Lower Dolpo Trek

Trip Overview

The Lower Dolpa region lies on the western hills of Karnali Pradesh in Nepal. Dolpa is the largest district in the country, covering an area of 7889 sq. km.

The Lower Dolpo Trek is one of the most exciting but less-known trek routes in Nepal. The trekking routes were opened for foreigners in 1982. This trek lies in the Shey Phoksundo National Park, which is named after the Shey Monastery and Phoksundo Lake that reside in this area.

Lower Dolpo Trek presents a series of mighty mountains along with the sight of the deepest lake in Nepal, Phoksundo Lake. This lake is situated at an altitude of 3612 meters. Moreover, Lower Dolpo Trek consists of Shey Phoksundo National Park, which is the largest trans-Himalayan national park built in 1984.

This adventurous trek will allow you to experience the off-beaten paths of Nepal along with the perfect composition of cultural and natural gifts. Admiring the beautiful rain shadow landscape of the Himalayas along the meadows, brown lands, snow-capped mountains, hidden valleys, and terraced fields, you will enter the captivating Shey Phoksundo National Park and Phoksundo Lake.

You will further pass through two high passes in Nepal, including the Baga La Pass and the Numa La Pass, both residing over an altitude of 5000 meters. These passes offer stunning panoramas of Mt. Dhaulagiri and the Tibetan ranges of Kungung La and Khyung La. The turquoise Phoksundo Lake, with its mesmerizing beauty, will add fragrance to the journey. Exploring the culture of Buddhist and Tibetan people along with the Magar settlements that practice the Buddhist Bon Po religion is another major experience you will have during the Lower Dolpo Trek.

The best time to visit the Lower Dolpo region is during the spring (March to May) and autumn (September to November), when the skies are clear and the weather is mild.

Pure Adventure Nepal offers the finest packages as per your preference for the Lower Dolpo Region. This region lacks lavish facilities and accommodation; thus, if you are willing to endure without it and relish the natural aroma, the Lower Dolpo Trek is the perfect voyage designed for you.

Trip Itinerary

- 1 - Arrival at Kathmandu
- 2 - Sightseeing in Kathmandu and Flight to Nepalgunj
- 3 - Flight to Jhupal and Trek to Dunai
- 4 - Trek to Tarakot

- 5 - Tarakot to Laine
- 6 - Terk to Nawarpani
- 7 - Nawarpani to Do Tarap
- 8 - Acclimatization Day
- 9 - Trek to Numa La Base Camp
- 10 - Numa La Base Camp to Pelung Tang
- 11 - Pelung Tang to Dajok tang via Baga La Pass
- 12 - Trek to Ringmo and Hike to Phoksundo Lake
- 13 - Ascend to Chhekpa
- 14 - Chhekpa to Jhupal
- 15 - Jhupal to Nepalgunj and Nepalgunj to Kathmandu
- 16 - Departure

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- 3-star Hotel stays at Kathmandu night stay in twin sharing
- Licensed Trek Guide with good spoken English plus assistant leader each
- Flight from kathmandu to Nepaljunga And jufal flight both way
- Camping gear , Tent and all food during trek
- Salary and Insurance Cost of Staff
- All necessary paperwork and permits (TIMS/ Conservation Fee).
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)

- Essential packing Equipment
- Essential packing Equipment
- Tipping for trekking crew

Gears and equipment

- Clothing

  Waterproof jackets and pants
  Sweaters and down jackets
  Lightweight trousers
  Hiking shirts- long-sleeved
  Hooded raincoat and Fleece jacket
  Innerwears
  Lightweight and heavyweight winter gloves
  Sun hat or scarf; Money belt; Cotton headscarf, bandana
  Winter hat or insulating hat

- Personal accessories

  Headlights and extra batteries
  Face and body wipes
  Sunscreen and sunglasses with UV protection
  Money
  Watch
  Cell phone and camera

- Toiletries

  Medium-drying towels
  Toothbrush and toothpaste
  Washing kits, talcum powder, and toilet paper
  Degradable soap and shampoo
  Deodorant floss, nail clippers, and mirror

- Footwears

Trekking Boots
A pair of sports shoes
Heavy wool and light socks

- Extra items

First aid kit
Passport-sized photos and passport photocopies
Binoculars
Personal medications
1 swiss type knife
Sleeping bags and sheets,
Rucksack, backpack, and a small day pack
Water bottle
Water purification tablet solution

Faqs

1. **How difficult is the Lower Dolpo Trek?**

   The Lower Dolpo Trek is considered moderately challenging. The altitude is high, and the terrain is rugged, so the trekkers should be in good physical condition.

2. **What are the permits required for the Lower Dolpo Trek?**

   You will need a TIMS (Trekkers Information Management System) card and other special trekking permits including the National Park Permits and Restricted Area Trekking Permits.

3. **How much does the Lower Dolpo Trek cost?**

   On average, the Lower Dolpo Trek costs around 1800 USD to 2700 USD per person. However, it solely depends on the length of the trek, the type of services, and other facilities.

4. **What wildlife can I see on the Lower Dolpo Trek?**

   You will see wildfires such as blue sheep, tahr, musk deer, and snow leopards. Also, you might see some birds, like Himalayan griffons and lammergeiers.

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6. **What accommodation is available in Lower Dolpo Trek?**

   You will find some local teahouses and lodges. However, camping is considered more comfortable. So, bring your own gear.