

Lower Dolpo Trek - 14 Days

If you desire a trekking to explore remote zone of Nepal and to get to see the unseen then the Lower Dolpo Trek can be the perfect one for you. Located in the western part of Nepal, Lower Dolpo is a secluded area that provides the remoteness of a true wilderness trek overlaid with traditional Tibetan culture and stunning mountain views that can be nearly as spectacular as the well-worn paths to the areas such as the Everest and Annapurna regions. Lying on the trans-Himalayan route, Lower Dolpo trek offers nice opportunity to explore the concealed gems of Nepal such as the High altitude passes, meditation monasteries and sapphire watered lakes. Now let's take a closer look at what makes this trek so special and why you may want to include it on your bucket list!

WHY CHOOSE THE LOWER DOLPO TREK?

Let's picture a scenery where life performance feels like being in the middle of nowhere! Where mountains with heads shrouded in snow and territory of immense desert and arid lands, and where nomadic Yak grazers still herd their cattle across the mountains. This is Dolpo. It really does feel as though by visiting such a place you are transported to a different time and space – at least in the sense of infrastructure as this trek is not even remotely like the well-trodden tourist trail that defines the Nepalese Himalayas.

Off-the-beaten-path adventure: Whereas in the more famous trails like those of Everest or Annapurna, there are many trekkers, in Dolpo the situation is different. You may trek for days without meeting other groups of trekkers again!

Cultural immersion: Dolpo has considerably Tibetan Buddhist resonance and during the journey, you will visit some old monasteries, chortens and the prayer flags will be unfurled beautifully in the wind.

Breathtaking landscapes: The Lower Dolpo region boasts of a plethora of natural beauty that is unparalleled in the entire country of Nepal- this includes the beautiful blue waters of Phoksundo Lake and the all majestic Dhaulagiri range.

Wildlife encounters: It's possible to get a glimpse of a snow leopard or Blue sheep if you are blessed and lucky to see these magnificent animals on the slope of the hills.

BEST SEASON TO TREK LOWER DOLPO

It is suggested that the best time to go for Lower Dolpo Trekking is during the pre-monsoon part including March to May and during post monsoon part including September to November during which weather condition is quite favorable, the sky is often clear and the view is panoramic. Autumn is advisable for trekking because the temperature is mild and the mountains are equally colorful, but before this the trekking season in spring also favors trekkers and the temperament is rather good due to the blooming rhododendrons. During the day, it isn't extremely hot, and at night the weather is cooler, and there are less people on the road rather than on more popular routes. Perhis is believed to be the right time for trekking since the weather is good ad the view of the mountains is clear. There is sunshine every day, and the heat during the day when hiking is mild and splendid. It also encompasses the Nepalese festival seasons particularly the Dashain festival and Tihar festival giving ethnic views of the villages.

However, June to August is the monsoon and though Dolpo is in this area, due to the geographical location, the monsoon does not bring in much of the wet season to the region. Less crowded and more foliage is another plus, but occasional, sometimes muddy trail, and flight cancellations are a possibility. Winter, December-February is the best time but the treks are less recommended because of freezing temperatures and snow on the passes. For lovers of a better experience, the May early to mid and mid-September to early October are ideal in terms of weather and activities, together with the natural Himalayan views.

WHAT TO EXPECT ON THE LOWER DOLPO TREK

The Lower Dolpo Trek kicks off with a flight from Kathmandu to the remote village of Juphal, where you leave behind modern comforts and dive into Nepal's untouched landscapes. One of the trek's highlights is the stunning Shey Phoksundo Lake, a turquoise gem surrounded by cliffs and forests, near Ringmo Village, where Tibetan Buddhist culture thrives. Crossing the Numa La Pass (5,115m) and Baga La Pass (5,070m) is challenging but rewarding, offering panoramic views of snow-capped peaks.

As you trek deeper, you'll explore ancient Tibetan monasteries, including the mystical Shey Gompa, and immerse yourself in the rich culture of the local people. The region's wilderness is home to blue sheep, musk deer, and the rare snow leopard, making Dolpo a dream for nature lovers and adventurers alike.

