



Lower Dolpo

Trip Facts

Difficulty Difficult to Strenuous	Max Altitude 5,115m/16,781ft	Accommodation Standard Hotels (Kathmandu & Nepalgunj) & basic Local Teahouses and fully serviced wilderness camping	Meals
Activity Trekking	Best Season Monsoon (Jun -Sept)due to rain-shadow traits & Spring (Mar–May)	Start / End Point Domestic flight from Kathmandu to Nepalgunj, followed by a mountain connection flight to Juphal.	Duration 14-15 Days

Trip Overview

The **Lower Dolpo Trek** is a premier off-the-beaten-path wilderness circuit that takes you deep into the isolated canyons of mid-western Nepal. Located entirely within the protected boundaries of **Shey Phoksundo National Park**, this **strenuous-grade journey** avoids the extreme technical demands of the far-northern Tibetan border while delivering raw Himalayan scale, ancient culture, and complete isolation from mass tourism. This forbidden landscape requires a specialized **Restricted Area Permit (RAP)** and a **minimum of two travelers** plus a licensed guide, making solo trekking strictly illegal.

Spanning **14 to 18 days** and covering a rugged loop of roughly **150 to 170 km (93–105 miles)**, the trail follows the thundering waters of the Bheri and Tarap rivers through narrow, emerald-green gorges. As you ascend, the terrain transitions from lush pine forests into a stark, windswept landscape that resembles the arid Tibetan plateau. To complete the circuit loop, trekkers must conquer two challenging mountain passes over 5,000 meters back-to-back: **Numa La Pass (5,115m / 16,781ft)** and **Baga La Pass (5,070m / 16,633ft)**. These demanding alpine crossings reward your endurance with boundless, staggering views across the Dhaulagiri range.

The absolute crown jewel of the route is the hypnotic, crystal-clear turquoise waters of **Phoksundo Lake (3,611m)**. Ringed by vertical rock cliffs and traditional stone villages like Ringmo, this deep-blue alpine water basin contains no aquatic life, allowing it to act as a flawless mirror for the surrounding peaks. As you wind through the scenic valley of Dho Tarap—one of the highest human settlements on Earth—you gain rare access to the global heartland of the ancient **Bon-Po religion**, a spiritual tradition that pre-dates Tibetan Buddhism. The wild cliffs also serve as a critical habitat for rare wildlife, including the endangered **Snow Leopard** and herds of Blue Sheep.

Because it sits in a rain-shadow zone, Lower Dolpo is one of the few circuits in Nepal ideal for **summer and monsoon trekking (June to September)**, remaining dry when the rest of the country experiences heavy rains. Supported by a mix of basic local teahouses and fully serviced camping setups, **Himal Trek Nepal** completely



manages your experience. We secure your specialized government RAPs, coordinate your complex internal flights to the Juphal airstrip via Nepalgunj, handle full camping kitchen logistics, and pair your group with elite, licensed local guides equipped with advanced high-altitude rescue tools.

Trip Itinerary

Day 01 - Arrival in Kathmandu & Transfer to Hotel

Difficulty	Max altitude 1,400m/4,593ft	Accommodation Premium Boutique Hotel in Thamel	Meals Dinner
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Day 02 - Flight from Kathmandu to Nepalgunj

Difficulty	Max altitude 1,400m/4,593ft	Accommodation City Hotel in Nepalgunj	Meals
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Day 03 - Flight from Nepalgunj to Juphal & Trek to Dunai

Difficulty 35-minute flight 3 to 4 hours hike	Max altitude 2,475m/8,120ft	Accommodation	Meals
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Day 04 - Trek from Dunai to Tarakot

Difficulty 5 to 6 hours hiking	Max altitude 2,540m/8,333ft	Accommodation	Meals
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Day 05 - Trek from Tarakot to Laini Odar

Difficulty 6 to 7 hours hiking	Max altitude 3,370m/11,056ft	Accommodation	Meals
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Day 06 - Trek from Laini Odar to Nawarpani (Chhyugar)

Difficulty 5 to 6 hours hiking	Max altitude 3,475m/11,401ft	Accommodation	Meals
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Day 07 - Trek from Nawarpani to Dho Tarap

Difficulty 6 to 7 hours	Max altitude 3,945m/12,943ft	Accommodation	Meals
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Day 08 - Rest & Acclimatization Day in Dho Tarap



Difficulty	Max altitude 3,945m/12,943ft	Accommodation	Meals
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Day 09 - Trek from Dho Tarap to Numa La Base Camp (Danigar)

Difficulty	Max altitude 4,440m/14,567ft	Accommodation	Meals
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Day 10 - Cross Numa La Pass & Descend to Pelung Tang

Difficulty 6 to 8 hours hiking	Max altitude 5,115m/16,781ft	Accommodation	Meals
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Day 11 - Cross Baga La Pass & Trek to Ringmo Village (Phoksundo Lake)

Difficulty 7 to 9 hours hiking	Max altitude 5,070m/16,634ft	Accommodation	Meals
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Day 12 - Exploration & Rest Day at Phoksundo Lake

Difficulty	Max altitude 3,611m/11,847ft	Accommodation	Meals
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Day 13 - Trek from Ringmo down to Shyanta

Difficulty 5 to 6 hours hiking	Max altitude 3,611m/11,847ft	Accommodation	Meals
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Day 14 - Trek from Shyanta to Juphal & Fly to Nepalgunj to Kathmandu

Difficulty 9 km / 5.5 miles hike	Max altitude 2,520m/8,268ft	Accommodation	Meals
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Day 15 - Final International Departure

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Cost Includes & Excludes

Includes:

- 2 nights accommodations during Kathmandu stay in twin sharing basis.
- 1 night accommodation during Nepalgunj stay in twin sharing basis.
- All Domestic Airfare: Round-trip flights from Kathmandu to Nepalgunj, and the connecting mountain flights from Nepalgunj to Juphal Airstrip (including airport departure taxes).
- Required Permits & Fees: 1. Restricted Area Permit (RAP) in Dolpo. 2. Sheyphoksundo Park Permit. 3. TIMS (Trekking Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges for 11 nights.



- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the teahouse menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.
- Expedition Crew: A dedicated team of professional camp cooks, kitchen assistants, and fairly compensated local porters to transport main luggage.
- All Government Taxes

Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single supplementary fee
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 5,500 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- 5. Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly \$5 to \$10 USD for a set amount of data. 4. Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items or trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening.