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Lower Dolpo Trek

URL: <https://nepalbasecamptreks.com/trip/lower-dolpo-trek/>

Trip Code

NBT 036

Destination

Nepal

Activity

Newly Opened Trekking Route

Start / End Point

Kathmandu / Kathmandu

Duration

18

Per Person From

USD 2,050

Accommodation

Guest House/ Lodge

Region

Dolpo Region

Max. Altitude

5,090m

Nature Of Trek

Lodge to Camping

Best Season

September, November, March, May

Activity Per Day

2-6 Hours

Transportation

Domestic Fly

Guest House/ Lodge

Breakfast, Lunch, and Dinner

Strenuous

Our "Strenuous" trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Lower Dolpo Trek and Restricted Trekking Area Highlights

- Set off on the journey to a secluded and lesser-known area of the Dolpo region.
- Take a sightseeing tour of UNESCO World Heritage Sites in Kathmandu.
- Trek through the Shey-Phokshundo National Park while witnessing diverse Himalayan flora and fauna.

- Enjoy hiking on the pure and unspoiled trails and nature of Lower Dolpo.
- Traverse by picturesque traditional villages, terrace farms, hidden valleys, monasteries, and stupas.
- Cross high mountain passes of Bangra-La (5070 meters) and Numa-La (5190 meters).
- Witness the breathtaking view of turquoise Phokshundo Lake.
- Observe the glistening mountain views of the Dhaulagiri and Kanjiroba Himal ranges.
- Immerse yourself in the local culture and traditions of the Dolpo people and explore various cultural heritages.

Trip Overview

Lower Dolpo Trek offers a cultural and scenic adventure in the Far Wild West. ‘Lower Dolpo & Phokshundo Lake Trekking’ is a journey of great inspiration and spectacular delights around the Far North West Himalayan part of Nepal. It is located behind the massive Dhaulagiri Mountain range. The Dolpo region of Nepal is divided into the Upper Dolpo and Lower Dolpo region. The Lower Dolpo Trek lies within Nepal’s largest National Park of Shey-Phuksundo, an area of 3,555 SQ.KMS has beautiful, serene woodland of blue pine, spruce, cypress, poplar, deodar, fir, and birch tree lines.

Higher up, the Jugdula River valley consists mainly of Quercus species around the old Trans-Himalayan Caravan route of Nepal and South West Tibet, which has near-desert type vegetation of mainly dwarf juniper and caragana shrubs. Snow leopards and the blue sheep are common animals found in the park. Similarly, it is also home to Ghoral, Himalayan Thar, and Serow. Besides its incredible terrain and landscapes, it is the home of Bonpa. This pre-Buddhist sect worships natural spirits and the teachings of Lord Buddha, which are similar to Tibetan culture and the way of trekking in the Himalayas. The trek to Lower Dolpo is a unique blend of adventure, pristine nature, and rich culture.

Trip Itinerary

Day 01: Arrival in Kathmandu and transfer to hotel.

When you reach Tribhuvan International Airport, Kathmandu, our representative from Nepal Base Camp Treks will greet you with a warm welcome. Then, you will take a short private vehicle ride to your hotel in the heart of Kathmandu city.

After checking into your hotel rooms, you will have time to refresh. Then, you will join us at the hotel lobby for a group briefing and orientation program, during which our guide will inform you about Kathmandu, Nepali culture, and Lower Dolpo and Phuksumdo Lake Trekking. We will welcome you to Nepal in the evening with a welcome dinner in a pleasant and authentic Nepalese restaurant with a culture program.

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Meals:

Welcome Dinner

Accommodations:

International Guest House in Kathmandu

Day 02: Morning Free and Fly to Nepalgunj (150 m / 492 ft)

You will have a free morning to prepare for Lower Dolpo & Phuksomdo Lake Trekking. Our staff will transfer you to Kathmandu domestic airport depending on the flight time. It is a sweeping 50-minute flight to Far South West Nepal at Nepalgunj city, a warm semi-tropical climate area close to the Indian border. Upon reaching Nepalgunj, we will transfer you to a nice hotel within the city area, with time for a short walk around.

