

Lower Dolpo Trek

Location: Dolpa District, Karnali Province **Duration:** 14 Days **Max altitude:** 5,190 m (Numa La Pass)

Difficulty: Challenging **Group size:** 2–10 people

Overview

Discover the hidden land of Dolpo on this remote trans-Himalayan trek. Cross the Numa La (5,190 m) and Baga La (5,170 m) high passes, gaze at the turquoise waters of Phoksundo Lake — Nepal's deepest lake — and visit ancient Bon-Po monasteries that pre-date Buddhism. The lower Dolpo region is one of the last remaining outposts of authentic Tibetan culture in Nepal, made famous by Peter Matthiessen's "The Snow Leopard".

Highlights

- Phoksundo Lake — Nepal's deepest, 145 m turquoise waters
- Cross Numa La (5,190 m) & Baga La (5,170 m)
- Ancient Bon-Po monasteries
- Trans-Himalayan barren landscape
- Authentic Dolpo-pa culture

Day-by-Day Itinerary

DAY 1 Fly Kathmandu to Nepalganj

150 m. Stay in the lowland city overnight.

DAY 2 Fly Nepalganj to Juphal, trek to Dunai

2,140 m. Begin the trek along the Bheri river.

DAY 3 Dunai to Ankhe

2,660 m. Walk through Tibetan-style villages.

DAY 4 Ankhe to Sulighat

2,282 m. Forest and river trail.

DAY 5 Sulighat to Phoksundo Lake

3,612 m. Reach the turquoise lake.

DAY 6 Rest day at Phoksundo Lake

Visit Tshowa Gumpa and surrounding villages.

DAY 7 Phoksundo to Phoksundo Khola

3,750 m. Trek along the lake's western shore.

DAY 8 Phoksundo Khola to Phedi

4,420 m. Approach the high passes.

DAY 9 Cross Baga La to Numa La Phedi

5,170 m. Long, demanding pass day.

DAY 10 Cross Numa La to Dho Tarap

5,190 m / 4,090 m. Highest day, then descend.

DAY 11 Rest day at Dho Tarap

Visit Bon-Po monastery and traditional villages.

DAY 12 Dho Tarap to Tarakot

2,540 m. Long descent through gorge.

DAY 13 Tarakot to Dunai to Juphal

Trek out to airstrip.

DAY 14 Fly Juphal—Nepalgunj—Kathmandu

Two flights back to Kathmandu.

What's Included

- ✓ Restricted Area Permit (\$500)
- ✓ Senior trekking guide
- ✓ Camping crew (cook, kitchen helper, porters)
- ✓ Full camping equipment
- ✓ All meals during trek
- ✓ Internal flights to Juphal

What's Not Included

- ✗ International flights
- ✗ Nepal visa
- ✗ Travel insurance
- ✗ Sleeping bag & personal gear
- ✗ Tips for crew

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This itinerary is indicative; final program is tailored to your dates and group.