



# Lower Dolpo Trek

## Trek Description

Treks in the Lower Dolpo do not require special permits. The Lower Dolpo is located in the mid western part of Nepal known as “Ba Yul” in the local dialect or the hidden valley. One of the many highlights of the lower Dolpo trek is the flat upper valley, which contains a number of interesting villages mostly inhabited by people of Magar & Gurung origins. There are a number of Buddhist and Bon-po temples to see along the way.

## Highlights of the trek

The legendary hidden land closed for years to trekkers, highest waterfall from Nepal, originating from Phoksumdo Lake, Phoksumdo Lake.

## Detailed itinerary

Itinerary can be customized according to your needs and length of stay.

### Day 01 – Arrival in Kathmandu

Upon arrival at Kathmandu International Airport transfer to your hotel. Short briefing will follow concerning the necessary formalities and your trekking itinerary. Depending upon your arrival time you may spend free time visiting nearby sanctuaries or resting.

### Day 02 – Sightseeing / Cultural Day in Kathmandu Valley

Half day sightseeing around Kathmandu where your guide will escort you on a tour of Buddhist and Hindu temples and shrines reflecting ancient local traditions. There is time to explore the city’s many places of interest on your own or take a rest while trekking permits are finalised. In the evening sample a delicious traditional Nepali dinner. Overnight in Kathmandu.

### Day 03 – Kathmandu to Nepalgunj

We have to fly to Nepalgunj from Kathmandu. Nepalgunj is the jumping-off place for flights and busses throughout western Nepal. Unfortunately there is no connecting flight to Jumla (the start of our trek), so we will spend the night here.

## Trek details

### Trek dates

Daily

### Season

September to end of November and February to late June

### Duration

20 days

### Trekking days

13

### Trekking grade

Medium – Hard

### Maximum altitude

5115m

### Starting point of trek

Jumla

### Finishing point of trek

Juphal

### Trek style (accommodation)

Camping

### Trek code

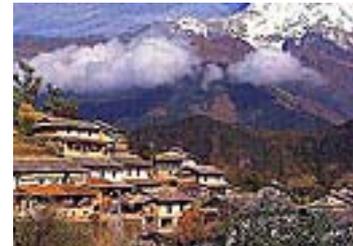
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**Day 04 – Nepalgunj to Jumla**

An early morning plane will take us to the town of Jumla, which lies on the banks of the Tila Khola river at 2370 meter. Jumla is one of the highest rice-growing areas of the world, where the unique ‘red’-rice is grown. We will meet our trekking crew today and make the final preparations for our camping-trek.

**Day 05 – Jumla to Gothi Chaur (2500m)**

From Jumla our trail leads past several water-driven mills before dropping to the confluence of the Tila Khola and the Chaudhabise Khola. We cross both rivers on a cantilever bridge which looks like it is held together by giant clothes pegs. From here our trail climbs gently alongside rice terraces to the village of Dochal Ghara at 2530 meter. From here we follow the trail through a forest of maples and walnuts to a meadow. In season the wildflowers seen here include cinquefoils, terrestrial orchids, forget-me-nots, mints, buttercups, primulas, edelweiss and gentians. Beyond the meadow the trail climbs to a rocky cairn at Pattyata Lagna (2830m), and then descends into a magnificent alpine amphitheatre towards Gothi Chaur close to the stream at the bottom of the valley. At the spring here there are some 13th century Malla dynasty stone carvings. We set up camp close to the river (5 hrs).



Nepalese Vallige

**Day 06 – Gothi Chaur to Naphukana (3080m)**

We will re-enter the Tila river valley and follow this river slowly to its source. After ascending through fields of barley and buckwheat we arrive at the trail junction at Muni Sangu, a small settlement where we can see peculiar carved wooden faces, called dok-pa and are supposed to offer protection from evil spirits. These faces can be seen throughout the whole Dolpo region. We stay on the southern side of the river from here as the valley slowly becomes narrower and follow our way to Changrikot (a series of houses built into the hillside on the opposite side of the river at 2900m). The trail then finally crosses the river and climbs towards the grey stone houses of Chotra (3010m). The village has typical mani walls (walls containing stones carved with Tibetan Buddhist prayers) and a kani (arch, decorated with paintings on the inside) over the trail. A short distance from here is the Tibetan settlement of Naphukana where we will make our camp (6 hrs).

**Day 07 – Naphukana to Balasa (3110m)**

The trail becomes steeper today as it climbs past rocky fields to forests of oaks and birch trees strangled with Spanish moss. The climb will end at the Mauri lagna (‘honey pass’) at 3820 meter. From this pass we have good views of the snowy peaks of Gutumba (5608m) and Mataumba (5767m) to the north-east and Bhalu Himal (5460m) to the south. We will descent from here to the Bheri valley to the large Khampa settlement of Chaurikot at 3060 meter. A short time past this village there are some excellent campsites alongside the trail (5 hrs).



Changrikot

**Day 08 – Balasa to Kaigaon (2610m)**

We will continue our trek through walnut forests; the local people seldom eat the nuts but use them as a source for cooking oil. We slowly descend to the village of Rimi at 2890 meter, where the amusing faces of the dok-pa peek at us from the tops of houses. After crossing the stream we will arrive in Kaigaon, where we will find the first shop since leaving Jumla (3-4 hrs).

