

# Dolpo Trek

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## Dolpo Trek

URL: <https://ascendhikes.com/package/dolpo-trek-14-18-days-itinerary-permit/>

### Destination

Nepal

### Activity

Trekking

### Start / End Point

Kathmandu / Kathmandu

### Duration

16

### Region

Restricted Areas Treks

### Max. Altitude

5310m

### Nature Of Trek

Camping Trek

### Best Season

Summer, Spring and Autumn

### Activity Per Day

4-8 hours

### Per Person From

USD 2,699

### Group Size

2 - 14

### Challenging

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s

### Tent trekking

Camping trek

### BLD

Breakfast, Lunch and Dinner

# Low Dolpo Trek - A beautiful hidden valley Trek Nepal.

Lower part of Dolpo is one of the last untouched trekking trails offering Himalayan beauty and ancient Tibetan culture. A beautiful deepest lake Phoksundo, rich Tibetan culture, over 5000 passes Numa-la and Baga-la, with dramatic landscapes and old monasteries make Dolpo trek unbelievable and memorable. Dolpo trails take you through Yak caravans, old traditional villages, wonderful valleys where you fixed your tent camping are the unforgettable memories in lifetime.

## Short Itinerary for Lower Dolpo trek

Day - 01: Arrival in Kathmandu and transfer to hotel.

Day - 02: Fly to Nepalgunj and transfer to hotel.

Day - 03: Fly to Juphal and (2140 meters).

Day - 04: Trek to Tarakot (2537 meters).

Day - 05: Trek to Laina Odhar (3370 meters).

Day - 06: Trek to Nawarpani (3475 meters).

Day - 07: Trek to Dho Tarap (3944 meters).

Day - 08: Trek to Numala base camp (4440 meters).

Day - 09: Trek to Bagala Base Camp (4631 meters).

Day - 10: Trek to Yak Kharka (3982 meters).

Day - 11: Trek to Phoksundo Lake (3733 meters).

Day - 12: Rest and Explore day.

Day - 13: Trek to Chhepka (2838 meters).

Day - 14: Trek to Juphal (2475 meters).

Day - 15: Fly to Nepalgunj and Another flight to Kathmandu.

Day - 16: Final departure from Kathmandu international airport.

## Detailed Itinerary of Dolpo Trek

The **Dolpo Trek** is one of the most remote and mystical trekking adventures routes, taking you deep into the hidden valleys of the Dolpo region. It's famous for ancient Tibetan culture, high mountain passes, and the stunning turquoise waters of Shey Phoksundo Lake inside Shey Phoksundo National Park.

There are different Dolpo routes (Lower Dolpo, Upper Dolpo, or combined). Below is a **classic 16-day**

## **lower Dolpo Trek itinerary,**

### **Day 01: Arrival in Kathmandu and transfer to hotel**

When arrive at Kathmandu international airport, our team will pick up you and transfer to hotel where we or you booked.

#### **Highlight of the day:**

Kathmandu valley and the Himalayan ranges from airplane.

Hotel in Thamel and explore shops surrounding.

First experience in Kathmandu and Thamel discover.

Wonderful evening to walk in Thamel Bazar.

#### **Trek Duration**

12-13km

#### **Highest Altitude:**

1300m

#### **Meals:**

Lunch and Dinner separate, and Breakfast included

#### **Place:**

Kathmandu

#### **Accommodation:**

Star Level Hotel in Thamel, Kathmandu

### **Day 02: Fly to Nepalgunj and Transfer to Hotel**

The day start adventure journey to west part of Nepal Dolpo region. First step from Kathmandu flight to Nepalgunj about 1 hour. Nepalgunj is very hot place so, take a late afternoon flight and stay overnight in Nepalgunj.

#### **Highlights of the day:**

Domestic flight to Nepalgunj is one of the different experience and low altitude city Nepalgunj exploring.

#### **Highest Altitude:**

150m

#### **Flight Hours:**

55mins

#### **Accommodation:**

BB plan hotel with AC

### **Day 03: Fly to Jhupal and**

Early in the morning flight operate from Nepalgunj to Jhupal. So be sure that your flight is early in the morning. About 30 minutes flight to Jhupal your trek start continue to Dunai.

#### **Highlights of the day:**

Small aircraft flying, Juphal airport, Dunai bazar and nice Thuli Bheri river valley.

