Dolpo Explore Trekking

DURATION: 12 DAYS

Trip Facts



Group Size 1-6 Persons



Trip Grade Moderate



Accommodation Hotel + Lodge + Teahouse





Max Height 3600 Metres



Start From Kathmandu



End At Kathmandu



Transportation Flight+Car+Jeep



Duration 12 Days



Meals included Breakfast+ Lunch+ Dinner Days

Best season:

March + May - September + November

Trip Overview

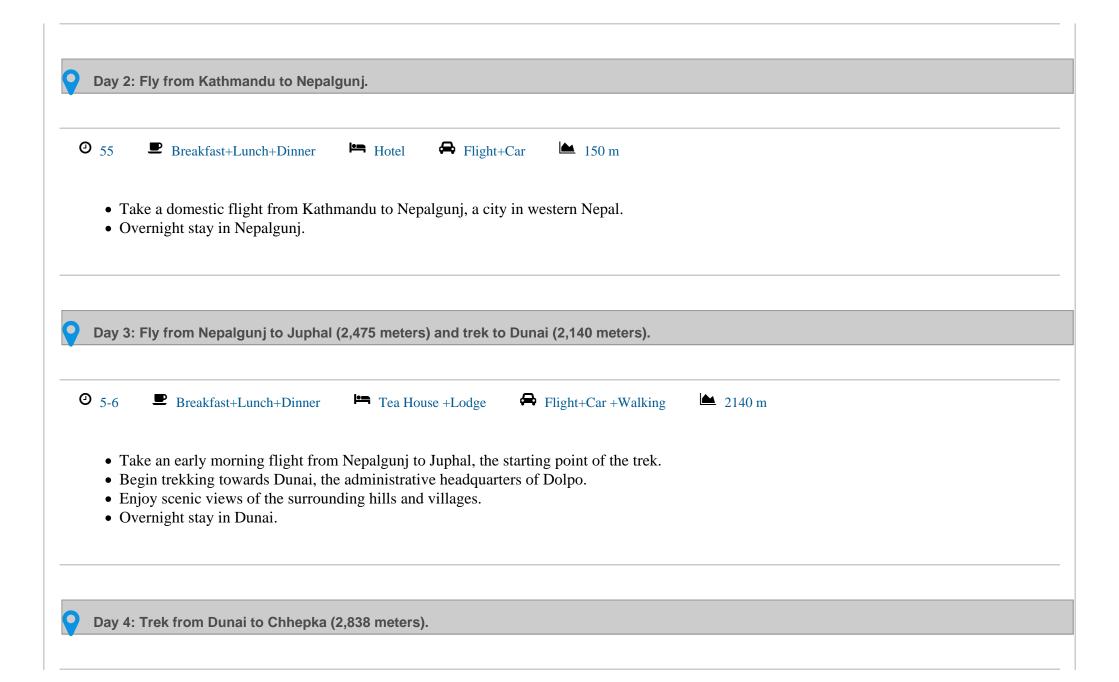
Dolpo Explore Trekking is a unique adventure in Nepal's remote Dolpo region, known for its diverse wildlife, ancient Buddhist monasteries, and Tibetan-influenced culture. The 18- to 22-day trek takes trekkers through deep valleys, high passes, alpine meadows, and picturesque villages, offering stunning views of snow-capped peaks and visiting the pristine Shey Phoksundo Lake. The trek requires a special permit, good physical fitness, and previous trekking experience. It offers an authentic lifestyle, focusing on the history and significance of ancient Buddhist monasteries, the impact of Tibetan-influenced culture on local communities, logistics for obtaining a special permit, and the unique flora and fauna found in the region. Trekkers can expect to immerse themselves in the rich cultural tapestry of the region, interacting with local villagers and experiencing their traditional way of life.

