

Lower Dolpo Trek



In the upper Western part of Nepal, bordered in the north by Tibet in the Tibetan influenced region called Dolpo. Dolpo is a desolate area since it is cut off from the southern plains by snow covered passes that lasts for most part of the year. The most practicable way to reach Dolpo is through Flight, where we can reach the Jufal airport. This has also led the people of the Dolpo to be more culturally associated with Tibet. Most people in Dolpo follow Bon, which is a Tibetan religious tradition or sect, which is said to be different from traditional Buddhism due to teachings, rituals and terminology, which is seen to be closer to **Tibetan Buddhism**. The remoteness of the region has led to the preservation of a culture which has had historical records since that of 8th century.

Dolpo is also a popular Trekking Destination. Dolpo is protected under the Shey Phoksumdo National park, so the land, culture and wildlife are protected. It is also the home of Shey Phoksumdo Lake, the highest altitude lake in the world. It was an unbelievably clear lake since it doesn't host any aquatic life in the lake. It is also bounded by Dhaulagiri (8,172m / 26,811ft) and Churen Himal ranges in the east and south and Jumla district in the west. The Tibetan influenced culture is also something not to be missed. Also due to the high altitude of the region and minimum rain fall, most lands are barren. This results in the population migrating between villages and high lying summer pastures, this cultural lifestyle is often referred as samadrok, which means farming nomads. This mixture of Beautiful landscape and its unique culture is definitely worth experiencing, You can get a glimpse of it from watching the movie Himalaya, which was based in the region and was also the first Nepalese film to get nominated for Oscars.

Duration: 17 days

Price: \$2499

Group Size: 2

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Dolpo - western Nepal

Equipment Lists:

Footwear : Well broken-in walking shoes - these must be suitable for snow, thick socks, light socks, camp shoes.

Clothing : Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.

Other equipment: Sleeping bag (5 seasons), lock, day pack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve, gaiters.

Other items: Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit.

Itinerary:

Day 1: International Arrival to Kathmandu

A **Lantang Ri Trekking & Expedition** representative will greet you at the airport and transfer you to your hotel. When you are ready you will be collected from your hotel lobby and driven to our Thamel office where you will be formally introduced to your trekking guide. We will go through all your trek itinerary and arrangements with you to ensure every detail is in place. We will also ask for your passport, extra passport photographs, travel insurance and any other details so that we can organize any permits required for your trek. And finally to the designated hotel for a good rest.

Day 2: Kathmandu Sightseeing

After breakfast, we start an interesting tour around Kathmandu. Escorting by an English speaking guide (can be provide any language speaking guide on request) be, try to give them a full taste of our vivid culture image and an enchanting manner of its people. In our sightseeing tour we go to Monkey temple Swayambhunath, Pashupatinath, Bouddhanath and Kathmandu Durbar square.

Bouddhanath: Bouddhanath is a Buddhist religious complex with a history dating back over 500 years. Located on the eastern edge of Kathmandu it is now a site of great pilgrimage for Buddhist followers who circle its massive stupa, spin its many prayer wheels and visit its beautiful monastery. The main feature of Boudhanath is its huge hemispherical white stupa with central golden tower and the all-seeing eyes of the Buddha. Visitors should circle the stupa in a clockwise direction and spin prayer wheels for good fortune and a good life. Visitors may also enjoy visiting the Thangka painting school within the complex to see highly skilled artists at work on religious mandala paintings.

Pashupatinath: Hindu Temple is a very large and complex and focal point for the Hindu religion. This old and very revered complex of buildings and shrines is dedicated to the Lord Shiva, one of the main deities of Hinduism. While Lord Shiva has multiple forms he is often seen as the destroyer. This has great significance for the Pashupatinath temple as it is the site of many Hindi ritual cremations each day. Pashupatinath is considered by Hindus to be an auspicious site for passing from one

stage of life to the next through the purifying and destroying flames of cremation. However, on a happier note, visitors may also get to see the temple in a buoyant festival mode with one of the many Hindu festivals celebrated here through the year.

Swayambhunath: You will first visit the Swayambhunath temple complex that sits atop a high hill overlooking Kathmandu and the entire Kathmandu Valley. Swayambhunath is perhaps the most sacred Buddhist pilgrimage site in Nepal. It consists of a very large white stupa with the all-seeing-eye of Lord Buddha plus many small stupa and beautifully carved stone shrines. This is a wonderful place to catch your breath and start to understand and appreciate the deep importance of Buddhist belief to the people of Nepal and the Himalaya region. Make sure you ring the many bells to awaken the gods and let them know you are in Nepal. Take the time to enjoy the view over Kathmandu and have your guide point the many other highlights of the city. In the far distance to the east you may also be able to see the hills of Nagarkot where your hotel for tonight is located. If you feel energetic you might also like to try some or all of the 350 steps that lead all the way from Kathmandu city up to your Swayambhunath temple vantage point.

