

Fixed Departure 2018 : Lower Dolpo Trek ,Permit ,Cost & Itinerary - Shey Phoksundo lake



Introduction

Lower Dolpo trek offers a diverse prospect to trip the far west area which charges visitors to **shell out less permit cost**. The charming trek to Lower Dolpo will let you mark the exceptional artistic diversity and magnificent know-how of the Himalayas. The Lower Dolpo Trek is arranged **by Nepal Planet Treks and Expedition** is specially meant for real adventurers who aspire for going around secluded areas. This remote zone in western Nepal was introduced for the foreigners only in 1990.

The area lies to the northern part from the Dhaulagiri Range in the rain shade of the immense Himalayas which falls parallel to the vivid arid slopes of the peaks which appears to be an eternal fascinating scene. Also, you will see the **Phoksundo Lake** with eye-catching emerald colored water. It is in fact one of the **deepest Himalayan Lakes**. We will also observe the yak fleets that keep up the age-old salt trade with Tibet. From November up to April the region is nearly covered by snowfall so the local citizens for a moment migrate below to avoid cold in the region.

The trek will let you go by **Shey-Phoksundo National Park** with astonishing mountain landscape, **Buddhist monasteries as well as yak caravans**. The Lower Dolpo trek in fact takes you through a wooded area; pass through pebbly canyons in the deserted flat terrain near the edge with Tibet. Letting you acquire special permit, we Nepal Planet Treks and Expedition will aid you experience the high lofty tundra and rocks and the micro-climate of Lower Dolpo as well as Phoksundo with the chilly air of the glaciers of Kanjiroba.

Trip Facts

Trip Duration	15
Trip Grade:	Strenuous
Best Season	Sept - Nov & Mar - May
Per Day Hiking:	5-7 hrs

Elevation	4440m. Numla BC
Accommodation	Tea House/Camping
Group Size	1-12 PAX
Trip Start	Kathmandu - Kathmandu
Trip End	Juphal-Juphal

Itinerary Details

Day 01 : Arrive in Kathmandu (1300m)

When you enter in Tribhuvan International Airport (TIA), our airport representative will meet you and drive to our Hotel. After refresh after and be rest after long fly and evening you will have a welcome dinner at a traditional Nepalese restaurant and see a Nepalese cultural program and get pleasure from fine meal. Overnight in Kathmandu.

Day 02 : Kathmandu

Today, you will be go around cultural word heritage places in Kathmandu valley which is well-off for its culture as well as temples; the most holy Hindu temple of Pashupatinath, Swoyambhunath Stupa (monkey temple), the world biggest Stupa, Boudhanath, and historical Kathmandu Durbar Square, and astonishing Kumari extensively known as Living Goddess in Basantapur , Kathmandu. Overnight in Kathmandu.

Day 03 : Kathmandu - Nepalgunj (165m)

We take up an air travel to Nepalgunj leaving Kathmandu which is located on the boundary to India. After reaching at the hotel in Nepalgunj, we can visit the Bageshwari Temple dedicated to Kali. Besides, in Nepalgunj, you can trip the bazaar, which has diverse stuffs on sale. Overnight in Nepalgunj.

Day 04 : Nepalgunj - Juphal(2345m) – Dunai (2050m)

Today, we will catch the flight to Juphal from Nepalgunj. As soon as we reach Juphal (2500m), we begin on our short trek to Dunai from Juphal. We walk downward via pastures and bypass all the way via a few houses to the small hotels at Kala Gaura lying in 2090m. After that, we go at the side of the river trail up to Dunai. We put our camp close to Dunai for staying overnight in Dunai.

Day 05 : Trek to Tarakot (2,543m)

Today, from Dunai we will walk along the south shore of the river heading on a good trail. You will go by deep gorges, isolated villages as well as hanging bridges. A superb gorge with a trail built approximately seven meter on top of the river. The bright terraced pasture of Tarakot captivates us. Tarakot is an old fort town put up by the local public as Dzong. The community stands on a small hill to the south of Bheri River.

Day 06 : Trek to Laini (3,160 m)

After breakfast, we go away from Tarakot and shift to follow the Tarap Chu River, crossing by bridge and traverse the same river twice. The well-known Sandul Gompa lies east from Tarakot and at the junction of Tarap chu River and Barbung River. The lane leads all the way through the farm terraces and rustic villages. After a small number of ups and downs, lastly go down to arrive at our overnight camp at Laini.

Day 07 : Trek to Nawarpani (3,545m)

After breakfast we stroll up to the ravine of the Tarap River, climbing high over on a path built out from perpendicular slopes. The stroll is pretty thrilling as the valley will turn narrow gorge and in some places you can also jump from one surface to another. Go down to Chyugur Khola. Then the path fades away for a while, finding our own path crossways through the stone slabs fitted on wood stuck between the walls work as a bridge.

