Lower Dolpo Trekking

3 Star Hotel Package

2999USD per person

*Including healthy meals

5 Star Hotel Package

3700USD per person

*Including healthy meals

Trip Style: Cultural Tour+ Trek

Trip Difficulty: Demanding

Lower dolpo Trekking is true adventure redefined - a trekking mission into unchartered territory we all know as ‘the Dolpo’, a symbol of the real wilderness desolate in isolation but yet one of Nepal’s true gems of raw beauty that still fascinates those who dare to enter its space in the far corners of Nepal’s blistering Himalayas.**Lower Dolpo Trek** dares anyone of character with adventure in your bloodstream.this is Nepal’s version of the ‘wild west’.just get set and jet into Nepal! Not many trekkers go the yard in seeking to break through the soul of Dolpo, a region that captivated the heart of Eric Valli who produced the famous film - 'Himalaya'. This isolated region is one place in Nepal that reckoned on stopping the clock from moving, and the spiritual mix of faiths as old as the sun with the rough and tough folks who survive by cultivation and bartering with Nepal and Tibet make this a place worth visiting, despite the harsh conditions which puts more spice into the zone where the beauty is rugged and painful – but still attracts hard core adventure lovers from far and wide. The pious heart of lower Dolpo is what we know as the **'Crystal Mountain'** and the 12th century *Shey Gompa* is the pillar stone of its very foundations. This venture provides a view which is enough to satiate for a lifetime, and getting glimpses of some of Dolpo’s highest points in the far out highlands at once defies words…and the imaginations.

Dolpo is geographically placed far out in the western Himalayan region, weather-beaten by howling high winds, baked and parched landscapes, the cold is bitter in the winter months and almost inaccessible from the progress of the world from the outside, making this area a true example of what its like fighting everyday against the ruthless forces of nature. The arduous trails take us through some high mountain passes and a few scattered villages that and blends superbly with Mother Nature tell us how life moves down here; the mountains in the back ground are unbelievable with gorgeous backgrounds and chocolate box hamlets. This is an ideal combo of exploring nature along with perceptive cultural experiences, we hear amazing superstitions as we walk into ancient Buddhist and Bon Po villages and interact with the local folks, cutting across high passes, lovely tranquil clean lakes, far flung Buddhist monasteries, we also get to watch the large assortment of endangered but protected fauna, which include Blue sheep, Himalayan Tahr and the elusive Snow Leopard. Another attraction hereabouts is the medicinal plant, Yarchagumba (Coerdiopsis sinensis) a wild type of mushroom that grows in plenty in this region. Extracts from Yarchagumba herb is said to significantly improve health and ideal for sexual stimulation. While hiking into this magic land of secrecy we come across the local folks collecting Yarchagumba [now a million dollar industry] in the fields and meadows at high elevations, and some even die while searching for this herb due to inadequate protection from the cruel condition in this lovely region.

Our odyssey concludes through a path that crosses the village of Tarakot by the gushing Tarap gorge as we reach Juphal and Nepalgunj for our flight back to Kathmandu and the comforts of our hotel. If adventure into mythical unknown virgin territory is your forte, then **Trekking the Lower Dolpo** is something you sure want to do once in your lifetime.

DURATION: 25 days

ITINERARY

Day 01:: Arrival in Kathmandu and transfer to hotel

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuwan International Airport, ***Mountain Sherpa Trekking and Expeditions*** office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

Day 02:: Full Day sightseeing of Kathmandu City- Overnight at Hotel

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world) and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos).

We next drive down to Swayambhunath {**popularly known as Monkey Temple}** "Swayambhu" means **"self-created"** and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We return back to our hotel, refresh, and maybe do some shopping, have an early supper and retire to bed, most probably. Breakfast

Day 03:: Fly to Nepalgunj- Overnight at Lodge

After breakfast, we head down to the airport for the flight to Nepalgunj, which lies close to the Indian border in the western Terai.

