Lower Dolpo Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**18 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5300m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 3,450 per person**

Trip overview

The Lower Dolpo Trek is a remote and culturally rich Himalayan journey in western Nepal that offers an exceptional blend of natural beauty, Tibetan-influenced culture, and high-altitude landscapes. Less extreme than Upper Dolpo but equally rewarding, this trek is ideal for adventurous trekkers seeking isolation, authenticity, and dramatic scenery far from mainstream routes.

The trek is best known for its access to the stunning Shey Phoksundo Lake area and surrounding valleys, where turquoise waters contrast with rugged cliffs and ancient forests. Along the journey, trekkers may also enjoy distant views of Himalayan ranges including Dhaulagiri and other peaks of western Nepal.

This trek is perfect for experienced trekkers who want a remote wilderness experience combined with deep cultural exploration in one of Nepal’s least developed regions.

Geography and Landscape

The Lower Dolpo Trek is located in western Nepal within Shey Phoksundo National Park, the largest national park in Nepal. The journey typically begins with flights to Nepalgunj and Juphal, followed by trekking through deep river valleys and into high Himalayan terrain.

The landscape is extremely diverse, starting with green hills, pine forests, and terraced fields in lower elevations. As the trail ascends, it enters rugged cliffs, narrow gorges, and dry trans-Himalayan landscapes influenced by the Tibetan plateau.

One of the most iconic highlights is Phoksundo Lake (3,612 m), famous for its deep turquoise color and dramatic setting beneath steep cliffs. The lake is considered one of the most beautiful in Nepal and holds strong spiritual significance for local communities.

Beyond Phoksundo, the trail continues through remote valleys such as Tarakot, Dho Tarap, and Ringmo, where landscapes become increasingly arid and high-altitude. The region features ancient trade routes, high passes, and wide open valleys surrounded by snow-capped peaks.

The combination of forested valleys, alpine terrain, and high desert landscapes makes Lower Dolpo one of the most visually diverse trekking regions in Nepal.

Climate and Best Time to Trek

The best seasons for the Lower Dolpo Trek are spring (May–June) and autumn (September–October). These periods offer the most stable weather conditions and clear visibility in this remote Himalayan region.

Lower Dolpo lies in a rain-shadow zone, meaning it receives significantly less rainfall than other parts of Nepal during the monsoon season. However, access routes and lower valleys can still be affected by weather conditions.

Spring offers warmer temperatures, blooming vegetation in lower areas, and stable high passes. Autumn provides crisp air, clear skies, and excellent mountain visibility, making it the most popular trekking season.

Winter (November–April) is extremely cold and often inaccessible due to heavy snowfall at high passes. Summer is generally less predictable, though some lower sections remain accessible.

Overall, autumn is considered the safest and most comfortable season for trekking.

People and Culture

The Lower Dolpo region is home to a unique mix of Tibetan-influenced communities who maintain traditional lifestyles closely tied to nature and spirituality. The culture is strongly influenced by Tibetan Buddhism, with elements of the ancient Bon religion still practiced in some areas.

Villages such as Dho Tarap, Tarakot, and Ringmo showcase traditional stone houses, prayer flags, mani walls, and ancient monasteries. These settlements are remote and self-sufficient, relying on yak herding, barley farming, and trade across mountain passes.

Dho Tarap is one of the highest permanent human settlements in Nepal and serves as a cultural highlight of the trek, where trekkers can experience authentic Himalayan Buddhist traditions and warm local hospitality.

The combination of untouched wilderness, ancient culture, and dramatic landscapes makes the Lower Dolpo Trek one of the most rewarding and immersive trekking experiences in Nepal.

