

Upper & Lower Dolpo Trek



Trip Overview

The Upper & Lower Dolpo Trek leads adventurers into one of Nepal's most remote and mystical regions, perched above the Tibetan plateau. Trekkers traverse high passes, sacred lakes, and ancient monasteries, passing isolated villages where Tibetan-Bon culture flourishes. The journey offers panoramic views of Dhaulagiri, Kanjiroba, and surrounding Himalayan peaks, while experiencing timeless traditions in villages like Lo Monthang, Ringmo, and Dho Tarap. Nights are spent in serene meadows and tented camps, allowing immersion in the wilderness. This challenging trek rewards trekkers with spiritual encounters, cultural insight, and pristine high-altitude landscapes, largely untouched by tourism.

Total Trip Days: 26 DAYS

Region: Dolpo (Upper & Lower)

Max Altitude: 5,650 m (Kanji La Pass, Upper Dolpo)

Activity: Trek

Difficulty: Moderate to Strenuous

Group Size: 2-10

Trip Highlights

- Remote Upper & Lower Dolpo with Kanji La Pass (5,650 m)
- Authentic Tibetan-Bon culture in Lo Monthang, Dho Tarap, Ringmo, and Phoksundo
- Panoramic views of Dhaulagiri, Kanjiroba, and surrounding peaks
- Sacred lakes, caves, monasteries, and ritual sites
- Pristine wilderness and high-altitude landscapes untouched by tourism
- Fully camping trek under open Himalayan skies

Itinerary

Day 1:

Upon arrival at Tribhuvan International Airport, our team will greet you and escort you to your hotel. This day allows you to settle in and recover from your international flight. Optional light walk around Thamel or enjoy a Nepali dinner at a local restaurant. Overnight at a hotel in Kathmandu.

Day 2:

Day reserved for obtaining Special Area Permit for Upper & Lower Dolpo. While permits are being processed, explore nearby UNESCO heritage sites such as Swayambhunath (Monkey Temple) and Patan Durbar Square. Attend a pre-trek briefing and prepare gear. Overnight at hotel in Kathmandu.

Day 3:

Morning flight to Nepalgunj, a lowland city near the Indian border. Check in at Hotel Batika. Explore colorful markets, temples, and neighborhoods reflecting Hindu-Muslim cohabitation. Overnight at hotel.

Day 4:

Take a morning flight to Juphal airstrip. Begin trek with a gentle descent through terraced fields and cross the Bheri River. Reach Dunai, Dolpa district headquarters with basic infrastructure. Overnight in tented camp.

Day 5:

Follow the trail along Bheri River, passing canyons, pine-covered hills, and hanging bridges. Reach historic Tarakot village, once a fortress. Visit hillside monastery. Overnight in tented camp.

Day 6:

Trail continues upstream along Tarap Chu River through narrow gorges and forests. Arrive at Lahini Kharka, grazing area near sacred cave Lahini Odar. Camp amidst peaceful meadows. Overnight in tented camp.

Day 7:

Gentle walk through highland pastures and narrow ridgelines. Thulo Odar ("big cave") is often used by herders. Enjoy the isolation and serenity. Overnight in tented camp.

Day 8:

Ascend through juniper scrub and barren valleys. Reach Dho Tarap, a village blending Bon and Tibetan Buddhist traditions. Pass chortens, prayer walls, and stone houses. Overnight in tented camp.

Day 9:

Full rest day for acclimatization. Explore local monasteries, interact with villagers, and observe traditional attire and lifestyle. Optional short acclimatization hikes. Overnight at camp.

Day 10:

Trek through Sangda La valley, passing yak grazing lands and remote settlements. Reach Ringmo village beside sacred Phoksundo Lake. Experience Bon religious symbols and local traditions. Overnight camping by the lakeside.

Day 11:

Hike through alpine meadows and valleys to Shey Gompa monastery, a spiritual center for the Bon religion. Observe prayer rituals and local architecture. Overnight in tented camp.

Day 12:

Continue trekking through remote valleys and yak pastures. Pungmo is a small settlement known for its traditional lifestyle and scenic surroundings. Overnight camping.

Day 13:

Trek gradually ascending towards Kanji La Base Camp. Stunning high-altitude landscapes with snow-capped peaks appear. Camp under dramatic alpine scenery. Overnight in tented camp.

Day 14:

Early start for the challenging Kanji La Pass crossing. Enjoy panoramic Himalayan views including Dhaulagiri and Kanji Himal. Descend to Tangya alpine meadows. Overnight in tented camp.

Day 15:

Hike along high-altitude valleys and ridges, passing remote Bon villages. Tripurakot provides lush grazing areas and quiet camping spots. Overnight in tented camp.

Day 16:

Reach the walled capital of Upper Dolpo. Explore Lo Monthang's monasteries, royal palace, and local Tibetan-style houses. Engage with local culture. Overnight in tented camp.

Day 17:

Full day to explore Lo Monthang and nearby villages such as Chhuksang and Gyakar. Visit ancient monasteries, interact with locals, and enjoy the Tibetan plateau scenery. Overnight in tented camp.

Day 18:

Descend through picturesque villages and valleys. Witness terraced fields and grazing lands. Overnight camping.

Day 19:

Rejoin the Lower Dolpo route via Ringmo village. Pass alpine forests and cliffs. Arrive at the mesmerizing turquoise Phoksundo Lake. Overnight lakeside tented camp.

Day 20:

Explore the area, visit Bon monastery, and hike to higher viewpoints. Observe traditional village life at Ringmo. Overnight at camp.

Day 21:

Descend through pine and oak forests, waterfalls, and small settlements like Chunuwar and Rechi. Overnight in tented camp.

Day 22:

Final trekking day through forests and meadows. Pass villages such as Shyangta and Kageni. Celebrate with trekking team upon arrival. Overnight in tented camp or local lodge.

Day 23:

Relax at hotel or explore local surroundings. Overnight at hotel.

Day 24:

Transfer to hotel. Free day for sightseeing (Boudhanath, Pashupatinath) or shopping. Overnight at hotel.

Day 25:

Buffer for flight delays or optional guided city tour. Overnight at hotel.

Day 26:

Transfer to Tribhuvan International Airport for your departure. Memories of remote valleys, sacred lakes, and timeless cultures will stay with you forever. Namaste and safe travels