

Lower Dolpo Trekking

<https://www.nectravels.com/package/lower-dolpo-trekking/>

Lower Dolpo Treks is for real adventurers wishing for an off the beaten path experience. This remote region in western Nepal has been open to foreigners since 1990. This trek passes through Shey-Phoksundo National Park with spectacular mountain sceneries, Buddhist monasteries and yak caravans. Our trek takes us through a wooded area then loads through rugged canyons in the barren plateau near the border with Tibet.

After your arrival in Nepal we will make a historical and cultural tour of Kathmandu valley. We will obtain a special permit for the lower Dola trekking. Then we take our flight to Jhupal via Nepalgunj. Experience the high altitude tundra and rocks and the microclimate of Lower Dolpo and Phoksumdo with the cold air of the glaciers of Kanjiroba.

Itinerary

Day 01: Arrival in Kathmandu (1340 m)

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Day 02: Sightseeing in Kathmandu/ Trek preparation

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Day 03: Fly to Nepalgunj (150 m) 45 mins

Fly to Nepalgunj (150 m), 45 mins. Overnight in Nepalgunj

Day 04: Fly to Jhupal (2475 m) and Trek to Dunai (2140 m), 4 hrs

Fly to Jhuphal (2475 m) and Trek to Dunai (2140 m), 4 hrs

Day 05: Trek Dunai to Shar Tara (2730 m), 7 hrs

Dunai to Shar Tara (2730 m), 7 hrs

Day 06: Trek Shahar Tara to Laina Odar (3370 m), 8 hrs

Shahar Tara to Laina Odar (3370 m), 8 hrs

Day 07: Trek Laina order to Toltol (3523 m), 7 hrs

Laina order to Toltol (3523 m), 7 hrs

Day 08: Trek Toltol to Dhotarap (3945 m), 5 hrs

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Day 09: Trek Rest day, Explore Bon Monasteries, Visit local village

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Day 10: Trek Dho Tarap to Namu-La Base Camp (4440 m)

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Day 11: Trek Namu-La Base Camp to Namu-La (5310 m) and to Danigar (Banga La Base Camp, 4512 m), 9 hrs

Namu-La Base Camp to Namu-La (5310 m) and to Danigar (Banga La Base Camp, 4512 m), 9 hrs

Day 12: Trek Danighar to Baga-la (5170 m) and to Yak-Kharka (3860 m), 7 hrs

Danighar to Baga-la (5170 m) and to Yak-Kharka (3860 m), 7 hrs

Day 13: Trek Yak Kharka to Ringmo (Phoksundo Lake), (3641 m), 4 hrs

Yak Kharka to Ringmo (Phoksundo Lake), (3641 m), 4 hrs

Day 14: Trek Ringmo to Chhepka (2838 m), 7 hrs

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Day 15: Chhepka to Jhuphal, 5 hrs

Chhepka to Jhuphal, 5 hrs

Day 16: Morning flight to Nepalgunj and afternoon flight to Kathmandu

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Day 17: Departure to onward destination

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