**Note:**

keep drinking water with you, during the trails very less water source to refill.

**Trek Distance:**

11-12km

**Trek Duration**

4-5 hours

**Highest Altitude:**

2140m

## Day 04: Trek to Tarakot

Start the trekking after the breakfast. Today easy to moderate trails about 6-7 hours walking to the destination.

**Highlights of the day:**

Riverside trails with cliff, beautiful Magar and Tarali village with their traditional.

**Note:**

Keep drinking water until lunch place, always use boiled water for your healthy tips.

**Trek Distance:**

16km

**Trek Duration**

6-7hours

**Highest Altitude:**

2537m

**Accommodation:**

Tent with warm Sleeping Bag

## Day 05: Trek to Laina Odhar

As usual start your trek after the breakfast and start another adventures to the deep gorges trails to Laina Odhar camp-site.

**Highlights of the Day:**

Suspension bridges, Deep Gorges valley and Landscapes.

**Trek Distance:**

15-16 Km

**Trek Duration**

6-7 hours

**Highest Altitude:**

3370m

**Meals:**

Breakfast , Lunch and Dinner

**Accommodation:**

Tent

## Day 06: Trek to Nawarpani

Today is gradually ascent high cliff and downhill. Deep gorges takes you to the camp site in Nawarpani.

**Highlights of the day:** Deep River Gorge and High Cliff and good for the Acclimatization

**Trek Distance:**

11km

**Trek Duration**

5 hours

**Highest Altitude:**

3475m

**Meals:**

Breakfast, Lunch and Dinner

**Accommodation:**

Tent, Camping

## Day 07: Trek to Dho Tarap

Today is long and little harder day then last couple of days, so start your trek earlier. Today you are entering a wide valley and more nice views.

**Highlights of the day:**

Different from deep gorge to wide Tarap valley, Bonpo and Buddhist influences and beautiful Dho village with old monastery.

**Note:**

Start your trek early in the morning, keep drinking water, walk slowly to acclimatize.

**Trek Distance:**

15-16km

**Trek Duration**

6-7 hours

**Highest Altitude:**

3944m

**Meals:**

Breakfast / Lunch / Dinner

**Accommodation:**

Tent in Campsite

## Day 08: Trek to Numala Base Camp

Today is high valley Trails take you to the numa-la Base camp. Easy trail but in the high altitude make it challenging.

**Highlights of the day:**

Passing beautiful wide valley, alpine yak pastures, possibility to capture Blue -ships, passing through beautiful village.

**Travel tip:**

High altitude, so walk slowly and drink a lot to avoid altitude-sickness.

**Trek Distance:**

10km

**Trek Duration**

5-6 hours

**Highest Altitude:**

4400m

**Meals:**

Breakfast, Lunch, Dinner

**Accommodation:**

Tent in Campsite

## **Day 09: Trek to Bagala Base Camp**

Today is the key highlight of the Lower part of the Dolpo trek, it is challenging to cross over 5310m Numa-la. Wonderful views of snow-cover mountains make you forget what you make challenging to get in the top of Numa-la.

**Highlights of the day:**

Walking on dark, highest altitude of the trek Numa-la 5310m, key highlight of the low Dolpo trek and wonderful Dhaulagiri and Api, Saipal Himalayan ranges.

**Note:**

Take enough drinking water, keep some chocolate bar or snacks for extra energy. It is challenging but wonderful views, walk slowly.

**Trek Distance:**

13-14km

**Trek Duration**

7-8 hours

**Highest Altitude:**

4560m

**Meals:**

Breakfast/ Pack lunch and / Dinner

**Accommodation:**

Tent in Camp Site

## **Day 10: Trek to Yak Kharka**

A day another adventure and challenging to get Yak Kharka over Baga-la 5170m. start early in the morning for nice view and avoid wind on the top of Baga-la.

**Highlights of the day:**

Views from Baga-la top 5170m, dramatic alpine valleys, Yak pastures, high Himalayan ranges are the main highlights of the day.

**Note:**

Start another adventure early in the morning, keep enough water, keep some energy dry food and walk

slowly.

**Trek Distance:**

11-12km

**Trek Duration**

6-7 hours

**Highest Altitude:**

3982m

**Meals:**

Breakfast / Pack Lunch and / Dinner

**Accommodation:**

Tent in Camp site

**Day 11: Trek to Phoksundo Lake**

Easy trails to Ringmo village, stay overnight near Phoksundo Lake, just front of your tent.