Highlights

- Cross the high passes of Numa La (5,309m) and Baga La (5,170m).
- Visit Dho Tarap, one of Nepal’s highest permanent settlements.
- Explore the stunning Phoksundo Lake.
- Discover ancient Tibetan Buddhist and Bon monasteries.
- Experience the unique landscapes of the Trans-Himalayan region.
- Spot rare wildlife, including blue sheep and snow leopards.
- Immerse yourself in the rich culture of the Dolpo-pa people.
- Enjoy a remote, off-the-beaten-path trekking adventure.

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, one of our representatives from Nord Extreme will greet and assist you. Our team will help with permit arrangements, trekking briefing, gear checking, and final preparations for your Dolpo adventure.

You will also have free time to explore Thamel for last-minute shopping or personal preparations before the trek begins.

Day 2 : Trek Permit and Preparation Day in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: 4–6 hours

Today is reserved for final trek preparations and special permit processing required for the Lower Dolpo region. Your guide will provide a detailed briefing regarding high-altitude trekking, remote trail conditions, and logistics. You may spend the day exploring Kathmandu's UNESCO heritage sites or relaxing before the journey westward begins.

Day 3 : Fly from Kathmandu to Nepalgunj (150m)

Altitude: 1,400m – 150m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Flight Duration: 1 hour

Your journey begins with a scenic flight from Kathmandu to Nepalgunj, a bustling subtropical town near the Indian border. Upon arrival, transfer to your hotel and enjoy time to rest or explore the lively local markets. Nepalgunj serves as the gateway to the remote Dolpo region and offers a striking contrast to the high mountains ahead.

Day 4 : Fly from Nepalgunj to Juphal, Trek to Dunai (2,140m)

Altitude: 150m – 2,500m – 2,140m

Walk: 3–4 hours · Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Flight Duration: 35 minutes

Take an early morning mountain flight to Juphal, offering spectacular views of the Dhaulagiri and Annapurna ranges. Upon landing, begin trekking with a gentle descent through terraced fields and traditional villages before reaching Dunai, the administrative center of Dolpo District, located beside the Bheri River.

Day 5 : Trek from Dunai to Tarakot (2,537m)

Altitude: 2,140m – 2,537m

Walk: 5–6 hours · Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Follow the Bheri River upstream through pine forests, suspension bridges, and dramatic river gorges. Arrive at Tarakot, an ancient fortress village once controlling the Tibetan trade route. Explore traditional stone houses, monasteries, and mani walls reflecting the region's rich Tibetan-influenced culture.

Day 6 : Trek from Tarakot to Laini (3,160m)

Altitude: 2,537m – 3,160m

Walk: 6–7 hours · Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Continue ascending along the Tarap Chu River through narrow gorges, juniper forests, and rugged

canyons. The trail becomes increasingly remote and wild as you reach Laini, a small seasonal settlement surrounded by dramatic alpine landscapes.

Day 7 : Trek from Laini to Nawarpani (3,545m)

Altitude: 3,160m – 3,545m

Walk: 5–6 hours · Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Today's trail follows winding river paths with rocky outcrops, narrow cliffside sections, and occasional landslide areas. Reach Nawarpani, a peaceful campsite surrounded by cliffs and waterfalls, where colder alpine conditions begin to dominate.

Day 8 : Trek from Nawarpani to Dho Tarap (4,090m)

Altitude: 3,545m – 4,090m

Walk: 6–7 hours · Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Trek through high-altitude meadows, juniper scrubland, and vast open valleys before arriving at Dho Tarap, one of Nepal's highest permanent settlements. The village is culturally fascinating, inhabited by Tibetan Buddhists and Bon practitioners, with monasteries, prayer flags, and traditional stone homes scattered across the valley.

Day 9 : Acclimatization and Exploration Day in Dho Tarap (4,090m)

Altitude: 4,090m – 4,090m

Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Activity Duration: 3–5 hours (optional walks)

Spend the day acclimatizing while exploring the spiritual heart of Dolpo. Visit monasteries such as Ribo Bhumpa and Bon Gompa, interact with local villagers, and learn about the ancient Bon religion and Tibetan Buddhist traditions still preserved here.

