



Dear Sir/Madam,

Greetings from **Altitude Himalaya!!**

Thanks for reaching us. Please find below details of the **Lower Dolpo Circuit Trek**. Let us know your further questions, changes, and decisions. We can customize the trip plan upon your preference, choice, and suggestion.

Your Trip Facts:

Travelers Info	Your Group Name (Minimum 2 Adults)
Trek Name	Lower Dolpo Circuit (16 Nights 17 Days)
Accommodation	<u>3 Star Deluxe Hotels (Subject to Available):</u> Kathmandu: 3 Star Hotel (3 Nights) Nepalgunj: 3 Star Hotel (1 Night) During Trek: Tented Accommodation (12 Nights)
Rooms	1 Double Sharing Deluxe room (Kathmandu and Nepalgunj) Comfortable Tented accommodation (During Trek)
Trek Cost	<u>4,250 USD Per Person/-</u>
Route	Kathmandu - Nepalgunj - Juphal - Dunai - Tarakot - Lain Odar - Sim Odar - Dho Tarap - Numa La Phedi - Danigar - Yak Khark - Ringmo - Chhepka - Juphal - Nepalgunj - Kathmandu.
Meal Plan	Kathmandu and Nepalgunj: BB (Breakfast Included) Dolpo: AP (Breakfast, Lunch, and Dinner Included)
Domestic Flights	Kathmandu to Nepalgunj - Nepalgunj to Juphal - Juphal to Nepalgunj - Nepalgunj to Kathmandu.



Permits	<ol style="list-style-type: none">1. National Park Entry Permits.2. Lower Restricted Area Permit (RAP)3. Trekkers Information Management System (TIMS) Card.
Guide	<ol style="list-style-type: none">1. An experienced and government-licensed trekking guide (English)2. An assistant and cook, as well as the necessary number of mules.

Read Our Past Guest Reviews On: [TripAdvisor](#) | [Google](#) | [TripAdvisor](#)

Your Trip Overview:

Do you want to go on a journey to the isolated paradise of Nepal? If yes, then this is an ideal trek for you. The **Lower Dolpo Circuit Trek** is one of the most thrilling treks in Nepal, which takes you inside the Shey Phoksundo National Park to the Lower Belt of the Dolpo region. Dolpo, also known as Dolpa, is located in the western part of Nepal, close to the Tibetan plateaus at high elevation.

Trekking the Lower Dolpo Circuit in Nepal will walk you through some of the highest and most remote settlements in Nepal. You will also pass various mountain passes throughout your trekking journey. Trekking in Nepal allows you to explore remote places with the most humble people residing there who regard guests as gods, due to which they are quite hospitable. Despite the simple living in underdeveloped places, they will make you feel at home with the minimal facilities they can provide. The Dolpo region is one of the most isolated places in Nepal, so the experience of doing the Lower Dolpo Circuit trek will be unique. Walking with your trekking team, eating the food they prepare, and spending the night in the wilderness with nothing but a flimsy tent between you and the magnificent Milky Way is going to be a core memory for anyone who does it. Come along with us on the journey to the Lower Dolpo Circuit Trek, where the pristine nature, fast-flowing rivers, gorgeous lakes, and warm people are waiting for you to explore this remote region of Nepal. This **17-day** journey to the isolated part of Nepal will leave you craving for more.



Your Trip Highlights:

- Private and customizable trip
- Unique Landscapes of the Lower Dolpo region
- Exploring Ringmo, the Bon Village
- High-suspension bridges with stunning trails
- View of Kanjirowa Massif (6,612 meters)
- Peaceful trekking experience, ideal for beginner trekkers

Your Trip Itinerary:

DAY 01: Kathmandu Arrival, Welcome to Nepal. [1,400 m/4,593 ft]

*Your Arrival Time (?): Our office representative will meet and greet you at **Kathmandu Airport** and transfer you to your hotel in Kathmandu.*

***At. 06:00 PM:** We will meet in the evening for a coffee and provide you with a briefing on your trek program. You will receive all the essential information for the trekking region. You will also receive all the necessary paperwork and permits, which you should keep with our guide. If your arrival is late after 5 PM, we will meet the next morning during breakfast.*

***Optional Activity:** If you're interested in additional activities during your tour in Kathmandu, please let us know your preferences in advance. This will allow us to schedule and book the programs accordingly.*

Optional Activities in Kathmandu

- *Everest Mountain Flight (It is a 1-hour flight (scheduled at 6:30 AM) with a breathtaking view of the mountain range.) (USD 250 PP)*
- *Gosaikunda Helicopter Tour from Kathmandu. (USD 500 PP)*
- *Everest Helicopter Tour from Kathmandu with Kala Patthar Landing. (USD 1200 PP)*

Meal: Not Included.

