

The Lower Dolpo Trek is considered one of Nepal's most remote and culturally rich trekking routes, offering an extraordinary adventure through some of the most pristine and untouched landscapes in the country. Located within the expansive Shey Phoksundo National Park, this trek takes you through rugged terrains, arid valleys, and traditional Tibetan Buddhist villages that have preserved their ancient customs and way of life for generations.

One of the highlights of the trek is visiting the stunning Phoksundo Lake, known for its mesmerizing turquoise waters and breathtaking surroundings. The route offers trekkers a rare opportunity to experience the tranquility of remote Himalayan villages, observe unique local traditions, and encounter diverse wildlife and stunning natural scenery.

Suitable for adventurous travelers seeking an off-the-beaten-path experience, the Lower Dolpo Trek is nestled in the rain shadow of the Himalayas, offering passengers a chance to explore a wilderness less affected by modern development, making it a truly unforgettable journey into the heart of Nepal's cultural and natural heritage.



Dwelling at Phoksundo Lake

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## □ Best Time to Visit

**Spring (March to May):** Ideal weather with clear skies, blooming wildflowers, and good trail conditions.

**Monsoon (June to August):** Rain Shadow area. Expect rains, but very little—ideal weather with clear skies, blooming wildflowers, and good trail conditions.

**Autumn (September to mid-November):** Post-monsoon freshness, spectacular mountain views, and stable weather.

□ **Note:** Since Lower Dolpo lies in a rain-shadow area, trekking is also possible in **monsoon (July-August)**, unlike many other regions of Nepal.

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Bon Monastery in Tarap Valley

## **Itinerary - 18 Days**

### **Day 1: Arrival in Kathmandu (1,400m)**

Airport pickup, transfer to the hotel

Trip briefing and welcome dinner

### **Day 2: Fly to Nepalgunj (150m)**

1-hour flight from Kathmandu

Overnight in Nepalgunj (warm, Terai town)

### **Day 3: Fly to Juphal (2,475m), Trek to Dunai (2,140m)**

Scenic mountain flight

Short trek to Dunai (3 hours)

### **Day 4: Trek to Tarakot (2,537m)**

Walk along the Bheri River

Explore a fortress-style village

Trekking time: 5-6 hours

**Day 5: Trek to Laini (3,160m)**

Enter narrow gorges and stone-paved trails

Trekking time: 6 hours

**Day 6: Trek to Nawarpani (3,545m)**

Ascend through forested trails

Camp near the riverbank

Trekking time: 5-6 hours

**Day 7: Trek to Dho Tarap (4,090m)**

Traditional Tibetan Buddhist village

Explore monasteries, meet locals

Trekking time: 7 hours

**Day 8: Acclimatization Day at Dho Tarap**

Short hikes, explore Bonpo and Buddhist monasteries

Cultural immersion

**Day 9: Trek to Numa La Base Camp (4,440m)**

Start ascending towards Numa La Pass

Trekking time: 6 hours

**Day 10: Cross Numa La Pass (5,190m), Trek to Pelungtang (4,510m)**

Challenging but rewarding day with panoramic views

Trekking time: 7-8 hours

### **Day 11: Cross Baga La Pass (5,070m), Trek to Dajoktang (3,800m)**

Spectacular pass with views of snowcapped peaks

Trekking time: 6-7 hours

### **Day 12: Trek to Phoksundo Lake (3,611m)**

Reach the turquoise jewel of Dolpo

Explore Ringmo village

Trekking time: 5-6 hours

### **Day 13: Rest Day at Phoksundo Lake**

Visit Tshowa Gompa (a 900-year-old Bon monastery)

Enjoy the lake and the surrounding landscapes

### **Day 14: Trek to Shyanta (2,520m)**

Descend through forests and waterfalls

Trekking time: 6-7 hours

### **Day 15: Trek to Juphal**

Final trekking day through terraced hills and fields

Trekking time: 5 hours

### **Day 16: Fly to Nepalgunj, then to Kathmandu**

Return to city life

Farewell dinner

### **Day 17: Free Day in Kathmandu**

Optional sightseeing or shopping

## Day 18: Departure Day

Transfer to the airport for your onward journey



Camping at shore of the Shey Phoksundo Lake

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### ▣ Highlights

- Trek inside **Shey Phoksundo National Park**
  - Visit **Phoksundo Lake**, the deepest lake in Nepal
  - Experience **Tibetan-influenced culture** and **Bonpo monasteries**
  - Cross two **high-altitude passes**: Numa La and Baga La
  - Witness remote mountain life untouched by modernity
  - Suitable for **monsoon trekking**, thanks to the rain shadow
  - Rich **flora and fauna**, including chances to see blue sheep and Himalayan griffons
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### ▣ Trek Facts

**Duration:** 18 Days (13 Days Trekking)

**Max Elevation:** Numa La Pass (5,190m)

**Difficulty:** Moderate to Challenging

**Accommodation:** camping (limited)

**Permits Required:**

**Restricted Area Permit (RAP)**

**Shey Phoksundo National Park Permit**

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## □ **Package Includes**

- All airport transfers
- Domestic flights (Kathmandu-Nepalgunj-Juphal)
- Trekking permits and park fees
- Experienced trekking guide and porters
- Accommodation during trek (teahouse/camping)
- 3 meals per day during trekking
- First aid kit and emergency support
- Sleeping bags and duffel bags are provided

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## □ **Not Included**

- International airfare
- Travel insurance (mandatory)
- Personal expenses and tips
- Extra hotel nights in Kathmandu
- Meals in cities (except welcome/farewell dinners)