

## Beni Dolpo Trek via Dhorpatan - 26 Days

Beni dolpo trek is one of the beautiful trek in dolpa and Baglung region. From Beni you can start your trek and need to cross the Jaljala. While you are trekking in this region many cultural differences will be observed and the landscape will surely take you to heaven. Famous book the Snow Leopard author Mr Peter Matthieson was travelling all this way to dolpo. When you will be middle of your trek you will be the witness of Nepal's one and only hunting region called Dhorpatan. Dhorpatan is pretty much famous with its amazing flat landscape and its scenic mountain views nearly 200 tibetan refugees are staying in dhorpatan. Most of the Annapurna region will be seen during this trek and plenty of Passes will be encountered.

The trek from Beni to Phoksundo lake typically takes around 15-24 days, depending on the chosen route and pace, it is considered as a challenging trek due to the rugged terrain, high altitude, and remote nature of the region. Trekkers should be prepared for long days of hiking and varying weather conditions.

The best time to undertake this trek is during the spring ( March to MAY ) AND Autumn ( September to November ) seasons when the weather is generally stable and the views are spectacular.

Trek ending point will be in Juphal airport after rounding from Beni Dhorpatan and to Phoksundo. From Dunai to Pokhara so many passes like Jangla and Jaljala will be the best of this trek. After long days trek you will be ended up in Juphal airport then you will fly back to Nepalgunj and to Kathmandu.

Overall trekking from Beni to Phoksundo lake offers a unique opportunity to explore the remote wilderness of western Nepal and experience its rich cultural and natural heritage.

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## PRICE INCLUDES

- 4-night hotel in Kathmandu on a bed-and-breakfast basis
- 1-night hotel in Pokhara with breakfast
- Domestic flights from Kathmandu to Pokhara and Juphal-Nepalganj to Kathmandu.
- One expert trek leader and trekking Chef
- Trekking permit and national park fees
- Trekking equipment -Mattresses, Member tents, and Kitchen utensils.
- Three-time meals during a trek along with Tea/coffee and snacks.
- Staff's salary, food, insurance, and clothing.
- Farewell and welcome dinner in Kathmandu.

## PRICE EXCLUDES

- International flights and visa fee.
- Personal expenses and meals in Kathmandu.
- Travel insurance, Rescue, and evacuation.
- Tips and gratitude for staffs.
- Donation and local entrance fee.
- Extra baggage weight in domestic flight

## ITINERARY IN DETAIL

### Day 1: Day 1 Arrival in Kathmandu

Upon arrival in Kathmandu after sorting out your visa and immigration papers, then our representative will meet you outside to collect baggage and welcome you over there. Then you will be transferred to hotel when you arrive depending on your tiredness and time you can look around Kathmandu or you can rest in your room.

### Day 2: Day 2 Sightseeing and Trek preparations

In this day your trek guide will help you to navigate to some interesting destinations like UNESCO world heritage sites such as Patan Durbar Square, Bhaktapur Durbar Square, Shyambhunath, Boudhanath and Pashupati.

In the same day our team member will prepare the permit for Lower Dolpo and other requirements, you need to provide us your passport. In the evening we will invite you for a welcome dinner in some authentic Nepali restaurant with some Nepali cuisine.

### Day 3: Day 3 Fly or drive to Pokhara

Depending on our booking agreement we will provide you the transportation. If you fly then you will be in 25 minutes in Pokhara while you drive then it takes 6-7 hours on a private vehicle depending on departure time and road conditions.

If we arrive early in Pokhara then we will do a little sightseeing around the lake side and walk in the city where your guide will navigate you or you can walk independently.

### Day 4: Day 4 Drive to Durbang via Beni

Early in the morning you will be greeted by stunning mighty mountains like Fishtail and Annapurna ranges. Then we will have our breakfast and we will begin our journey on private vehicles.

Overnight : Durbang

Elevation: 1200m

### Day 5: Day 5 Trek to Muna 800m 5-6 hours

After crossing the Mayagdi river we will again cross a long suspension bridge then we will step onwards to the old and semi-unused path then we will cross again Dangya khola. After ascending and descending we will see magnificent mountain ranges like Dhaulagiri which is 7th highest mountain in the world. The road continues to Dharapani and after a couple of hours we will reach Takam. In between these two beautiful villages we will get local food and some beautiful people and villages.

Mighty mountains like Nilgiri and Annapurna ranges are unmissable to see during this day trek. Descend on steps to the Ghatta Khola and traverse to Muna.