Day 10 : Trek from Dho Tarap to Numa La Base Camp (4,440m)

Altitude: 4,090m – 4,440m

Walk: 5–6 hours · Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Leave Dho Tarap and continue toward the base of Numa La Pass. The route passes through wide grasslands, yak pastures, and seasonal campsites with spectacular views of rugged cliffs and snowy ridges. Overnight at a remote alpine campsite beneath towering rock walls.

Day 11 : Cross Numa La Pass and Trek to Danighar (4,510m)

Altitude: 4,440m – 5,309m – 4,510m

Walk: 7–8 hours · Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Begin early to cross Numa La Pass, the highest point of the trek. The steep ascent rewards you with breathtaking views of the Dhaulagiri range, Norbung Kang, and surrounding Dolpo peaks. Descend carefully over rocky terrain to Danighar for overnight rest.

Day 12 : Cross Baga La Pass and Trek to Yak Kharka (3,980m)

Altitude: 4,510m – 5,170m – 3,980m

Walk: 6–7 hours · Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Another spectacular day crossing Baga La Pass, surrounded by glaciers, snowfields, and dramatic mountain scenery. Descend gradually to Yak Kharka, an open alpine meadow commonly used for yak grazing, with softer landscapes appearing as you approach the Phoksundo region.

Day 13 : Trek to Ringmo – Phoksundo Lake (3,600m)

Altitude: 3,980m – 3,600m

Walk: 4–5 hours · Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

A relatively gentle walk leads to the beautiful village of Ringmo beside the stunning turquoise waters of Phoksundo Lake. The lake's deep-blue color, surrounded by towering cliffs and forests, creates one of the most unforgettable landscapes in Nepal.

Day 14 : Rest Day at Phoksundo Lake (3,600m)

Altitude: 3,600m – 3,600m

Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Activity Duration: 3–5 hours (optional hikes)

Enjoy a rest day exploring Phoksundo Lake and its surroundings. Visit Tshowa Monastery, hike to viewpoints overlooking Suligad Waterfall, and experience the peaceful atmosphere of this sacred alpine environment.

Day 15 : Trek from Ringmo to Chhepka (2,520m)

Altitude: 3,600m – 2,520m

Walk: 6–7 hours · Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Begin descending through pine and birch forests, passing waterfalls and rivers as the trail transitions into greener mid-hill terrain. Arrive at Chhepka, a peaceful village surrounded by lush vegetation.

Day 16 : Trek from Chhepka to Juphal (2,500m)

Altitude: 2,520m – 2,500m

Walk: 5–6 hours · Stay: Tea House · Visit: Dolpo Region · Meals: Breakfast Lunch Dinner

Follow the Suligad River back toward Juphal, crossing wooden bridges and passing traditional Magar villages. Enjoy your final mountain views before reaching the small mountain airstrip town of Juphal.

Day 17 : Fly Juphal -> Nepalgunj -> Kathmandu (1,400m)

Altitude: 2,500m – 150m – 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Flight Duration: 35 minutes + 1 hour

Take an early morning flight from Juphal to Nepalgunj and connect onward to Kathmandu. Upon arrival, transfer to your hotel and enjoy a well-deserved rest after completing your unforgettable Lower Dolpo adventure.

Day 18 : Final Departure from Kathmandu

Visit: Nepal · Meals: Breakfast

Today marks the end of your journey in Nepal. Our team from Nord Extreme will transfer you to Tribhuvan International Airport for your onward flight.

