



## **Lower Dolpo Trek - Itinerary**

### **1. Arrival day in Kathmandu [1,300m/4,264 ft]**

Our airport representative picks you up from airport and transfers you to hotel for further briefing about the upcoming trip. In the evening, a small meeting shall be held to discuss and prepare for the trek. And after meeting you can roam around Thamel to get familiar with environment and location.

### **2. Kathmandu valley sightseeing tour**

Tour around different four UNESCO World Heritage Sites in Kathmandu. Patand Durbar holds the palaces of the medieval Kings, Pashupatinath houses a sacred Shiva lingam, or the phallic symbol of Lord Shiva. The Aryaghat alongside Pashupati and on the banks of the Bagmati River is a famous funeral site for the Hindus. The Buddhists shrine of Boudhanath is one of the largest stupas in the world, and one of the holiest Buddhist pilgrimage. Swayambhu meaning the "the self-existent" is popular among the foreigners as the Monkey Temple owing to the large number of monkey population residing in the area. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **3. Fly from Kathmandu to Nepalgunj & transfer to Hotel**

Around an hour flight from Kathmandu to Nepalgunj in Western Nepal. Nepalgunj which is a border town near Nepal-India border is the gateway to Simikot of Humla. The town itself is an interesting Terai town of Nepal with influences from both the Nepal hills and plains well as local Hindu & Muslim cultures. We have to also make preparation for tomorrow's flight to Jhupal. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Trek to Tarakot [2,543m/8,341ft]: 5-6 hrs walk**

After breakfast around 45 minutes flight over the high mountains brings you at Jhupal over the Himalayan foothills, with views of Annapurna and Dhaulagiri peaks to the north. Our first day adventure begins through the terraced fields to the Bheri River and the narrow gorge taking 2-3 hours to camp at Dunai. Dunai is the administrative headquarter of the Dolpo region. Explore Dunai in the evening. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Trek to Laini [3,160 m/10,365 ft]: 6-7 hrs walk**

After breakfast, we continue our walking to follow the Tarap chu river upstream, crossing by bridge and crossing the same river twice. The famed Sandul Gompa lies farther east from Tarakot and at the junction of Barbung khola and Tarap chu River. The path leads through the farm terraces and rural villages. After a few ups and downs, finally descend to reach our overnight camp at Laini. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **6. Trek to Nawarpani [3,545m/11,627 ft]: 5 hrs walk**

After breakfast we continue walking up to the gorge of the Tarap River, rising high above on a trail built out from steep slopes. Descend to Chyugur Khola. Sometimes the path vanishes for a while, making our own path across stone slabs fitted on logs in between the walls which act as a bridge. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Trek to Do Tarap [4,090m/13,415ft]: 7-8 hrs walk**

With a gradual up leading us at Kamattarka at the confluence of the Tarap Chu and Lang Khola, a stream flowing from the east. After few hours leaving the narrow gorge, from here the path. Another 3 hours or more walk brings us to the village of Dho Tarap surrounded by an irregular stone wall. In this Valley both Bon Po and Chaiba sects reside together. Tarap is also inhabited by a few Tibetans and mostly Magars are the ethnic people. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **8. Rest Day at Do Tarap for Acclimatization**

We spend a rest day in Do Tarap for gradually getting used to the altitude. Time to visit monasteries and enjoy the breathtaking views. Tibetan style somba or dhocha (boots with upturned toes) for foot wear. Both men and women often wear religious amulets and strings of coral, amber and turquoise. The people of the region are both Bon po and Nyingmapa of Buddhist sect. The Buddhist Gompa is nearby to the camp while the Bon Gompa (pre Buddhist) is about half an hour's walk. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **9. Trek to Numa La Base Camp [4440m/14,563 ft]: 6-7 hrs walk**

After a wonderful time at Do Tarap, our journey continues towards upper Tarap valley, the walk follows in this plain valley with patches of lush verdant grass on both sides of the river, which is completely different from other parts of inner Dolpo. After visit this village our walk continues further up this valley climbing up the rough track for almost another three hours to reach our overnight camp beneath the Numa-la. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **10. Cross Numa La [5,190m/17,023ft], and camp at Pelung Tang [4465m/14,645 ft]: 6-7 hrs**

