



# LOWER DOLPO TREK

# Overview

Lower Dolpa trek offers a real adventure trekking on remote and rugged natural unspoiled corner simply beyond the Himalayan valleys across western Nepal. The Dolpo region preserves one of the last remnants of traditional Tibetan culture where the pre-Buddhist Bon-Po religion is still in practice. High mountains including the Dhaulagiri massif to the southeast surround this spiritual sanctuary. Dolpo region provides the opportunities to visit ancient villages, high passes, beautiful Lakes, isolated Buddhist monasteries and also to experience the vast array of wildlife inhabiting the region in Nepal.

## Journey to the Lower Dolpo Region

After exploring Kathmandu valleys' historical/cultural sights and obtaining the special permit for the lower Dolpa trekking we take our flight to Jhupal via Nepalgunj. We trek continuously to Shey- Phoksundo National Park before joining ancient Nepal Tibet trade route and enjoy the views of lower Dolpa valley. Eventually, you can hear prayer flag fluttering at the top of the pass, and the view opens up dramatically looking east towards the snow peaks of the Kanjiroba and majestic Dhaulagiri range. We soon walk through the pleasant green pastures to the pristine Phoksundo Lake full of crystal deep blue freshwater contrasting with the weathered red and brown hills. On our trek, to Dolpa the trek descends to the Jhupal airstrip to end our historical trip of a lifetime to Dolpa, the land of mystery, scenery, and peace.

## Highlights of Lower Dolpo Trek

- You will witness the age-old Bon-Buddhist practices in different monasteries.
- You will trek to the pristine Shey Phoksundo (3611 meters) alongside with an entry to the Shey Phoksundo National Park.
- You will have amazing experience walking in the desert-like rainshadow area of the lower Dolpo region.
- You can also catch the enticing views of Yak Caravan and got to walk on the ancient salt trade route.
- You will feel enticed by the sight of diverse flora and fauna of the region.

## Trip Grade: Strenuous

A difficult trek or grade 3 from an altitude from 4000 m to 5550 m. The best of Nepal's

trekking is category 3. You need some previous trekking activities and good health. Climbing and descending are quite common walking experiences and you may also need to cross little glaciers. Walking in higher altitudes is more physically demanding than walking in lower altitudes, however, the pace of the trek will vary in compensation. If you are in excellent health with average physical fitness and have strong determination, you will complete this trek successfully. Exercising, particularly jogging and climbing stairs regularly for some weeks prior to your arrival is recommended to enhance your strength and fitness. Past hiking experience would be an asset, but no technical skill is required. This kind of trip gives you a lifetime experience, a breathtaking stroll around the mountains. There are many villages with a very different landscape in Nepal around 4000 m. Yaks graze at this level, typically.

# Outline Itinerary ( 21 Days )

## **Day 1 : Arrival day in Kathmandu (1,300m/4,264 ft) Overnight at Hotel.**

Your arrival to Tribhuvan International Airport and meeting Himalayan Social Journey's representative who will transfer you to the hotel.

Accommodation: Himalayan Suite Hotel Meal: Dinner Activities: Welcome dinner and Orientation

## **Day 2 : Kathmandu valley sightseeing & trek preparation (1,300m/4,264 ft) Overnight at hotel.**

After breakfast, our guide will take you to different attractions of Kathmandu Valley. Today, you will visit, Swayambhunath, Boudhanath, Pashupatinath and Patan Durbar Square. (B) Overnight at Himalayan Suite Hotel. (B)

Accommodation: Himalayan Suite Hotel Meal: Breakfast Activity: Kathmandu Sightseeing Tour

## **Day 3 : Fly/ drive from Kathmandu to Nepalgunj & transfer to Hotel**

We transport to the southwest region of Nepal to Nepalgunj. It is a long flight of around an hour and we arrive late afternoon or midday there. The weather is very hot in the south of Nepal. We will spend the remainder of the evening exploring the area, including the Bageshwori temple, one of Nepalese 's largest Hindu temples.