We hope you leave Nepal with unforgettable memories of Lower Dolpo's raw beauty, ancient culture, and remote Himalayan wilderness.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the

weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 30°C / night 20°C
- Day 2 · Trek Permit and Preparation Day in Kathmandu · 1,400 m · day 30°C / night 20°C
- Day 3 · Fly from Kathmandu to Nepalgunj · 1,400 m · day 30°C / night 20°C
- Day 4 · Fly from Nepalgunj to Juphal, Trek to Dunai · 150 m · day 36°C / night 28°C
- Day 5 · Trek from Dunai to Tarakot · 2,140 m · day 26°C / night 15°C
- Day 6 · Trek from Tarakot to Laini · 2,537 m · day 24°C / night 13°C
- Day 7 · Trek from Laini to Nawarpani · 3,160 m · day 21°C / night 9°C
- Day 8 · Trek from Nawarpani to Dho Tarap · 3,545 m · day 19°C / night 6°C
- Day 9 · Acclimatization and Exploration Day in Dho Tarap · 4,090 m · day 16°C / night 3°C
- Day 10 · Trek from Dho Tarap to Numa La Base Camp · 4,090 m · day 16°C / night 3°C
- Day 11 · Cross Numa La Pass and Trek to Danighar · 4,440 m · day 15°C / night 0°C
- Day 12 · Cross Baga La Pass and Trek to Yak Kharka · 4,510 m · day 14°C / night 0°C
- Day 13 · Trek to Ringmo – Phoksundo Lake · 3,980 m · day 17°C / night 3°C
- Day 14 · Rest Day at Phoksundo Lake · 3,600 m · day 19°C / night 6°C
- Day 15 · Trek from Ringmo to Chhepka · 3,600 m · day 19°C / night 6°C
- Day 16 · Trek from Chhepka to Juphal · 2,520 m · day 24°C / night 13°C
- Day 17 · Fly Juphal -> Nepalgunj -> Kathmandu · 2,500 m · day 24°C / night 13°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 5 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Lower & Upper Dolpa restricted area permit (issued by Department of Immigration).
- Shey Phokdundo National Park entry permits
- Local Government entry permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 19 Mar 2027 · USD 3,450 · Available
- 16 Mar 2027 – 02 Apr 2027 · USD 3,450 · Available
- 06 Apr 2027 – 23 Apr 2027 · USD 3,450 · Available
- 20 Apr 2027 – 07 May 2027 · USD 3,450 · Available
- 04 May 2027 – 21 May 2027 · USD 3,450 · Available

Best time to visit

Best months: May–June and September–October. Mustang and Dolpo lie in the rain-shadow of the Annapurna and Dhaulagiri ranges, so they are one of the few regions you can trek during the summer monsoon. May–June and September–October are ideal; winters are harsh and many lodges close.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers

- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is available in a combination of basic teahouses, local lodges, homestays, and camping facilities depending on the route and season.

Villages such as Dunai, Tarakot, Ringmo, and other settlements offer simple lodge accommodations with basic facilities. In more remote sections, camping may be required due to limited infrastructure.

Rooms are generally twin-sharing with simple bedding and shared bathroom facilities.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is provided throughout the trek.

Meals are prepared either in local lodges or by the camping crew and are designed to provide sufficient energy for long trekking days.

Typical menu options include:

- Traditional Dal Bhat set meals

- Rice, noodles, pasta, and soups
- Potatoes, seasonal vegetables, and local dishes
- Tibetan bread, eggs, and porridge
- Tea, coffee, and hot beverages

Food variety becomes more limited in remote sections of the trail.

Difficulty & Physical Requirements

The Lower Dolpo Trek is classified as moderate to strenuous, suitable for trekkers with good physical fitness and some previous trekking experience.

Daily trekking generally ranges from 5 to 8 hours, involving continuous ascents and descents through rugged mountain terrain.

The trek includes several high mountain passes, including:

- Numa La Pass (5,190m)
- Baga La Pass (5,070m)

Although no technical climbing is required, strong endurance and proper acclimatization are essential.

Permits

Required permits include:

- Lower Dolpo Restricted Area Permit
- Shey Phoksundo National Park Entry Permit
- TIMS Card (Trekkers' Information Management System)

Trekkers must travel with a registered guide and through an authorized trekking agency.