**Highlights of the day:**

Beautiful alpine scenery, deepest lake Phoksundo, Ringmo village are the main highlight of the day

**Trek Distance:**

11km

**Trek Duration**

5-6 hours

**Highest Altitude:**

3733m

**Meals:**

Breakfast/ Lunch/ Dinner with tea coffee

**Accommodation:**

Tent in camp dite

**Day 12: Rest and Explore day.**

Today is easy day. After all and challenging day, relaxing day exploring the Ringmo village and Nepal's deepest lake Phoksundo.

**Highlights of the day:** Exploring Phoksundo lake, Monastery, and Ringmo village are the main highlights of the day.

**Meals:**

Breakfast/ Lunch and / Dinner

**Accommodation:**

Tent in Camp site

**Day 13: Trek to Chhepka**

Start trek descent to the valley through river gorge. All-most way down to the Chhekpa. Stay overnight here.

**Highlights of the day:** last views of Phoksundo lake and wonderful waterfall, beautiful forest trail and clean water river.

**Trek Distance:**

16km

**Trek Duration**

6-7 hours

**Highest Altitude:**

2838m

**Meals:**

Breakfast / Lunch / Dinner

**Accommodation:**

Tent camping

## Day 14: Trek to Jhupal

Today is quit long distance trek, so start early in the morning and last day of the trek, after dinner celebrate last day after complete your Dolpo trekking. Next day you are flying to Nepalganj and Kathmandu.

**Highlights of the day:** Beautiful valleys, Sulighat river views.

**Trek Distance:**

20km

**Trek Duration**

6-7 hours

**Highest Altitude:**

2475m

**Meals:**

Breakfast, Pack Lunch, Dinner

**Accommodation:**

Tent Camping

## Day 15: Fly to Nepalgunj and another flight to Kathmandu

Catch a early in the morning flight to Nepalganj and after that take another flight to Kathmandu. After that all free explore day in Kathmandu.

**Highest Altitude:**

150m

**Flight Hours:**

30 + 60 minutes

**Accommodation:**

BB Plan hotel in Kathmandu

## **Day 16: Final Departure**

After all complete your trek to low Dolpo, our team will manage you to drop Trivuvan international airport for your journey back home.

We hope you are leaving Nepal with beautiful memories of mountains, our hospitality and Nepalese cultures. Namaste and we wish you a safe Travels, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas.

## **Cost Includes for Dolpo trek**

1. **All the Airport Transfer are Included.**
2. **All the accommodation and meal (3 times a day with one main course) during the trek.**
3. **2 Nights Hotel in Kathmandu and 1 night hotel in Nepalganj with BB plan.**
4. **All the official expenses and paperwork, Permits and necessities documents.**
5. **The flight to Nepalganj from Kathmandu and Nepalganj to Kathmandu.**
6. **Flight from Nepalganj to Juphal and Juphal to Nepalganj.**
7. **Government license holder Ascend Hikes Experience English speaking Guide.**
8. **A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.**
9. **All the Government Taxes.**
10. **Bar Bills, like cold drinks.**
11. **All the Insurance of Guide and Porters.**
12. **Farwell dinner in Kathmandu.**
13. **This is the services are including from Ascend Hikes in the package. Please check complete before action, so we will don't misunderstand after all. Thank you!**

## **Cost Excludes of Dolpo trek**

**What is not included in this Dolpo Valley Trek?**

1. **Travel Insurance and Entry visa fees.**
2. **International Flight tickets.**
3. **All trekking gear and other expenses.**
4. **Bar and Beverages bills.**
5. **Food before and after Trekking.**
6. **Excess Baggage charge.**
7. **Personal expenses: Wi-Fi, Battery charge etc....**
8. **Staff tips**
9. **All other things are excluded which is not in the list of Include.**

# Group Discounts Available

| No. of Persons | Price per Person |
|----------------|------------------|
| 2 - 2          | USD 3,599        |
| 3 - 3          | USD 2,999        |
| 4 - 4          | USD 2,699        |
| 5 - 5          | USD 2,598        |
| 6+             | USD 2,550        |

## Trip Information

### Equipment List

Here are the must necessities equipment recommended to pack for the trekking to Dolpo trek.

