

Lower Dolpo Trek

The remote and isolated, yet the most beautiful and adventurous, trekking in Lower Dolpo region follows the hidden trail used by the locals within the Phoksundo National Park – the largest national park of Nepal. People here still follow the ancient pre-Buddhist religion of Tibet: Bon Po. Other sects of Tibetan Buddhism is also followed significantly here and the region is remotely unique and thus the lifestyle

The **Lower Dolpo trek** begins with adventurous flight to the mountainous airstrip of Juphal from Nepalgunj where you can reach from Kathmandu by one hour flight or quite long and tedious bus drive.

The fascination of this trip lies in different forms: natural and cultural diversity; adventure cross over the high passes; and the view pristine Lake Shey Phoksundo. **Phoksundo Lake via Chepka** – tiny Bon Po settlements – is rejuvenating in which you camp in the bank of lake with pristine view of the lake and fresh environment.

The villages and settlements in the region have unique architectural designs such as in Ringmo. Hovering on a hill, Tarakot village resembles actual Tibetan Buddhist settlement. Another place namely Dho Tarap is comparatively big village – a scenic place to explore. While crossing the high Himalayan passes at Numa La and Baga La Pass you can sneak the stunning views of the Himalayan peaks including the Dhaulagiri – the sixth highest peak in the world – and the arid landscape like of Tibet.

Mountain Delights Treks and Expedition operates this trip with full service arrangements includes safety measures, camping gears, and food provisions and all logistics.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1,300 m/4265ft):

Arrival in Kathmandu. Meet with our friendly representative at the arrival terminal of only International airport. And, then you will be transferred to your hotel.

You check-in at your Hotel and then after short rest you can go to explore market area of Thamel – where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears – if you need to do.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

You start the day with delicious breakfast served at your Hotel. The sightseeing involves tour of two religious and cultural sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: It is one of the most celebrated Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually significant for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday and thousands of pilgrims gather in the night to celebrate the day.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu in the ancient trade route between India-Nepal and Tibet. The site is peaceful and culturally filled with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Fly from Kathmandu to Nepalgunj (150 m/ 450 ft) / 56 min. flight:

You start your trek with a flight to Nepalgunj – the town located in the Nepal-India border in southern plain. You are transferred to the domestic airport two hours prior upon your flight schedule and take a scenic flight to western Nepal. In the later afternoon/evening you can stroll around and see the local market. **Overnight at the hotel.**

Day 04: Fly Nepalgunj to Jhupal (Dolpa 2,320 m/ 7611ft) and trek to Dunai (2,850 m/ 9350 ft)/ 45 min. flight and 3 hrs walk:

Early in the morning, you are taken to the airport from the Hotel for the adventurous flight in the Nepal Himalayas. The flight from Nepalgunj to Jhupal of Dolpo is of some forty-five minutes and offers the magnificent views of the mountain peaks from Annapurna and Dhaulagiri range.

Once you land at the airport, you will meet with crew members waiting for you. Give them some time to fix the luggage, get required food supply, arrange other logistics, and be ready for your lifetime experience.

The journey begins from here to the mountain region through the rain shadow area. You walk above the Bheri River gradually through the easy trail for today. Continue the trek to the district center in Dunai. **Overnight at tented camp.**

Day 05: Trek Dunai to Tarakot (2,543 m/ 8343 ft)/ 5 hrs walk:

Today is not that long day to walk. You start after breakfast cooked by our staff crew and then embark on a walk. First, you walk along the beautiful Bheri River and Barbung River gorge. Little bit upwards, the trail goes through the pine woods and reaches to the open terraced field. Tarakot lies in a bit distance from here, which is surrounded by the Dzongs (fort) – the headquarters of the princely states prior to the Gorkha King's conquest. The Sandul monastery at the stream junction is antique and ancient. Trading caravans have a huge flow continuously throughout the way. We set a camp in an open space on a spur. **Overnight at tented camp.**

Day 06: Trek Tarakot to Khani Gaon (2,543 m/ 8343 ft)/ 4 hrs walk:

Departing from your camp after breakfast and walk along the Bheri River gorge you catch up the line of the Tarap Chu stream by crossing the bridge. The route is fantastic with the pleasing views of terraced farmland and isolated villages. Reaching Kola, you head further along the stream. Reach Khani Gaon and set up the camp. The walk today is also comparatively short and pleasant. **Overnight at tented camp.**

