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Lower Dolpo Trek

- Duration: 16 Days Days
- Max Altitude: 5,190 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Summer, Autumn, Spring

Highlights

- Witness the age-old Bon- Buddhist practices in different cloisters
- Trek to the stunning Shey Phoksundo alongside an entry to the Phoksundo National Park
- The unique experience of hiking in the desert- suchlike the rain shadow area of the lower Dolpo region
- Catch the enticing views of Yak Caravan and got to walk on the ancient swab trade route
- Feel seduced by the sight of the different foliage and fauna of the region

Overview

The Lower Dolpo Trek is often overshadowed due to its challenging topography. However, if adventure, staying away from the beaten trek, and hidden gems are what you are looking for, then look no further! The major part of the Lower Dolpo Trekking route lies in the Shey Phoksundo National Park in western Nepal.

Located in the remote mid-western region of Nepal, the traces of vehicles here are rare as no road connection has yet been able to connect Dolpa. Trekkers were only introduced to this trekking route in the late 1980s. Since then, it has been on the bucket list of hardcore trekkers who come to the Dolpo region to explore the new Himalayan culture and the entire human civilization of this high altitude.



Dolpo Trek

The Dolpo region protects the Bon religions of traditional [Tibetan](#) culture, so trekking here allows you to witness a wildly different way of life. As well as culture, you will experience incredible flora and fauna as you scale the region's mountains and visit the Shey Phoksundu National Park - the most extensive and only trans-Himalayan national park in Nepal. Here you will see many endangered animals and birds, along with one of the best examples of a well-preserved ecosystem of plants and wildlife on the planet.

Lower Dolpo Circuit Trek

You will also visit the sacred Shey Phoksundo Lake, Nepal's most profound and second-largest lake. This beautiful turquoise lake is a true highlight of a journey with magnificent landscapes, mountain views, rivers, water springs, flat-roofed houses, shortens, and monasteries—the snowy peaks of the Kanjoroba and Dhaulagiri ranges and spectacular views of the lower Dolpa valley.

We operate The Lower Dolpo Trek in both groups and private tours. As with all our treks, we offer a fully customizable itinerary, with personalized travel and accommodation plans available upon request. So if you want to know more about the itinerary options, trek cost, trek difficulty, or anything else, please don't hesitate to get in touch with a friendly member of our team. You can also choose from Upper Mustang Trek, Kanchenjunga Trek, and several other exquisite options.

Day 01

Arrival in Kathmandu

Altitude: 1300 m



Kathmandu

On arrival, you will land at [Kathmandu](#) airport, where our friendly team will greet you and take you to your hotel. Depending on what time you arrive, you are free to take a rest, or if you are itching to start exploring, you can spend the rest of the day soaking up the atmosphere of the Capital. You will then have dinner and an overnight stay in a highly recommended hotel in the city.

Dinner and overnight stay at a 3-star hotel in Kathmandu

Day 02

Sightseeing in Kathmandu Valley and trek prep

After a welcoming breakfast, today you will have the opportunity to see some of Kathmandu's most famous UNESCO-listed world heritage sights, including Pashupatinath, Boudhanath, and Swayambhunath. Once you return you will meet your guide and begin preparation for your trek.

Breakfast and overnight stay at a 3-star hotel in Kathmandu

Day 03

Fly from Kathmandu to Nepalgunj

Altitude: 150m

Just a short flight today, from Kathmandu to Nepalgunj in Western Nepal, so lots of time to explore! A fascinating Terai town hosting a zoo, local market, and chances to explore the nearby villages, it's a great stopover before the trek begins.

Breakfast, Lunch, Dinner, and overnight stay at a 3-star hotel

Day 04

Fly to Jhupal (Dolpo) and trek to Dunai

Altitude: Jhupal (2,320m/7,610ft) and Dunai (2,850m/9,348ft)

Duration: 45 mins flight, 2-3 hours trek

Accommodation: Tea House

Meals: Breakfast, lunch & dinner

Before we can get trekking we must first fly to Jhupal (45 mins). Resting on the Himalayan foothills, it's a beautiful place to begin our journey. We start by walking through terraced fields until we reach the narrow gorge of the Bheri River. From here we continue to Dunai, which offers plenty to explore before we rest for the night.

