

# Lower Dolpa Trek

## Trip Overview

The Lower Dolpa Trek is a journey into the heart of Nepal's hidden gems, providing an unparalleled experience for those seeking to touch its untouched beauty and rich cultural heritage. The Lower Dolpa trekking is a remote trekking destination in Nepal, which offers a unique blend of cultural richness, natural beauty and remote adventure placed against the rugged landscapes of Nepal. Located in the mid-western region of Nepal, Dolpa remains one of the least explored and pristine trekking areas of the country. The trek leads you through varied landscapes, from lush green forests to arid, rocky terrains and challenging high passes such as Numa La, Baga La high passes and others.

The highlight of the trek is undoubtedly Phoksundo Lake, renowned for its deep turquoise waters, surrounded by snowcapped peaks such as Kanjirowa Himal, Norbung Kang, glimpses of peaks of the Dhaulagiri range and dramatic cliffs. The lake's beauty is often described as surreal, making it a perfect spot for nature lovers and photographers. The region around Phoksundo Lake is culturally significant being home to the unique Tibetan religion, an ancient belief system predating Buddhism. There trekkers will be able to visit traditional settlements like Ringmo, Dho Tharap, Ghanagar and others where people still live in their traditional stone houses and follow yak herding culture for their living, visit ancient Buddhist monasteries like Ripuche Gompa, Champa Gompa, Kakar Gompa and many more and interact with the local people who continue to live a lifestyle wholly untouched by modernity. The region's cultural heritage is reflected in its festivals, traditional music and local craftsmanship, providing a window into the centuries-old Tibetan way of life.

Nepal's largest national park, Shey Phoksundo National Park is a shelter which is rich in biodiversity and provides sanctuary for endangered species including snow leopard, Himalayan blue sheep, and various bird species, also comes under the scope of the trek. The trek also offers glimpses of diverse plant life, from alpine shrubs to dense pines and fir forests. As the trails taking you to Lower Dolpa are less traveled, offering solitude and a sense of wilderness touch to it, the trek is considered as one of the most popular remote trekking sites in Nepal. The challenging terrain, high passes and the sheer remoteness of the area makes it a haven for adventure enthusiasts.

## Trip Highlights

## Trip Itinerary

**Day 01:**

## Cost Includes

- Airport pick up drop both National and International flight
- 3-star House twin sharing room on BB plan in Kathmandu
- One night in Nepalgunj twin sharing bedroom with on Dinner and Breakfast
- Two-way flight fare to KTM-Nepalgunj-KTM
- Two-way flight fare to Nepalgunj-Juphal-Nepalgunj
- Staff Transportation
- Necessary Sherpa (Assistant Guide) and kitchen crew
- Necessary mule for camping transportation
- All camping gear include kitchen equipment

- Camping charge
- Tented camp includes three meals a day with Pack lunch
- Upper & Lower Dolpa Permit
- Shey Phoksundo National Park fee
- Accident Insurance Nepali Staff

## **Cost Excludes**

- All personal expenses
- Lunch and Dinner in Kathmandu
- Extra night accommodation in Kathmandu because of late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Kathmandu Sightseeing
- Health and Medical insurance
- Hotel/Guest house in trekking period
- Restaurant Bill on Trekking Period
- Personal Bill/Expenses Bar Bill and Drinking water during the Tea House Period
- Search and Rescue Insurance (Travel Insurance)
- Nepal visa
- International air fare and Taxes
- Trekking equipment include Sleeping bag
- Alcoholic bar bills including espresso coffee
- Shower gel tooth brush towels body lotions sun lotions
- Due to natural calamities landslides weather conditions or political upheaval
- Tipping to support team souvenirs and other then mention above.