Highest Altitude:

Nepalgunj (150 m / 492 ft)

Flight Hours:

50 Minutes Flight

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Siddhartha in Nepalgunj

Day 03: Fly to Jhupal (2,475 m / 8,120 ft), Drive to Dunai (2,140 m / 7,020 ft)

After early breakfast, we will head to the airport for another short connecting flight to Jhupal in Dolpo, a 40-minute on-air flight. Upon arriving at Jupal, our trekking staff will receive us, who have traveled here and taken a long overland drive and walks. Jhupal has a motor road connecting Dunai, the town's main headquarters, to the Dolpa area. From Jhupal, it is a short drive of more than an hour to Dunai. We will stay overnight in the comfort of a cozy local lodge at Dunai. We can take an afternoon walk around Dunai town, an exciting place to observe its culture and daily lifestyle.

Trek Duration

1 Hour Drive to Dunai

Highest Altitude:

Dunai (2,140 m / 7,020 ft)

Flight Hours:

35 Minutes Flight

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Dunai Guest House in Dunai

Day 04: Trek from Dunai to Chhepka (2,838 m / 9,311 ft)

After an overnight stay in Dunai, we will begin our trek early. We will take a morning walk past the market, crossing a bridge over the Thulo Bheri River, and then climb over a ridge to Phoksundo River valley with views of Kagmara Peak. From here, the trek leads downhill, passing farm villages with walnut trees close to a stream at Dhera, a small cattle herders settlement. Then, we will briefly climb to

Rahagaon village of Thakuri, a Hindu local tribe. The trail goes downhill into the forested area to reach an overnight camp at Chhepka, a small farm village.

Trek Distance:

16 km / 9.9 mi

Trek Duration

6-7 Hours

Highest Altitude:

Chhepka (2,838 m / 9,311 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Chhepka Guest House

Day 05: Trek from Chhepka to Samdua Village (3,000 m / 9,843 ft)

From Chhepka, near the Ankhe area, we will take a morning walk with a short climb and descend through the forest to a river bank. From here onwards, we will begin climbing uphill. After climbing, we will start walking downhill on a forest trail leading upstream to cross a small bridge at Ryajik village. We will then trek further to Samdua for an overnight stop near the entrance of Shey Phoksundo National Park.

Trek Distance:

17 km / 10.6 mi

Trek Duration

6-7 Hours

Highest Altitude:

Samdua Village (3,000 m / 9,843 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Homestay in Samdua Village

Day 06: Trek to Phoksundo Lake (3,611 m / 11,847 ft)

The morning walk leads to our first destination, Phoksundo Lake. We will trek past Pungmo Kholas Valley and cross several streams. Then, we will follow Pungmo Khola downhill into pine and birch trees to reach the upper side of Phoksundo Khola. After a short break, we will continue hiking to Ringmo village, a picturesque village of Tibetan origin with mud-plastered chortens and Mani (prayer) walls.

You can take a short walk to Phoksundo Lake for overnight camp by the shore of beautiful turquoise Phoksundo Lake.

Trek Distance:

11 km / 6.8 mi

Trek Duration

5-6 Hours

Highest Altitude:

Phoksundo Lake (3,611 m / 11,847 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Camping in Phoksundo Lake

Day 07: Rest Day at Phoksundo Lake for Local Excursion

Phoksundo Lake is an ideal spot for a rest day. We can spend the day marveling at the beautiful views of surrounding landscapes and the peaks of Kagmara or visit the attractive Ringmo village and walk by the lakeside.

Trek Distance:

Side trek and Exploration

Trek Duration

Flexible

Highest Altitude:

Phoksundo Lake (3,611 m / 11,847 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Camping in Phoksundo Lake

Day 8: Cross Baga La (5,070 m / 16,634 ft), Descend to Phedi (4,470 m / 14,665 ft)

After an enjoyable and exciting time at Ringmo Village and Phokshundo Lake, it is time to continue our trek. Our morning walk leads us to the other side of the Dolpo area. We head east by an alternative route, crossing a few passes and walking on a pleasant trail leading uphill to cross over Baga-la at 5,070 meters.