Day 08 : Trek to Do Tarap (4,090m)

We depart from Nawarpani with a steady pace that leads us at Kamattarka at the meeting of the Lang River and Tarap Chu a river flowing from the east region. After few hours of walk, we will leave the narrow gorge. Then the path leads just over tree lines for juniper bush as well as wild rose, distinct from dry inner Himalayan valleys. Moving further we will reach the village of Dho Tarap surrounded by an uneven stone wall. In this Valley both Chaiba and Bon Po cults exist. Tarap is also inhabited by a few Tibetans and typically Magars who have subsisted here for many generations

Day 09 : Rest Day at Do Tarap for acclimatization

Today we have a rest day in Do Tarap for getting used to with the environment at height. On the other hand you can visit monasteries and take pleasure from the unbelievable views. The Dolpo people both men and women frequently wear sacred good luck charm, strings of coral, amber, turquoise and more. The Buddhist Gompa is near to the camp even as the Bon Gompa can be reached in about half an hour's walk.

Day 10 : Trek to Numa La Base Camp (4440m)

After a superb time at Do Tarap, our journey continues to upper Tarap valley, the stroll follows in this plain valley with lush green grass lying on both sides of the stream, which is entirely different from other regions of inner Dolpo. The trek has pleasant track and we will walk by the Tarap chu all the way. After some hours, we will reach the village of Tokyu, it has a Gomba belonging to the Chiba cult. After visiting the community our walk moves upward the valley pass by the rough path for almost three hours more to reach our camp below the Numa-la.

Day 11 : Cross Numa La (5,190m) and camp at Pelung Tang (4465m)

This is one of the extended and difficult days of the trek. Our journey follows crossing the Numa La pass located at 5,190m. The track has perpendicular way up all the way to the top edge of Numa la with huge views of the adjacent landscapes. You will be appealed by an unbelievable panoramic view of the desolate mountains of Dolpo to the Dhaulagiri (8167m). After reaching at the top of Numa La we will move down to camp at Pelung Tang.

Day 12 : Cross Baga La [5,070m] and camp Dajok Tang (4,080m)

After breakfast we will trek with a vertical ascend to reach the periphery top of Baga-la located at 5,070m, which presents unbelievable views of the adjoining landscapes. We can see the far-away snowy peaks of Kanjirowa Himal, after a superb moment at the pass, nearly three hours of sliding walk taking us to the Dajok Tang for staying overnight.

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

From Dajok Tang, our trek starts all the way through the pine forest. Then the flora changes to alpine shrubs from meadow field most of the way to Ringmo on the firm slopes with few fall and ascends as we reach our last destination at Ringmo today.

Day 14 : Rest Day at Ringmo for a hike to Phoksundo Lake

You have another rest day. On this day we can see the magnificent Phoksundo Lake which captivates you with the scene of Himalayas when Thinley's yak caravan trying the 'Devil's Trail'. This is a pleasant day and you have a chance to visit the close by Tibetan Buddhist monastery in the village of Ringmo. Overnight at camp.

Day 15 : Trek to Shyanta (2520m)

Today, we trek downhill to Chepka. From Chepka our route follows the huge overhanging rock. We can see number of important medicinal plant which is believed to heal almost everything in this area. The way then passes all the way through the villages, before trekking up to Shyanta.

Day 16 : Trek to Jhupal

From Shyanta, the track tenderly slant upwards, we walk to Jhupal from side to side tp Sulighat. We get together with tall birch trees en route. From the ridge, we can witness most stunning views of the peak and Jhupal under. Extreme concern is necessary while walking along this trail. As soon as you reach Jhupal, we can use up our afternoon going around the busy market or simply following whatever we feel like.

Day 17 : Fly to Kathmandu via Nepalgunj

Today, we will take a flight to Nepalgunj from Jhupal. After we reach Nepalgunj, we come back to Kathmandu catching another available flight. Upon arrival in Kathmandu, you will move to our hotel. Overnight at Kathmandu.

Day 18 : Departure

Our journey ends on the 23rd day. Our representative will guide you to the airport and present farewell greetings.

Cost Includes

- Airport / Hotel / Airport pick up & drop by private car or van. It is depend of the group.
- 3 nights accommodation in 3 star category hotel in Kathmandu located tourist center, or up to you.
- Meals on full board (Breakfast, lunch and dinner) during the in trekking.
- Local fresh fruits like orange, apple, banana and grape etc.
- All accommodations during the trek.
- trekking map.
- kathmandu to fly Nepalgunj and fly to Juphal Airport and Jomsom to POkhara and pokhara to kathmandu Via tourist bus.
- An experienced Government licensed holder guide and porter to carry your luggage during the trek.
- Food, drinks, accommodation, insurance, salary, equipments, transportation, local tax for Guide and porter
- Group medical supplies (first aid kit will be available).
- If you need we will provide you sleeping bag, down jackets, Duffle bag and, if necessary etc.
- All necessary Government paper works and national park entry permits and special Manasalu permit with TIMS Card etc.
- Travel & Rescue arrangement.
- All government taxes and Vat.

Cost Excludes

- Meals yourself Kathmandu (L+D).
- Your Travel insurance.
- International airfare.
- Nepal entry visa (You can obtain a visa easily upon your arrival at Nepal's Airport in Kathmandu).
- All kind drinks (Alcoholic, hot and cold drinks)
- Personal shopping and laundry etc.
- Personal trekking Equipments.
- Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory)
- If do any tour and sightseeing and other activities etc.