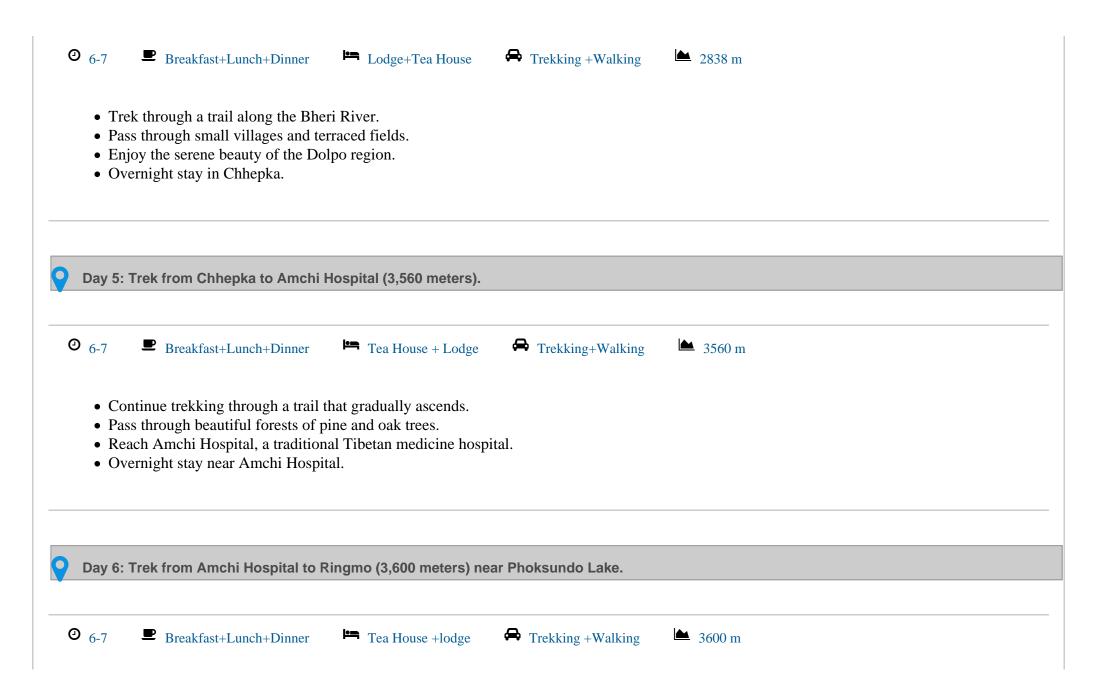
The trek also provides opportunities for spiritual reflection and connection with nature as trekkers traverse through remote wilderness areas home to various rare plant and animal species. Overall, the Upper Dolpo Trek offers a truly unforgettable adventure for those willing to embark on this challenging and rewarding journey. **Additionally, trekkers will have** the chance to visit ancient monasteries and temples along the route, adding a spiritual and historical dimension to the experience. The trek also offers stunning views of the Himalayas, providing a breathtaking backdrop to the entire journey.



Trip Itinerary







- Trek through a rocky trail with occasional uphill and downhill sections.
- Enter the Shey Phoksundo National Park.
- Reach the picturesque village of Ringmo, located near the stunning Phoksundo Lake.
- Overnight stay in Ringmo.



Day 7: Rest day at Phoksundo Lake for acclimatization and exploration.

- - Spend the day exploring the pristine beauty of Phoksundo Lake.
 - Enjoy the tranquil atmosphere and breathtaking views.
 - Visit the nearby monastery and interact with local inhabitants.
 - Overnight stay in Ringmo



Day 8: Trek from Ringmo to Rechi (3,010 meters).

- - Leave Ringmo and continue trekking through the Dolpo region.
 - Pass through alpine meadows, forests, and charming villages.

- Enjoy the peaceful surroundings and cultural encounters.
- Overnight stay in Rechi.



Day 9: Trek from Rechi to Roha (3,430 meters).

