

Lower Dolpo Trek

Standard Itinerary

Lower Dolpo Trek

Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan.

Day 02: Permit Preparation

Permit Procedure and sightseeing in Kathmandu afternoon fly from Kathmandu to Nepalgunj hours. Overnight at hotel on BB plan

Day 03: Juphal

Flight to Juphal 25 minutes and trek to Dunai 2150m 3 hours. Overnight at hotel on BB plan.

Day 04: Dunai

Trek from Dunai to Tarakot 2543m 6 hours. Overnight at the lodge.

Day 05: Tarakot

Trek from Tarakot to Laini Odar 3160m 7 hours. Overnight at tent.

Day 06: Laini Odar

Trek from Laini Odar to Nawarpani 3545m 5 hours.

Day 07: Dho Tarap

Trek from Nawarpani to Dho Tarap 4090m 7 hours walk. Overnight at tent.

Day 08: Acclimatization

Rest day for acclimatization and exploration around the place.

Day 09: Numala Phedi

Trek to Numala Phedi 4870m 5/6 hours. Overnight at tent

Day 10: Bagala Phedi

Trek Bagala Phedi 4400m via Namala Pass 5100m 6/7 hours. Overnight at tent.

Day 11: Bagala Base Camp

Trek to Bagala Base Camp 3982m via Bagala Pass 55214m 7 hours. Overnight at tent.

Day 12: Phoksundo Lake

Trek from Bagala Base Camp to Ringmo (Phoksundo Lake) 3510m 8/9 hours. Overnight at tent.

Day 13: Phoksundo Lake

Exploring Shey Phoksundo Lake, visit several monasteries and Bon-po religious sites inside the park overnight at the lodge.

Day 14: Chhepka

Trek from Phoksundo Lake to Chhepka 2720m 5/6 hours overnight in lodge.

Day 15: Juphal

Trek from Chhepka to Juphal 2475m 5/6 hours overnight at lodge.

Day 16: Kathmandu

Fly from Juphal to Nepalgunj for 30 minutes and then afternoon fly back to Kathmandu for 1 hour. Evening farewell dinner in a typical Nepali restaurant with cultural dance program. Overnight at hotel on BB plan.

Day 17: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

Includes

- 6 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- 1 Night Hotel in Nepalgunj diner and breakfast plan.
- Half day Sightseeing UNESCO world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide.
- Domestic flight from Kathmandu to Nepalgunj/Juphal/Nepalgunj/Kathmandu.
- Staff transportation Kathmandu /Juphal /Kathmandu.
- Twin-sharing accommodation during the trek (according to programs Tent/Tea house/lodge).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porters during the trek.
- All Government local tax Shey Phoksundo National Park entry permit and TIMS card)
- Dolpo restricted area permits.
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staff's medical insurance during the trek.

Excludes

- Lunch and dinner in Kathmandu.
- Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
- Emergency rescue and travel Insurance (most required factor in high altitude trek).
- Trip cancellation cost, loss, damage, and personal effects.
- Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
- Tips and gratuities for the staff.
- Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.