Day 04:: Fly to Jumla [2370m] & trek to Gothi chaur [2700m]- Overnight at tented Camp

We hop a morning flight from Nepalgunj to Jumla. After checking out from the airport at Jumla, we cross the Tila Khola and the Chaudabise Khola, near its confluence and climb at a trot to a cultivated valley of rice terraces. The trail passes through a few villages. It continues through a forest of maple and walnut, to a meadow which, in season, is draped in wildflowers. Beyond the pasture, the trail climbs to a small pass before descending again to Gothi Chaur. We get set for our night in tents – B. L. D

Day 05:: Trek to Naphukana [3080m]- Overnight at tented Camp

Our hike today goes by the Tila Khola through fields of corn, potato, buckwheat and barley until the valley narrows and we enter a forest of oaks, spruce and maples. We pass through the village of Chotra with typical Tibetan mani walls. After a brief distance, we walk into another Tibetan-looking village called Naphukana. There is a big gompa above this village. Its hereabouts we set up our tents for the night – B. L. D

Day 06:: Trek to Chaurikot [3060m]- Overnight at Tented Camp

Heading out from Naphukana the path gets steeper and climbs through a forest to a pass named Mauri Lagna [3820m]. From the pass we see views of snowy peaks to the north and east. Descending from the pass, the trail goes around a steep slope before dropping into a forest of pine and oaks. We then enter the Bheri Valley and after following the trail inside out of side glens, we come to the village of Chaurikot. We bunk out here for the night – B.

L.D

Day 07:: Trek to Bheri riverside (2610m)- Overnight at tented Camp

After breakfast, we move on to the village of Balasa from where we can see Kagmara peak on the horizon. The trail drops to a stream before climbing through a forest of walnut trees to a ridge. Passing through the apple orchards of Jyakot, we then descend to the village of Rimi before following a stony trail down to the Bheri River for out night in tents near the water line – B. L. D

Day 08:: Trek to Garpung Khola [2900m]- Overnight Tented Camp

We hang on to the west bank of the Bheri River, passing Hurikot and arrive at the entrance to the Shey Phoksumdo National Park. We then come to the junction of the Garpung and Jagdula Rivers, which joins the Bheri River. Following the Garpung Khola, we reach our camp by the riverside. B. L. D

Day 09:: Trek to Kagmara [3500m]- Overnight at Tented Camp

We cling on to stream by the Garpung Khola, ascending slowly towards the Kagmara La. Today's trek is pretty brief but it is vital for acclimatization that we don't ascend too quickly. We move at our own convenient pace. We bunk out at Kagmara for the night in our tents – B. L. D

Day 10:: Trek to Kagmara phedi [4000m]- Overnight at Tented Camp

We next cross to the eastern side of the river, where the glen narrows and the river becomes a series of chanting waterfalls. The trail climbs to a moraine below the Kagmara La and we make our camp amid boulders. We get great views of the surrounding peaks from hereabouts. We set up our tents for the night – B. L. D

Day 11:: Cross Kagmara La [5115m]-Pungmo Khola Valley- Overnight at tented Camp

We head out at the break of dawn this morning and ascend alongside the Kagmara Glacier to the Kagmara La. This is an ideal area to spot the rare blue sheep. After a 900m descent, we reach the meadows of the Pungmo Khola Valley. This is where we bunk out for the night – B. L. D

Day 12:: Trek to Pungmo- Overnight stay at Tented Camp

Our route now penetrates birch and juniper forests which soon give way to blue pine. Up the side valleys, there are lovely views of Kanjirolba peak before we reach the fortress-like village of Pungmo, set amidst barley fields. We prepare our tents and get ready for supper – B. L. D

Day 13:: Trek to Phoksumdo Lake - Overnight stay at Tented Camp

We hike on downstream to the national park headquarters at Sumduwa before joining the trail up the Phoksumdo Khola to Phoksumdo Lake. We climb through a forest of large cedars to the winter settlement of Palam and continue ascending through the open country to a ridge from which there are lovely views of the lake in the distance. Close by is an impressive waterfall, the highest waterfall in Nepal. The trail then makes an initial descent before climbing gently to famous Ringmo village. After crossing a bridge below Ringmo, the trail continues northwards to the shores of Phoksumdo Lake. Overnight in tents – B. L. D

