Lower Dolpo Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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