#### Travel Documents to carry.

1. Valid Passport (in case some place you need it).
2. Debit/Credit Cards (For your own safety).
3. PP Size Photo (2 Pieces) (need for the permits).
4. Insurance paper and contact address (need for the rescues).
5. Family members / company's contact address.

#### Medical/First Aid.

Small First Aid Kit - Include first aid medicines, Bandage, Ibuprofen, Blister tape, personal medications, etc.

Medications and prescriptions - Bring antibiotics (Azithromycin, etc.) painkiller tablets, and altitude medicine such as Diamox.

#### Head wear.

1. Sun Cap: to protect sun burn during the day trip.
2. Warm Hat: need for the high altitude to avoid cold.
3. Neck Gaiter (Scarf): protect your neck to keep warm.
4. Head lamps: remote area, most needed.

#### Footwear,

1. Normal Socks (2-3 Pairs)
2. Warm Socks (2-3 Pairs)
3. Trekking Shoes: comfortable to hikes/ Trekking.
4. Sports Shoes: for the evening.

#### Eye care.

1. Sunglasses: important to protect your eye.
2. Eye drop: better to have one sometimes need it.

**Hand Wear.**

- 1.Thin Fleece glove a pair: keep your hand warm.
- 2.Wind Stopper glove a pair: useful for Poon hill hike.
- 3.Walking Stick: it helps a lot on the trekking while walking ups and down.

**Bag Packs,**

- 1.Day Bag Maximum 35L for during the day hike.
2. Duffle Bag 40 L -60 L waterproof would be better.

**Toilet and daily used things.**

- 1.Hand sanitizer: to clean your hand.
- 2.Toilet Paper and Wet Tissue, it needed.
3. Toothbrush: it is daily used things.
4. Soap and Shampoos: you need every day in the mountain.
5. Towel: important to have one.

**Budy Weare.**

Thermal Top Base Layer (2-3 pieces).

- 2.Fleece Jacket (2 Piece).
- 3.Gore Tex/ windproof Jacket (1 Piece).
- 4.Warm Jacket (1-2 Piece).
- 5.Insulated Down Jacket (1 Piece).
- 6.Cotton T-Shirt (2-4 Pieces).
- 7.T-shirt - Sport- quick dry and breathable (2/4 Pieces).

**Lower part of Body wear.**

- 1.Thermal Layer (2 Pieces)
- 2.Fleece Trouser (2 pieces)
3. Light Trekking Pant (2-3 pieces)
4. Quick dry Trekking Pants (2-3 Pairs)
- 5.Half pants (1-2 Piece)
6. Under Wear (2-3 pieces)

**Miscellaneous.**

- 1.Pocket Knife (Swiss): travelling knife is must important.
- 2.Umbrella / Raincoat: if it is rain would be useful.
3. Nail Cutter: in the mountain most useful.
- 4.Altimeter Watch: to discover altitude.
- 5.Power Bank: in the remote area, must needed,
- 6.Camera: your future memories.
- 7.Water Drinking bottle.
- 8.Sleeping Bags

## **Additional Information**

# Weather information in lower Dolpo Trek

According to our experience in the Dolpo region trek, seasonally the weather like as.

## Spring (March -May) in Dolpo trek

The spring is one of the best for trekking season in lower Dolpo trek. The temperature in the daytime 12 – 22° C and at the night time 0 -5°centigrade, which is ideal temperature to trek in Dolpo. Discovering traditional culture and panoramic mountains views from the top of Numa-la and Baga-la. Different kinds of Bird watching. Photography experience, with beautiful landscapes with panoramic views at stable clear blue sky.

## Summer season (June - August) in Dolpo trek

Summertime is best for harvesting and planting season. It is best for agriculture activities. You can join to planting rice and Millet. Lush green landscape and nice waterfalls are the amazing. Discovering Ropai festival. Normally this season is best to experience of agriculture.

**Temperature:** During the daytime temperature is 18 – 25°C, in the morning and evening time 12 – 18 °C and,

During the nighttime drop down 8 – 14°C.

If you are looking for trek in this season, you have to well- preparation against rain, muddy and the land sliding. Benefits are less crowd and different experience of green environment.

## Autumn (September - November) in Dolpo trek

Autumn season is another one of the best seasons for trekking to lower part of Dolpo. Normally this season is clear blue skies and stable weather.