Day 14:: Rest day at Phoksumdo Lake- Overnight stay at Tented Camp

Today is a day to rest and chill out by the lake which is known for its unusual greenish-blue colouring. It is overlooked on the western side, by a large snowy peak known as Kanjirolba or Kanchen Ruwa. A trail leads through a stand of juniper trees to an old rundown gompa which overlooks the lake. Besides the Buddhist paintings and statues, we also notice evidence of the ancient Bon-po religion within the temple and chapels. We crash out in tents – B. L. D

Day 15:: Trek to Baga La phedi - Overnight stay at Tented Camp

We revert back to our route as far as Ringmo and then follow a trail eastwards, through forest of juniper and blue pine. The trail follows the river up the valley to a waterfall and we will reach at the base of the Baga La. Overnight in out tents – B. L. D

Day 16:: Cross Baga La [5090m] & trek to Numa La Phedi [4800m]- Overnight at Tented Camp

From camp it's a straightforward 3 hour climb to the top of the Baga La, the second of the high passes. The descent is measured at first but it soon drops steeply to a stream before ascending again to the foot of the Numa La. We haul up for the night in camps – B. L.D

Day 17:: Cross Numa La [5360m] & trek to Dho [4100m]- Overnight Stay at Tented Camp

We continue the arduous climb through parched territory to the last of the high passes, the Numa La. It is marked by mani stones and, if it is clear, we can get views of Dhaulagiri from afar. The trail now descends past a huge mani wall to the Tarap region and we walk through the barley fields of the Tarap glen to the settlement of Dho. Overnight in our tents – B. L. D

Day 18-19:: Exploration at Dho- Overnight stay at Tented Camp

These are days to rest our weary limbs and bodies at Dho. This is the biggest human habitation in Tarap and has a few gompas. On the ridge above the village is the Ri Bhunpa Gompa and, just to the east, the village of Shipchhok has a Bon-po gompa which is surely worth discovering. There are also chances to get wonderful views of the valley and surrounding snow laden peaks from a number of nearby ridges. Overnight in tents – B. L. D

Day 20:: Trek to Lahini [3560m]- Overnight Stay at Tented Camp

As we hit the trails this morning, we find the hike is almost flat and follows the river until it flows into a gorge. We enter the gorge which has large rose shrubs and other wildflowers, and after crossing and re-crossing the river numerous times, we finally come to a flat area that’s almost like a plateau. We set up our tents for the night – B. L. D

Day 21:: Trek to Tarakot [2600m]- Overnight stay at Tented Camp

The path today is steep, narrow and treacherous as it clings to the cliffs, and the ramshackle bridges along here can often be washed out. Eventually, the valley widens and the route becomes negotiable as we approach the village of Khanigaon. We then climb high above the river before descending towards the Barbung Khola and the fortress village of Tarakot. And this is where we settle down for the night – B. L. D

Day 22:: Trek to Dunai [2100m]- Overnight Stay at Tented Camp

We stick to the Barbung Khola downstream along the south bank to the village of Lawan, before crossing to the north bank and hike for several more hours to Dunai, a village that was a hotbed of insurgency during the Maoist war with the government. Overnight in tents – B. L. D

Day 23:: Trek to Juphal [2500m]- Overnight stay at Tented Camp

Today, we hike from Dunai to Juphal. From Dunai we follow the river trail downstream to Juphal. We walk uphill through pastures and past a few houses to the small hotels at Kala Gaura (2090m). After several hours of walking, we finally reach Juphal, which marks the conclusion of our wonderful journey. Overnight tents – B. L. D

Day 24:: Fly Juphal/Nepalgunj / Kathmandu- Overnight stay at Hotel

We hop a flight from Juphal to Nepalgunj. We then board a connecting flight from Nepalgunj to Kathmandu. The

rest of our day is free to do our own things. Maybe have a good bath and get some good sleep. At eventide, we go for a dinner to an upscale Nepalese restaurant for a good dinner to celebrate the success of our venture. While enjoying our meal, we will be entertained with a cultural dance performed by the local belles. This is your night. Overnight at your hotel

Day 25:: Drive to the Airport to head back to that lovely place we call ‘home’’

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Trekking & Expeditions will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. This thrilling adventure in the amazing remote region of the Dolpo will give you lifetime memories of a vacation worth its weight in gold. Farewell dear friends! Till we meet again. Breakfast