Reaching the top of Bangra-La requires a steep climb of 3 hours. The high mountain pass offers a superb panorama of Phokshundo Lake and Kagmara Peaks. We will take a short break before making a long descent that leads to an overnight camp at Phedi (bottom of the hill).

Trek Distance:

10 km / 6.2 mi

Trek Duration

6-7 Hours

Highest Altitude:

Baga La (5,070 m / 16,634 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Camping in Phedi

Day 09: Cross Numa La (5,190 m / 17,027 ft) and Descend to Phedi

From Phedi, our morning walk leads us to another pass at Numa-La at 5,190 meters, the highest spot of

this incredible trip. The trail climbs uphill on the lush grassy slopes for about three hours before reaching the top of Numa-La, offering impressive snow-capped mountains from Dhaulagiri mountain range to Kagmara peak. Looking down, you can also get gorgeous views of beautiful valleys and surrounding dramatic landscapes. After an enjoyable moment, we will descend to the base of the pass, then walk on the gradual path to overnight camp on summer pasture at another Phedi.

Trek Distance:

12 km / 7.5 mi

Trek Duration

7-8 Hours

Highest Altitude:

Numa La (5,190 m / 17,027 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Camping in Phedi

Day 10: Trek to Tokyu Gaon (4,200 m / 13,780 ft) via Jeng La Pass

After days in isolation away from villages, today's walk leads to a beautiful town at Tokyu Gaon. It is one of the largest villages in this region. Our morning hike starts with a two-hour steep climb to the top of Jeng-la, with grand views of snow-capped mountains with Mt. Dhaulagiri North Face. After enjoying the fantastic views, we then descend towards Tarap Valley. The valley is one of the longest beautiful green valleys, extending about 20 km along the Tarap Chu River, with more than 10 villages with well-tended farm fields, monasteries, and chortens.

We will stop overnight at Tokyugaon, a charming village with an old monastery. In the afternoon, we will visit the monastery or relax while observing the locals busy with their farming activities.

Trek Distance:

11 km / 6.8 mi

Trek Duration

5-6 Hours

Highest Altitude:

Tokyu Gaon (4,200 m / 13,780 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Camping in Tokyu Gaon

Day 11: Trek to Dho Tarap (4,040 m / 13,255 ft)

After a night at Tokyugaon, our morning starts with a downhill walk towards Tarap Chu on a broader green valley. It is one of the scenic wide valleys with lots of Sheppard's settlements of Yaks and Sheep. We will continue walking to our overnight camp at Dho Tarap, another fascinating village with a mix of tribes of Tibetan origin and Magar hill tribe people.

Trek Distance:

7 km / 4.3 mi

Trek Duration

4-5 Hours

Highest Altitude:

Dho Tarap (4,040 m / 13,255 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Camping in Dho Tarap

Day 12: Trek to Ghymagar (3,759 m / 12,333 ft)

From here, we will begin a long descent to Tarap Valley, one of the largest and longest valleys of the Dolpo area, which is about 20 km. The valley stretches following the Tarap Chu River most of the way to join with the Thuli Bheri River near Tarakot village. The walk then leads us past Langa, with beautiful cascading waterfalls. From here, we will head south, following the trail after Sisaul and the small place of Kesila around Yak herders temporary camps to reach our overnight camp at Ghymagar.

Trek Distance:

15 km / 9.3 mi

Trek Duration

6-7 Hours

Highest Altitude:

Ghymagar (3,759 m / 12,333 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Camping in Ghymagar

Day 13: Trek to Tarap Khola via Chhyugar (3,652 m / 11,984 ft)

Today's hike takes us to Tarap's stunning valley. The trekking route goes through a narrow gorge with juniper bushes and wild roses. The trekking trail leads us past Toltol, with a sizeable overhanging cave. Around this area, we might catch sight of wildlife like Naur or Blue Sheep and other animals.

As the walk progresses, we will reach the confluence of the River Tarap Chu and Lang Khola. After a long day's walk of about 6 hours, we will overnight camp by the river.