Overnight : Muna

Elevation : 800m

Distance : 5-6 hours

### **Day 6: Day 6 Trek to Jaljala ( 1500m ) 7 hours**

Drop to a bridge across the Dhara Khola, climb gently on the true left bank then start a long climb past a picturesque waterfall to the Magar village of Lumsum (2150m). Cross the Dhara Khola again and start the long climb to the pass, first through the scattered hamlet of Moreni (~2500m) with apple orchards and water then into scrubby forest and unrelentingly steeply up a ridge into rhododendrons to a notch at 3350m. Climb and traverse onto the large meadow of Jalja La (3510m; Jaljala). The evening and morning views are superb, better than those from Poon Hill given the serenity, spanning the entire Dhaulagiri massif including Putha Himal 7246m to the left to Nilgiri 7061m and the Annapurna range.

Overnight : JalJala

Elevation : 1500m

Duration : Approx 7 hours

### **Day 7: Day 7 Trek to Dhorpatan ( 2860m) 6-7 hours**

Embark on an adventure trek to Dhorpatan you need to walk across the plateau with amazing Dhaulagiri views and stunning herder huts and wooden bridges. Follow the stream and pass another herder huts, pine forest then brings you wide open valley Gurjaghat. Continue flat trail to chyantu the first village of Dhorpatan. Follow the scattered houses of Bagatar and Baglung to Dhorpatan village inhabited by about 300 Tibetan refugees, many Magars and Chhetris.

Overnight : Dhorpatan

Elevation : 2860m

Duration : 6-7 hours

### **Day 8: Day 8 Trek to Thakur ( 3200m ) 6-7 hours**

From Dhorpatan, we begin the second phase of the trek and venture north into the largely uninhabited wilderness. Today is hard but scenic day of the trek. Trail climbs above the valley floor, branching right after 25 minutes up to a collection of houses. The trail climbs diagonally to the false summit and continues climbing to crest and herder hut at 3510m. From crest there are views of Phagune dhuri pass far head. The trail crosses the treeline and enters rough wilderness landscape , eventually cross Phagune Dhuri at 4061m offers fabulous view of Churen Himal range and Putha Hiunchuli(7246m) 'the butter fly' mountain. From the pass the trail leads passing small campsite and enters into forest the drops to the riverbed of hidden valley Thakur.

Overnight : Thakur

Elevation : 3200m

Duration : 6-7 hours

### **Day 9: Day 9 Trek to Tatopani ( 2400m ) 6-7 hours**

After morning breakfast in Thakur in the middle of Forest then we will follow the forest trails and need to cross some wooden and suspension bridge. We will be witnessing of some local herders and herders huts, where people from nearby villagers come down to valley for their animals and better pastureland.

After a hour climb up we will encounter with Kayam dada where couple of tea houses are running there. Then we will walk an hour then we will split for Tatopani which is called hot spring. Where our destinations meet to end for the day.

Overnight : Tatopani

Elevation : 2400m

Duration : 6-7 hours

### **Day 10: Day 10 Trek to Dhule 3340m approx 5 hours**

A very rough jungle track leads north through fields and down to cross the Pelma Khola at 2227m, the lowest point between here and Kagbeni, then climbs very roughly and very steeply to rejoin the track from Yamarkhar under cliffs. The skeins of mist and tropical heat made this a demanding beautiful climb. Sighted a pair of jungle cats with brown bodies and long black tails. A profusion of wildflowers in the jungle and along the exposed traverse northwards made this a memorable day, with lunch in the Tibetan village of Hima (~2400m, Him) surrounded by 3-4m high maize, climbing beans and marijuana. Most of the maize goes for chang beer, not for food or stock. The hemp seed and rhubarb achar was a first. Traverse and climb very high on an exposed trail with recesses into forest and running water to Gulbang (2680m) with no services then past a school which has the last water for a while then up steeply into forest to Dhule (3340m).