Accommodation: Hotel Meal: Breakfast, Lunch and dinner Activity: fly -1 Hour Altitude: 150m

## **Day 4 : Fly from Nepalgunj to Jhupal (Dolpo)(2,320m/7,610ft), trek to Dunai (2090m/9,348ft), 2-3 hrs walks Overnight at the camp.**

From Nepalgunj it is about 35 minute Flight to Jhupal then we begin to trek towards Dunai which is around 3 and a half hours away.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: 35 min flight and 3.5 hours trek Altitude: 2090m

## **Day 5 : Trek to Tarakot (2,850m/9,348ft), 5-6 hrs walk. Overnight at camp.**

It continues from Dunai to Tarakot, called locally as Dzong for its hilltop stronghold, along the banks of Barbung Khola. It's a smooth road. The Tarakot villagers speak Kaike, a special tongue, but have not spoken anywhere. We're staying in Tarakot for the night.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: 5-6 Hours Trek Altitude: 2850m

## **Day 6 : Trek to Khani Gaon (2,543m/8,341ft), 5-6 hrs walks. Overnight camp near by the village backyard.**

You cross the high suspension bridge at 2560 m after a few ups and downs. Right over the bridge you see Tarap Chu joining the Barbung Khola and then reaching Khanigaon, the town with Gompa.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: 5-6 Hours  
Trek Altitude: 2543m

## **Day 7 : Trek to Tarap Khola (3,450m/11,316ft), 4-5 hrs walks Overnight at camp.**

We walk to the treeline just above. We may see blue sheep herds. By afternoon, we reach the Tarap Chu crossroads and Lang Khola. We've built our camp here. Kamakharka (3,800 m), this area is also called, spending the night.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: 4-5 Hours  
Trek Altitude: 3450m

## **Day 8 : Trek to Yak Kharka (3800m/12,464ft), 4-5 hrs walk. Overnight at camp.**

Yak Kharka is a large, green area, named Yak Kharka because it is named Yak Kharka, because people who came with their Yak for the business that they used to live.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: Trek 4-5 Hours Altitude: 3800m

## **Day 9 : Trek to Dho Tarap (4,090m/13,415ft), 5-6 hrs walks Overnight at camp.**

It is an easy and often used trail. A lot of Mani Walls and ancient Chortens will pass through. In the village of Dho Tarap, there is a French School. The Dho village, which consists of approximately 24 houses is surrounded by uneven stone walls. There are people both Bonpo and Buddhist sect. We 're going to Buddhist Gompa to visit the lama who lives in it. He's going to show his monastery and even show you his private Gompa and his own Thangkas.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: Trek 5-6 Hours Altitude: 4090m

## **Day 10 : Rest Day at Dho Tarap for acclimatization. Overnight at camp.**

We will spend the day with Dho Tarap exploring. You may also communicate with the Dolpo people. The village comprises Bonpo and Nyingmapa Buddhists alike. The Buddhist Gompa can be located in the area and Bon Gompa is 40 minutes away.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: Rest day Altitude: 4090m

## **Day 11 : Trek to Tokyu Gaun 5-6 hrs .overnight camp beneath the Numa-la.**

The Jeng La Pass must be crossed at 4850 m to reach Tokyo Gaon. It takes us about 2 hours of tough climbing to reach the top of the Jeng La. but we have amazing views of

the Dhaulagiri mountain, and more peaks then descend in the direction of the Tarap Valley. The Tarap is a lovely valley that extends twenty kilometers along Tarap Chu River and has many plants in high mountains.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: 5-6 Hours Altitude: 4209m

## **Day 12 : Trek to Numa La. Overnight at camp.**

Today we cross Pass Numala and go down to Poyon khola until we reach Camp Bagala with large glaciers and rock-skulls. In the evening, we rest in the village of Pelungtang, surrounded by mountains with temporary homes, yak pasture and terraces. The Himal of Norbukang glows beyond.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: 5-6 Hours Altitude: 5190m

