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

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.&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.)
- 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