Overnight : Dhule

Elevation : 3340m

Duration : 5 hours

### **Day 11: Day 11 Trek to Seng Khola 3820m approx 5 hours**

Today's trail climbs steeply through the moss draped forest above Dhule top of the ridge and then continues to climb along the ridge. Trail gradually climbs through the ridge but this time above the tree line through the scenery reminiscent Scottish highland, where outstanding view of Dhaulagiri to the east. The trek continues ascending to Nautale Bhanjyang at 3961m and descend steeply toward Seng Khola valley a tributary of Pelma Khola. Trail continues along the west bank of river climbing gradually to the campsite of Seng Khola

Overnight : Seng Khola

Elevation : 3820m

Duration : ~5 hours

### **Day 12: Day 12 Trek to Majela 4340m 5-6 hours**

Make sure that you take the first obvious track on the ridge upwards to the left, quite heavily eroded and about 1km up-valley. Matthiessen and Schaller got lost here taking the more northerly ridge. Climb steadily for about 700m with great views to the broad Panidal La 4530m, past a sacred lake and a gateway kani on the far bank. Many thousands of people had been camping up here over the monsoon and searching the grazing areas for the elusive and high value fungus-infected caterpillar called yarsagumba, Himalayan viagra. The huge amount of rubbish and damage to the landscape was obvious but they had all departed in the past few weeks. Continue on a broad eroded track down to Purbang (4020m, Purpang), a forlorn collection of empty tents, cross or wade the Saunre Khola and climb gently up to a basin with a seasonal tent camp and marvellous views back to Panidal La. Called Majela (4340m).

Overnight : Majela

Elevation : 4340m

Duration : 5-6 hours

### **Day 13: Day 13 Trek to Tarakot 2450m 6-7 hours**

Just over an hour up to Jang La Bhanjyang (4535m, Jangla), which provides huge views back into the grassy basin and the excitement of views north into the Bheri valley and, over the grey ranges, the first glimpse of Kanjiroba Himal (6612m, Kanjiroba) which dominates the trekking north after Ringmo if you go into Upper Dolpo. Jang La is regarded as the entry point into the Dolpo region.

Make a long rocky descent, at first steeply to the last water until the Bheri (Tarakot) then across rockfall with the strong smell of cinnamon and honey from dwarf rhododendrons, gaining a small saddle at 4056m which drops to the east and gives views of the sacred Putha Himal (6182m).

Overnight : Tarakot

Elevation : 2450m

Duration : 6-7 hours

### **Day 14: Day 14 Trek to Laina Odar 3370m 5-6 hours**

Climb under the high fort of Tarakot and bear up valley to the left through pink flowering buckwheat, red amaranth and huge bushes of marijuana on a disused road. The road climbs high above the true left of the Barbung Khola, then descends through the small settlement and khani to several tea houses at Laisicap (2600m). Cross the large suspension bridge and start up the Tarap river, the Barbung Khola to the right takes you to Chharka in 4-5 days and so on to Jomson. After crossing suspension bridge we follow the Tarap Khola, along gentle climb up and river drops away below, 600m in only 3km, and eventually with many ups and downs due to recent slips reaches a wider part of the gorge with the seasonal tents of Laina Odar (3370m).

Overnight : Laina Odar

Elevation : 3370m

Duration : 5-6 hours

### **Day 15: Day 15 Trek to Nawarpani 4000m 6 hours**

Today is very beautiful day's walk in spectacular country. An initial steep 200m climb opens onto a grand traverse very high above the river, with sheer drops and bonsai juniper trees because of the increasingly arid climate. Beautiful convoluted cliffs on both sides lead to four seasonal tents in Chhyugar (3441m) for lunch. Cross to the true left for a spell then back to the true right at Thanjam. Many redstarts and finches but little other wildlife due to the aridity. The tortured yellow cliffs support pines and cedars made monumental by dryness. Nawarpani (3475m, Pibuk) had two dirty tents but a large meadow further up at Pivo Odar.

Overnight : Nawarpani

Elevation : 4000m

Duration : ~6 hours

### **Day 16: Day 16 Trek to Dho 4350m 6-7 hours**

Cross the Tarap Chu on a very short bridge with a narrow canyon to the left and climb steeply to two large chortens (3870m Kejala). Descend to another short bridge and regain the true right of the Tarap Chu. Over a ridge descend to a bridge on the Sisaul Khola. Little climb up from Sisaul khola, the trail leads through wide open valley and soon reach at Langa and we stop for lunch. After lunch, we follow loop in and loop out trail then after an hour we see Tarap village at distant and after a while we reach at Dho Tarap village.

Overnight : Dho

Elevation : 4350m

Duration : 6-7 hours

### **Day 17: Day 17 Dho tarap Rest day**

For acclimatisation a day exploring Do Tarap and nearby gompas is well spent. The Ribo Bhumpa Gompa just above the main village is marvellous and colourful with a range of original colour paintings from both Bon and Nyingma sects and great views of the eastern valley that leads to Chharka, the southern valley by which you arrived, and the other small villages of Tarap to the northwest. The Doro Gompa to the east is a leisurely 1hr walk. Across the river is the Bon Shipcock Gompa surrounded by characteristic chortens and with a memorable carved door and prayer wheel in the first room. In visiting these gompas, always make a substantial donation to ensure that they remain conserved and valued by the local community.