Trek Distance:

14 km / 8.7 mi

Trek Duration

6-7 Hours

Highest Altitude:

Chhyugar (3,652 m / 11,984 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Camping in Chhyugar

Day 14: Trek to Tarakot (2,540 m / 8,333 ft)

We will start our morning walk by passing smaller villages and then into a small wooded area, following the river to Tarakot. The town of Tarakot is a large and incredible settlement with old history and well-maintained terraced farm fields. An old historical fortress (Dzong or Kot) is also guarding the village.

Tarakot village houses the famous old Sandul Gomba at the junction of Barbung Khola and Tarap Chu Rivers, where we will camp overnight.

Trek Distance:

16 km / 9.9 mi

Trek Duration

6-7 Hours

Highest Altitude:

Tarakot (2,540 m / 8,333 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Camping in Tarakot

Day 15: Trek to Dunai - 5 hrs, then Drive to Jhupal - 2 hr Jeep Ride

After a great time at Tarakot, our last day's walk leads to Dunai for a short while. We then drive to Jhupal for the flight back to Kathmandu.

Our morning starts by following many spread-out villages with tiny traditional houses. Then, we begin hiking on a broader trail with some short uphill and downhill sections towards the Thuli Bheri River valley to reach Dunai. Upon reaching Dunai, we will have some time for lunch. We will take a jeep drive to Jhupal for our next morning flight to Nepalgunj.

Trek Distance:

14 km / 8.7 mi (trek), 10 km / 6.2 mi (drive)

Trek Duration

5 Hours Trek; 2 Hours Drive

Highest Altitude:

Jhupal (2,475 m / 8,120 ft),

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Kanjirowa Hotel in Jhupal

Day 16: Fly from Jhupal to Kathmandu via Nepalgunj

We will head to the airport as per the flight time to Nepalgunj and transfer to Jhupal airstrip. After bidding farewell to our camping staff and porters, a short scenic flight brings you south to Nepalgunj for a short transit stop. Then, we will fly back to Kathmandu with panorama views of the mountains during the flight. Upon reaching Kathmandu domestic airport, our staff will help you transfer back to your hotels for a free afternoon at leisure.

Flight Hours:

1 Hour 15 Minute Flight

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

International Guest House in Kathmandu

Day 17: In Kathmandu free day with optional sightseeing tour.

Nepal Base Camp Trek reserves this day as a contingency or free day in case of flight delay and cancellation in Jhupal, Dolpo, which can sometimes occur due to bad and unfavorable weather conditions beyond our control.

If all goes well, you can use this spare day for an optional tour of places of interest around the old heritage sites of Kathmandu-Patan or Bhaktapur. The day will be free for individual activities and souvenir shopping.

Trek Distance:

Full Day Tour

Trek Duration

Flexible

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Accommodations:

International Guest House in Kathmandu

Day 18: Final International departure homeward bound.

On your last day in amazing Nepal with an extraordinary adventure around Lower Dolpo & Phuksomdo Lake Trekking, our staff will transfer you to Tribhuvan International Airport for your final flight back homeward bound or to your respective countries.

Trek Distance:

Airport Transfer

Meals:

Breakfast

Inclusion on Lower Dolpo Trek Price

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- All meals (breakfast, lunch, and dinner) during the trek
- Welcome and farewell dinners

- All ground transportation on a comfortable private vehicle as per the itinerary
- Domestic flights (Kathmandu- Nepalgunj-Jhupal-Kathmandu)
- Guided city tour in Kathmandu by private vehicle
- Entrance fees for sightseeing/monument visits as per the itinerary
- An experienced, English-speaking, and government-licensed trek leader and assistant trek guide (6 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs, including their salary, insurance, equipment, domestic airfare, food, and accommodation
- Down-filled jacket and sleeping bag (to be returned after trip completion)
- The trekking bag/duffel bag, trekking pole, and trekking map are yours to take
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes
- Accommodation

Exclusion on Lower Dolpo Trek Price

- Deserts (cakes, bakes and pies)
- The additional size of Pots Hot Drinks
- Bottled drinks
- Boiled water
- Electronic device re-charge
- Hot shower
- On the trekking Wi- Fi
- Personal expenses of any type
- Travel insurance and evacuation insurance
- Tipping for Guide and Porter

Group Discounts Available

No. of Persons	Price per Person
1 - 2	USD 2,100
3 - 5	USD 2,080
6 - 9	USD 2,050
10 - 14	USD 2,020
15 - 19	USD 2,000
20 - 30	USD 1,950

Trip Information

What To Expect Lower Dolpo Trek

Our Lower Dolpo Trek & Phoksundo Lake adventure starts with a sweeping scenic flight to Far South West Nepal's low, warm areas at Nepalgunj. Then, we must take another short flight to reach Dolpo in Jhupal.

