get chance to explore with monastery. Overnight camp at Numa la Base camp. (B, L, D)

Day 10 : Cross Numa La (5,190m/17,023ft), and camp at Baga La Phedi(4465m/14,645 ft): 6-7 hrs

It is one of the longest routes of our trekking. Crossing Numa La Pass, we climb the steep hill to catch the top of Numa La. On the way we can explore with thr panoramic view of Dhaulagiri mountain. And thyen we move towards Baga La phedi for the night camp. (B, L, D)

Day 11 : Cross Baga La (5,070m/16,630ft) and camp Dajok Tang (4,080m/13,382ft): 6 hrs

After breakfast, we climb the hill to reach to top of Baga La. From there we can be explored with the beautiful landscape of Kanjirowa Himal. Following the route, we climb down the hill and camp at Dajok Tang. (B, L, D)

Day 12 : Trek to Ringmo (3,600m/11,808ft): 3-4 hrs

Walking through the pine forest, we begin our journey. Exploring with different shrubs we follow the up and down climb to reach to Ringmo for camping. (B, L, D)

Day 13 : Rest Day at Ringmo village in Phoksundo Lake

Today is our resting day. But we will grab the opportunity to explore with Phokshundo lake. A walk around the phoksundo lake will add some sweetness in the journey. Overnight camp at Ringo village. (B, L, D)

Day 14 : Phoksundo Lake – Shyangta (2520m/8265 ft): 5-6 hrs

Falling down from Ringo village, we follow the rocky trial to reach Shyangta. Overnight camp at Shyangta. (B, L, D)

Day 15 : Shyangta – Juphal (2,320m/7,610ft): 5-6 hrs

Today is our last day of trekking. Following the trial with tall birch trees on our way we explore with the views of mountains. And camp at Juphal. (B, L, D)

Day 16 : Fly Juphal – Nepalgunj – Kathmandu

From Juphal we fly to Nepalgunj by early morning. After arriving to Nepalgunj, we will have rest on hotel. During afternoon,we will take off to kathmandu by flight and have accommodation on the 2*/3* hotel.

Day 17 : Final departure

Our representative will drive you to airport and organize farewell for you departure.