1. **The temperature is during the day 14°C - 22°C.**
2. **Morning and the Evening is 4°C - 10°C and**
3. **Night time the temperature is 0°C - 6°C.**

If you are planning for lower part of Dolpo trek in this autumn season, then it is an ideal choice, offering a beautiful views and suitable weather. We highly recommend this trip in autumn.

## Why autumn is the best season for lower Dolpo trek?

1. **Usually stable clear weather, which is the best time for trek and flight.**
2. **Comfortable temperatures for trekking during the daytime.**
3. **Beautiful views of Dhaulagiri, Api Himal and Saipal Himalayan ranges from the top of Numa-la 5310m and Baga-la 5170m.**
4. **Wonderful landscape and traditional experiences.**

## Winter season (December - February) in Dolpo trek

The winter season is normally chilly cold in the mountains. Mostly clear weather but frizzling cold make challenging to trek. All the paths are frozen. If you are looking in winter for Dolpo trek, you need to well-prepared and experience staff to complete this trek.

1. **The temperature: During the daytime 8°C to 15°C.**
2. **In the morning and evening is -2°C to -5°C .**
3. **At the nighttime drop down -5°C to -15°C.**

So, if you are considering such a temperature, not many snows and willing to chill out there are no objection to make this trek success with panoramic clear weather.

## **Dolpo Trek duration and possibility**

### **What is the trekking duration and time for Lower Dolpo trek?**

For the Lower Dolpo trek, the time duration is possibility to do like this for your comfort and the possibility.

### **Drive to reach trekking sport:**

1. **Kathmandu to Nepalganj Flight about an hour.**
2. **Nepalganj to Juphal flight about 30 minutes.**
3. **Juphal to Nepalganj flight 30 minutes and,**
4. **Nepalganj to Kathmandu flight an hour.**
5. **Start trek from Juphal to Juphal 12**

So, altogether 16-17 Days you need to complete this lower Dolpo trek.

### **Is possible to start trekking continue to Upper Dolpo?**

Ascend Hikes always flexible according to the trekkers comfortable and possibilities, so there is no objection to start upper Dolpo trek from lower part of Dolpo. For Upper Dolpo trek need another Permit to explore upper part. If you want to continue, then the itinerary should be 27 days altogether:

### **When you once in Dolpo region, the permits are validity for another trek too?**

Dolpo region is the restricted area trek, there are only in exactly date you have to exit from the check point, or you have to make another additional permit to explore another destination, same in the Upper part of the Dolpo and Lower part of the Dolpo trek separated and different permits too.

## **Extra activities in Dolpo Trek**

Hiking in Phoksundo lake and Monastery.

Nepalganj experience.

Dunai bazar exploring.

Some seasonal local cultural experience is the extra activities on this trek.

### **Mountain ranges in Dolpo Trek**

Which mountains can see from the lower part of Dolpo trek?

We can see panoramic mountains from the lower Dolpo trek, such as:

- **Dhaulagiri (8167 meters) and ranges.**
- **Kanjirowa Himal (6884 meters) and ranges.**
- **Puta Himchuli / Dhaulagiri VII and ranges**
- **Churen Himal (7375 meters) and ranges.**
- **Local unnamed peaks and mountains.**
- **These are the main mountains are seen from the trails.**

## **Flora and fauna in lower Dolpo trek**

The Lower Dolpo trekking is a wide variety of flora and fauna, including pine, oak, fir, juniper and rhododendron woods as well as high-altitude species such as blue sheep, Himalayan thar, musk deer, barking deer, rabbits and Himalayan birds, making it an adventure journey with both natural and cultural significance.

### **Message from the company:**

Ascend Hikes Pvt. Ltd. has been developing unique trips for our amazing clientele to guarantee safe travel to lower Dolpo trek. Our typical itinerary for Lower part of Dolpo trek, includes a porter and an experienced guide who will introduce you to the rich local Tibetan and Bonpo culture of the area while offering you advice and support. Due to our many years of experience in the Dolpo region, we are aware of the best locations for local services, activities, and overnight stays. Therefore, get in touch with us if you're thinking about visiting the Dolpo region trek, and we'll help you arrange an amazing trip in [Nepal Himalaya](#).

## **Address**

**Ascend Hikes PVt Ltd.**

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