



## **Lower Dolpo Trek (19 Days)**

**Trip Code:** GN/WT-298

**Starting From:** \$0

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### **Itinerary**

#### **Day 1 : Arrival at the Tribhuvan International Airport (TIA), Kathmandu**

Upon your arrival at the international airport in Kathmandu, our representatives and team members will welcome you. You will then be taken to the hotel and our representatives will provide brief overview about the travel itinerary. Overnight stay at the hotel.

#### **Day 2 : Trek preparation, sightseeing in Kathmandu**

Upon arrival at the Kathmandu, you will be preparing for the trek while enjoying sightseeing around Kathmandu Valley. Several monuments, UNESCO enlisted sites including the Basantapur Durbar Square, Pashupatinath Temple, and other temples and Stupas are the places you will visit on the second day. Overnight stay at a hotel.

#### **Day 3 : Fly to Nepalgunj and sightseeing**

On the third day you will be take a flight to Nepalgunj from Kathmandu. Nepalgunj is a vibrant city located in the Mid-Western Region of Nepal. The flight duration is around 60 minutes and in that time you will reach the lowlands of Terai from the Capital. Nepalgunj is nearby the border Indian states of Rupediya and also Baharaich. The rest of the day you will sightsee around the local bazaar using horse cart which might come as a wonderful moment for the foreigners. Bageshowri Temple in Nepalgunj is quite popular and a visit to the Hindu temple in the evening will be a good thing to do the evening. Overnight stay at a hotel.

#### **Day 4 : Fly to Jhupal (2320m) from Nepalgunj**

A 35-minute flight from Nepalgunj Airport takes you to Jhupal on the fourth day. The flight is awesome as the aircraft flies over the mountain ridges, the beautiful valleys and the majestic-looking mountains. Jhupal Airport is a small airstrip amidst the mountains and the hills. You will also get a first-hand experience of the geographical diversity of Nepal as in an hour or so you will reach a small village amidst the mountains from a hot city of Tarai. From Jhupal, you will walk for a few hours until you reach Dunai, the headquarters of Dolpa district. Overnight stay at a guesthouse.

#### **Day 5 : Trek to Tarakot (2543m) 4hrs**

On the fifth day, we start our trek from Dunai to Tarakot after having breakfast in the morning. The trail follows along the Thuli Bheri River and amazing landscape of the Dolpo region which by now starts to show its colour. Mostly the people inhabiting in Dolpo region are the ones from Tibetan descent and the Sherpas. The landscape might get rough and rocky at some places. Road service has not yet reached the Dolpa region and Dolpa happens to be one of the most remote areas of Nepal. Guesthouses are sparse and hence we have to carry camping materials if the situation demands. Overnight stay at a guesthouse/tented camp.

#### **Day 6 : Trek to Laini (3160m) 5hrs**

From Tarakot, the trail attains altitude gradually. On our way, we come across many local villages and Buddhist monasteries. We also cross several suspension bridges over the Thuli Bheri River. There are several Tent-hotels along the way and we can stop by and fill up our stock of snacks when needed. Tent-hotels also serve food and drinks to the travelers. Items like biscuits, noodles and other consumable items can be bought from such shops. Overnight stay at a tented camp.

#### **Day 7 : Trek to Nawarpani (3545 m) 4hrs**

The next morning we take tea and breakfast at the camp itself and resume our journey to the Dolpo region. We reach Nawarpani after about four hours of adventurous trek from Laini. It is a comfortable trek as the trail sometimes passes through pine forests, and yet at other times through fir trees. Tent-hotels are available along the way to Nawarpani. Overnight stay at Nawarpani in a tented camp.

**Day 8 : Trek to Tarap (4090 m) 5hrs**

From Nawarpani, the landscape suddenly seems to have changed as we now approach a small settlement area in between the huge mountains. A big Buddhist monastery is present in Tarap and almost all of the people in Tarap are inclined on Buddhism or they are the descendents of Tibetans. Traditionally, the women of this region wear dark dresses with colorful aprons weaved from yak wool. The women also wear bracelets made from big shells as part of Tibetan tradition. Taking with the local people also helps the foreigners to learn about the traditional Sherpa and Tibetan culture. Overnight stay at a tented camp.