- 6-7 **P** Breakfast+Lunch+Dinner
- Lodge + Tea House
- **←** Trekking
- **≤** 3430 m

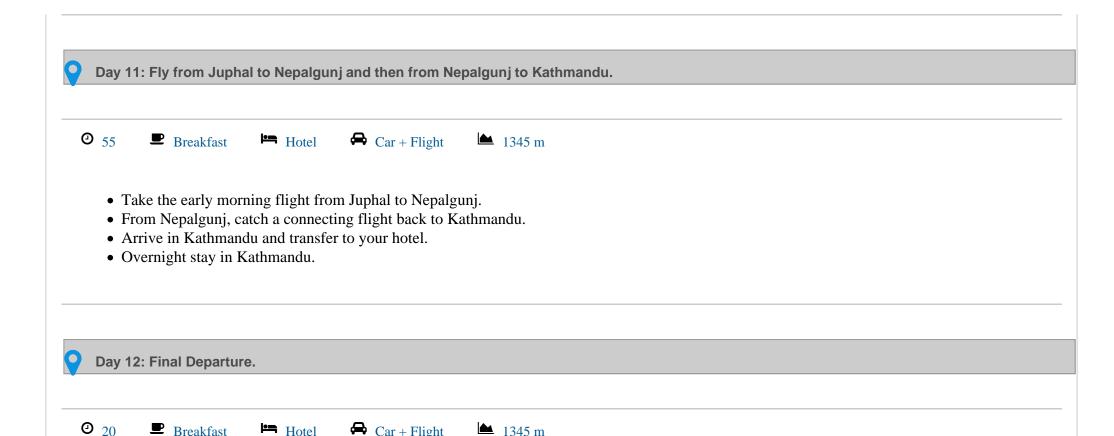
- Resume the trek and ascend towards Roha.
- Traverse through scenic landscapes with mountain views.
- Immerse yourself in the natural beauty of the region.
- Overnight stay in Roha.



Day 10: Trek from Roha to Juphal (2,475 meters).

- 6-7 Breakfast+Lunch+Dinner
 - Tea House + Lodge
- **←** Trekking
- ≥ 2475 m

- Descend from Roha and retrace your steps back to Juphal.
- Enjoy the final day of trekking in the Dolpo region.
- Celebrate the completion of the Lower Dolpo Explore Trek.
- Overnight stay in Juphal.



Your adventure in Nepal comes to an end today! There is nothing to do but trade emails with your travel companions and organize your photos. A representative from Mount Adventure Holidays Trekking will take you to the airport, approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal.&nbs

Cost Includes

- Pick up from the airport and transfer to the hotel
- ✓ Accommodation in Kathmandu in a 3-star level hotel.

- ✓ Flight ticket from Kathmandu to Nepalgunj and Flight ticket from Nepalgunj to Jumla (Bothway)
- → A professional Sherpa Guide with Government License
- ✓ Sherpa porter who will carry your baggage (2 people 1 sherpa porter)
- ✓ Food during Trekking (Breakfast, Lunch, Dinner)
- ✓ All Accommodation during Trekking (Tea House/ Camping)
- Restricted Area Permit
- Necessary Trekking permits
- ✓ TIMS (Trekkers Information Management system card)
- Necessary Equipment (sleeping bag and Down Jacket)
- ✓ Food, salary Transport, and clothing for Guide and Porter
- ✓ Insurance for Guide and Porter
- ✓ Emergency Rescue Help (covered by your travel insurance)
- Government tax and service charge.
- ✓ All programs as per Itinerary
- ✓ Airport departure.



Cost Excludes

- Nepalese visa fee.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, Beverage bills, shower, etc.)
- **X** Travel and rescue insurance.
- **★** Tips for guide(s), porter(s) and driver
- **x** Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around \$1.5 per kg)
- **★** OPTIONAL ADDONS (Available during check-out)
- × Porter

x 1 hour Mountain flight

Trip Map