DAY 02: Kathmandu Sightseeing, Trek Preparation. [1,400 m/4,593 ft]



At. 10:00 AM: Start your fully guided sightseeing from the closest place, [Kathmandu Durbar Square](#). The former royal palace will fascinate you with its intricate architectural designs and exciting myths and histories related to it. In front of the court, you will see numerous vendors selling handcrafted items like jewellery, decoration pieces, and many other stuff. Next, visit [Swayambhunath Stupa](#), also known as the **Monkey Temple**. It is dedicated to both Hindu and Buddhist religions, which creates religious harmony. One must climb hundreds of stairs to reach the top of the hill where the monument is situated. The environment is peaceful, so if you want to practice meditation, you can do so.

Afterward, visit the renowned [Pashupatinath Temple](#), dedicated to Lord Shiva and known for its remarkable pagoda architecture. It is Nepal's highly revered Hindu temple, where you can see numerous culturally significant monuments. The final stop is [Boudhanath Stupa](#), where you will be greeted warmly by the divine scent of incense and the gentle sounds of pigeons. It is one of the biggest stupas in the world, which people find significantly spiritually important.

After completing your sightseeing program, visit **Thamel** for trek preparation shopping. You can find all the necessary gear here. We recommend purchasing the product from your home country due to higher prices and potential quality differences. In the evening, we will gather for a **welcome dinner** at a restaurant. The dinner will feature traditional **Thakali cuisine**, followed by a cultural program with traditional songs and performances.

Note: You can go for a warm-up trek to the nearest viewpoint in Kathmandu to **Jamacho Gumba (Monastery)** instead of sightseeing if you wish to. The hike can be completed in around 4-5 hours; it helps to stretch your legs before the trek and will be beneficial; however, it is optional.

Meals: Breakfast and Dinner Included.

DAY 03: Fly to Nepalgunj from Kathmandu. [150 m/492 ft]

At. 11:30 AM: Wake up and have breakfast at the hotel. Your trekking guide will receive you and take you to the Kathmandu airport for your flight to **Nepalgunj**. The flight from Kathmandu to Nepalgunj is about 45–50 minutes. Upon reaching Nepalgunj, you will be transferred to your hotel.

At. 02:00 PM: After completing your check-in and short refreshment, you can visit a nearby market to explore local people, food, culture, and attractions. Nepalgunj is a city situated near the border of India, which has a strong influence on the local food culture. As a result, the cuisine in Nepalgunj is predominantly influenced by Indian culinary traditions. At this place, you will have the chance to



experience and taste a variety of popular local and street food options that are known for their delicious flavors. While you have leisure time, consider trying out some delicious snacks as you stroll around and explore new food options before your trek begins.

Meal: Breakfast Included.

DAY 04: Fly to Juphal, Trek to Dunai. [2,140m/7,020 ft]

***At. 06:00 AM:** Early this morning, you will take the flight to **Juphal**, which is located north of Nepalgunj. The small aircraft will take you to the beautiful airport in Juphal. The view of mighty snowcapped peaks is visible throughout the flight. The duration of the flight to Juphal from Nepalgunj is about 45 minutes on a twin-otter aircraft, which is the most comfortable and easy mode of transportation by air that connects remote regions of Nepal. Once you reach Juphal, meet your other trekking team, as this trek requires camping, and they will carry all the necessary equipment for the trek.*

*Juphal is your starting point for the trek, and from here you will start your first day of the trek to **Dunai**. The total distance between Juphal and Dunai is 11 km, which you can cover in around 2-4 hours as the trail is easy and follows a gradual descent. The trail mostly goes from the bank of the Bheri River and passes through beautiful villages and maize fields, depending on the season you visit. The trail today mostly descends to Dunai village. You will spend your night at a comfortable tented accommodation.*

Meals: Breakfast, Lunch, and Dinner Included.