As the trekking progresses, we will pass several farm villages and well-tended barley and wheat fields to reach Dunai, the headquarters town of the Dolpo district. Then, our journey leads to many lovely villages en route to the beautiful turquoise Phuksumdo Lake near the small village of Ringmo. You will also trek along several river banks.

After enjoying our glorious moment at Phuksundo Lake, we will cross the high passes of Baga-la and Numa-la, which offer incredible views of surrounding landscapes and valleys with Dhaulagiri and Kagamara mountains. From here, our route leads to marvelous areas of Dhotarap Valley with lovely Tokyu spread-out villages and age-old monasteries.

Finally, our marvelous trek to Lower Dolpo and Shey Phoksundo Lake Trekking concludes with a walk back to Jhupal via the historical villages of Tarakot and Dunai. A short flight from Jhupal brings us to Nepalgunj for another connecting scenic flight to Kathmandu. Upon reaching the capital city, our spectacular and super journey around Lower Dolpo and Phuksumdo Lake with the grand services of Nepal Base Treks and cheerful, friendly staff and guides will come to a close.

Difficulty Of Lower Dolpo Trek

The Lower Dolpo Trek is a moderate-grade, physically and mentally demanding journey. Trekkers must be healthy and fit for the 18-day trek, during which they must walk an average of 5 to 6 hours daily. The trek begins from Dunai, from where the trekking trails of Lower Dolpo go through off-the-beaten trails into remote areas. The trails have numerous steep uphill and downhill climb sections with narrow pathways on varied terrains. It can be strenuous for beginners and moderate for seasoned trekkers.

During the trek, trekkers must also cross remote villages, valleys, and high mountain passes above 5000 meters. The high altitude exposes trekkers to the risk of altitude sickness. Trekkers may experience altitude-related symptoms such as headache, nausea, fatigue, insomnia, difficulty breathing, etc. Thus, acclimatization is hugely crucial while trekking to Lower Dolpo.

The remote location, lack of infrastructure, and connectivity can make trekkers feel cut off from the outside world. Additionally, the daily long hours of walking can tire your body and mentally stress you. Hence, the trek to Lower Dolpo is physically and mentally demanding and requires proper preparation.

Preparation For Lower Dolpo Trek

Trekking to Lower Dolpo requires good physical strength, stamina, and endurance. Those who want to embark on this journey should take cardio exercises and training a few months before. Exercises such as running, hiking, jogging, cycling, and swimming help to build strength and stamina for the trek. You can also take yoga, which helps improve your breathing technique and is especially beneficial while ascending to higher altitudes with lower oxygen levels.

In addition to physical preparation, the trek also requires mental fitness. It would be best if you built a mental tolerance to overcome the difficulties of challenging terrain, unpredictable weather, and other unforeseen events. You can mentally prepare for the trek by researching the trek routes and challenges. It helps in building realistic expectations and prepares you better.

Accommodations During Lower Dolpo Trek

We will stay at Hotel International Guest House, a 3-star hotel in Kathmandu, and teahouses during the trek. All accommodations are twin-shared. We can arrange twin-sharing or single supplement rooms according to your preferences while in Kathmandu.

Nepal Base Camp Treks will arrange rooms with attached washrooms. However, teahouses in some places only have shared washing and toilet facilities. Also, note that single rooms are readily available in Kathmandu and the trekking regions at lower elevations, but finding them might be challenging at higher elevations. These teahouses offer mattresses, beds, blankets, and pillows.

Meals During Lower Dolpo Trek

All menu-selected meals will be provided during trekking, while only breakfast will be available in Kathmandu. A welcome dinner with typical cuisine and menu-selected farewell dinners will also be included. While on the trek, we have breakfast and dinner in the same teahouses/lodges we spend the night in and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental, and Indian cuisines are common choices on the menu.

