

## Overview

Lower Dolpo Circuit Trek is sum of exceptional trekking experience in the remote western region of Nepal. The 18-day trek starts with a stunning flight to Jhupal via Nepalgunj and begins our trek through remote locations admiring the beautiful rain shadow landscape of the Himalayas, reflected in the colorful barren slopes of the mountains where the play of light and shadow is a perpetual fascinating spectacle. Thanks to Eric Valli, a French geographical photographer working for National Geographic, the Dolpo region of Nepal has been shown in all its integrity and full mystical experience. Furthermore, this is also one of the few areas where the pre-Buddhist Bon Po religion is still practiced. While on the trek, we get to muse at the yak caravans that maintain the traditional salt trade with Tibet. We also cross two high passes- Numa La and Baga La-and reflect on life amidst the tranquil waters of Phoksundo Lake.

## Highlights

- Lower Dolpo Circuit Trek Highlights
- EXplore less travelled an isolated area in Lower Dolpo.
- Thrilling high altitude pass of Numala and Bagala Pass both above 5000 meter
- Rejoice pristine Shey Phoksundo Lake alongside with an entry to the National Park
- Discover centuries old Bon-Buddhist practices in different monasteries
- Wonderful trekking experience in the desert-like rain shadow area of the Dolpo region
- Witness the enticing views of Yak Caravan and got to walk on the ancient salt trade route
- Feel enticed by the sight of diverse flora and fauna of the region

## Outline Itinerary

**Day 01 : Welcome to Kathmandu**

**Day 02 : Kathmandu; the city temples**

**Day 03 : Board to Nepalgunj from Kathmandu**

**Day 04 : Fly to Jhupal (7,610ft) and trek to Dunai (9,348ft)**

**Day 05 : Trekking to Tarakot (8,700ft)**

**Day 06 : Trekking to Laini (10,365 ft)**

**Day 07 : Trekking to Nawarpani (11,627 ft)**

**Day 08 : Trekking to Dho Tarap (13450ft)**

**Day 09 : Acclimatization day in Dho Village**

**Day 10 : Trekking to Numa La Base Camp (14,500 ft)**

**Day 11 : Trek to Pelung Tang (14,645 ft) via Numa La pass (17,025ft)**

**Day 12 : Trekking to Dajok Tang (13,382ft) via Baga La pass (16,630ft)**

**Day 13 : Trekking to Ringmo (11,808ft)**

**Day 14 : Rest day in Ringmo. Excursion to Phoksundo Lake**

**Day 15 : Trekking to Shyanta (8265 ft)**

**Day 16 : Trekking to Juphal**

**Day 17 : Fly to Nepalgunj – Kathmandu**

**Day 18 : Spare day**

### **Cost Includes**

- 4 Nights deluxe room in Samsra Resort in Kathmandu on double occupancy basis.
- 1 Night deluxe room in Hotel Starlight or similar in Nepalgunj
- Meals: 17 Breakfasts, 15 Lunches, 14 Dinners during the trip.
- Camping gear and home stay accommodation during the trek
- A registered friendly local guide for Lower Dolpo Trek.
- Kathmandu – Nepalgunj – Juphal flight and airport taxes.
- Juphal – Nepalgunj – Kathmandu flight and airport taxes.
- Dolpo Trekking permit, Shey Phoksundo national park entrance ticket.
- Guide and porters fee with all their expenses.
- Taxes all paper works charges.

### **Cost Excludes**

- Meals in Kathmandu except breakfast in hotel Samsara Resort.
- Guided sightseeing and monuments entrance fees in Kathmandu
- Alcoholic drinks, beverages such as coke, fanta, mineral water
- Nepal visa, International flight, Toiletries and laundry service,
- Personal travel insurance, rescue operation charge in case of emergency.
- Tips and gratitude for guide and porters.