Day 05

Trek to Tarakot

Altitude: 2,543m/8,341ft

Duration: 5-6 hours

Accommodation: Tea House

Meals: Breakfast, lunch & dinner

Our trek begins by following the Beheri River. Starting on the southern bank we follow upstream, passing deep gorges, hanging bridges, and sparsely populated villages. As we continue along this pleasant trail, we will cross a path built about 7 meters over the river and soon reach the colorful terraced village of Terakot.

Day 06

Trek to Laini

Altitude: 3,160 m/10,365 ft

Duration: 6-7 hours

Accommodation: Tea House

Meals: Breakfast, lunch & dinner

A long day of walking starts alongside the Tarap Chu River. We must crossover to reach Sandul Gompa, at the juncture between Barung Khola and the Tarap Chu River. We then move on through farm terraces and a number of villages on our bumpy trek that ends in Laini.

Day 07

Trek to Nawarpani



Altitude: 3,545m/11,627 ft

Duration: 5-6 hours

Accommodation: Tea House

Meals: Breakfast, lunch & dinner

Today is a steep climb that begins along with the switchback over the Tarap River. It may be steep but it is also exciting as the valley soon becomes a narrow gorge that forces us to jump from spot to spot. The struggle continues with a tough climb and sharp descent before passing through Chyugur Khola to reach our destination of Nawarpani.

Day 08

Trek to Dho Tarap

Altitude: 4,090m/13,415ft

Duration: 7-8 hours

Accommodation: Tea House

Meals: Breakfast, lunch & dinner

After breakfast, we slowly hike uphill to Kamattarke. After following the tree line, we must pass over a narrow gorge to be welcomed by a multitude of wild rose and juniper bushes. Just a few more hours then, until we reach our resting spot: Do Tarap. Surrounded by an irregular stone wall, this is a fascinating village, where both the Bon Po and Chaiba religious sects reside together.

Day 09

Rest Day at Do Tarap for acclimatization

Time for a well-deserved rest and a chance to acclimatize and explore. Today we can visit the monasteries around the area, enjoy some short walks, and have an introduction to the history and culture of the area

Day 10

Trek to Numa La Base Camp

Altitude: 4440m/14,563 ft

Duration: 6-7 hours walk

Accommodation: Tent Camp

Meals: Breakfast, lunch & dinner

Re-energized from our rest day we hit the trail again and trek towards the Upper Trap Valley. As we walk alongside the Tarap Chi River we can enjoy the views of lush grasslands and the vast Tarap valley, complete with wide plains and high mountains. Our next stop is the village of Tokyu, home to a Chiba Sect Buddhist Monastery. After a break to explore, we take the rough trail to Numa La Base Camp, where we will rest for the night.

Day 11

Cross Numa La pass and trek to Pelung Tang

Altitude: 4,465m/14,645 ft

Duration: 8-9 hours

Accommodation: Tent Camp

Meals: Breakfast, lunch & dinner

Get ready for the longest - and possibly the toughest day yet! The adventure begins as we cross the Numa La Pass to embark on a steep trail to the top ridge of the pass. From here take in the beautiful views, from Dolpo up to Mount. Dhaulagiri, before we descend until we reach Pelung tang.

Day 12

Cross Baga La pass (5,070m/16,630ft) and trek to Ringmo



Altitude: 3,600m/11,808ft

Duration: 7-8hours

Accommodation: Tea House or Home Stay

Meals: Breakfast, lunch & dinner

Another day of steep climbing we start with an ascent to the top of Baga La Pass. Once there we can take a break and observe the dry landscape, contrasting the snowy mountain peaks of Mount Kanjirowa and its fellows. We then begin another descent to our location for the night, Ringmo

Day 13

Walk to Shyanta

Altitude: 2,520m/8,265 ft

Duration: 7-8 hours walk

Accommodation: Tea House or Home Stay

Meals: Breakfast, lunch & dinne

Today we swap water for rock as we trek downhill to Cehpka and follow a huge overhanging rock on a route that passes through many villages before a final hike up to Shyanta. On the way, we will also encounter medicinal minerals - infamous in the area for their cure-all benefits.