Day 07: Trek Khani Gaon to Tarap Khola (3,450 m/ 11318 ft)/ 5 hrs walk:

As soon as you begin to walk after breakfast, you go for steeper slope along the narrow gorge along the fast flowing river. You come across with some tiny settlements hidden in the deeper gorges and behind the mountains. You pass beautiful pasturelands which are used in the winter season. You may walk through some broken wooden bridges on the way by the monsoon floods. Finally you arrive the camp at Tarap Khola. **Overnight at tented camp.**

Day 08: Trek Tarap Khola to Yak Kharka (3,800 m/ 12467 ft)/ 5 hrs walk:

We walk along the stream following the path outlined by the stream. It is uphill trek to start with. Yet the scenic landscapes worth climbing uphill. You will be energized due to the beauty of surroundings and keep your pace up. As usual our crew fetch suitable location for a lunch during the day. Arrive Yak Kharka where our crew set up camp for the night stay to you. **Overnight at tented camp.**

Day 09: Trek Yak Kharka to Dho Tarap (4,090 m/ 13418 ft)/ 6 hrs walk:

You are slowly reaching to more isolated region of the Doplo region. Passing through the confluence of Tarap Chu and Lang stream, the trail leads us through the narrow pathway leaving tall trees behind to the bushy plants. Dry inner Himalayan part is more picturesque and mind-blowing now onwards. Walking further you can see the stone-walled village at Dho. The architecture of the village is unique and striking. They are highly influenced by Tibetan Buddhism. We reach there after a short walk. **Overnight at tented camp.**

Day 10: Rest and acclimatization day:

As you are now reaching height of 4000 m plus height, acclimatization to new environment and oxygen level is essential. Thus today is for the acclimatization day.

Today, we organize a wonderful hike around the Dho Tarap valley and arrest the stunning view and landscape in your memory/camera as you wish.

The residents of this valley wear homespun garments and wear religious sorts of dress as far as possible and practicable. Nyigmapa sect and Bon PO sect faith are widely practiced in the village. You can explore around the Monastery of the village, and back to camp for the hot tea. **Overnight at tented camp.**

Day 11: Trek Dho Tarap to Tokyu Gaun (4,200 m/ 13780 ft)/ 6 hrs walk:

After spending a noteworthy two nights in Dho Tarap you ascend towards the Tarap valley on the upper part. Following the rocky trail near the River, we then continue through comparatively flat trail. The greeneries on the riverside create different sense and pour with positive energy. You continue along the Tarap Chu stream. The beautiful Tarap valley is also dotted by beautiful fertile lands in which residents grow barley, buckwheat, potatoes, and other higher Himalayan crops. The tranquil setting of the village is fantastic with the colorful monasteries. With a gentle

climb you reach to the Tokyu village inhabited by the Chiba communities. **Overnight at tented camp.**

Day 12: Trek Tokyu Gaun to Numala base (4,665 m/ 15305 ft)/ 4 hrs walk:

It is not that long day to walk. But due to high altitude and shortage of oxygen in the air, your pace slow down significantly. The trail is dotted with rocks and steep landscape. Befriending with the tough situation we perch the camp for your night stay at Numa La base. **Overnight at tented camp.**

Day 13: Cross Numa La (5,309 m/ 17417 ft), and camp at Pelung Tang (4,465 m/ 14648 ft)/ 6 hrs walk:

This is one of the most difficult days of the trip at Lower Dolpo. Numa La pass lies at an altitude higher than 5000 m thus the trail is technical through the steep climb at the top ridge of the hill. .

The walk is jaw-dropping with the pointing rocks prevailed in the trail. The views of the downhill, gorges, barren and dry landscape and the vicinity strike you. Mt. Dhaulagiri (8,163 m/26781 ft) peak lies in front of you. Then, with very careful descent in the loose scree and boulders you arrive at Pelung Tang, where our crew pitches the camp for your stay. **Overnight at tented camp.**

Day 14: Cross Baga La (5,070 m/ 16633 ft) and camp at Dajok Tang (4,080 m/ 13385 ft)/ 6 hrs walk:

It is another technical day of the Dolpo trek. Right after breakfast we head forward to accomplish our adventure mission. The beginning trail is steep uphill to the top ridge of the hill at Baga La (5,070 m/ 16633 ft). It is a good viewpoint of beautiful Kanjirowa peak and its surroundings. The trail is steep downhill to deal with after the pass which is still challenging. Finally, you arrive at the campsite at Dajok Tang. **Overnight at tented camp.**

Day 15: Trek Dajok Tang to Ringmo (3,600 m/ 11811 ft)/ 4 hrs walk:

Today is gently easier day after the long and challenging day of the pass. You arrive in the greener vegetation now and walk through the pine forest and then through the grazing meadows. You descend gradually from the alpine terrain and climate to lower mid-hill landscape. The vegetation changes gradually with colorful plants and you reach today's destination at Ringmo. **Overnight at tented camp.**

Day 16: Rest day at Ringmo, hike to the Phoksundo Lake:

Today you explore the Phoksundo Lake - an alpine fresh water lake located in the Phoksundo National park with a size of 494 ha (1.91 sq mi) – surrounded by the settlements who follow the Tibetan Buddhism sect. A wide and large platform on the face of the Lake is also used for the

camping ground. You can see the Yak caravans heading to their destinations carrying various goods in their back. Visiting the monasteries and discovering the hidden social practices enchant you. The hike offers special and pleasing scenarios. Then descend to Ringmo. **Overnight at tented camp.**

Day 17: Trek Ringmo to Shyangta (2,520 m/ 8267 ft)/ 6 hrs walk:

Today you start to walk down to Shyangta after breakfast. As you reach to Chekpa after some downhill then the trail passes through rocky trail. Passing the barren hills and tiny Bon PO settlements you reach to a picturesque place called Shyangta for overnight stay. **Overnight at tented camp.**

Day 18: Trek Shyangta to Jhupal/ 5 hrs walk:

Following the sloppy trail, you begin the trek from Shyangta after breakfast. Crossing the Sulighat you leave a tree line behind and reach the top. The scenic town of Jhupal can be seen from here at lower slope. This is a pretty rough trail earlier but the motor road has made it easier now to walk down. Reaching Jhupal, you have time to take rest, walk around if you want, and wait for the adventurous flight for the next day to return to modern city life. **Overnight at tented camp.**

Day 19: Fly to Kathmandu via Nepalgunj / 45 min plus 1 hr flight:

We leave the Dolpo region today with a scenic flight from Jhupal to Nepalgunj. The long-isolated foothill journey ends here with memories for your entire life. From Nepalgunj, we catch next flight to Kathmandu.

In Kathmandu, we transfer you to your hotel and you have leisure time in the evening. Enjoy the city life, enjoy the meal in the restaurant and enjoy rest of the day in leisure. **Overnight at the hotel.**

Day 20: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 21: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your wonderful trip in the majestic Himalayan region ends here.

Cost Includes:

- ✓ Airport pick up & Drop off with representative.
- ✓ Nepal's 3-star level hotel accommodation with breakfast in Kathmandu.
- ✓ English speaking licensed and experienced Trekking Guide and porter to carry your luggage and other camping equipments/cooking utensils. (If you are in a group with more than 5 trekkers then assistance guide will be provided)
- ✓ Guide, cook, Kitchen staff, Sherpa, porters and other necessary staffs.
- ✓ All Camping Gear (Two men tents, dining tent, kitchen tent, toilet tent, down jacket, sleeping bag, matrices, torch light, water bottle etc)
- ✓ Hot & Cold drinks (Tea, coffee, hot milk, hot chocolate & Juice).
- ✓ All meals in the trekking (Breakfast, Lunch & Dinner.)
- ✓ Accommodation in the tea house lodges and Tented Camps as available/required
- ✓ All ground transportation and Flight tickets as required
- ✓ TIMS (Trekking Information Management System)
- ✓ Shey Phoksundo National Park entry Permit.
- ✓ Lower Dolpo special entry permit
- ✓ All food, drinks, Lodge, salary, Insurance, Medical, Equipment, land transport etc for trekking staff.
- ✓ Down jacket, Down Sleeping bag, and Duffel bag.
- ✓ Sightseeing with guide, transport and entry permits in Kathmandu.
- ✓ All taxes and Services charge.