Kathmandu Durbar Square: The next stop today is the beautiful Kathmandu Durbar Square, or the royal palace square of the ancient Malla kings of the Kathmandu Valley. This square and all its architectural treasures are a UNESCO World Heritage Site. While some damage to buildings occurred in the 2015 earthquake the site still contains many stunning architectural gems. The original royal palace courtyards are open to visitors and you will marvel at the intricate timber carving and beautifully crafted brickwork of the palace. The open square outside the palace has many beautiful multi-storey pagodas and temples with ornate carving and carpentry artwork that tells some of the story of the ancient kings and their mystical time and beliefs. The square also contains many important Hindu temples and statues such as to Vishnu and Lord Shiva. Durbar Square also contains the unique and intriguing Kumari Chok. This is an ancient and ornate house where resides the Raj Kumari – the Living Goddess. She is a young girl chosen through an ancient and mystical selection process to become the human incarnation of the Hindu mother goddess, Durga. If you are in the courtyard of the home at the right time in the afternoon you may see a brief glimpse of the Goddess at her window.

Day 3: Afternoon Flight to Nepalgunj

We will fly to Nepalgunj in the afternoon.

Day 4: Morning flight to Jhupal and trek to Dunai

After an early breakfast, we take a morning flight to Jhupal. The 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. On arriving at Jhupal our trekking staffs will receive you. 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.

Day 5: Trek to Tarakot

After breakfast we start our trek continues along the south bank of the river heading upstream on a good trail. Deep gorges, hanging bridges and isolated villages. A tremendous gorge with pine trees and an ingenious path built about seven meter above the river. The colorful terraced field of Tarakot will greet us. Tarakot is an old fortress town built by the local people as Dzong or fort. The village stands on a hillock to the south of Bheri River at one time supervised collection of tolls for the trading caravans.

Day 6: Trek to Laini Odar

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 Tarup 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

Day 7: Trek to Nawar Paani

After breakfast we continue walking up to the gorge of the Tarap River, rising high above on a trail built out from steep slopes. The walk is quite exciting as the valley becomes narrow gorge that in some places you can jump from one side to another. 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.

Day 8: Trek to Dho Tarap

Our morning walk begins after breakfast 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 of good morning walk leaving the narrow gorge, from here the path leads just above tree lines for juniper bush and wild rose, typical of dry inner Himlayan valleys. 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 who have lived here for many generations.

Day 9: Acclimatization at Dho Tarap (Max Alt. 4300m)

Today we make our body adapt to the altitude and explore the beautiful Dho Tarap Valley.

Day 10: Trek to Numa La Base Camp

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. The trek on this pleasant track leads by the Tarap chu upstream all the way. Tarap is certainly a dream valley with vast plains in high mountains. A few hours' good walk takes us to the village of Tokyu, it has a monastery belonging to the Chiba sect. 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.

Day 11: Cross Numa La Pass and Trek to Bagalaphedi

This is one of the long and difficult days during the trek. 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 Bagalaphedi (4631m)

Day 12: Crossing Bagala Pass and Trek to Yak Kharka

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 3 - 4 hours of downhill walk takes to Yak Kharka for overnight.

Day 13: Trek to Ringmo

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.

Day 14: Trek downhill to Chhepka

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.

Day 15: Trek to Juphal via Sulighat

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.

Day 16: Flight from Juphal to 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 your hotel. There is nothing to do but trade emails with travel companions and organize the photos.

Day 17: Flight from Nepalgunj to Kathmandu

Morning Flight to Kathmandu

Day 17: International Departure

All too soon it's time to bid Nepal farewell and one realizes that we can never be intimate, only acquainted with this amazing country.

Cost Include:

- Airport Pick up & Drop of Transportation by private vehicle
- Kathmandu / Nepalgunj / Kathmandu flight fare for members & guide
- Twin bed accommodation at Nepalgunj & Kathmandu in 2-3 star hotel with breakfast

- Nepalgunj / Jhupal / Nepalgunj flight fare for members & Nepali Staffs
- TIMS PERMIT
- National Park fees
- Lower Dolpo Special Area permit fees
- Accommodation in Tent during trek as per itinerary
- 3 meals (Breakfast, Lunch & Dinner) during trek
- Boil water during trek
- Tea Coffee in during trek
- A First Aid and Eco trained & Government licensed holder English Speaking guide
- Required porters during trek
- Experienced cook, kitchen staffs, Sherpa during trek
- Tent, mattress, cooking utensils and other camping gear during trek as per itinerary
- Accommodation, meals, salary, equipment, transportation & Insurance of trekking staffs
- First Aid Kit
- Travel & Rescue arrangement.
- All government taxes.
- Farewell dinner

Cost exclude:

- International airfare
- Nepal Visa fee (US\$50 per person for 30 days)
- Excess baggage charges. (Minimum weight 12 kg is allowed)
- Lunch/Dinner in Nepalgunj & Kathmandu
- TIPS for guide & Porter
- Soft/hard drinks
- Any expenses of personal nature, client's insurance
- Personal gears & clothing
- Medical evacuation in case of emergency.
- Expenses incurred due to mishaps, landslide, strikes, political unrest etc. In such case extra will be charged as per actual
- Anything not specified in cost include section