

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, a remote and culturally rich region in Nepal, is known for its diverse wildlife, ancient Buddhist monasteries, and unique Tibetan-influenced culture. The Dolpo Explore Trekking route takes trekkers through the beautiful landscapes of the region, including deep valleys, high passes, alpine meadows, and picturesque villages. The trek offers stunning views of snow-capped peaks like Dhaulagiri and Kanjiroba and includes a visit to the pristine Shey Phoksundo Lake, the deepest in Nepal and surrounded by snow-capped mountains. The trek requires a special permit and requires a good level of physical fitness and previous trekking experience. Dolpo Explore Trekking is an extraordinary adventure that combines natural beauty, cultural immersion, and adventure in one of the most captivating regions of Nepal. Dolpo Explore Trekking is a unique trekking adventure in Nepal's remote Dolpo region, known for its rugged landscapes, unique Tibetan culture, and ancient Buddhist monasteries. The trek starts from Juphal, a short flight from Nepalgunj, and takes you through Shey Phoksundo Lake, an awe-inspiring high-altitude lake surrounded by snow-capped peaks. Near Shey Phoksundo Lake, you'll find Phoksundo Gompa, an ancient Buddhist monastery with cultural and religious significance.

The Dolpo region is inhabited by Tibetan people, and the trek offers an authentic lifestyle. The trek takes around 18 to 22 days, depending on the itinerary and acclimatization days. The best seasons for Dolpo Explore Trekking are spring (March to May) and autumn (September to November), with stable weather and clear skies for better mountain views. The trek is suitable for experienced trekkers and adventurers with excellent physical fitness and previous high-altitude trekking experience. The Dolpo region is known for its remote and untouched landscapes, providing trekkers with a unique and off-the-beaten-path experience. It is home to stunning mountain ranges, deep valleys, and ancient monasteries that showcase the rich Tibetan culture. The challenging terrain and high altitude require trekkers to be well-prepared and equipped with proper gear and knowledge of altitude sickness prevention.

Trip Itinerary



Day 1: Arrival in Kathmandu and transfer to the hotel.

🕒 20



Breakfast



Hotel



Car



1345 m

Spend the day exploring the vibrant city of Kathmandu.



Day 2: Fly from Kathmandu to Nepalgunj.

🕒 55



Breakfast+Lunch+Dinner



Hotel



Flight+Car



150 m

- Take a domestic flight from Kathmandu to Nepalgunj, a city in western Nepal.
- Overnight stay in Nepalgunj.



Day 3: Fly from Nepalgunj to Juphal (2,475 meters) and trek to Dunai (2,140 meters).

🕒 5-6



Breakfast+Lunch+Dinner



Tea House +Lodge



Flight+Car +Walking



2140 m

- Take an early morning flight from Nepalgunj to Juphal, the starting point of the trek.
- Begin trekking towards Dunai, the administrative headquarters of Dolpo.
- Enjoy scenic views of the surrounding hills and villages.
- Overnight stay in Dunai.



Day 4: Trek from Dunai to Chhepka (2,838 meters).



6-7



Breakfast+Lunch+Dinner



Lodge+Tea House



Trekking +Walking



2838 m

- Trek through a trail along the Bheri River.
- Pass through small villages and terraced fields.
- Enjoy the serene beauty of the Dolpo region.
- Overnight stay in Chhepka.



Day 5: Trek from Chhepka to Amchi Hospital (3,560 meters).



6-7



Breakfast+Lunch+Dinner



Tea House + Lodge



Trekking+Walking



3560 m

- Continue trekking through a trail that gradually ascends.
- Pass through beautiful forests of pine and oak trees.

- Reach Amchi Hospital, a traditional Tibetan medicine hospital.
- Overnight stay near Amchi Hospital.



Day 6: Trek from Amchi Hospital to Ringmo (3,600 meters) near Phoksundo Lake.

🕒 6-7 🍽️ Breakfast+Lunch+Dinner 🛏️ Tea House +lodge 🚗 Trekking +Walking 🏔️ 3600 m

- 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.

🕒 6-7 🍽️ Breakfast+Lunch+Dinner 🛏️ Lodge+ Tea House 🚗 Trekking + Walking 🏔️ 3600 m

- 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).



6-7



Breakfast+Lunch+Dinner



Tea House +Lodge



Trekking



3010 m

- 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



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.



Day 11: Fly from Juphal to Nepalgunj and then from Nepalgunj to Kathmandu.



55



Breakfast



Hotel



Car + Flight



1345 m

- Take the early morning flight from Juphal to Nepalgunj.
- From Nepalgunj, catch a connecting flight back to Kathmandu.
- Arrive in Kathmandu and transfer to your hotel.
- Overnight stay in Kathmandu.



Day 12: Final Departure.

🕒 20 🍳 Breakfast 🛏 Hotel 🚗 Car + Flight 🏔 1345 m

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.

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 (Trekking 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.)
- ✗ Travel and rescue insurance.
- ✗ Tips for guide(s), porter(s) and driver
- ✗ 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
- ✗ 1 hour Mountain flight



Trip Map