Lower Dolpo Trek

Trip Overview

Lower Dolpo Trek is a great trekking route in the secluded western part of Nepal. The route is the great Himalayan trail. Since the time the trek to this region was opened, it has been a very popular trekking destination. The remoteness and the untouched beauty are the main attractions for the trekkers. The trek passes through three main passes, Kangmara La (5115m), Numa La (5159m), and Baga La (5190m). The place has its uniqueness with a variety of cultures and traditions. The amazing landscapes and the snow-capped mountains make it even more special. The dense alpine forest, Phokshundo lake will take us through the absolutely beautiful Shey Phokshundo National park.

Trekking in this area requires a special type of Permit and it is compulsory to travel in a pair with a guide. Even if it is a popular trail, it is not crowded like the Annapurna region or Everest region trekking areas. The place has a limited number of teahouses and lodges. Basically, it used to be camping type of trek but the due increase in the number of tourists few teahouses have been built. Even though the place is very remote and with no sign of development, there is always a smile on their face. They lead their life by farming or trading not earning much but still very much happy. Everything about Dolpo is amazing. Their culture is different than other. Dolpo is the only place in Nepal practicing the Bonpo religion also known as Tibetan Buddhism.

The trail starts with a flight from Kathmandu to Nepalgunj. This, later on, follows the next destination, Jhupal. The lower Dolpo trek offers exposure to the high and distant Himalayan valleys similar to the Tibetan plateau. In the center lies Nepal's deepest, Shey Phokshundo Lake. The area is very rich in natural vegetation as well as flora and fauna. The trail follows through charming villages, gorges, valleys, rivers, and the stupas, mani walls, and Chortens, which reflect the religion and natural beauty of Dolpo. You may encounter traders walking with their yaks.

The Lower Dolpo Trek is an opportunity to learn about the diverse culture of Nepal, which is also accompanied by beautiful snowy peaks, Himalayan valleys, flatlands, and lush green forests. Make Highland Eco Treks your travel partner and make the most of your trek.

Trip Highlights

- Remote and isolated trek
- The practice of Bon Po culture
- Cultural Heritage Sites tour of Kathmandu Valley
- Stunning landscapes and views of huge mountains
- Unique lifestyles and diverse cultures
- Numa La and Baga La Passes
- DhoTarap valley

Trip Itinerary

Day 1: Pick up from airport transfer to Hotel

Cost Includes

- pickups and drops in a private vehicle at the airport upon your arrival and departure.

- All ground transportation is on a comfortable private vehicle as per the itinerary.
- 3-star hotel accommodation in Kathmandu with breakfast (the hotel standard will be changed as you wish).
- The Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per the itinerary.
- Domestic flights as per the itinerary.
- Breakfast, lunch, and dinner during the trek.
- Accommodation is in a tent house during the trek.
- An experienced, English-speaking, and government-licensed trekking guide.
- Porter service, trekking crew, including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- Highland Eco's duffel bag.
- All necessary paperwork and trekking permits ('Restricted Areas' Permit, National Park Permit, ACAP, TIMS).
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees.

Cost Excludes

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco Trek,
- Travel and rescue insurance
- Tips to the guide, porter, driver, or any other trekking staff