



Trip Grade: Moderate
Duration: 18 Nights/17 Days
Max. Altitude: 5309M

Destination: Nepal
Region: Dolpa
Activity: Trekking
Theme: Camping Trek

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Overview

Dolpo/Dolpa region is one of wonderful trekking destination for tented camp holidays. Dolpa region is a perfect destination for nature lovers, adventure seekers and cultural explorers. The famous SheyPhoksundo National Park is located in Dolpa region. Trekking Experts offers this exclusive tented camp trek to LowerDolpo region. LowerDolpo Trek offers you unique experience of nature, culture and beautiful landscapes. Dolpo is a land of ancient trading routes arcing across a timeless landscape, distant from the modern world, LowerDolpoTrek provides valuable insight into the far western settlements in Nepal. The region features Yak caravans traversing the barren terrain, medieval fortified villages clinging to mountain slopes, and at its heart the mystical Bon Kingdom.

During the trek you'll walk through beautiful landscapes, passing through pine forests alongside wild rivers with views to beautiful snowcapped mountains. You'll get golden opportunity to explore SheyPhoksundo national park, Phoksundo lake and ancient Shey monastery. In Ringmo, the village close to the lake, you can experience Bonpo culture, based on a century old religion which is a mystique mixture of Buddhism and animistic believes. The trail offers wonderful adventure, encountering interesting places, people, villages, valleys and serene forest of pines, oaks and rhododendron, the trek passes many gigantic mountain ranges and over the Numala pass at 5,400m till you'll reach the Phoksundo lake at Ringmo village in the "Phoksundo National Park".

Highlights

- Amchi Hospital (an Amchi is a traditional Tibetan doctor/healer)
- Many ancient & white-washed monasteries like ThasoonChholing Bon-po Gompa
- The Phoksundo Lake, the world's highest altitude lake
- Special Bon cultural villages and inhabitants like Dho Tarap
- Many ancient & white-washed monasteries like Thasoon Chholing Bon-po Gompa
- The culture & people of both Bon po and Nyingmapa of Buddhist sections
- Gigantic mountain ranges and over the Numala pass at 5,400m

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking -

information and other necessary information. And then you'll free time to explore Kathmandu. Dinner will be booked at the hotel.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

Day 02: Kathmandu -Nepalgunj (alt. 492m)

Today, you have free morning at the hotel. This would be your final preparation for trek such as if you missed to buy anything for trekking, you can buy. In the afternoon, you'll transfer to Kathmandu Domestic Airport and will fly to Nepalgunj. An hour flight to Nepalgunj takes you the south-west part of Nepal. Upon arrival at Nepalgunj airport, you'll be picked by hotel. Check-in at hotel and rest at the hotel.

Accommodation: Hotel **Meals:** Breakfast/Dinner **Walking Hours:** N/A **Altitude:** 492 meters

Day 03: Nepalgunj-Dunai (alt. 2140m)

Today early morning, you'll be transferred to Nepalgunj airport and then will fly to Juphal (2475m). A pleasant 45 minute's flight to Juphal by small 17-seater aircraft will provide you views of Himalayan foothills with views of Annapurna and Dhaulagiri peaks to the north. Upon arrival at Juphal, you'll meet your trekking crew (guide, cook, kitchen team etc). From Juphal, your first day trek to Dunai will take about 2-3 hours walk. The trekking trail follows terraced fields to the Bheri River and the narrow canyon which after in 3 hours will lead you to a relatively larger village called Dunai. Tented Camp at Dunai (2140m).

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 2-3 Hours Walk **Altitude:** 2140 meters

Day 04: Dunai-Tarakot (alt. 2540m)

After breakfast at first tented camp night, you'll trek to Tarakot today. As the trek begins today, you follow the upstream trail that banks Bheri River. First part of today's trek is very pleasant as you'll trek along the leveled path occupied by beautiful landscapes in the neighborhood. Almost a couple of hours of trek bring you to the settlement of Byasghar (2430 m). Exiting out of Byasghar, you'll continue trekking along the riverside trail that heads towards northeast direction. During this part of the trek, the trail most of the times flanks the river closely and at other time it climbs over the hill or around the ridge. The trek continues along open trails before it arrives to Bajjibara. This small settlement holds a Bon Monastery. After a short uphill trek further, dry stone walls and cultivating fields indicate the arrival of famous mid-hill settlement of western Nepal, Tarakot, a small settlement that nestles high above Thuli Bheri River was once a famous trading point as it was the capital of ancient independent kingdom Tichorung. Most of the natives of the village belong to Magar tribe and the most of them practice Tibetan Buddhism as their religion. In some clusters of 'Kaika' a local dialect is spoken, which is not spoken anywhere else.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5-6 Hours Walk **Altitude:** 2540 meters

Day 05: Tarakot- Laina Odar (alt. 3370m)