DAY 05: Trek to Tarakot. [2,540 m/8,333 ft]

***At. 08:00 AM:** Have your breakfast at the campsite before starting your trek. Today you will trek up to **Tarakot**, which is located around 16 km away from Dunai, which will take approximately 5-6 hours. You will continue your walk beside the Thuli Bheri River and cross a few rivers before reaching your destination. As you reach your campsite, the kitchen team will take care of preparing the food, while your guide and the other trekking members will be in charge of setting up the tents. Experience the tranquility of nature while enjoying dinner.*

Meals: Breakfast, Lunch, and Dinner Included.



DAY 06: Trek to Lain Odar. [3,290 m/10,795 ft]

At. 08:00 AM: Today you will make your way to another campsite named **Lain Odar**, which is around 14 km away from Tarakot and will take around 8 hours of trekking. In the first half of the trail, there is a gentle ascent; after that, there is a sharp ascent where elevation is gradually gained.

Once you reach your destination, relax with your bags and take a walk around the campsite while your dinner is being prepared. Overnight stay in the tent.

Note: Since you will be staying at an elevation above 3,000 meters, make sure you drink plenty of water and walk steadily to prevent altitude sickness.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 07: Trek to Sim Odar. [3,523 m/11,558 ft]

At. 07:00 AM: Start your day with breakfast at the campsite and then get ready to begin your journey. Today you will be covering a total distance of around 13 km to Sim Odar, which will take around 8-10 hours to walk. Today's trail mostly follows a gradual ascent leading you up to **Sim Odar**, also known as **Toltol**.

On the way, you will follow Tarap Khola (River) and will walk past settlements such as Chhyugar. Once you reach your destination, you can stroll around and rest. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 08: Trek to Dho Tarap. [4,100 m/13,452 ft]

At. 08:00 AM: Today, you will be heading towards **Dho/Dho Tarap**, which is one of the most popular villages in the Dolpo region. Start your day with breakfast at the campsite before beginning your trek. The distance from Sim Odar to Dho is about 17 km, which will take approximately 8-10 hours. Along the way, you'll stop for light snacks and lunch, then continue on your journey. The trail follows the Tarap River as you gradually gain elevation, making the walk a bit challenging. However, you'll also have the option to try the local Tuk Tuk, a cab-like form of transportation (extra add-ons). Once you reach Dho, settle inside your tent, have your dinner, and rest for the night.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 09: Dho Tarap Exploration Day.



At. 09:00 AM: Today, you'll spend the day exploring the **Dho Tarap valley**, which reflects the wild beauty and authenticity of the Bon religion. The valley is mainly inhabited by locals who follow the Bon religion, and you'll have a chance to visit ancient monasteries such as **Ribo Bumpa Gompa** and **Shipchok Bon Gompa**. Besides the ancient landmarks, the landscape of this place is also beautiful, with a panoramic view of the surrounding area and gorgeous agricultural fields according to the season.

As you explore the area, you will also get a chance to acclimatize to the higher altitude, so your body can adjust gradually. Doing so helps prevent altitude sickness, which can be dangerous, and is important for a comfortable trek. You'll also have lots of time to explore Dho to learn about the traditional life of the locals, how they use traditional agricultural methods, and slow life. You can interact with the locals and learn about their daily lifestyle. After your exploration, return to your campsite, enjoy a well-deserved dinner, and rest up for tomorrow's trek over the high pass.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 10: Trek to Numa La Phedi. [4,800 m/15,748 ft]

At. 08:00 AM: After a day of rest and exploration in Dho Tarap, you'll begin your trek to **Numa La Phedi (Numa La Base Camp)**, enjoying the beautiful scenery and unique landscape along the river. The distance between Dho and Numa La Phedi is around 10 km and takes around 6-7 hours to complete the journey. Although the distance today is not long, the trek will be slower due to the increasing altitude. Once you reach the base, call it a day. You'll spend the night in a tented camp.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 11: Trek to Danigad. [4,512 m/14,803 ft]

At. 04:00 AM: Today is one of the toughest days of the trek, as you'll be crossing **Numa La Pass**, which stands at an elevation of 5,238 m above sea level. The distance between Numa la Phedi and **Danigar/Danigad** is around 10 km, which will take around 6-7 hours. You'll have to start early in the morning to avoid the strong winds that pick up after midday, making the trek more difficult; however, the view you get is stunning from the top. After crossing the pass, you will walk towards Danigar, your today's destination.



