# Lower Dolpo Trek

Nepal / Dolpo Region | Trekking package



## Your journey at a glance

Duration: 18 days

Trip grade: Moderate to Strenuous

Maximum altitude: 5200 m

Best season: April–May; September–November

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 3,000.00 per adult

Accommodation: Deluxe hotel in Kathmandu; camping / teahouse accommodation during the trek.

Transportation: Domestic flights between Kathmandu, Nepalgunj and Jhupal; trekking on foot.

Meals: Breakfast, lunch and dinner during the trek; Kathmandu meals as stated in the itinerary.

## Package overview

The Lower Dolpo Trek is an outstanding journey in the isolated western region of Nepal. The area lies in the rain-shadow region formed by the Dhaulagiri ranges, and the route begins with a flight to Juphal after travelling from Kathmandu to Nepalgunj. Dolpo is known for its remote mountain landscape, traditional settlements and the continued practice of the pre-Buddhist Bon Po religion.

The supplied route overview describes three high passes—Kagmara La (5,115 m), Baga La (5,090 m) and Numa La (5,360 m)—and the deep-blue waters of Phoksundo Lake. It describes the journey as ending at Juphal after descending the gorge-side trail of the Tarap Khola. The overview recommends April to October for physically fit trekkers and notes that November can be risky when the passes are covered with snow.

## Day-by-day itinerary

## Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport and transfer to the hotel. In the evening, attend the trek briefing and enjoy a welcome dinner at a Nepalese cultural restaurant.

Meals: Dinner
Accommodation: Deluxe hotel in Kathmandu
Altitude: 1,300 m

## Day 2 - Kathmandu Valley sightseeing and trek preparation

After breakfast, visit Pashupatinath, Boudhanath and Swayambhunath. Continue with trek preparation in the afternoon.

Meals: Breakfast
Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu Valley

## Day 3 - Fly from Kathmandu to Nepalgunj

Take an approximately one-hour flight from Kathmandu to Nepalgunj in western Nepal. Explore the town, its local market and mini-zoo, or nearby villages if interested. Prepare for the next morning's flight to Jhupal.

Meals: Breakfast, Lunch, Dinner
Accommodation: Hotel in Nepalgunj
Altitude: Nepalgunj
Travel time: Flight: about 1 hour

## Day 4 - Fly to Jhupal and trek to Dunai

After an early breakfast, take the approximately 45-minute flight to Jhupal. Meet the trekking staff and walk through terraced fields towards the Bheri River and its narrow gorge. Continue for 2–3 hours to Dunai, the administrative headquarters of the Dolpo region.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: Jhupal: 2,320 m; Dunai: 2,850 m
Travel time: Flight: about 45 minutes
Walking / trekking: 2–3 hours

## Day 5 - Trek to Tarakot

Follow the south bank of the river upstream along a trail through deep gorges, across hanging bridges and past isolated villages. The route passes pine-lined gorge scenery and colourful terraced fields before reaching Tarakot, an old fortress settlement.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: 2,543 m
Walking / trekking: 5–6 hours

## Day 6 - Trek to Laini

Follow the Tarap Chu upstream, crossing the river by bridges. The route passes farm terraces and rural villages, with Sandul Gompa located farther east from Tarakot at the junction of Barbung Khola and Tarap Chu. Continue over a series of ascents and descents to the overnight camp at Laini.

Meals: Breakfast, Lunch, Dinner

Accommodation: Camping / teahouse
Altitude: 3,160 m
Walking / trekking: 6–7 hours

## Day 7 - Trek to Nawarpani

Continue along the gorge of the Tarap River on a trail built across steep slopes. The valley narrows into a dramatic gorge. Descend to Chyugur Khola; in places the path may disappear and the route crosses stone slabs fitted on logs between the gorge walls.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: 3,545 m
Walking / trekking: About 5 hours

## Day 8 - Trek to Dho Tarap

Walk towards Kamattarka at the confluence of the Tarap Chu and Lang Khola. After leaving the narrow gorge, follow a path above the tree line through juniper bushes and wild rose typical of the dry inner Himalayan valleys. Continue to Dho Tarap, a village surrounded by an irregular stone wall where Bon Po and Chaiba communities live.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: 4,090 m
Walking / trekking: 7–8 hours