**Day 9 : Rest day at Tarap**

The next day of the itinerary, we will be taking rest at Tarap for acclimatization purpose, getting used to the conditions and the increasing altitude. You can travel around the village in Tarap while conversing with the local villagers. Overnight stay at a tented camp.

**Day 10 : Trek to Numa La Base Camp (4440m) 5hrs**

After spending a day at Tarap, we resume our trek the next day. While on the way we also happen to cross the 'Crystal Mountain School' which is educating children from the nearby region. It is funded by a French NGO. A further one hour trek from the School takes us to the Numa La Base Camp situated at the altitude of 4440 meters. There is a Buddhist monastery in Numa La Base Camp and we will be staying in a temporary camp on day 10 at Numa La Base Camp.

**Day 11 : Cross Numa-La Base Camp (5190m) 6hrs**

A tough day's trek awaits us on the eleventh day of the trek as we cross Numa La Base Camp. It is better to start early so that we can cross the Pass before weather deteriorates in the afternoon. Morning time is generally favorable to cross the Pass as it is easier and safer. Besides, we also have more chances to peek at the mountains for later in the day they might be covered by clouds.

It's a long and strenuous climb and hence you are advised to go slow and steady

breathing as much air as possible. On a clear day, it is possible to view Dhaulagiri, Annapurna, Manaslu and Kanjirowa (6883 m) mountains from the Pass. Overnight stay at a tented camp.

### **Day 12 : Cross Baga-La Pass (5070 m)**

The next day, we cross another Pass and hence another tough but a beautiful day lies ahead of you. Again, an early beginning is advisable. A good 2 hours of trekking after leaving the camp takes us to a High Camp which is close to the Baga La Pass. From then on, the Baga La Pass is quite close and an hour's trek takes us to the Baga La Pass which also offers uncluttered views of mountains like Kanjirowa and others. Overnight stay at a tented camp.

### **Day 13 : Trek to Ringmo (3600m)**

Trek from Baga La Pass to Ringmo is quite long, but the trail is easier and we down climb now from an altitude of 5000 meters. We walk past Yak Kharka and Maduwa Khola and the path is beautifully carved out from the rocks. Then we cross a thick Pine forest and while on the way we also see several nice waterfalls. Ringmo is a nice little place where we will be camping for the night.

### **Day 14 : Rest day and trek to Shey Phoksundo Lake**

From Ringmo, we trek until Shey Phoksundo Lake, the deepest lake in Nepal. Shey Phoksundo is quite popular for its exotic location and for the pristine natural beauty it commands. The tiredness from the trip disappears once you behold the bewitching beauty of the grand lake. Upon enjoying the great view of the magnificent lake, we stay overnight at a tented camp.

### **Day 15 : Trek to Shyanta**

We will mostly be descending on day 15 as we go further downhill. The destination for today is the village in Shyanta and we spend the night there in a tented camp.



### **Day 16 : Trek to Jhupal**

We trek further down to Jhupal from where the entire trek started almost two weeks ago. For the rest of the day we will stay at a guesthouse in Jhupal while preparing for the flight to Nepalgunj next day.

### **Day 17 : Fly to Nepalgunj and then to Kathmandu**

Early in the morning, we will fly to Nepalgunj from Jhupal. After reaching Nepalgunj, later in the day, we will fly back to Kathmandu. Overnight stay at a hotel in Kathmandu.

### **Day 18 : Shopping in Kathmandu**

This will be a leisure day in Kathmandu but there can be no leisure time in a city like Kathmandu. You can stroll around the region of Thamel in Kathmandu and buy souvenir for you loved ones back home. Overnight stay at a hotel.

### **Day 19 : Departure to TIA "Farewell!"**

On the 19th day of the tour package, you will return to your country via the international Airport in Kathmandu ending the 19-day-long Lower Dolpo Trek.