### **Day 18: Day 18 Dho to Numala high camp 4440m 5-6 hours**

Heading to west out of Dho Tarap, either near the river or higher up so as to pass through a huge decaying kani. Pass the Western-funded Crystal Mountain School, we pass through Kakar Tagmar village where we visit Kakar gompa. After 15 minutes we reach Tokyau village and the valley divides, keep left on the true right of the stream and keep up the first broad valley to the northwest, climbing above Tokyau (4180m, Tok-khyu) and other track goes to Tinje

all the way to China border. We follow the left trail crossing Tokyau khola and visit Jyampa Gompa. From Tokyau we switch to the northwest for 2 hours and then we again switch to west and next is camp at Numala Base camp.

Overnight : Numala High Camp

Elevation : 4440m

Duration : 5-6 hours

### **Day 19: Day 19 Trek to Danigar via crossing Numala 5309m 5-6 hours**

A high camp means the sun comes early and it is only 1.5hrs to Numa La (5309m, Numala Bhanjyang south), which is probably 1km south of the pass marked on the map. A bit steep to start, then less so into a high glacial bowl at 5000m, then a final push to the top. It can be windy on top and there is a great view by climbing 20m to the east. There were clear views back to Mt Dhaulagiri (8167m) and some of the northern Annapurnas, with snow remaining on many north faces after a recent storm. Shey Shikar (6139m) and Kanjiroba (6612m) are visible to the northwest and Norbu Kang(6085m) to the south. Climb up an arid and deserted slope to Numa La ( La means "pass" in Tibetan and Numa "like a woman's breast"! ). Descent on the northern slope to find the beautiful balcony path coming from Lagme Che. Ascent to the Baga La base camp, magnificent view of the snow-capped peaks which dominate the camp.

Overnight : Danighar

Elevation : 5309m

Duration : 5-6 hours

### **Day 20: Day 20 Trek to Yak Kharkha via crossing Bagala 5160m ~6 hours**

The climb outside the tent door on frosted rocks will get your heart racing and it would be very tough in snow. Climb steeply on switchbacks on the left side of the valley, although there is an even steeper alternative across the creek to the right. The changing perspectives of heavily glaciated Norbu Kang made every rest enjoyable. Sweet cinnamon smell of dwarf rhododendrons in the sun, the smell of high Nepal. There is a possible high camp with water at about 4750m, where we sighted six Tibetan snowcocks running over grassy scree and calling hoarsely. Continue right towards the obvious saddle, passing an array of raised stones into a moraine bowl and traverse to Baga La (5160m) crowned with slapping prayer flags. Descend steeply at first and enter a rocky valley, staying high on the true right through large rockfalls and across two creeks, the second of which provides a sheltered lunch place. Make a spectacular wild descent in moraine among arid cliffs. The valley turns a corner left where we encountered a yak train carrying timber towards us who did not want to be photographed, then drops very steeply past waterfalls onto zigzags for a long way down to a huge flat-floored valley with prayer flags at Dajok Tang (4080m, Bagala Phedi). Now there is a very pleasant autumn stroll down the valley on the true right of a sparkling Maquwa Khola (Maduwa Khola) with snow-covered peaks including Kagmara (5960m) ahead and several possible camping sites with nervous marmots. Strong clean astringent smell of juniper after the aridity of the heights. There is a hut (goth) and seasonal tent, just as you sight the shapely Sonam Kang (6019m) up a valley to the east, called Yak Kharka (3995m).



Overnight : Yak Kharkha

Elevation : 5160m

Duration : ~6 hours

### **Day 21: Day 21 Trek to Phoksundo lake or Rigmo village 3640m 5-6 hours**

Embark on an adventure towards phoksundo lake we starts flat trails in the beginning then we enter in narrow path. After continuing in that trails then we will see some beautiful scenic view of Phoksundo region along with Moduwa khola. Tapriza school can be seen from the trials and after couple of hours we will see nation biggest waterfall Phoksundo waterfall then we will again continue through the juniper tress and while approaching we see pine tress with stunning phoksundo lake and Rigmo Village .

Phoksundo Rigmo village, located in the Dolpa district of Nepal, is rich in cultural heritage and traditions. The village is inhabited by people of Tibetan descent who follow Tibetan Buddhism. The cultural aspect of Phoksundo Rigmo village is deeply rooted in Tibetan Buddhist practices, with monasteries, stupas, and prayer flags dotting the landscape.