Day 14

walk to Dunai and take jeep to Jufal

Duration: 6-8 hours walk

It's our final day of trekking! So muster up the last of your energy as we trek through birch trees toward Sulighat. We will take a break on a ridge and observe the mountains that have kept us company on our journey. Then we continue on the last precarious part of our route to reach Jhupal and explore before finally resting.

Day 15

Fly to Nepalgunj, Fly to Kathmandu

Breakfast, Lunch, Dinner, and overnight stay at a 3-star hotel

It's time to wave goodbye to Shyanta and take 2 flights - first to Nepalgunj, and then finally to Kathmandu. On arrival, you are free to spend the rest of your day enjoying the excitement of the Capital - either taking a rest or exploring the city's nightlife for the final night of your trip.

Day 16

Final Departure

it's time to fly home! Say goodbye to Nepal and your fellow trekkers! A member of our friendly team will take you to the airport. Breakfast.

What To Expect?

What's included

- Airport/hotel pick up and drop off by private car.
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) in the whole trekking
- Fly from Kathmandu - Nepalgunj - Jhuphal - Nepalgunj and then to Kathmandu
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 - US\$ 20 per day
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment

FAQs

How can I get to Dolpo from Kathmandu?

The most appropriate and budget-friendly way to reach Dolpo from Nepal is to drive to Nepalgunj from Kathmandu. From Nepalgunj, you can get a morning flight to Jhupal. From Jhupal, you can go to Dolpo in one single day.

Can I trek to Dolpo Nepal Solo?

No, foreigners aren't allowed to trek in Dolpo solo. Since Lower Dolpo falls within the few restricted regions in Nepal, independent traveling is not allowed here. This means you must be in a group of at least two people, and hiring a guide for the Dolpo trek is compulsory.

How challenging is Dolpo Trek?

Well, difficulty is a relative word and varies on personal experiences. The Lower Dolpo trek for 18 days is

quite hard for the newbie who has never trekked at a higher altitude. However, in comparison to the very remote and demanding Upper Dolpo trek, wandering only in the lower region is quite comfortable. Also, it's easier than [peak climbing in Nepal](#) as there's no need for technical climbing skills.

That said, covering the Dolpo trek distance of more than 100 km and walking 6 to 8 hours daily in difficult mountain terrain is not easy. Thus, one must be prepared physically and mentally for the Dolpo trek. Cardio exercises such as cycling, swimming, jogging, and squats have been helpful in developing your body's strength, thus preparing you for the trip.

What is the highest altitude of Dolpo Trek?

Numa La, at 5,238m, and Baga La Pass, at 5,070m, are among the highest point during the Dolpo trek. This is when air pressure drops to half, and breathing gets tricky. Thus, one must be adequately acclimatized before getting to such a dangerous altitude.

What will happen if I get altitude sickness?

While Nepalgunj is at 150 meters above sea level, we fly directly to Jhupal, which is at the Elevation of 2494m. Now, such height has a severe impact on people's health. Developing symptoms such as shortness of breath, chest pain, headaches, etc., are standard. So, we must climb only 500 meters daily and keep ourselves hydrated. Even then, if you catch altitude sickness, our expert guide at MyEverestTrip shall provide you with appropriate medication. We shall also stop climbing if the symptoms are severe and, if possible, walk down to the lower altitude.

Even after all this, if you still catch altitude sickness, you will be taken back to Kathmandu on a helicopter flight in Nepal. Our team will arrange the helicopter evacuation, which will be covered by your insurance plan.

How long is Dolpo Trek?

Exploring the Lower region of Dolpo takes about two weeks, and the Upper Dolpo trek is longer than 13 weeks. If you plan to trek only up to Numa La Base Camp and then be back, the tour is about 18 days from Kathmandu. However, the trekking days are only 12 days, and the other days are for rest and acclimatization

Is there Wi-Fi/ internet in Dolpo?

Dolpo camping trek comes with significant challenges you might not have thought of. You will not have any electricity unless you have a solar power charger. The network coverage is only available in some villages, and Wi-Fi is not available anywhere.

Additional Information

How can I go to Dolpo, Nepal?

You can get to Dolpo by flight or small bus (jeep) via trekking.

Dolpo Trek Route 1

Via flight

Flight one: From Kathmandu to Nepalgunj, take 45 mins flight that usually operates in the morning

Flight two: Another morning flight from Nepalgunj to Jumla airport is 25 mins.