IS THE LOWER DOLPO TREK RIGHT FOR YOU?

The Lower Dolpo Trek is perfect for experienced trekkers who are looking for an authentic, off-the-beaten-path adventure. This is a strenuous trek, involving long days of walking at high altitudes, so it's ideal for those who have some trekking experience and are ready for a challenge.

However, if you're up for it, the rewards are immense. You'll experience landscapes, culture, and wildlife unlike anything else in Nepal. If you crave a journey where you can truly disconnect and immerse yourself in nature and local traditions, Lower Dolpo won't disappoint.

ESSENTIAL TIPS FOR LOWER DOLPO TREK

Physical Preparation: This trek is classified under moderately difficult, therefore doing a lot of physical exercises is advised. Check that one is capable of handling long walks as well as high altitude challenges.

Altitude Sickness: The trek is at relatively high altitudes, hence the need to spend a few days before the start of the trip. Take note of signs of [acute altitude illness](#).

Pack Smart: Wear warm clothes, bring good quality boots and other sports wear. Relative nighttime temperatures are much lower than in the warm season regardless of the month.

Permits: Make sure you have the right trekking permits. It is because Dolpo is the restricted zone of Nepal, so the special permit is needed, and usually, the trekking agency manages it.

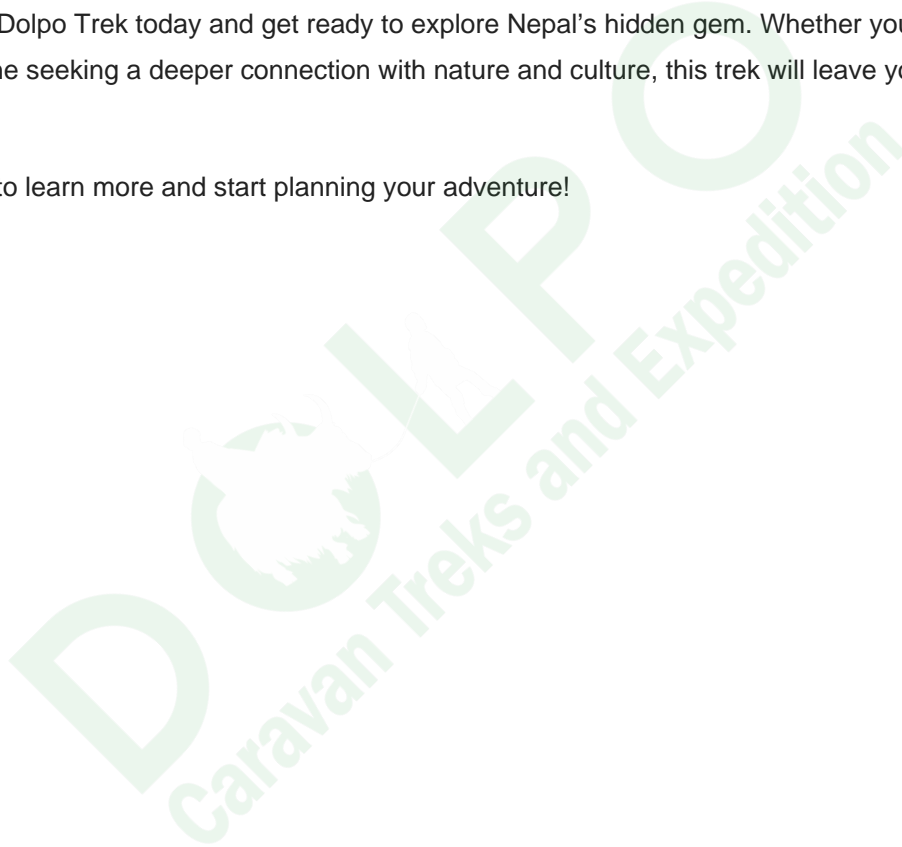
Respect Local Culture: Said to be blessed with ample cultural values, Dolpo is well endowed with the same. It is very important to respect the culture of the people you intend to interact with as well as people's institutions such as monasteries and traditional villages.