Best Season

- Spring (March–May): Stable weather, blooming alpine vegetation, and excellent mountain views
- Autumn (September–November): Clear skies and ideal trekking conditions
- Winter (December–February): Cold temperatures and snowfall on higher passes
- Monsoon (June–August): Possible due to the region's rain-shadow location, though some lower sections may receive rainfall

Transportation & Access

The trek usually begins with flights from Kathmandu to Nepalgunj and onward to Juphal Airport.

From Juphal, the trekking route follows remote valleys through Dunai, Tarakot, Ringmo, and Phoksundo before crossing high mountain passes and returning through a circular route.

The journey involves multiple days in isolated mountain terrain.

Safety & Acclimatization

The trek reaches elevations above 5,000 meters and requires careful altitude management.

Important safety considerations include:

- Gradual acclimatization throughout the trek
- Monitoring symptoms of Acute Mountain Sickness (AMS)

- Proper hydration and nutrition
- Weather monitoring at high passes
- Limited rescue infrastructure in remote regions

Experienced guides play a crucial role in ensuring safety and managing high-altitude risks.

Travel Insurance

Comprehensive travel insurance is mandatory and should include:

- High-altitude trekking coverage (minimum 6,000m)
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Accident, trip interruption, and repatriation coverage

Additional information

Guide & Porter Services

A licensed trekking guide is mandatory for the Lower Dolpo region due to restricted area regulations.

Porters and support staff are highly recommended to assist with luggage transportation and logistical support throughout the trek.

Cultural & Natural Highlights

The Lower Dolpo Trek offers an exceptional combination of wilderness, culture, and mountain adventure:

- Magnificent views of Phoksundo Lake
- Ancient Tibetan Buddhist culture and traditions
- Traditional villages and centuries-old monasteries
- Dramatic high mountain passes and alpine landscapes
- Deep river gorges and remote valleys
- Rich biodiversity within Shey Phoksundo National Park
- Opportunities to observe rare Himalayan wildlife
- Authentic off-the-beaten-path trekking experience

Essential Equipment

Recommended trekking gear includes:

- High-quality trekking boots
- Layered clothing system for varying temperatures
- Warm down jacket (-15°C to -25°C recommended)
- Waterproof jacket and trousers
- Sleeping bag suitable for sub-zero temperatures
- Gloves, thermal hat, and UV-protection sunglasses
- Trekking poles
- Duffel bag and daypack
- Personal first aid kit and altitude medication

Communication & Connectivity

Communication facilities are limited throughout the Lower Dolpo region.

Mobile coverage is available only in a few villages, while internet access is extremely limited. Trekkers should expect long periods without reliable communication.

Why Choose the Lower Dolpo Trek?

The Lower Dolpo Trek is perfect for trekkers seeking an authentic and remote Himalayan adventure:

- Explore one of Nepal's most isolated trekking regions
- Visit the spectacular Phoksundo Lake
- Experience unique Tibetan Buddhist culture and traditions
- Cross dramatic high mountain passes above 5,000m
- Enjoy uncrowded trails and pristine wilderness
- Discover remote villages untouched by modern tourism
- Observe diverse wildlife and natural ecosystems

Frequently asked questions

How difficult is the Lower Dolpo Trek?

The Lower Dolpo Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Lower Dolpo Trek?

For the Mustang & Dolpo (rain-shadow) region the best months are May–June and September–October. Mustang and Dolpo lie in the rain-shadow of the Annapurna and Dhaulagiri ranges, so they are one of the few regions you can trek during the summer monsoon. May–June and September–October are ideal; winters are harsh and many lodges close.

What permits do I need for the Lower Dolpo Trek?

You need the Annapurna Conservation Area Permit and, for Upper Mustang or Dolpo, the restricted area permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Lower Dolpo Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Lower Dolpo Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Lower Dolpo Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Lower Dolpo Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/lower-dolpo-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com