



## **Lower Dolpo Trek Itinerary**

### **Day 1: Arrival at Kathmandu. Stay overnight at hotel.**

You will be heartily welcomed by our office, staff. Then you will transfer to the hotel. Our team will give a brief explanation of the program.

### **Day 2: Full day sightseeing tour at Kathmandu valley and trek preparation. Stay overnight at Kathmandu.**

After breakfast, we will move to Pashupati temple, which is one of the main temples of lord shiva. The main pagoda style temple has a roof, which all sides are covered in Silver, and exquisite wood carvings. Temples dedicated to several other Hindu and Buddhist deities surround the temple of Pashupati. We will move to Bouddhanath stupa, which is one of the oldest and largest stupas in South Asia. Then, we take a drive about 20 minutes Kathmandu e Kathmandu Darbar Square, where we observe the living god "Kumari." It is also known Hanuman Dhoka Durbar square and then, we will move to Swayambhunath temple. Swayambhunath Stupa, where Swayambhu means "Self-Created." The name comes from an external self-existence flame over which a stupa was later built. Back hotel for overnight based on bed and breakfast.

### **Day 3: Fly from Kathmandu to Nepalgunj and transfer to hotel.**

From Kathmandu, we will take a flight to Nepaljung, which will give you a mesmerizing view of Himalayans and beautiful scenery. Our staff will receive you from the airport and transfer you to the hotel. Stay overnight in the hotel.

### **Day 4: Fly from Nepalgunj to Jhupal. 2-3 hours trek to Dunai (Dolpo). Stay overnight at the camp.**

After breakfast, we fly from Nepalgunj to Julpu for 35 minutes. After landing in Nepalgunj Airport, to will catch a Twin Otter, which is the dominant mode of transportation from Nepalgunj airport to Jupal and Jupal to Nepalgunj. At the airport, we will do the packing of equipment and start a hiking program through a Bheri river, which leads us to the beautiful and large village Dunai

### **Day 5: Trek to Tarakot. 5-6 hours walk. Stay overnight at camp.**

Today we trek to Tarakot following the upstream trail that banks Bheri River. We trek along the leveled path filled with beautiful landscapes in the background to reach Tarakot. We also come across deep gorges, hanging bridges, and isolated villages as we climb over the hill. As we continue to trek further, we are greeted with dry stones and cultivating colorful terraced field of Tarakot, which is an old fortress town located on a hillock to the south of Bheri River. Overnight at tented camp in Tarakot.

### **Day 6: Trek from Tarakot to Laina Odar 3375m, 4-5 hours**

We follow the trail on the southern bank of Bheri River that leads us to the open valley. We then head east alongside the Bharbung Khola to reach Laisicap and cross the main river. We now follow the flow of Tarap Khola and head north to Khanigaon which offers the wonderful view of Sandul Gompa across the valley. Relishing the view of Putha Hiunchuli (7246) and Churen Himal Range, we make a final ascend on the steep trail to reach Laina Odar. Overnight at tented camp in Laina Odar.

### **Day 7: Trek from Laina Odar to Toltol 3523m, 6-7 hours**

Today the trail follows through the deep gorge of Tarap River, ascending high above on a trail made out from steep slopes. The trail becomes relatively open and easy as we move further. We continue our trek on wooden planks and flat stones that brings us to Chhyugar. We then cross a small stream and a couple hours of the trek from there brings us to Toltol, which is a winter settlement for the people of Upper Dolpo. Overnight at tented camp in Toltol.

### **Day 8: Trek from Toltol to Dho Tarap 3950m, 6-7 hours**

Moving alongside the bank of Tarap River, we gradually ascend towards Kamattarka, which is the junction of Tarap Chu and Lang Khola. Crossing a narrow gorge, we leave the tree line and enter the forested path full of wild rose and juniper bushes to reach the village of Dho Tarap. Dho Tarap is a wonderful village surrounded by stone walls and used to be a famous trading point to the traders of Tibet and Mustang in the old days. Overnight at tented camp in Dho Tarap.

### **Day 9: Trek to Dho Tarap. 5-6 hours. Stay overnight at camp.**

To adjust with the thinning air, we take a day off from trekking and spend a day exploring Dho Tarap. We spend the rest of the day visiting the monasteries near the area and take an opportunity to learn and understand the local culture, their tradition, and lifestyle. The people of Dolpo wear homespun clothing and prefer Tibetan style somba (boots with upturned toes) for shoes. Most people here follow Bon-Po and Nyigmapa religion. Overnight at tented camp in Dho Tarap.