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- International airfare
- Travel Insurance
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

1. Four seasons Sleeping bag (Optional/we can provide one if you need it but is to be returned after the trek)
2. Duffel or Rucksack bag & suitcase (Optional/we can provide one if you need it but is to be returned after the trek)
3. Daypack
4. Down Jacket (Optional/we can provide if you need one but is to be returned after the trek)

Upper Body - Head / Ears / Eyes

1. Shade hat or baseball cap - some people drape a bandana down the back of their head and then put a baseball cap on to hold it in place. This can be a flexible alternative while keeping the sun off your ears and neck.
2. Warm wool or synthetic hat that cover your ears.
3. Balaclava - lightweight, thinner variety.
4. Glacier glasses-
5. Headlamp
6. Some people like ear-muffs; These are optional; a good hat, balaclava, and hooded jacket should really be sufficient, but this is a personal choice for some people (optional).
7. A neck warmer is another piece of gear for extra warmth if you feel you will need it (optional).

Hand

1. A pair liner gloves, thin wool or synthetic, useful alone on mild days or as a layer inside other gloves / mitts for additional warmth.
2. One pair warm gloves
3. Instant hand warmers are always nice in a pinch, but really shouldn't be necessary on the trek. Bringing appropriate hand protection as recommended above, should be sufficient (optional).

Core Body

1. T-shirts (2).
2. Light and expedition weight thermal tops.
3. Fleece jacket or pullover.
4. Fleece Wind-Stopper jacket (optional).
5. Waterproof (preferably breathable fabric) shell jacket.
6. 2 women sports bras, Synthetic, no cotton!
7. Long shirts(2)

Lower Body – Legs

1. Two pairs nylon hiking shorts - Quick drying type, not cotton!
2. Underwear, stay away from cotton (4).
3. Two pairs lightweight long underwear - capilene or other synthetic.
4. One pair soft shell pants - synthetic, full zip from top and bottom preferable.
5. Two pairs trekking pants, preferably that zip on/off at the knees so they double as shorts.
6. One pair hard shell pants. Waterproof / breathable, Gore-Tex or equivalent is best. Should zip from the top and bottom - this makes it easier to put on over boots without getting undressed should the weather change once you are underway for the day.
7. One pair cotton pants (loose jeans/khakis).
8. All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.

Feet

1. Two-four pairs of liner socks, synthetic or capilene.
2. Two-three pairs heavy weight socks to be worn over liner socks.
3. One pair light weight socks, a good option for the lower / warmer parts of the trail.
4. One pair light to medium weight water proof hiking/trekking boots. Ensure a good fit with layered socks and you have worn them before to get used to it (otherwise you will get lots of blister).
5. One pair light trekking shoes or sneakers. Good for around the camp/lodges and in Kathmandu.
6. One pair sandals (Optional).

Medicines and First Aid Kits

(Please note our guide will also carry the first aid kit bag during the trek. However we still recommend you to bring your personal first aid kit as well)

1. Extra Strength Excedrin for altitude related headaches.
2. Ibuprofen for general aches and pains.
3. Immodium or Pepto bismol capsules for upset stomach or diarrhea.

4. Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness. Please discuss with us before starting to take this medicine.
5. One small personal sized first-aid kit with blister treatments such as mole skin, band-aids, some waterproof tape, anti-infection ointments, etc. Your guides will have more extensive medical gear, but you should have the basics for general use.

Miscellaneous

1. Passport and extra passport photos (4 copies).
2. Airline ticket (Please make a copy and leave on at our office in KTM just in case if you need to change the date of your).
3. Durable wallet / pouch for travel documents, money & passport.
4. Lip balm. At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoids you from having to stop and look for it.
5. Sunscreen. SPF 40 is recommended and should be relatively new since it loses its' effectiveness over time.
6. Pocket knife or small Swiss Army type.
7. Water purification Iodine tablets or Polar-pure crystals.
8. Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.
9. Two bandanas.

Optional

1. One pair adjustable trekking poles. Although these are listed as optional, these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc, especially when going downhill
2. Favorite snack foods
3. Paperback books, cards, mp3 player (there are a couple of stops where you could recharge. Avoid players with moving hardware as it may not function. Remember, keep these items light weight
4. Binoculars
5. One light weight point & shoot camera or 1 large SLR. Digital cameras are ok, but you must keep the batteries warm when not in use
6. Hydration bladder with drinking tube and tube insulator
7. A pee bottle for men and pee funnel for woman, some swear by them to avoid that chilly late night trip
8. One small stainless steel thermos

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.