## **Day 13 : Cross Numa La (5,190m/17,023ft), and camp at Phedi. Overnight at camp.**

On a clear day you will see the Shey Shikar (6,139 m), Kenjeralwa and Dhaulagiri I (8,169 m). The path is a long and crossed stream and it leads along the moraine to Numa La (5,318 m). Stay off the pass and head down to Bang La. Overnight in the camp

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: 5-6 Hours Altitude: 5190m



## **Day 14 : Cross Baga La and reach other side of Phedi.**

After early morning breakfast we will cross Baga La (5,070m/16,630ft) and camp on the other side of the Phedi (4,470m/14,662ft) Overnight at camp.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: 5-6 Hours Altitude: 4470m

## **Day 15 : Trek to Ringmo (3,600m/11,808ft), 6-7 hrs walks. Overnight at camp.**

The track continues down to the meadow and down to the yak field into the forest. Continue on the high cliffside path through more wetlands, woodland and yak pastures, then head up to a ridge at 3780 m. The massive waterfall of Lake Phoksundo has a clear look of the gorge. So the route goes down through a white pine forest to the shore of the Phoksundo Sea and enters ringmo (3600 m).

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: 5-6 Hours Altitude: 3600m

## **Day 16 : Rest Day at Ringmo for a hike to Phoksundo Lake. Overnight at camp.**

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: Rest day at

RingmoAltitude: 3600m

## **Day 17 : Trek to Chhepka(2260m.) Overnight at camp.**

Savor the views of fluttering prayer flags, cascading waterfalls, and lush vegetation on the way to uphill along the narrow trail brings you to the village of Chhepka.

Accommodation: CampingMeal: Breakfast, Lunch and dinnerActivity: Trek 5-6hoursAltitude: 2260m

## **Day 18 : Trek to Jhupal.Overnight at camp.**

After breakfast, retrace the trail to Jhupal through beautiful forests, fields, and villages.

Accommodation: CampingMeal: Breakfast, Lunch and dinnerActivity: Trek 6-7 hoursAltitude: 2260m

## **Day 19 : Getting Back to Kathmandu**

We take a flight from Jhupal to Nepalgunj. On reaching Nepalgunj, we return to Kathmandu (drive/flight)

**Accommodation: Hotel Meal: Breakfast, Lunch Activity: Drive/fly**

## **Day 20 : Rest day in Kathmandu. Overnight at Hotel.**

Take a free day in Kathmandu. Relax your muscles with our spa services, stroll around the hotel area or do some shopping.

**Accommodation: Hotel Meal: Breakfast, Activity: Easy Rest Day**

## **Day 21 : Transfer to the airport for the departure and farewell**

Today is your final day in Nepal. Our representative will come to pick you up for your transfer to the Airport.

Meal: Breakfast

## Include / Exclude

- All meals ie Breakfast, lunch and dinner during trekking days
- Three-star category hotel in Kathmandu in twin sharing bed and breakfast basis
- Fooding, lodging and other expenses of trekking crew
- All surface transfers as per itinerary
- Tims and national park fees
- Guided sightseeing tour in Kathmandu
- All necessary equipment (tents, sleeping bag and duffel bag) during the trek.
- Insurance for all trekking staff
- Domestic airfare Nepalgunj-Jhuppal \$165
- Lunch and dinner in Kathmandu
- Your Insurance, Personal equipment, and clothing
- Cold drinks and beverages
- Flight fare Kathmandu - Nepalgunj \$172
- City sightseeing entry fee in Kathmandu.
- Personal expenses and tips to the crew



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

## Our Contact

House No 244, Buddha Tole Marg, Kumari Club, Shorakhutte

[reservation@hsj.com.np](mailto:reservation@hsj.com.np)

+977-01-4952211, +977-9865452271 (Whats app)