After breakfast at camp, the trek begins today by hiking along the trail that lies on the southern bank of Bheri River. An hour-long trek brings you to the open valley created by BharbungKhola. Then the trail heads east along the bank of BharbungKhola. This part of trek brings you closer to PuthaHuinchuli and ChurenHimal. The trail beyond BharbungKhola chases the easy steps that eventually bring us to Laisicap (277 m). Now you cross the main river and begin to trek along the west bank of TarapKhola. You'll head north until we arrive to Khanigaon (2950m). Khanigaon is the winter residence of the Dho-Tarap people. Then you can see the wonderful view of Sandul Gompa across the valley from Khanigaon. The final push on the steep uphill trail finally brings you to LainaOdar, which is a wonderful camping site with a beautiful waterfall nearby.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walk **Altitude:** 3370 meters

Day 06: Laina Odar- Sim Odar (alt. 3550m)

After breakfast at camp, today's trek begins along the spectacular trail. As you head further from LainaOdar, the trail goes through the deep gorges with scary cliffs above them. After couple of hours of trek to the north from LainaOdar, the trail begins to become relatively open. A little bit of effort put to make the trail easier can be seen. You now trek on the easy trail paved with wooden planks and flat stones that leads us to Chhyugar (3440m). Chhyugar lies at the bank of small stream which we cross and begin to trek along its western bank to Pibke or Nawarpani (3475m). The final part of today's trek, which is couple of hours long brings you to Sim Odar (3550m). Sim Odar is a winter refuge for the people of Upper Dolpo. You will settle down your camps here for the overnight stay.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walk **Altitude:** 3550 meters

Day 07: Sim Odar- Dho Tarap (alt. 3944m)

After breakfast at camp, from today one of the most interesting days of the trek is about to begin. The trek most of the times run along the bank of TarapKhola switching sides frequently. On the first part of the trek your hike along the northwest bank of TarapKhola to Ghyamghar, a small settlement with a monastery. At Ghyamghar, you'll cross the river and begin to trek along the eastern bank to Sisaul. At Sisaul once again you'll cross the river to its western bank and begin to trek along the lonely valley. As you arrive to Langa, you'll once again cross the river and follow its eastern bank that climbs to a small arid hill. The last part of today's Inner Dolpo Trek slides down from this small hill to DhoTarap (3944m).

Dho Tarap is a fascinating settlement that manifests the real attributes of Dolpo. This famous settlement of Dolpo nestles high above a wide valley and was a famous trading point to the traders of Tibet and Mustang in the ancient days. You will settle down our camps at DhoTarap for the overnight stay. There are plenty of places to see around DhoTarap. In fact, DhoTarap is a highland settlement dotted with monasteries.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours **Walk Altitude:** 3944 meters

Day 08: Dho Tarap (alt. 3944m)

Today is fully free day explore around Dho Tarap and also rest and acclimatization day. There are plenty of places to see around Dho Tarap. DhoTarap is an important cultural and political center of Dolpo. Dho and Tarap are also very famously known as the highest altitude human settlement in the world. Here are some monasteries and remains that dates back to pre-Buddhist times. Here, people who resemble very closely the Khampas of Tibet follow animistic religion Bon Po as well as Buddhism. From here you can have breathtaking views of western mountains and the magical SheyPhoksundo Lake. You can relish the experience of Yak Caravans, and warm smile of people unknown to the modern world. Travelling in DhoTarap will give you truly primeval experience.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 3944 meters

Day 09: Dho Tarap– Numa La Base Camp (alt. 4440m)

After a wonderful time here at DhoTarap, your journey continues towards upper Tarap valley, the walk follows in this plain valley with patched of lush verdant grass on both sides of the river, which is completely different from other parts of inner Dolpo. The trek on this pleasant track leads by the Tarap chu upstream all the way. Tarap is certainly a dream valley with vast plains in high mountains extending twenty kilo meters along the river Tarap Chu, having ten villages with cultivated fields of barley, buck wheat, wheat and potato. After 3-4 hours of good walk in this perfect tranquility coming to the village of Tokyu, it has a monastery belonging to the Chiba sect. After a break here your walk continues further up this valley climbing up the rough track for almost another three hours to reach our overnight camp beneath the Numa-la and overnight camp on the pasture field.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours **Walk Altitude:** 4440 meters

Day 10: Numa La Base Camp- Danigar (alt. 4512m)

After early morning breakfast, you'll start your trek as today is one of the long and difficult days of the trek. Today you'll cross the highest pass i.e. Numa La Pass (5309m) during this trek where you may feel difficult but can be seen a great view takes 6-7 hours and from the top of Numalayu, will descend another bottom part known also as Phedi and overnight.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours **Walk Altitude:** 4512 meters

Day 11: Danigar- Yak Kharka (alt. 4080m)