The trail passes through terraced fields and yak pastures, leading to your campsite. Once you reach the destination, rest well and call it a day. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 12: Trek to Yak Kharka. [3,995 m/13,100 ft]

***At. 04:00 AM:** Today is another day for you to pass through a breathtaking mountain pass. You will need to trek around 5-7 hours, following the Maduwa Khola and crossing a high pass once more, to reach **Yak Kharka or Baga La Phedi**, where you will spend the night.*

***Note:** Start your trek early to avoid strong winds.*

*The day begins with an uphill walk to reach the summit of **Baga la Pass**. After reaching the summit, you will start your descent, which leads you to today's destination, Yak Kharka or Kharka or Baga La Phedi. Enjoy the camping accommodation and soak in the beauty of the surroundings.*

Meals: Breakfast, Lunch, and Dinner Included.

DAY 13: Trek to Ringmo. [3,641 m/11,946 ft]

***At. 08:00 AM:** Enjoy your delicious breakfast in the morning and get ready to start your trek to **Ringmo**. The total distance from Yak Kharka to Ringmo is approximately 12 km. It usually takes around 5-6 hours to complete this trek, as the trail mostly descends and there are only a few uphill sections. You will have several opportunities to take in the breathtaking mountain landscape and the magnificence of nature while hiking the trail to Ringmo. As you descend, the vegetation gets lush as the elevation drops, welcoming you with more greenery. You will get to see vegetation such as pine, juniper, cypress, and other alpine fauna. Along with the vegetation, you will also notice a beautiful blue-hued lake, Phoksundo Lake, which can be seen from a distance.*

*Once you reach Ringmo, rest your bags and stroll around and explore the beautiful **Phoksundo Lake/Shey Phoksundo Lake** and Bon Monastery called **Thasang Tholing/Tshowa Gompa**. After exploring the place, return to the campsite and enjoy your dinner before calling it a day. Overnight at tented accommodation.*

***Note:** When visiting the monastery, show consideration for the Lamas by speaking politely to them and by getting their permission before taking any kind of photos or videos within the monastery.*

Meals: Breakfast, Lunch, and Dinner Included.



DAY 14: Trek to Chhepka. [2,678 m/8,786 ft]

*At. 07:30 AM: After having breakfast, you will begin your descent back towards **Chhepka village**. The distance from Ringmo to Chhepka is approximately 19 km, and it typically takes around 6–8 hours to complete the journey on foot, as it is mostly downhill. This journey takes you through a beautiful landscape of lush green vegetation, including birch forests and alpine forests along the Phoksundo Khola (River). As the trail runs alongside the riverbank, and the calming sound of flowing water accompanies you throughout the entire hike. Along the way, you may also encounter various wildlife species. As you reach Chhepka, head towards your camping site for an overnight stay in a tent. However, you can accommodate at a local lodge as well, which is optional.*

Meals: Breakfast, Lunch, and Dinner Included.

DAY 15: Trek to Juphal. [2,475 m/8,120 ft]

*At. 08:00 AM: After breakfast, the final day of your trek begins. Today is your last day in Dolpo, where you will be walking approximately 19 km and will take you approximately 6–8 hours to reach Juphal. You will be heading towards the Dunai and then continue your walk to the village of **Juphal**. The trail we will be exploring today is a bit rugged path that runs alongside the Suli Khola along with some uphill sections. You will eventually exit Shey Phoksundo National Park and officially finish your walking journey.*

Once you reach your destination, the team members will be setting up the tents and preparing some snacks for you along with the dinner. Overnight at tented accommodation. There are lodges and teahouses nearby for lodging where you can spend the night if you wish to, but it's optional.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 16: Fly to Kathmandu via Nepalgunj.

