

Lower Dolpo Trek



Trip Overview

The Lower Dolpo Trek is a 20-day expedition into one of Nepal's most remote and culturally rich regions. Beginning in Kathmandu and ending in the Juphal valley, this fully camping trek traverses high alpine passes, sacred Bon and Buddhist villages, and pristine landscapes largely untouched by modern development. The journey offers an unparalleled combination of high-altitude trekking, cultural immersion, and natural beauty, including panoramic views of Dhaulagiri and other Himalayan giants, turquoise Phoksundo Lake, and extensive yak pastures. Trekkers witness the traditional lifestyle of local communities, explore ancient monasteries, and experience Dolpo's unique spiritual heritage, all while acclimatizing gradually to altitudes exceeding 5,000 meters. This trek is ideal for adventurous travelers seeking solitude, stunning landscapes, and authentic cultural encounters.

Total Trip Days: 20 Days

Region: Dolpo

Max Altitude: 5,180 m

Activity: Fully Camping

Difficulty: Moderate to Fairly Challenging

Group Size: 2-10

Trip Highlights

- Trek through remote Dolpo valleys rarely visited by tourists
- Cross two high passes: Numa La (5,180 m) and Baga La (5,170 m)
- Explore ancient Bon and Tibetan Buddhist villages, including Dho Tarap and Ringmo
- Visit the sacred Phoksundo Lake and surrounding landscapes
- Observe local herding practices and yak pastures in high-altitude meadows
- Fully camping trek with support team providing meals and tents
- Optional cultural sightseeing and permit preparation in Kathmandu
- Opportunities for wildlife sightings, including Himalayan blue sheep, snowcocks, and marmots

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 tented camp.

Day 5:

Follow the trail along the Bheri River, passing through canyons, pine-covered bridges, and hanging bridges. After a scenic and steady walk, reach the historical village of Tarakot, once a fortress of local rulers. You may visit the nearby monastery perched on a hillside. Overnight in a tented camp.

Day 6:

The trail continues upstream along the Tarap Chu river, through narrow gorges and dense forests. After a few hours, arrive at Lahini Kharka, an open grazing area near a sacred cave known as Lahini Odar. The peaceful meadow and cool breeze make for a perfect camp. Overnight in tented camp.

Day 7:

Today's hike is relatively gentle. Walk through highland pastures and narrow ridgelines to Thulo Odar, which translates as "big cave." The site is often used by local herders and provides a good resting point. Enjoy the isolation and calm of the highlands. Overnight in tented camp.

Day 8:

Ascend through juniper scrub and barren valleys to the ancient village of Dho Tarap. The village is home to both Bon and Tibetan Buddhist communities. You will pass chortens, prayer walls, and traditional stone houses as you arrive in this culturally rich settlement. Overnight at a tented camp.

Day 9:

This full day of rest helps your body adjust to high altitude before crossing the high passes. Take time to explore the monasteries, interact with the locals, and witness traditional attire, spinning prayer wheels, and agricultural lifestyle. A short acclimatization hike may also be arranged. Overnight at camp.

Day 10:

Continue the trek through a wide barren valley as you gradually gain altitude. Walk through grazing lands and yak herder shelters, arriving at Numa La Base Camp in the afternoon. The scenery becomes more dramatic and sparse. Overnight in tented camp under open skies.

Day 12:

Another strenuous yet scenic day, as you climb to Baga La Pass. Enjoy spectacular views, including a glimpse of Phoksundo Lake in the distance. Descend to Roman Kharka (Yak Kharka), a lush grazing site for yaks and sheep. Overnight in tented camp.

Day 13:

Follow a beautiful descending trail through alpine vegetation to reach Ringmo village, located beside the magical turquoise Phoksundo Lake. This area is sacred to followers of the Bon religion, and you'll notice distinct spiritual symbols throughout the village. Overnight in a lakeside tented camp.

Day 14:

Take a full day to explore the area around Phoksundo Lake and Ringmo. Visit the ancient Bon monastery, walk along the lakeshore, or hike up for a higher viewpoint. The stillness and color of the lake, surrounded by cliffs, is truly mesmerizing. Overnight in tented camp.

Day 15:

Begin your descent through pine and oak forests, waterfalls, and occasional settlements. You'll pass Chunuwar and Rechi before reaching the tranquil village of Chhepka. This area has rich biodiversity and occasional wildlife sightings. Overnight in tented camp.

Day 16:

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 17:

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 18:

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 19:

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 20:

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

20 Days

LOWER DOLPO TREK



ALTITUDE CHART