READY FOR THE ADVENTURE OF A LIFETIME?

The Lower Dolpo Trek is not just another trekking route—it's a journey into one of the last untouched corners of Nepal. From the sparkling waters of Phoksundo Lake to the towering peaks and ancient monasteries, Dolpo offers an adventure that's both physically challenging and spiritually enriching.

Book your Lower Dolpo Trek today and get ready to explore Nepal's hidden gem. Whether you're an experienced trekker or someone seeking a deeper connection with nature and culture, this trek will leave you with memories to last a lifetime.

[Contact us now](#) to learn more and start planning your adventure!



PRICE INCLUDES

- 3-night hotel in Kathmandu on a bed and breakfast basis
- 1 night hotel in Nepalganj with breakfast
- Domestic flights from Kathmandu - Nepalganj - Juphal and return airfare
- One expert trek leader or Hire Norbu with a local assistant
- All Three-time meals during a trek (the best and healthiest food prepared by our trekking chef)
- Special Trekking permit and national park fees
- Trekking equipment -Mattresses, Member tents, and Kitchen utensils
- Staff's salary, food, insurance, and clothing.
- Farewell dinner in Kathmandu

PRICE EXCLUDES

- International flights and visa fees.
- Personal expenses and meals in Kathmandu.
- Travel insurance, Rescue, and evacuation.
- Tips and gratitude for staff Leader tips on your discretion.
- Donation and local entrance fee.
- Extra baggage weight on domestic flight

ITINERARY IN DETAIL

Day 1: Day 1 Arrival in Kathmandu

Upon your arrival at Tribhuvan International Airport Kathmandu, you will be directly transferred to a 3-star hotel and of course, we chose the hotel wisely with great hygiene. When you have rest in your hotel your guide will be briefing you in the afternoon and in the evening you will have time for sightseeing and shopping in the town. Welcome dinner will be provided in the traditional hotel where your guide will introduce you to your trip and further preparations.

Day 2: Day 2 Fly to Nepalganj one hour

In the afternoon you will fly to Nepalganj. In Nepalganj you will be received by hotel vehicles and transferred to the hotel.

Day 3: Day 3 Nepalganj to Dolpa Juphal airport (2400m) by 35 minutes flight and trek to Dunai 3 hours

Early morning at 4 am you will be dropped off at the airport by hotel vehicles and we will fly to Juphal Airfield for 35 minutes. When we land at Juphal airport we will have our breakfast and commence our trek to Dunai for 2-3 hours depending on your pace.

In Dunai, we will be at lunchtime and after your first lunch in Dolpo, we will little bit hike nearby Bon and Buddhist monasteries. In the evening our entire team will be together and will do short introductions to each other

Day 4: Day 4 Dunai to Tarakot (2900m 9514 feet)

Embark to the Tarakot(Kaike) Valley we will encounter many small villages on the way. Tarakot is a small village in Kaike, The Majority of Magar people reside in this region they have their own Kaike Magar dialect which is rare and unique.

After leaving the deep gorges along with the Bheri River slowly the landscape will open and you will encounter Some Magar villages with Local Magar people. There are some health posts and police check posts for local communities and travellers.

Duration: Approx 5 Hours +430m

Distance: Approx 15 km

Overnight: Tented Camp

Day 5: Day 5 Tarakot to Laini Odar (3370m)

Embarking towards the beautiful landscape of Dolpo so many natural beauties and cultural aspects are always top-notch. Leaving behind the Kaike valley we will ascend towards Dho Tarap tales along with natural river sound, deep rock gorge, and narrow path that will lead us to heaven.

Laini Odar is on an elevation of 3700m from sea level where a couple of tea houses are running there. we will be in a tented camp.

Duration: Approx 7 hours, +810m, -100m

Distance: Approx 10km

Overnight: Tented Camp

Day 6: Day 6 Laini Odar to Nawarapni (3780m)

Embark on an adventure trek to the lower dolpo region many remarkable things will be attached to you. While you are traveling through the trails lots of terrains and bushy paths will welcome you through the entire trek. Sometimes you will be on the top hill and sometimes at the bottom of the trails.