From Jumla, you must trek to Dolpo Valley via Maure Langa at 3894m. From there, you can head for Upper Dolpo Trek.

Lower Dolpo Trek Route 2

Another option is to fly to Pokhara (25 mins) from Kathmandu and then from Pokhara to Jomsom. From [Jomsom](#), cross the Jungben La pass.

Dolpo Trek Map Route 3

Fly from Kathmandu to Nepalgunj in the evening and to Talcha airport the following day. Both flights are about 45 mins. From Talcha, you can trek to Gamadi.

Reach Dolpo Via Bus

Route 1

First, take a bus or a small jeep from Kathmandu to Jumla. It takes 14 to 16 hours to reach Jumla. Then, you can walk to Dolpo via Dailekh.

Route 2

Or, you can drive to Nepalgunj, get a small bus to Talubagar via Rari, and reach Dunai in 3 days.

Route 3

You can also get to Beni via Pokhara in 8 hours and then take the Jeep to Takam. From here, you cross the Dhorpatan Hunting Reserve to reach Dunai in 10 days. Well, this is a very long route often not used by tourists.

Note: [Upper Dolpo](#) lies far west north of Nepal, and it isn't easy to get here. If comfort and views are the only things that matter to you, you can charter a Helicopter in Nepal to Dolpo. And if adventure is what you seek, it's preferable to trek up to Dolpo.

Dolpo Trek permit

The first thing you should understand about Dolpo Trek is that there are two regions for trekking in Dolpo, i.e. Lower Dolpo and Upper Dolpo. And here, we are only talking about this permit you need for lower Dolpo Trek. If you want to get to Shey Phoksundo, i.e. Upper you, you will need a different kind of permit.

For Lower Dolpo Trek, you need a restricted area permit. The lower Dolpo restricted area permit can only be issued after you book your trek with a trusted travel agency like MyEverestTrip and hire a

licensed guide. These permits can be printed from the [immigration department](#) in Kathmandu and cost USD 20/per person for a week and USD 5 each day after that. You will not need an Upper Dolpo permit but might have to issue a Shey Phoksundo National Park entry permit from the entry gate.

Best time for Dolpo Trek

Because you get above 5,000 meters in the Dolpo trek, it's evident that this trek cannot be done throughout the year. And sadly, the government or travel agency of Nepal doesn't state this fact clearly. Traveling in lousy weather without proper precaution can be deadly.

Autumn and Spring are the safest time for the Dolpo trek. Autumn, i.e. October and November, is the best time for all tours in Nepal. The clear views of the Himalayas and the festive mood of the Nepalese make it an excellent time for a Visit. On the other hand, Spring, with magical blooms of wildflowers and little chance of rainfall, is also magical. Spring is the best time for mountain climbing in Nepal when many climbers travel to areas like Annapurna and Everest.

Summer and Winter treks in Dolpo can be a bit cheaper. But it's precarious due to the chances of rainfall and snowfall. As the trail gets slippery, it's not the best time for the Dolpo trek. However, since Dolpo receives less rain, the June and July tour might be possible with the proper preparation. But the winter trek in Dolpo from December to February is not suggested. The snow covers the entire area, making it hard to trek. However, the views in winter are unbelievably beautiful. So if you are planning a winter holiday in Nepal, stay at the lower altitude of Dolpo and avoid the high passes.

Accommodation in Dolpo



Despite being remote, there's quite a comfortable accommodation option up to Dho Tarap, the 9th day of the trek. In Kathmandu and Nepalgunj, you will stay in a 3-star hotel with a private bathroom and all luxurious amenities. From Dunai, we stay in tea houses, basically local guest houses in Dolpo with basic accommodation. There are 3-4 hotels in Tarakot, Laini, Nawarpani, and Dho Tarap.

Beyond Dho Tarap, we will be staying in the tented camps. The tents and food will all be carried by a

porter and cooks. There will be an entire team for assistance as you stay in tented camps at Numa La Base Camp and Pelung Tang. After these two days, we shall again stay in Dolpo's tea house/ hotel from Dajok Tang. In villages such as Ringmo, Phoksundo Lake, Shyanta, and Jhupal, there's also an option to stay at a homestay. Homestay in Dolpo gives a close insight into local culture and provides an authentic trek experience.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map



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