*At. 08:00 AM: After breakfast, you will take an early morning flight to **Nepalgunj** from Juphal. This is a wonderful 45-50 minute flight over the Himalayan foothills, with fine views of the main peaks, including Annapurna and Dhaulagiri to the north. You will then catch a connecting flight back to Kathmandu from Nepalgunj.*



Once you reach Kathmandu, your transportation will pick you up and drop you off at your respective hotel for rest and refreshments. After you arrive at the hotel, you can rest of the day relaxing, shopping for souvenirs in the Thamel area, or simply celebrating your successful trek to Dolpo.

Meal: Breakfast Included.

DAY 17: Departure, Farewell!

*You will have breakfast at the hotel and then have free time. Our office representative will drop you off at Tribhuvan International Airport 3 hours before your flight time. Carry loads of souvenirs, memories, and lifetime experiences back home, and **Have a safe home return!** We hope you enjoyed the trip! If you plan to extend your stay, we ([Dolpo Trekking](#)) are happy to make your visit memorable and enjoyable.*

Meal: Breakfast Included.

Package Cost Includes:

- 1. An authentic Thakali welcome dinner and a cultural performance featuring traditional folk songs.*
- 2. All airport transfers and sightseeing on a private basis.*
- 3. Domestic two-way flight transfer (Kathmandu-Nepalgunj-Juphal and back) as mentioned in the itinerary.*
- 4. All 16 nights accommodation in hotels and comfortable tents throughout the trip in the respective places.*
- 5. 12 nights at comfortable tented accommodation as mentioned in the itinerary during the trek.*
- 6. Daily breakfast throughout the trip.*
- 7. Lunch and dinner from the trek's starting day to the trek's ending day.*
- 8. All necessary paperwork. (Restricted area permit, National park permits, and TIMS card)*
- 9. An English-speaking, experienced, and government-licensed professional trekking guide.*
- 10. Required number of porters, kitchen staff, and mules during the trek.*
- 11. A well-equipped medical kit with necessary medications throughout the trek. (carried by the guide)*
- 12. One local SIM card (returnable) during your stay for communication purposes.*



13. *All government and local taxes.*
14. *Guide and Porter, cook's salary, food, and accommodation during the trek.*
15. *Arrangement of emergency helicopter service which will be paid for by your traveler's insurance company.*
16. *Sleeping bags, duffle bags, and trekking route maps – if necessary.*
17. *Sufficient amount of mineral water during your sightseeing program in Kathmandu (Only).*

Package Cost Excludes:

1. *International flight ticket.*
2. *Personal expenses.*
3. *Kathmandu sightseeing entrance fee. (Approx. USD 40 Per Person)*
4. *Lunch and dinner in Kathmandu and Nepalgunj.*
5. *Nepal visa cost. (You will require 2 passport-size photos and 40 USD for a 30-day Nepal tourist visa; [visa forms](#) can be filled out online in advance)*
6. *Travel health insurance. (highly recommended)*
7. *Tips for the guide, porter, and driver. (Recommended)*
8. *Hot shower/sweets/mineral water/ any alcoholic beverages.*
9. *Any other expenses that are not mentioned in the included section.*

TRIP GUIDE

The information about the Trek is in-depth; feel free to contact us 24/7. We will be available on WhatsApp to assist you instantly. You can write an email if this trip doesn't fit your vacation schedule and requirements. Altitude Himalaya aims to offer the best possible travel experience to customers. Depending on the needs of the visitors and the group size, we customize each vacation package. We will put together a bespoke itinerary just for your private group.

Travel insurance: [Travel insurance](#) is important before traveling to a new place, especially when you are traveling for adventure. Travel insurance covers risks such as loss of personal belongings and any unexpected expenses. Travel insurance also covers sudden medical emergencies such as



accidents. It also covers high-altitude emergency evacuation in case of trekking. Travel insurance is not compulsory but highly recommended.

Medical emergency: If you face any serious medical emergency during your trekking program you will immediately evacuate the place through Helicopter Rescue, which the traveler's insurance company will cover. While trekking to Nepal's highlands, you may face minor health issues such as scratches, headaches, etc. For such a situation, your guide carries a well-equipped first aid kit, ensuring nothing happens to you.

