PO Box No.: 2721
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Lower Dolpo Circuit Trek - 17 Days

Lower Dolpo Circuit trek is a classic Lower Dolpo Trek in Dolpo Region. Lower Dolpo Circuit Trek is an exceptional trekking experience in the remote western region of Nepal. This trek is suitable for those who do not have long days for trekking but would like to immerse in remote corner of Nepal(Himalayas). Lower Dolpo circuit trek grant you an real Himalayan experience. Tough it is two weeks journey in hidden land 'Dolpo" it has lots of things to experience during trek. In Lower Dolpo circuit trek, we gradually gain the altitude, witness the local people's lifestyle and culture, passe through gorges of (Thulibheri and Tarap Khola), sepecticual views of snowcapped peaks along the trail. Furthermore, we visit ancient Buddhist and Bon monasteries and beautiful hamlets.

The Lower Dolpo Circuit trek is circular route takes through Tarakot to Dho Tarap a beautiful valley which holds century old Bon and Buddhist monasteries, the way of Dolpo Pa people lifestyle and culture. Then the trail, lead towards the west of Dho Tarap and crossing two wild high passes the Bagala 5169m and Numala 5309m and descends to Ringmo village and Phoksundo Lake. Furthermore, setting two camps, descending down along the Outlet River of Phosksundo Lake, Phoksundo waterfall, Phoksundo River and lush vegetation of Shey Phoksundo National park the trek ends to Juphal.

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PRICE INCLUDES

- Airport pickup and drop.
- 3 Nights Hotel Accommodations in Kathmandu.
- One-night hotel accommodation and dinner in Nepalgunj.
- Domestic airfare:Kathmandu-Nepalgunj-Dolpo & Dolpo- Nepalgunj and Kathmandu.
- All the government procedure.
- Lower Dolpo trekking permit and National Park fees.
- One experienced English speaking guide, Cook, Helpers and Porters/Mules.
- 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 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 load in domestic flights.

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu and transfer to Hotel

Our representative welcome you at Tribhuvan International airport and transfer to hotel

Day 2: Kathmandu to Nepalgunj(150m) 1 hour flight

Transfer to the airport and flight to Nepalganj. Superb views of the Manaslu, Annapurna and Dhaulagiri massifs. Nepalganj is located in the Terai plain, a few kilometers from the Indian border.

Day 3: Nepalgunj to Juphal and trek to Dunai(2150m) 3 hours

Flight to Juphal. Subject to weather conditions, it can be postponed and / or canceled (modification in this case of the trekking stages). In Juphal, we meet our team of porters and cooks to start the trekking with a little warm-up and join Dunai. After a good descent, we climb quietly towards Dunai. Camp in Dunai, administrative capital of the Dolpo region.

Day 4: Dunai to Tarakot(2450m) 5-6 hours

Followed by the valley of the Barbung Khola. Very narrow at first, it finally widens on the outskirts of Tarakot. Camp next to the Check post.

Day 5: Tarakot to Laina Odar(3350m) 5-6 hours.

From Tarako we follow Bharbung Khola and thr trail passes through fields of Tichurong valley and crossing Yelakot river along to the forest to Kogla Chhyulung river, then after we climb up for half an hour and descent to the next checkpoint , located at the confluence of the Barbung Khola and the Tarap Khola. Then climb the deep and impressive Tarap Gorge and following Tarap Khola. we camp camp located in a widening Laina Odar at 3350 meters.

Day 6: Laina Odar to Nawarpani(3650m) 6 hours

From Laina Odar following the Tarap Khola, we climb up to the Laina top, then trail continue along the gorge of Tarap Khola and rock cliff on the right bank of Tarap Khola.

Day 7: Nawarpani to Dho Tarap(4100m) 7-8 hours

From Nawarpani we cross the river several time right of bank and left of bank through wooded and suspension bridge. After 2 hours we reach at small ridge and crossing the river again we pass through wide Tarap valley and we stop for lunch at Langa. 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.

Day 8: Explore and rest day in Dho Tarap

Dho the valley widens and becomes almost hospitable. We spend one whole days in this high valley of the Tarap. We visit monasteries and explore around village. We also visit a small Bon village Toro Sipchhok.

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

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We follow the Dho Tarap valley, and pass through Crystal Mountain Boarding School. We visit Kakar Gompa and Jyampa Gompa in Tokyau village. From Tokyau we switch to the northwest for 2 hours and then we again switch to west and camp at Numala Base camp.

Day 10: Numala Base Camp to Danigar/Bagala Base Camp(4500m) crossing Numala (5309m) 6-7 hours

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.

Day 11: Bagala BC/Danigar to Temche(3995) crossing Baga La(5169m) 5-6 hours

Ascent, steep at the start then easier, at Baga La by a good trail (2 to 3 hours). Quick and steep descent to a ledge located at the confluence of two valleys (4050 m), on the edge of the Manduwa Khola. Camp in the hamlet of Roman, a few “chalets” at the edge of the forest.

Day 12: Temche to Phoksundo Lake/Rigmo (3610m) 3-4 hours

One of the most impressive days of our trek. We go up and down on a narrow path, eroded in balcony of cliffs which dominate the confluence of the river Phoksumdo with the Maduwa khola, its grandiose waterfall and the lake Phoksumdo with translucent blue. The arrival on this immense lake, set in orange cliffs with on its edges, the prosperous and remote village of Ringmo is a highlight. Around us, a pine forest with very resinous apples, junipers laden with berries and large expanses of pastures grazed by yaks as well as rows of chortens and soon we reach at camp bank of Phoksundo lake.

In the afternoon we can walk along the lake unde a pine forest and visit the Bön monastery in the presence of a monk. Dolpo is one of the rare regions of the Tibetan cultural area to practice this pre-Buddhist religion, however very close to Buddhism.

Day 13: Phoksundo Lake/Rigmo to Chhepka(2950m) 7-8 hours

From Phoksundo/Rigmo we follow the steep forest and follow the Phoksundo river bank and descent down through amazing view of Phoksundo water falls to winter settlement Polam, and Saumduwa. After Sumduwa we cross the river and we pass through Tapriza School. Then after we walk along the lush vegetation and reach at Rechi. Fom there, we cross and re-cross the river several times as we make our way up the narrow gorge, ascending the undulating trail through forests of bamboo, and conifer and lush vegetation of Shey Phoksundo National park we reach at Chhepka.

Day 14: Chhepka to Juphal (2475m) 6-7 hrs

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Today is last day of our trek.From Chhepka we descent down through the Syangta and Ankhe Khola. Further continue the trail we pass through Kageni and Suligad checkpost to Rupgad and we stop ther for lunch. After lunch we follow the Thuli Bheri river upto Kalagauda and from Kalagauda we climb up to Juphal.

Day 15: Flight from Juphal to Nepalgunj and Kathmandu

In the morning we fly to Nepalgunj and Kathmandu.

Day 16: Free day in Kathmandu

This is a contingency day in case of problems with the weather-dependent flight out. If we have flown on schedule this will be a day to relax and enjoy the delights of Kathmandu.

Day 17: Depart from Kathmandu

Our representative will drop you at Tribhuvan International airport.