Nawarapni is a small Nomad Camp where a few tea houses are opening there for travellers and open spaces for camping. After a long hours trek you might get exhausted so you can go nearby stream and take natural healing water massage by dipping your legs and hands.

Duration: Approx 5 hours +500m, -60m

Distance: 10km

Overnight: Tented Camp

Day 7: Day 7 Nawarapni to Dho Tarap (4100m)

After Leaving the small nomad camp you will be following the Taksi River till Dho Tarap. Flat trails and some local people from Dho Tarap will be seen there for tea houses and their animals.

While approaching Dho Valley, A big Stupa and Scripted Mantras will welcome you to this pristine land. Dho Tarap is one of the highest human settlements in Nepal and Tibetan-influenced culture will be seen there.

Duration: Approx 6 hours +630m, -140m

Distance: 19km

Overnight: Tented Camp

Day 8: Day 8 Rest and explore in Dho Tarap Valley

A rest day in Dho Tarap Valley offers a wonderful opportunity to acclimatize, explore, and immerse yourself in the local culture and natural beauty. Here are some activities you can enjoy during your rest day

1. Cultural Exploration

- **Visit Monasteries:** Spend time visiting the local monasteries such as Ribo Bumpa Monastery and Bonpo Monastery. Learn about the spiritual practices, architecture, and history of these religious sites.

Interact with Locals: Engage in conversations with the villagers to learn about their daily life, traditions, and customs. This interaction can be incredibly enriching and provide insights into the Tibetan-influenced culture of the

region.

2. Local Walks and Short Hikes

- **Stroll Around the Village:** Take a leisurely walk around Dho Tarap village to observe the traditional stone houses, mani walls, and prayer flags. It's a peaceful way to soak in the local atmosphere.
- **Explore Nearby Villages:** If you feel up for it, take a short hike to nearby villages such as Tokyu, which is known for its picturesque setting and ancient monasteries.

3. Wildlife and Nature Observation

- **Bird Watching:** The area is home to various bird species. Bring binoculars and spend time spotting and identifying different birds in the valley.
- **Nature Walks:** Take a gentle nature walk to enjoy the unique flora of the region. The valley's grasslands and high-altitude meadows are particularly beautiful.

4. Meditation and Yoga

- **Practice Meditation:** Use the serene environment of the valley to practice meditation. Many visitors find the spiritual ambience of Dho Tarap conducive to mindfulness and meditation practices.
- **Yoga Sessions:** If you practice yoga, find a quiet spot with a scenic view and spend some time stretching and doing yoga. It's a great way to relax your muscles and mind.

5. Photography

- **Landscape Photography:** Capture the stunning landscapes, traditional architecture, and daily life in the village. The changing light throughout the day provides excellent opportunities for photography.
- **Portrait Photography:** With permission, take portraits of the local people, showcasing their traditional attire and expressions.

6. Rest and Relaxation

- **Read a Book:** Bring a book and enjoy reading in the tranquil surroundings. It's a perfect way to relax and take a mental break.
- **Rest in Nature:** Find a comfortable spot to sit and enjoy the views, listen to the sounds of nature, and just be present in the moment.

7. Learn Local Crafts

- **Handicrafts:** If possible, learn about local handicrafts and maybe even try your hand at making something. Villagers often engage in weaving and other traditional crafts.

8. Document Your Journey

- **Journal Writing:** Spend time writing in your journal about your experiences, thoughts, and reflections. It's a great way to capture memories and insights from your trek.
- **Sketching:** If you enjoy drawing, bring a sketchbook and pencils to sketch the beautiful landscapes or village scenes.

Practical Tips for Rest Day

Stay Hydrated: Ensure you drink plenty of water to stay hydrated, which is especially important at high altitudes.

Eat Well: Enjoy local meals to fuel your body for the rest of your journey.

Check Your Gear: Take the time to check and organize your trekking gear, ensuring everything is in good condition for the next leg of your trek.