**Day 09 –Kaigaon to Toijem (2920m)**

We follow the west bank of the Bheri river and climb slowly up leaving the river deep below us. The trail stays high above the river and continues to the confluence where the Jagdula and Garpung Kholas join to form the Bheri. We then drop to the Jagdula Khola river and cross it on stones to our campsite near the army post at Toijem (5 hrs).

**Day 10 – Toijem to Kagmara Phedi (4000m)**

Today we follow the trail up the western side of the Garpung Khola river to about 3650 meter, after which we cross it and continue upstream on the eastern side. The valley narrows and the river becomes a series of waterfalls as the trail climbs to a moraine at 3900 meter. We will make a high camp in the boulders at Kagmara Phedi. The panoramic views of the peaks from here are sensational. Wildflowers are of the hardy alpine species, including blue poppies, buttercups, mint, gentians and puffballs. Among the birds here you may sight snow pigeons, redstarts, ravens and griffons. This is also an excellent place to spot blue sheep (6 hrs).



Gentians

**Day 11 – Kamarga Phedi to Lasa (4060m)**

We start early to climb alongside the Kagmara Glacier to Kagmara La pass at 5115 meter. Then we descend about 900 meter along a stream into the Pungmo valley. On this side of the pass there are sweeping scree slopes and massive rock formations that contrast with the vertical uplifts and thrusts of the southern side. We descend further to Lasa, a shepherds' camp at about 4060m (7 hrs).

**Day 12 – Lasa to Sumduwa (3100m)**

The trail stays high above the stream, which eventually becomes the Pungmo Khola river. The route enters birch and juniper forests, which give away to blue pines as the trail crosses the river on a wooden bridge. The route continues through barley fields to the fortress-like village of Pungmo. From here we continue our way downstream to the school at Sumduwa and descend to a camp on the banks of the Phoksumdo Khola (5 hrs).

**Day 13 – Sumduwa to Phoksumdo Lake (3730m)**

We will join the direct trail to Phoksumdo lake today climbing through forests of big cedars on to Palam (3710m), a winter settlement used by the people of the Ringmo village. The entrance station for the Shey Phoksumdo National Park is at the south end of the village. The route then descends on switchbacks through open country to an elevation of 3300 meter, and then starts up another set of dusty switchbacks to a ridge at 3780 meter to the highest waterfall in Nepal (200 meter high). Our route then continues on to Ringmo village, a picturesque settlement of flat-roofed stone houses with lots of mani walls. Just below Ringmo we cross a bridge and follow the trail to Phoksumdo Lake, where we camp at the national park camping grounds west of the lake (6 hrs).

**Day 14 – Phoksumdo Lake**

Today we rest to admire the beauty of this great lake. We visit nearby villages inhabited by Bon and Buddhist Settlers and can make a short excursion to the white Pal Sentan Thasoon Chholing Gompa, a Bon-po gompa overlooking the lake, which is said to be build 60 generations ago.

**Day 15 – Phoksumdo Lake to Renje (3010m)**

We back track our path to Ringmo village and continue past Palam to the Suli Gaad valley, following the stream originating from the Phoksumdo Lake. After a descent of almost 900 meters we will arrive in the small village of Renje, which consists of 9 houses on the side of the river. Here we will find a good campsite about 5 minutes from the village (5 hrs).

**Day 16 – Renje to Chepka (2670m)**

Our route follows several ups and downs alongside the river through forests of firs and larches as it continues downstream. The trail then becomes a collection of rocks and sticks forming a dyke along the river bank. We will set up camp beside a huge rock in a walnut grove about 20 minutes away from Chepka. (4–5 hrs).

**Day 17 – Chepka to Juphal (2354m)**

Today we walk to the region famous for its lotus-like plant called chuk, which is used to make vinegar and medicines. We pass through the villages of Ankhe, Rahagaon and Parella, meaning ‘eye’, ‘eyebrow’ and ‘eyelash’ respectively. We keep walking downstream following the river to Dunai. From here we ascend to Juphal climbing through wide meadows. In Juphal we will spend the night in one of its hotels where a well deserved hot shower awaits us (7 hrs).

**Day 18 – Juphal to Nepalgunj**

We fly to Nepalgunj today and connect with our flight back to Kathmandu next day.

**Day 19 – Nepalgunj to Kathmandu**

We take our return flight to Kathmandu. Overnight stay at hotel.

**Day 20 – Kathmandu**

Departure from Kathmandu.

**The trek program is – because of weather or unforeseen events – subject to change.**



Kanjiroba Massif

### ■ Services & costs included in price

- Airport pick-up and drop-off
- Three night's
- Hotel accommodation and breakfast in Kathmandu
- Licensed and trained trekking guides
- Porters for carrying goods and supplies
- All accommodation during the trek
- All meals, mineral water on trek and hot beverages
- Transportation to and from trailhead
- All necessary documents and permits for trekking (where applicable)
- National Park/Conservation Area entry permit
- Equipment such as sleeping bag, tents and mattresses
- Cooking equipment
- Camp-site charges
- Insurance, medication, and equipment for staff
- Coordination of Quick Rescue service (costs covered by your Insurance plan)

### ■ Services & costs NOT included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 16kg and hand bag more than 5 kg in domestic flights
- Visa fees
- Airport departure tax
- Rescue charge
- Drinks (Cold & Alcoholic)
- Expenses of personal nature
- Permit & Liaison officer fee (where applicable)