



Lower Dolpo

Dolpa lies in the Far Western part of Nepal. The region is one of the least visited places by both domestic and international tourists. The area is remote and physically difficult to trek because of high passes. Dolpo is one of the off the beaten destinations in Nepal due to its remoteness. Trekking in Dolpo gives you a lifetime experience of remoteness and Tibetan culture.



Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal "KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

Day 2: Explore Kathmandu

"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of it most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.

Day 3: Kathmandu fly to Nepaljung

Attend a scenic flight from Kathmandu to Nepaljung which is the south west lowland of Nepal close to the Indian boarder. The city is extremely hot during summer. Explore the city on man pulling rikshaw or take a horse cart and stay overnight.

Day 4: Fly from Nepalgunj to Juphal & trek to Dunai

Another short scenic flight from Nepalgunj allows you to land in a small mountain village of Juphal. From Juphal we walk downhill through fields to thulu Bheri river and follow the river to Dunai. Dunai is a large village and district headquarter of Dolpa and a mixture of Buddhist and Hindu culture. You could visit to monastery which is situated just the other side of the river.



Day 5: Trek to Tarakot

We pursue the riverbed and walk gradually up hill and downhill through cliff to byasgad a Buddhist village and following the river and rocky trail we arrive at Tarakot a small village with thatched roofs.

Day 6: Trek to Laina

Following the river, we start out trek gradually going uphill passing some mani walls. The trails climb high above the thuli bhere and after cross the bridge we arrive at laisa and climb steep uphill through pine forest to our camp site Laina.

Day 7: Trek to Nawarpani

We continue our trail uphill through forest, following the river upward and arrive at Nawarpani for overnight.

Day 8: Trek to Dho Tarap

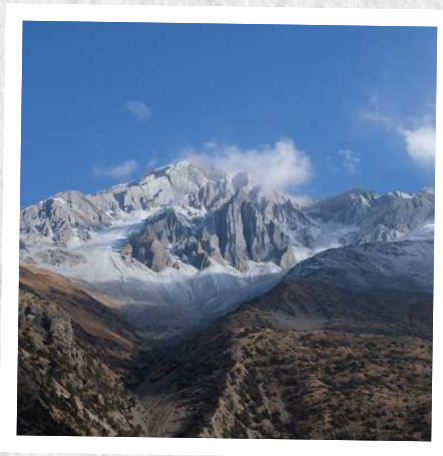
Follow the narrow river valley up to sisual, we leave the tree line beneath us and the hug rocks are towering above us with chances to see blue sheep. After sisual the valley widens with dry landscape. We continue following the river site passing through mane walls and chortens, arrive at Dho and stay near by the river.

Day 9: Rest Day at Do Tarap for acclimatization

No more physical stress today. We will visit Gompa nearby; take a village tour to get to see their culture and life. People from Dho Tarap are distinct in terms of attire, lifestyle and dialects.

Day 10: Trek to Numa La Base Camp

After spending wonderful time in Dho tarap we start our gradual climb again passing by crystal mountain school, educating children from surrounding villages. We could check out the school and continue our walk passing through another village of Tokyu situated at the height of 4240 m with a beautiful monastery. We explore the monastery and continue our uphill to our camp at Numa La Base camp and get ready for our high pass of 5318m the next day.



Day 11: Trek to Danigar via Cross Numa La

This day definitely will test your guts and patience as we have steep climb for about 4 hrs to the pass. The hard work definitely pays off. From the pass you could have stunning view over the Himalaya including Dhaulagiri, Manaslu, kanjirowa and many more. After filling up camera with superb Himalayan range we have steep downhill waiting for us for about an hour and we continue gradual uphill to our camp site.

Day 12: Trek to Yak Kharka via Baga La (pass)

Another hard day of the trek with steep uphill and zigzag climb bring us to the Baga La 5190m pass which will greet us with stunning view over the Kanjirowa range and its surroundings. After the pass it steep downhill walk through rocks and as soon as we start losing the height the greenery turns up again. We will camp at a beautiful place of yak kharka overlooking the Kanjirowa mountain.

Day 13: Trek to Ringmo

Today is a short walking day. We have uphill and downhill walk waiting for us through forest and meadows. Just before reaching Ringmo we cross Phoksundo river and a short climb takes us to Ringmo village which lies on the shore of Phoksundo lake. The lake is Nepal's deepest and second largest lake and famous for its magnificent turquoise color and the spectacular scenery. The water is crystal clear and steep cliffs and mountains surrounds the lake.

Day 14: Rest Day and explore Phoksundo Lake

Nothing could be better than this when you sit next to Phoksundo Lake and contemplate. The blue surface of the lake resembles heaven when it reflects the white clouds and mountains. It also makes us realize our state being in remote landscapes when some yak caravans pass by. Then we visit a centuries old monastery in Ringmo village.

Day 15: Trek to Chekpa

An easy downhill walk-through mix forest of pine, juniper take us to Reche and following the Phoksundo river downward we continue our walk to the village of Chekpa for overnight.

Day 16: Trek to Juphal

We start our hike on a rocky trail passing through barren hills and arrival at picturesque place of Shyangte, we then follow comfortable trail to Juphal.

Day 17: Fly to Kathmandu via Nepalgunj

Take an early morning flight to Nepalgunj and further to Kathmandu.

Day 18: Free day, souvenir and more

Use your free day to see the local market and shop around.

Day 19: Drive to airport and fly back

We will drive to the airport and farewell



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TREKKING
WHERE THE HIMALAYAN SPIRIT LIVES & BREATHES

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