Health Check: Monitor your health and be mindful of any symptoms of altitude sickness. Resting adequately will help in acclimatization.

A rest day in Dho Tarap Valley is not just about physical rest but also about connecting with the place and its people, enriching your trekking experience with cultural and natural insights.

Day 9: Day 9 Dho To Numala Base Camp (4440m) 5 hours

Embark on an adventure journey this day you will see the entire valley of Dho Tarap and so many Bon and Buddhist Monasteries in this beautiful Landscape.

The Dho Tarap Valley is a picturesque valley located in the remote Dolpo region. It's known for its rugged terrain, pristine natural beauty, and unique cultural heritage. The valley is home to several traditional villages where the indigenous people, mainly of Tibetan origin, live a semi-nomadic lifestyle. The region offers stunning views of snow-capped mountains, lush forests, and meandering rivers, making it a popular destination for trekkers and adventurers seeking an off-the-beaten-path experience.

After leaving Taksi village you will turn south towards the Numala Pass. Walking through the Pasture land and rugged terrain slowly you will climb up to base camp on elevations of 4440m.

Duration: Approx 4 Hours, +360m

Duration: 9.5km

Overnight: Tented Camp

Day 10: Day 10 Trek to Danighar or Bagala Base camp (4500m) 6-7 hours via crossing Numala

Embark on an Adventure trek along the Lower Dolpa Circuit Numala is a high mountain pass known for its challenging terrain and breathtaking views. The pass lies at an elevation of around 5,190 meters (17,030 feet) above sea level and offers stunning vistas of the surrounding Himalayan peaks and valleys. It's a crucial point along the trekking route and provides access to various remote villages and pristine natural landscapes in the region. Numala refers to a woman's Breast as it seems like a woman's breast structure.

Danighar or Bagala Base Camp is a Small Nomad camp in between Numala and Bagala. During the summer season, Some people from Phoksundo come up here for their animals and wide pasture land.

Duration: Approx 7 Hours, +540m,-960m

Distance: Approx 11 km

Overnight: Tented Camp

Day 11: Day 11 Trek to Yak Kharkha via crossing Bagala (5190m, 17030 feet) 6-7 hours

Bagala Pass is another notable pass along the Lower Dolpo Circuit. It's located at approximately 5,090 meters (16,700 feet) above sea level. Like Numala Pass, Bagala Pass offers stunning panoramic views of Himalayan peaks and valleys. It's a challenging but rewarding part of the trekking route, known for its rugged terrain and remote wilderness. Travellers often encounter yak caravans and the traditional lifestyle of the Dolpo region's inhabitants while crossing Bagala Pass.

While approaching Yak Kharkha you will see Yarsa Pasture on the way and a wide range of pasture land.

Duration: Approx 6 hours +670m,-1330m

Distance: 10.5km

Overnight: Tented Camp

Day 12: Day 12 Trek to Phoksundo Lake (3640m, 11942 feet) 3-4 hours

Phoksundo Lake, also known as Rigmo Lake, is a stunning alpine lake located in the lower dolpo region. It's one of the deepest lakes in Nepal and is renowned for its crystal-clear turquoise waters and breathtaking natural beauty. The lake is situated within the Shey Phoksundo National Park, which is known for its unique biodiversity and pristine wilderness.

Phoksundo Lake is surrounded by rugged mountains, including the Kanjirowa Himal to the west and the Norbung Kang to the south. The lake's serene ambience and striking landscape make it a popular destination for trekkers and nature enthusiasts. Additionally, the area is culturally significant, with several Tibetan Buddhists, Bon monasteries, and settlements scattered around the lake.

The lake is also famous for its appearance in the movie "Caravan," which showcased its mesmerizing beauty to a wider audience. Overall, Phoksundo Lake is a must-visit destination for those seeking adventure, tranquility, and natural wonders in the Dolpa region of Nepal.

Duration: Approx 4 hours, +70m,-270m

Distance: 10km

Overnight: Tented Camp

Day 13: Day 13 Rest and Explore in Phoksundo Lake

During your rest day in Phoksundo, you have plenty of options to do.

