Lower Dolpo Trek (Short)



Trip Overview

The Lower Dolpo Trek is a remarkable journey into one of Nepal's most remote and mystical regions, a land untouched by modern development and steeped in ancient Tibetan culture. Located in the isolated far-west of Nepal, Dolpo offers trekkers a rare glimpse into life as it has existed for centuries rugged landscapes, high mountain passes, sacred lakes, and enduring traditions that seem frozen in time.

Beginning with scenic flights from Kathmandu to Nepalgunj and then to Juphal, the trek gradually ascends through the lush valley of the Phoksundo National Park, Nepal's largest conservation area. The trail follows the course of the Bheri River, passing through traditional villages like Dunai, Chhepka, and Ringmo, home to followers of the ancient Bon religion. The turquoise waters of Shey Phoksundo Lake, one of Nepal's most beautiful natural wonders stand as the spiritual heart of the region.

Trekkers experience a stunning contrast of landscapes from pine and juniper forests to arid trans-Himalayan plateaus resembling Tibet. Along the way, encounters with yak caravans, centuries-old monasteries, and local Dolpo-pa people provide deep insight into their spiritual life and resilience in one of the world's highest inhabited regions.
This fully camping trek offers a true wilderness experience and is perfect for

adventurous travelers seeking solitude, cultural authenticity, and the wild beauty of Nepal’s far west.

Total Trip Days: 14 DAYS

Region: Dolpo

Max Altitude: 5,180 m

Activity: Trekking & Camping

Difficulty: Moderate to Fairly Challenging

Trip Highlights

- Explore Lower Dolpo, one of Nepal’s most secluded and culturally preserved Himalayan regions
- Visit the mesmerizing Shey Phoksundo Lake (3,730m), famous for its turquoise waters and spiritual significance
- Encounter the ancient Bon religion in the traditional village of Ringmo, one of the few places where it’s still practiced
- Trek through the Phoksundo National Park, home to rare wildlife such as the snow leopard and blue sheep
- Experience authentic camping adventures far from commercial trekking routes
- Witness dramatic contrasts between lush valleys, arid cliffs, and rugged trans-Himalayan landscapes
- Immerse yourself in the Tibetan-influenced culture of Dolpo-pa communities
- Scenic flights between Kathmandu – Nepalgunj – Juphal, showcasing breathtaking mountain panoramas
- A perfect choice for trekkers seeking raw adventure, solitude, and spiritual tranquility in Nepal’s hidden west

Itinerary

Day 1:

Upon arrival at Tribhuvan International Airport in Kathmandu, our team will greet you and escort you to your hotel. This first day allows you to settle in and recover from your international flight. You may choose to take a gentle walk around Thamel or enjoy a Nepali dinner at one of the many local restaurants. Overnight at a hotel in Kathmandu.

Day 2:

This day is reserved for obtaining the Special Area Permit required for trekking in Lower Dolpo. While our office handles the formalities with your original passport, you'll have time to relax, purchase or rent any last-minute gear, and attend a pre-trek briefing. In the meantime when our permits are getting prepared we will visit nearby UNESCO heritage sites like Swayambhunath (Monkey Temple) and Patan Durbar Square. Overnight at the same hotel in Kathmandu.

Day 3:

In the morning, you'll board a scenic flight to Nepalgunj, a lowland city located near the Indian border. After checking into Hotel Batika, you can explore the colorful markets, temples, and diverse neighborhoods reflecting Hindu-Muslim cohabitation. Overnight at Hotel.

Day 4:

Take a short morning flight to Juphal airstrip, the gateway to Dolpo. The trek begins with a descent through terraced fields, crossing the Bheri River, and gradually arriving at Dunai—the district headquarters of Dolpa. Dunai offers some basic infrastructure including a school, hospital, and district offices. Overnight at tea houses.

Day 5:

From Dunai we will trek through the terraced fields, gorges,suspension bridges and scattered villages through our trailcrossing Shyngta and Kageni village before reaching Chhepkaand stay overnight to the local tea houses/ lodges.

Day 6:

Leaving Chhepka and crossing the Rechi village on the way will take us to the Chunuwar village. It is the base just before the Shey Phoksundo Lake. And our overnight stay will be at the local tea houses/lodges

Day 7:

From Chunuwar we will now head towards one of our major attraction of the trek, the Phoksundo Lake. We will reach Ringmo village. Like Luphra in Mustang, Ringmo village is popular for its endangered Bon religion. A short walk from Ringmo leads us to the beautiful turquoise colored Phoksundo Lake. Overnight stay will be at the local tea houses/lodges.

Day 8:

It is a rest day at the Phoksundo Lake to explore the lake surroundings and the Ringmo village. Bon religion is an endangered religion that is still being followed in this Ringmo village, so we can spend the day getting awed by the beauty of the Phoksundo Lake as well as getting to know the Bon religion being followed in the village. Our overnight at local tea houses/lodges.

Day 9:

From Phoksundo Lake we trek down to Chhepka village. Before reaching Chhepka village we pass through the Chunuwar and Rechi Village. Overnight at tea house.

Day 10:

Your final trekking day takes you through forests and meadows, passing villages like Shyangta and Kageni. As you approach Juphal, the terrain becomes more familiar. Enjoy a final celebration with your trekking crew and porters. Overnight in a tented camp or local lodge.

Day 11:

Take a short morning flight from Juphal back to Nepalgunj. After checking in at the hotel, enjoy a relaxing afternoon or explore the local surroundings. Overnight at hotel.

Day 12:

Fly back to Kathmandu and transfer to your hotel. The rest of the day is free for rest, shopping, or optional sightseeing to places like Boudhanath or Pashupatinath. Overnight at hotel. We can also extend the trip by visiting Bardia National Park about 2 hrs. west of Nepalgunj.

Day 13:

A buffer day in case of weather-related delays from Juphal. If all flights go as scheduled, you can use this day for personal leisure, cultural exploration, or souvenir shopping. You might also consider a short guided city tour.

Overnight in hotel.

Day 14:

Transfer to Tribhuvan International Airport for your departure. Your Dolpo journey ends here, but the memories of remote valleys, sacred lakes, and timeless cultures will stay with you forever. Namaste and safe travels!

Route Map

14 Days
LOWER DOLPO TREK SHORT



ALTITUDE CHART

