Lower Dolpo Trek

Duration: 18 Days | Location: Dolpo Region, Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Dolpo Region, Nepal

Duration: 18 Days

Difficulty: 7/10

Trip Style: Lower Dolpo Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 5,190 m

Group: Min-2, Max 20

Summary

lower-dolpo-trek.Lower Dolpo Trek is one of the treasure and the remote trekkig in Nepal.natural amazing gift including Shy Phoksundo.18 Days 17 Night.

Overview

Trip Introduction

Lower Dolpo Trek is one of the treasure and the remote trekkig in Nepal. Lower Dolpo is one of the exciting and challenging trek in the western hills of Nepal. This Dolpo is rich in natural amazing gift including Shy Phoksundo and also boasts of the pre-Buddhism Bon Po culture. The trek gives you different real adventure trekking on an off beaten path,composed of steep sloppy hills.

18 days trek starts from flying to Juphal which takes 25-mins from Kathmandu. Juphal is the starting point for the trek ot Lower Dolpo Trek. Upper Dolpo Trek and Dolpo Shy Phoksondu Trek other trekking routes in Dolpo region. The people of this region are simple and warm hearted with enthralling culture and traditions. Cultural and traditional of this area are similar with Tibetan. Trekking in the Dolpo region gives you a chance to explore the High and isolated lands. The major highlight of this trek is Shey-Phoksundo National Park which is the largest National Park of Nepal.

Shy Phoksondu is the another major highlights of the trek . You will not find aqua animals in this lake and it is clear like crystal. Numala Pass (5115 m) and Bagala Pass (5100 m) are challenging passes and from this area we can view the mountains like Dhaulagiri range, Nilgiri and many more. Annapurna Circuit Trek

Day by day itinerary

Trip Itinerary

Day 01: Arriving in Kathmandu (1350m).

Day 02: Lower Dolpo Restricted area trekking permit preparation and briefing of Trek.

Day 03: Kathmandu – Nepalganj.

Day 04: Nepalgunj – Jhupal.

Day 05: Dunai – Tarakot.

Day 06: Tarakot – Laina Udar.

Day 07: Laina Udar – Sim Udar.

Day 08: Sim Udar – Dhotrap.

Day 09: Rest day.

Day 10: Dhotrap – Numala Base Camp.

Day 11: Numala Base Camp – Danayghar.

Day 12: Danayghar – Yak Kharka.

Day 13: Yak Kharka – Shey-Phoksundo.

Day 14: Rest day.

Day 15: Shey-Phoksundo – Rechi.

Day 16: Rechi – Kagani.

Day 17: Kagani – Jhupal.

Day 18: Jhupal – Nepalgunj.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Airport pickups and drops in a private vehicle

3-star hotel accommodation in Kathmandu with breakfast

Teahouse accommodation during the trek and Camping.

All meals (breakfast, lunch and dinner) during the trek

All ground transportation on a comfortable private vehicle as per the itinerary

Domestic flights (Kathmandu- Nepalgunj -Jhupal round trip)

An experienced, English-speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)

Porter service (2 trekkers: 1 porter)

Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation

All necessary paperwork and trekking permits (National Park Permit, TIMS)

Medical kit (carried by your trek leader)

All government and local taxes

Exclusions

Nepalese visa fee

Excess baggage charge(s)

Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary

Lunch and evening meals in Kathmandu

International flights

Travel and rescue insurance

Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bot

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 18 Days.

Group Size: Min-2, Max 20.

Trekking Region: Dolpo.

Trip Type Name: Lower Dolpo Trek.

Highest Altitude of the trek: 5,190 m.

Highest Point: Lower Dolpo Trek (5,190 m)

Grade: Difficult.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Lower Dolpo Trek is one of the treasure and the remote trekkig in Nepal. Lower Dolpo is one of the exciting and challenging trek in the western hills of Nepal. This Dolpo is rich in natural amazing gift including Shy Phoksundo and also boasts of the pre-Buddhism Bon Po culture. The trek gives you different real adventure trekking on an off beaten path,composed of steep sloppy hills.

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Departure

Departure

Review

Trip gallery

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