## Day 9 - Rest day in Dho Tarap for acclimatization

Spend the day resting and acclimatizing in Dho Tarap. Visit nearby monasteries and enjoy the surrounding views. The area is home to Bon Po and Nyingmapa Buddhist traditions; the Buddhist Gompa is close to camp and the Bon Gompa is about a half-hour walk away.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: Dho Tarap: 4,090 m

## Day 10 - Trek to Numa La Base Camp

Continue up the upper Tarap Valley, following the Tarap Chu through a broad high-mountain valley with grassy patches along the river. Pass Tokyu village and its Chiba monastery, then climb the rough trail for approximately three more hours to camp below Numa La.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: 4,440 m
Walking / trekking: 6–7 hours

## Day 11 - Cross Numa La and camp at Pelung Tang

Climb steeply to the ridge of Numa La Pass. From the pass, enjoy views across the barren mountains of Dolpo towards Dhaulagiri, then descend to the campsite at Pelung Tang.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: Numa La Pass: 5,190 m; Pelung Tang: 4,465 m
Walking / trekking: 6–7 hours

## Day 12 - Cross Baga La and camp at Dajok Tang

Climb to the ridge of Baga La Pass for views of the surrounding landscape and distant snow-capped peaks of the Kanjirowa Himal range. After time at the pass, descend for approximately three hours to Dajok Tang.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: Baga La Pass: 5,070 m; Dajok Tang: 4,080 m
Walking / trekking: About 6 hours

## Day 13 - Trek to Ringmo and Phoksundo Lake

Walk through pine forest. As the forest gives way, the landscape and vegetation change to pastureland and alpine shrubs. Follow the gradual slopes, with some ups and downs, to reach Ringmo beside Phoksundo Lake.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: 3,600 m
Walking / trekking: 3–4 hours

## Day 14 - Rest day at Ringmo and hike to Phoksundo Lake

Enjoy a rest and exploration day beside Phoksundo Lake. Visit the nearby Tibetan Buddhist monastery and Ringmo village, and walk partway around the lake. The day also offers opportunities to observe yak caravans travelling towards the Tibetan border.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: Phoksundo Lake area

## Day 15 - Trek to Shyanta

Descend towards Chepka. From Chepka, follow the trail beneath a large overhanging rock and pass through villages before climbing to Shyanta.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: 2,520 m
Walking / trekking: 5–6 hours

## Day 16 - Trek to Jhupal

Follow the gently rising trail towards Jhupal via Sulighat. Pass tall birch trees and continue to the ridge, from where there are views of the mountains and Jhupal below. On arrival, explore the market town or enjoy a relaxed afternoon.

Meals: Breakfast, Lunch, Dinner
Accommodation: Camping / teahouse
Altitude: Jhupal

## Day 17 - Fly to Kathmandu via Nepalgunj

Fly from Jhupal to Nepalgunj and continue by the next available flight to Kathmandu. On arrival, transfer to the hotel and enjoy a free evening to relax or shop. Celebrate the completion of the journey with dinner hosted by Ojha Holidays.

Meals: Breakfast, Lunch, Dinner
Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu
Travel time: Domestic flights via Nepalgunj

## Day 18 - Final departure

Transfer to the airport for your onward journey. This concludes the Lower Dolpo Trek.

Meals: Breakfast
Altitude: Kathmandu

## What is included

- Airport pick-up and drop-off.

- Accommodation in a three-star hotel in Kathmandu.

- Ground transportation as required for the trek itinerary.

- Necessary trekking permits, including the special permit.

- Entrance fees and services of a professional trekking guide.

- Porters and porter-related expenses, including insurance and equipment.

- Tent or guest-house / homestay accommodation, including mattresses and sleeping bags.

- Meals during the trek: breakfast, lunch and dinner, with tea and coffee.

- Soft drinks and domestic flights as stated in the package.

## What is excluded

- Alcoholic drinks.

- Tips.

- Travel and medical insurance.

- Personal expenses.

- Lunch and dinner in Kathmandu.

## Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/lower-dolpo-trek