After breakfast your journey continues with after crossing of Baga La pass at 5169m the track leads to steep climb all the way to the top ridge of BagaLa with great views of the surrounding landscapes scenery of valleys, mountains including north face of the Dhaulagiri massif along with other distance snowcapped peaks. after a glorious moment at the pass, almost three hours of downhill walk takes to Palungtang or -

or further for the overnight camp at Yak Kharka.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walk **Altitude:** 4080 meters

Day 12: Yak Kharka- Phoksundo Lake (alt. 3641m)

After breakfast at camp, today morning trek starts with a steep climb to reach the ridge top of Baga-la at 5,070m, which offers fantastic views of the surrounding landscapes and of the distant snowcapped peaks of KanjirowaHimal range, after a great moment here your walk leads to a descend for 2 hours through the pine forest, on leaving the forest behind the country and the vegetation changes for pasture field and alpine shrubs most of the way to Ringmo on the gradual slopes with few ups and downs as we reach our final destination at Ringmo and the crystal serene Lake of Phoksundo.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 3-4 Hours Walk **Altitude:** 3641 meters

Day 13: Phoksundo Lake (alt. 3641m)

After two days tough trek at Numa La and Baga La Passes, today you can rest and explore around Phoksundo Lake. Phoksundo Lake is one the famous glacial lakes of Nepal. Also there is Tibetan Buddhist monastery nearby which is well worth a visit, as is the village of Ringmo. A walk part way round the lake is also very enjoyable and relaxing. This is a great day exploring the lake areas and with a great view.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 3641 meters

Day 14: Phoksundo Lake-Chhekpa (alt. 2680m)

After breakfast at camp, today you'll descend to Sanduwa first. Sanduwa literally means three trials. It lies between the KagmaraKhola and the PhoksundoKhola. A national park and an army check post sit here. And you'll trek to Trek to Chhekpa (2,680m). You will now descend to Chhekpa leaving the beautiful mountains in the backdrop. We will follow the stream going south and cross a beautiful forest to reach Chhekpa where we will spend the night.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7/8 Hours Walk **Altitude:** 2680 meters

Day 15: Chhekpa-Juphal (alt. 2475m)

After breakfast at camp, today you'll finish off your trekking. The trail starts with about 3 hours descent till Sulighat and then you'll trek about 3 hours ascent to reach Juphal.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walking **Altitude:** 2475 meters

Day 16: Juphal-Kathmandu (alt. 1310m)

After early breakfast at Juphal, you'll take a short 30 minutes' flight to Nepalgunj from Juphal. And then you'll catch another flight to Kathmandu from Nepalgunj. Depending the flight time to Kathmandu, you can spend some time in Nepalgunj to wait connecting flight to Kathmandu. Upon arrival in Kathmandu airport, you'll be transfer to hotel. **Accommodation:** Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A

Altitude: 1310 meters

Day 17: Kathmandu (alt. 1310 m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

Accommodation: Three Star Hotel **Meals:** Breakfast/Dinner **Walking Hours:** **Altitude:** 1310 meter

Day 18: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

What's Included

Meals & Accommodations

- i) 3 nights in Kathmandu at Hotel Vaishali*** or similar bed & breakfast basis
- ii) 1 night in Nepalgunj at Hotel Sneha with half board basis (breakfast and dinner) on twin sharing basis

Transportations & Flights

- i) All airport/hotel/airport transfers as per program by private A/C vehicles
- ii) Flight for Kathmandu-Nepalgunj and Nepalgunj-Kathmandu with airport taxes
- iii) Flight for Nepalgunj-Juphal and Juphal -Kathmandu with airport taxes
- iv) 15 KG personal baggage during the trek

Permits & Fees

- i) Special Permit Fee for Lower Dolpa
- ii) National Park Fees
- iii) Travel Insurance for staff

Guide & Supporting Crew

- i) 1 English speaking experienced trekking guide
- ii) 1 experienced trekking cook
- iii) Required kitchen team (kitchen helpers)
- iv) Required mules to carry personal baggage, camping equipment, kitchen utensils and trekking food

Equipment

- i) One 2-men sleeping tent for every two members
- ii) 1 Foam mattress for every member
 - iii) Dining Tents and kitchen tent
 - iv) Required toilet tents
 - v) Required Shower tents
 - vi) Required tables and chairs
 - vii) Required kitchen utensils with fuel
 - viii) Solar light for lighting purpose only
 - vix) 1 Satellite Phone (Use and Pay USD 4 per unit)

Value-Added Services

- i) Welcome at airport on arrival with Khata
- ii) Farewell Dinner at typical Nepalese restaurant
 - iii) Trekking Map and Kathmandu City Map
 - iv) Comprehensive First Aid Kit

What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Emergency helicopter rescue charges
- Main meals in Kathmandu (lunch and dinner)
- Tips for trekking crew