Bon Monastery

The Bon religion is an ancient spiritual tradition that predates Tibetan Buddhism and is practised by some communities in the Himalayan region, including in Dolpa, Nepal. Phoksundo Ringmo Village is known for its strong connection to the Bon religion, and you can find several Bon monasteries and practitioners in the area.

The Bon religion has its unique cosmology, rituals, and deities, though it shares some similarities with Tibetan Buddhism due to historical interactions between the two traditions. Bon practitioners often engage in rituals, ceremonies, and meditation practices to connect with spiritual forces and achieve enlightenment.

In Phoksundo Ringmo Village, you may have the opportunity to witness Bon ceremonies, visit Bon monasteries, and learn more about this ancient spiritual tradition from local practitioners.

2. Scenic view of Mountains as Kanjirowa, Norbu Kang and Teikatong.

3. Ringmo Cultural Village

Ringmo Cultural Village, also known as Ringmo Village, is a traditional settlement located near Phoksundo Lake. It's renowned for its picturesque setting, rich cultural heritage, and strong ties to the Bon religion.

The village is nestled amidst the rugged Himalayan landscape, surrounded by towering mountains and lush forests. The traditional stone and mud-brick houses of Ringmo Village blend harmoniously with the natural environment, creating a charming and rustic atmosphere.

Ringmo Village is predominantly inhabited by people of Tibetan descent who practice the Bon religion, though there are also communities of Tibetan Buddhists in the area. The village is home to several Bon monasteries and chortens (stupas), which serve as spiritual and cultural centers for the local community.

Visitors to Ringmo Cultural Village have the opportunity to experience the unique culture and way of life of the Dolpa region. They can explore the narrow lanes, interact with friendly locals, and learn about traditional practices such as yak herding, weaving, and Bon rituals.

Overall, Ringmo Cultural Village offers a fascinating glimpse into the rich cultural heritage of the Dolpa region and is a must-visit destination for travelers seeking an authentic Himalayan experience.

Day 14: Day 14 Trek to Chhepka (2700m, 8858 feet) 6-7 hours

Embark on an adventure trek the entire trek is in ending point. While leaving beautiful Phoksundo Lake with lots of good memories and photograph we descend to Chhepka along the Phoksundo River and rugged terrain paths.

Chhepka Village is a small traditional settlement along the popular trekking routes in the area, particularly along the Lower Dolpo Circuit Trek. Chhepka is known for its scenic beauty, traditional architecture, and warm hospitality of its residents.

The village lies amidst the rugged Himalayan landscape, surrounded by towering mountains, lush forests, and pristine rivers. The traditional stone and mud-brick houses of Chhepka reflect the unique architectural style of the region and add to its charm.

Chhepka serves as a stopping point for trekkers and travellers exploring the Dolpa region. It offers basic accommodation options, teahouses, and small shops where visitors can rest and replenish their supplies. The village is also a convenient place to experience the local culture and interact with the friendly villagers.

One notable feature of Chhepka Village is its tranquil ambience and pristine natural surroundings. It's a peaceful retreat where travellers can immerse themselves in the beauty of the Himalayas and enjoy the serenity of rural life.

Overall, Chhepka Village provides a glimpse into the traditional way of life in the Dolpa region and serves as a welcoming haven for trekkers and adventurers exploring this remote corner of Nepal.

Duration: Approx 7.5 hours , + 100m,-1000m

Distance Approx 17km

Overnight: Tented Camp

Day 15: Day 15 Trek to Juphal airport (2400m, 7874 feet) 7 hours

This is our Last day trekking with lots of memories and photographs in the lower dolpo region. Walking through the forest trails and along the Phoksundo River you will end up in Suligad National Park Check Post.

In Jupha we will be set in a Local hotel with Some local organic food and local people.

Duration: Approx 7 hours, +100m, -300m

Distance: 17km

Overnight: Tented Camp

Day 16: Day 16 Fly back to Nepalganj (150m) and same day in kathmandu (1400m)

Early morning we will leave the hotel for the flight and we will again take the next connecting flight to Kathmandu from Nepalganj.