High-altitude sickness: During your trek, you will walk through gorgeous valleys, traditional villages, and thrilling highlands above 3,000 m elevation. [Altitude sickness](#) is unpredictable; it can happen to anyone despite being physically and mentally fit. As you gain altitude, the chances of getting altitude sickness also slightly increase. To avoid getting altitude sickness, you should drink 5–6 litres of water per day and eat foods with high carbohydrates. Walking slowly and acclimatizing decreases the chances of getting altitude sickness. Focus on your breathing and maintain your walking pace.

Do's and Don't:

- Select an ideal time to travel.
- Select a reputed trekking/ travel organization.
- Make sure to train before the trek, as it is a difficult trek.
- Efficient packing is the key. ([Nepal trekking gear checklist](#))
- Carry all the necessary paperwork (National Park [permit](#), and TIMs).
- Maintaining body hydration is important while traveling to high elevations.
- Make sure to pack any prescribed medication, as it might not be available in Nepal.
- Having the proper gear makes your journey more enjoyable.
- Respect the culture and people of the area.
- Travel for experience and not for the sake of traveling.
- Don't litter, put trash in its place.



Packing List Suggestions

Having a good backpack and necessary gear makes trekking easier. It becomes more important if you are trekking at higher elevations. If you are wondering about what to pack for trekking to the highlands of Nepal, then you can check our complete guide on [Nepal Trekking Gear Checklist](#).

While making a backpack, it is important to include clothing, essential items, and a first aid kit. In difficult times, a good backpack can be life-saving.

Why with Altitude Himalaya?

[Altitude Himalaya](#) is one of Nepal's growing travel companies, providing excellent service to its clients. We believe in providing quality experiences and memories. We are concerned about maintaining and following our own standard service that includes a private transfer, at least 3-star hotel accommodation in urban areas, the best available lodges/tea houses at the trekking trails, and dedicated personalized assistance. Additionally, we also operate our trips in [Bhutan](#) and [Tibet](#).

You Must Read!

Airport Pickup
We will be at the airport (opposite the main exit gate) with your printed name. After reaching Kathmandu airport, you can connect to the available free wifi and text us once you collect your baggage, which will help us to be ready outside.
Trip Booking Process
We require an advance payment of USD 1000 Per Person to proceed with your booking. After receiving your advance payment, we will start all required arrangements for your trip. Booking advance can be paid in various ways. Once you transfer the amount, we will send you the hotel booking vouchers, required flight tickets, and invoice. The clients or agent will be responsible for the unavailability of hotels and flights due to late confirmation and advance booking payment.
Payment Information



Please [click here](#) to learn more about our various payment gateways. Besides that, we have our partner account in India, where you can also transfer the amount personally.

Visa Requirement and Travel Document

Foreign nationals require a visa in Nepal, which can be obtained on arrival. Read more about [Nepal visa and Custom](#) process here in detail.

Booking Terms and Conditions

Please read our [booking terms and conditions](#) before confirming the tour package. We are committed to our offers and given rates. The availability of hotels is subject to the time of confirmation.

Weather Conditions in Nepal

The second week of February to June (Post Winter to Late Spring) and October to December (Autumn to Early Winter) are the best times to visit Nepal. The weather conditions will be good (occasionally raining in the evening) until the 2nd week of June, the monsoon starts after that. If you like the rainy season you can make a trip in July and August too, or postpone the trip to September.

Use of Vehicle

The vehicle will strictly follow the above itinerary, you can't ask/force the driver to take or visit any places that aren't mentioned, additional surcharges apply on such uses or you can consult with us, in such conditions if possible we may consider.

Local SIM Card

We will provide you with an activated local SIM (Ncell) card which you have to recharge for your use. You can recharge it from any local grocery shop, or ask our driver to assist. If you need a data pack, you can get 5 GB of data for 7 days on NPR 150. The basic process to purchase the data pack



is to recharge at least NPR 200 in your sim, dial *17123#, select 3 for popular packs and select 4 for 5 GB of data for 7 days.