

Trip Name : Lower Dolpo Trek

Starting Point	Fly in KTM/KEP-Juphal
Ending Point	Fly out Juphal-KEP/KTM
Type	Fully Camping Trek
Grade	Medium-Hard
Duration	16 Days
Daily Walk	5-7 hours
People in Group	Minimum 2 and Maximum 12
Best Time	April to June and September to November
Max. Elevation	5190 mt.

Trip Highlights:

- The spectacular view of the Phoksundo Lake
- The challenging Numa la and Baga la pass
- Observation of the remoteness of Nepal
- Various species of flora and fauna
- Panoramic views of Snowy peaks
- Ancient and isolated villages
- Buddhist monasteries
- Enthralling culture and tradition

Trip Details:

Dolpo or Dolpa remains as an isolated corner in the far north-west Trans-Himalayan region of Nepal having a great biodiversity and cultural richness. Lower Dolpo trek with the Phoksundo Blue Lake is perhaps one of the most popular treks in western Nepal. Dolpo is one of the most remote districts in Nepal with the fascinating villages, scenery and peace that offers opportunities to visit ancient villages, high passes, beautiful lake, isolated Buddhist monasteries and also to experience the vast range of wildlife inhabiting the region including Blue sheep, Mountain Goat, Jackal, Wolf and the legendary Snow Leopard. Dolpa is still a land of mystery and also known as "Ba Yul" or the 'hidden valley'. The Dolpo region has been opened to foreign trekkers since mid-1989. Shey-Phoksundo Lake is one of the main highlights of Dolpo region which is situated in the Shey-Phoksundo National Park, the largest National Park in Nepal which covers an area of 3,555 sq.km. It was established in 1984 A.D. to preserve a unique Trans-Himalayan ecosystem with a diversity of flora and fauna. The Dolpo region is split between two very distinctive areas as Lower Dolpo and Upper Dolpo. Special Permits are required to enter both sections. Trekking in the lower Dolpo region takes us to the popular Ringmo village and further to Phoksundo Lake (3,600m/11,811ft) through the Dho Tarap village (4,050m/13,288ft), a region inhabited by people practicing polyandry and pre-Buddhist religion called "Bon Po" and two high passes of Numa La (5,190m/17,028ft) and Baga La (4,470m/14,666ft). Phoksundo Lake is also known as the Blue Lake and contains no aquatic life. Phoksundo Lake is famous for its magnificent turquoise color and ranks it with the most scenic mountain parks in the world. The air strip at Juphal allows access connecting a flight between Nepalgunj and Juphal.

Weather in Dolpa region:

Trekking in Dolpa region is the best in late spring (April to June) and autumn (Sept to Nov). The days are sunny and warm but the nights are cold and can fall to freezing in higher elevations. The only issue is cold and might be a problem due to ice/snow blockade over the high passes. The high passes are closed in winter

and early spring.

High Altitude Warning:

Altitude sickness is a serious concern in the Lower Dolpo trek that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Lower Dolpo trekking as medium-hard trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Lower Dolpo trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Lower Dolpo special trekking permit
- Shey-Phoksundo National Park permit
- A City Hotel in Nepalgunj for one night
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Nepalgunj (KEP)-Juphal-Nepalgunj (KEP)-Kathmandu and ground transfers
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation

- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class –1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly from Kathmandu to Nepalgunj, overnight at a hotel.

Day 02 : Fly Nepalgunj to Dolpo (Juphal) and trek to Dunai (2,150m/7,054ft).

Day 03 : Trek Dunai to Sahartara (2,730m/8,957ft).

Day 04 : Trek Sahartara to Lahini (3,370m/11,056ft).

Day 05 : Trek Lahini to Nauri Odar (3,800m/12,467ft).

Day 06 : Trek Nauri Odar to Dho Tarap (4,050m/13,288ft).

Day 07 : Rest day at Dho Tarap for acclimatization.

Day 08 : Trek Dho Tarap to Numa la Base Camp (4,450m/14,600ft).

Day 09 : Trek Numa la BC to Baga la Phedi (4,470m/14,666ft) crossing over Numa la pass (5,190m/17,028ft).

Day 10 : Trek Baga la Phedi to Yak Kharka (3,860m/12,664ft) crossing over Baga la pass (5,090m/16,700ft).

Day 11 : Trek Yak Kharka to Ringmogaon (3,600m/11,811ft).

Day 12 : Rest day at Ringmogaon for excursion trek to Phoksundo Lake (3,600m/11,811ft).

Day 13 : Trek Ringmogaon to Rechi (2,940m/9,646ft).

Day 14 : Trek Rechi to Raktang (2,260m/7,415ft).

Day 15 : Trek Raktang to Juphal (2,400m/7,874ft).

Day 16 : Fly Juphal to Kathmandu via Nepalgunj.