Day 17: Day 17 Free in Kathmandu

During your free day, you can explore a couple of UNESCO World Heritage sites like

1. Kathmandu Durbar Square

Description: A UNESCO World Heritage Site, this square is home to the ancient royal palace and several beautifully crafted temples and statues.

Highlights: Hanuman Dhoka Palace, Kumari Ghar (home of the Living Goddess), Taleju Temple.

2. Swayambhunath (Monkey Temple)

Description: A UNESCO World Heritage Site, this ancient stupa is one of the most sacred Buddhist sites in Nepal.

Highlights: Panoramic views of Kathmandu Valley, intricate carvings, and numerous monkeys roaming the site.

3. Pashupatinath Temple

Description: One of the holiest Hindu temples dedicated to Lord Shiva, located on the banks of the Bagmati River.

Highlights: Observing Hindu cremation rituals, visiting the main temple complex, and exploring the surrounding smaller temples and shrines.

4. Boudhanath Stupa

Description: One of the largest stupas in the world and a UNESCO World Heritage Site, it's an important centre of Tibetan Buddhism.

Highlights: Circumambulating the stupa, visiting nearby monasteries, and enjoying the vibrant Tibetan atmosphere.

Religious and Spiritual Sites

5. Patan Durbar Square

Description: Located in Lalitpur, this square is known for its artistic heritage and is another UNESCO World Heritage Site.

Highlights: Patan Museum, Krishna Mandir, Mahabouddha Temple.

6. Bhaktapur Durbar Square

Description: Known for its well-preserved medieval architecture and rich culture, it's a short drive from central Kathmandu.

Highlights: 55-Window Palace, Vatsala Temple, Nyatapola Temple.

Day 18: Day 18 Depart to your Home Country

FAQ

1. How difficult is the Lower Dolpo Circuit Trek?

The Lower Dolpo Circuit Trek difficulty is rated as challenging. The trek involves long days of walking, often 6-8 hours, on rugged and steep trails. The route reaches altitudes above 5,000 meters (16,404 feet), including crossing high mountain passes like Numa La and Baga La, requiring trekkers to be in excellent physical condition and well-acclimatized.

2. How long is the Lower Dolpo Circuit Trek?

The Lower Dolpo Circuit Trek typically takes 17-22 days to complete, depending on the itinerary and pace. This includes time for acclimatization, side trips, and exploration of the remote villages and landscapes that define this isolated region.

3. What permits do I need for the Lower Dolpo Circuit Trek?

For the Lower Dolpo Circuit Trek, it would be best to have a Shey Phoksundo National Park entry permit and a Lower Dolpo Restricted Area permit.

These permits are mandatory, but do not worry; your travel agency will obtain your permits.

4. When is the best time to trek the Lower Dolpo Circuit?

The best time to trek the Lower Dolpo Circuit is late spring (May to June) and early autumn (September to October). These seasons offer stable weather, clear skies, and moderate temperatures, ideal for trekking in this remote region.

5. Is the Lower Dolpo Circuit Trek safe?

The Lower Dolpo Circuit Trek is generally safe for well-prepared and experienced trekkers. However, due to its remoteness, it's essential to trek with a knowledgeable guide and be prepared for limited infrastructure, challenging weather conditions, and the physical demands of high-altitude trekking.

6. What cultural experiences can I expect on the Lower Dolpo Circuit Trek?

The Lower Dolpo Circuit Trek offers rich cultural experiences, including visits to ancient Buddhist monasteries like Shey Gumpa and interactions with the local Dolpo-pa people, who follow Tibetan Buddhist and Bon traditions. The region's isolation has preserved its traditional way of life, making it a unique cultural experience.

7. What type of accommodation is available on the Lower Dolpo Circuit Trek?

Accommodation on the Lower Dolpo Circuit Trek is essential, with most nights spent in tea houses or camping. Tea houses provide simple lodging and meals, but the facilities are fundamental, especially in higher and more remote areas. In some parts of the trek, camping is the only option.