### **Day 10: Trek from Dho Tarap to Numa La Base Camp 4350m, 4-5 hours**

Today we head towards Numa La Base Camp, moving alongside Tarap Chu River and ascending uphill towards Tokyu, which is a traditional village with graceful Kani gait and old-fashioned houses. From there, we cross a bridge to Khanger and head northwest direction of the main trail. We then continue to trek through the rugged trail to reach Numa La Base Camp. Overnight at tented camp in Numa La Base Camp.

### **Day 11: Trek from Numa La Pass to Danighar 4510m via Numa La Pass 5310m, 6-7 hours**

Today we begin to trek towards Numa La Pass (5310m), which is going to be difficult. We ascend through steep trail up on top of endless ridges on the rugged and rough trail. Once we reach the top, we are rewarded with the extraordinary views of Mt. Dhaulagiri (8167m) and Churen Himal Range along with Norbung Kang (6085m). After spending some time, we descend alongside the Gyambo Khola followed by the beautiful meadow of Danighar. Overnight at tented camp in Danighar.

### **Day 12: Trek from Danighar to Temche/Yak Kharka 4000m via Baga La Pass 5170m, 5-6 hours**

Leaving behind Danighar, we head towards Temche via another pass, Baga La (5170m). We make a steep ascent along the shabby yak trail. As we move higher, we might require extra efforts due to rapid gain in

elevation. The top of the pass offers sacred Chortens with a majestic view of Norbung Kang (6085m) and other peaks along with the mesmerizing Phoksundo Lake. We then descend to a deep ravine and cross a frozen stream to reach Temche. Overnight at tented camp in Temche.

### **Day 13: Trek from Yak Kharka to Shey Phoksundo Lake 3600m, 4-5 hour**

We descend to Yak Kharka from Temche at first and then ascend to the village of Ringmo passing through the forested path full of lush vegetation of oaks, pines, junipers, and cypress. Accompanied by the amazing view of towering cliffs and a large waterfall, we make our way to Ringmo village, which is a famous Bon settlement in Dolpo region. A short walk from Ringmo leads us to the beautiful Phoksundo Lake. Overnight at tented camp in Shey Phoksundo Lake.s Numa La and Camp at Phedi. Stay overnight at camp.

### **Day 14: Trek to Chhepka. Stay overnight at camp.**

Today the trek to Chhepka starts with a gradual walk along the riverside, followed by a steep ascent to the top of the hill which offers the last view of the beautiful Phoksundo Lake. From there, we descend for a while and make our way to Chunuwar. The trail then goes through forest area of pines and birches towards Rechi. With a gradual uphill and downhill climb through the trail, we finally arrive in Chhepka. Overnight at tented camp in Chhepka.Chepka. Stay overnight at camp.

### **Day 15: Trek to Jhupal. Stay overnight at camp.**

Initially, the way is flat, but near to our destination, our path will steeper, which makes you remember of Day 1. Leaving Chhepka, we head towards Jupal passing through the village of Shyanta and Kageni. From Shyanta, we trek through a forested path that leads us to the check post of Shey Phoksundo National Park. We then cross the metal suspension bridge over Dhim Khola and make our way to Jupal, trekking along the narrow path and beautiful fields of barley and wheat. Overnight at tented camp.

### **Day 16: Fly from Jhupal to Nepalgunj and again then fly from Nepalgunj to Kathmandu**

We catch an early morning scenic flight to Nepalgunj from Jupal. Upon reaching Nepalgunj, we catch our next flight back to Kathmandu. We transfer you to the hotel in Kathmandu and give the rest of the day to yourself to relax and rest. Later in the evening, you can try out the local eateries in the capital city. Overnight at a 4-star hotel in Kathmandu.

### **Day 17: Rest day in Kathmandu. Stay overnight at hotel.**

Today you have your own time. You can visit any place where you want if you want to consult with us we will be there for your services. In the evening, we will have a great farewell dinner in a traditional Nepalese restaurant with varieties of cultural performances. Overnight at the hotel.

### **Day 18: Departure farewell.**

Today is your last day inland of Nepal. Our staff will drop you at the airport.

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