After breakfast our journey continues to crossing of Numa La pass at 5,190m, the track leads to steep climb all the way to the top ridge of Numa la with great views of the surrounding landscapes. An incredible panoramic view of the barren mountains of Dolpo up to the Dhaulagiri (8167m). After getting to the top of Numa La we will descend to camp at Pelung Tang. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **11. Cross Baga La [5,070m/16,630ft] and camp Dajok Tang [4,080m/13,382ft]: 6 hrs**

After breakfast our morning trek starts with a steep climb to reach the ridge top of Baga-la at 5,070m, which offers fantastic views of the surrounding landscapes and of the distant snow capped peaks of Kanjirowa Himal range, after a glorious moment at the pass, almost three hours of downhill walk takes to the Dajok Tang for overnight. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **12. Trek to Ringmo (3,600m/11,808ft): 3-4 hrs walk**

After breakfast our morning trek starts through the pine forest, on leaving the forest behind the country and the vegetation changes for pasture field and alpine shrubs most of the way to Ringmo on the gradual slopes with few ups and downs as we reach our final destination at Ringmo. (B, L, D) Meals included: Breakfast,

lunch and dinner and finally an overnight stay in trekking lodge.

### **13. Rest Day at Ringmo for a hike to Phoksundo Lake**

A rest and exploration day. And of course we sit right on the shore of the spectacular Phoksumdo Lake; remember the harrowing scene in 'Himalaya' when Thinley's yak caravan attempted the 'Devil's Trail'. Yak caravans will be heading in and out of Ringmo on their way north towards the border of Tibet, and our most northerly destinations, Saldang and Thinje. This is a great day exploring the lake areas and the crystal serene Lake of Phoksundo with a great views. overnight at camp. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **14. Trek to Shyanta [2520m/8265 ft]: 5-6 hrs walk**

Trek downhill to Chepka. From Chepka the trail follows the massive overhanging rock. We found many important medicinal mineral which is believed to cure almost anything in this area. The route then passes through the villages, before climbing to Shyanta. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **15. Trek to Jhupal**

Following the trail gently sloping upwards, we march towards Jhupal via Sulighat. We meet tall birch trees on our way. From atop the ridge, we can have the most spectacular views of the mountain and Jhupal below. Utmost caution is required while trekking along this trail. After reaching Jhupal, we can spend our afternoon exploring the busy market town or simply pursuing whatever we feel like. (B, L, D) Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **16. Fly to Kathmandu via Nepalgunj**

We take a flight from Jhupal to Nepalgunj. On reaching Nepalgunj, we return to Kathmandu on the next available flight. Upon arrival in Kathmandu, you will be transferred to hotel and in the Join evening especial cultural show dinner program. Overnight at Kathmandu. (B, L, D) Meals included: dinner by our side and finally an overnight stay in hotel.

### **17. Final Departure**

Our airport representative will finally drop to airport or you can join another memorable journey.

## **INCLUSIONS**

- Airport / Hotel / Airport pick up & transfer by private car / van
- Four nights accommodation with breakfast at a 3-star category hotel in Kathmandu
- Kathmandu city tour as per the above itinerary
- One night accommodation in Nepaljung at hotel Batika
- KTM - Nepalgunj-Juphal - Nepalgunj-KTM airfare including departure tax
- Meals on full board (breakfast, lunch, dinner, tea & coffee) prepared by our expert cook
- Twin sharing tented accommodation during the trek
- An experience guide (trained by Ministry of tourism), required number of porters, their food, accommodation, salary, insurance, equipment's
- Trekking equipment (two men tent, dining tent, kitchen tent, table with chairs, kitchen utensils, and other
- necessary equipment's during the trek)

- Special trekking permit
- shey phoksundo national park entry fees
- Safe drinking water, boiled/iodine tablets
- First aid medical kit bag
- All government and local taxes
- Office service charge

## EXCLUSIONS

- Lunch and dinner in Kathmandu
- Travel insurance
- International airfare
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- All cold drinks such as: alcoholic beverages, mineral water, Coke, Fanta, juice, etc.
- Personal shopping and laundry showers during trekking
- Personal trekking equipment's
- Tips for trekking staff and driver (Tipping is appreciated but it is not mandatory)

URL: <https://sunriseadventuretrek.com>