The villagers in Phoksundo Rigmo village celebrate various religious festivals and ceremonies throughout the year, such as Losar (Tibetan New Year), Dumji, and Tsechu. These festivals are marked by colorful rituals, traditional dances, and chanting of prayers.

Social gatherings and community activities play a vital role in the village's cultural fabric, fostering a strong sense of unity and cooperation among the residents. Traditional music, dance, and storytelling are also integral parts of their cultural expression, passed down through generations.

The lifestyle in Phoksundo Rigmo village is deeply intertwined with nature, as the villagers rely on agriculture, animal husbandry, and trade for their livelihood. They have a profound respect for the natural environment, which is reflected in their customs and beliefs, including the worship of local deities and spirits.

Overall, the cultural aspect of Phoksundo Rigmo village reflects a harmonious blend of Tibetan Buddhist traditions, community values, and a deep connection to the pristine Himalayan landscape.

Overnight : Phoksundo lake or Rigmo village

Elevation : 3640m

Duration : 5-6 hours

### **Day 22: Day 22 Trek to Chhepka 2700m 6-7 hours**

After breakfast we will leave phoksundo lake and commence our trek to chhepka. After an hour we leave the village we will see the beautiful waterfall again and descend directly to Phoksundo river then we follow the river till our destinations end.

We will have our lunch in Riyachi, Riyachi is small village where more than 25 houses are residing before we reach here we will already left the tapriz school and Samduwa where army check post is located. After lunch we will again trek along the phoksundo river and ended days trek in chhepka.

Overnight ; Chhepka

Elevation ; 2700Mm

Duration : 6-7 hours

**Day 23: Day 23 Trek to Juphal airfield 2400m 5-6 hours**

After perfect breakfast in chhepka we will again move down along the phoksundo river with dense juniper and pine forest, We will cross sangta, jyalash where phoksundo people settle here for winter and then we will cross again kagani then have lunch in Suligad then again follow the bheri river for an hour then we turn left towards juphla airport.

In the evening our team will ended up our trek with cakes and small party as a last day where you can provide tips and gratitude to our long journey team.

Overnight : Juphal

Elevation : 2400m

Duration : 5-6 hours

**Day 24: Day 24 Fly to nepalganj 35 minutes and again fly to kathmandu One hour**

Early morning our team will help us to drop in the airport then we will good bye each other and will fly down.

**Day 25: Day 25 Rest and exploration in kathmandu**

In this day you can relax after long day trek or you can do some sightseeing around kathmandu with our tour leader.

**Day 26: Day 26 fly back to home country**

Our team will help you to drop at international airport with private vehicles and you will embark your destinations.

## FAQ

### 1. How long is the Beni Dhorpatan Dolpo Trek?

The duration of the trek can vary depending on the specific itinerary chosen, but typically it ranges from 20 to 25 days.

### 2. What is the best time to trek the Beni Dhorpatan Dolpo route?

The best time to trek is during the spring (March to May) and autumn (September to November) seasons when the weather is stable, the skies are clear, and temperatures are moderate.

### 3. Are permits required for the trek?

Yes, permits are required for the Beni Dhorpatan Dolpo Trek. These include special permits for entering the Dolpo region as well as any necessary national park permits along the route.

### 4. What is the level of difficulty for the trek?

The trek is considered to be challenging due to its remote location, high-altitude passes, and rugged terrain. Trekkers should be in good physical condition and have prior trekking experience at high altitudes.

### 5. What are the accommodation options along the trekking route?

Accommodation options include teahouses, basic lodges, and camping. In more remote areas, camping may be necessary. Meals are typically provided at teahouses and include a variety of local and international dishes.

### 6. What is the altitude sickness risk during the trek?

Altitude sickness is a potential risk due to the high altitude reached along the route. Proper acclimatization, staying hydrated, and ascending gradually are essential to minimize the risk of altitude-related illnesses.

### 7. Is it possible to combine the Beni Dhorpatan Dolpo Trek with other treks or activities?

Yes, some trekkers may choose to combine this trek with other treks in the region, such as the Upper Dolpo Trek or Phoksundo Lake Trek. Additionally, cultural tours and wildlife safaris can be organized before or after the trek.

### 8. What are the main highlights of the Beni Dhorpatan Dolpo Trek?

The trek offers stunning mountain landscapes, cultural immersion with visits to traditional villages and monasteries, encounters with diverse wildlife, and the chance to experience the unique Tibetan culture of the Dolpo region.