Note: Please let us know before the trek if you have any dietary restrictions. We will make your meal arrangements during the trek as per your requirements.

Permits For Lower Dolpo Trek

Trekkers will require two permits to trek to Lower Dolpo. These include:

Lower Dolpo Restricted Area Entry Permit

The Lower Dolpo region is a restricted area of Nepal that requires a special permit. Hence, before starting the trek, you must obtain the Lower Dolpo restricted area entry permit through a registered trekking agency.

The permit cost is USD 20 per person for the first four weeks and USD 5 per additional day per person after four weeks.

Shey-Phoksundo National Park Entry Permit

The Lower Dolpos trekking trails pass through the Shey-Phoksundo National Park, home to thousands of flora, fauna, and the Trans-Himalayan ecosystem. Thus, trekkers must obtain a permit to enter the national park.

The Shey Phoksundo National Park Entry Permit costs USD 30 per person.

Weather & Climate During Lower Dolpo Trek

Seasons significantly influence the weather and climate of Lower Dolpo. The altitude also affects the climatic conditions, drastically varying from lower to higher altitude regions. Take a look at the varying weather and climate while trekking to Lower Dolpo:

Spring season (March to May)

The spring season is one of the most ideal times for trekking to Lower Dolpo. It has warm weather and climate with bright, sunny days. The sky is also clear, offering gorgeous mountain panoramas without obstruction. The flora and fauna are most active during spring. Hence, trekkers can witness the blooming rhododendron forests and flower meadows. The average temperature ranges between -10 and 13°C.

Summer season (June to August)

The monsoon season also enters Nepal along with the summer season. Although the Lower Dolpo region lies in the rain shadow area, its trails in hilly areas receive heavy rain and are wet, muddy, and slippery. Thus, it is tough to trek to Lower Dolpo during summer, and it is also not recommended. Likewise, flights will likely get canceled or delayed due to bad weather and poor visibility. The average temperature ranges from -4 to 17°C.

Autumn season (September to November)

The weather and climate in autumn are among the most favorable and stable for trekking to Lower Dolpo. The days are warm, while the nights and mornings are chilly. It is also a festive season when some of the biggest Nepalese festivals are celebrated nationwide. Similarly, the visibility in autumn is excellent, and the autumn foliage adds to the beautiful scenery. The average temperature is between -3 to 14°C but can drop to -11°C.

Winter season (December to February)

As winter begins, the weather and climate begin to get colder. The weather becomes more unpredictable, and the temperature drops significantly. Heavy snowfall and blizzards at higher altitudes can cause avalanches and block mountain passes. The weather becomes more extreme, and the temperature can drop below -14°C during mid-winter. Due to harsh weather conditions, winter is unsuitable for trekking to Lower Dolpo.

Frequently Asked Questions

Can beginners do the Lower Dolpo Trek?

Lower Dolpo Trek is possible for beginners with excellent fitness and stamina. There is no need for prior experience, but trekkers must prepare physically and mentally for the trek. Similarly, beginners should choose the right time for the trek. It helps to make the trek more comfortable and enjoyable.

How can I prepare for the Lower Dolpo Trek?

Trekkers should undertake exercises and training that help them to increase their overall fitness level. The trek takes 18 days, and trekkers have to walk 5 to 6 hours daily on average. There is no need for technical training. Exercises such as running, hiking, cycling, and swimming are excellent for boosting the strength and stamina of the Lower Dolpo Trek.

Is safe drinking water available during the Lower Dolpo Trek?

Yes, safe drinking water is available during the Lower Dolpo Trek. You can buy bottled water, but we suggest you bring your thermal bottle. You can refill your bottle with boiled or filtered water at the teahouses, which is also better for the environment. Similarly, you can carry water purification tablets or a portable water filter.

Which season is the best for Lower Dolpo Trek?

Spring (March to May) and autumn (September to November) are the best seasons for Lower Dolpo Trek due to the favorable weather and climatic conditions. There is minimal chance of rainfall; hence, the trails are dry and in good condition. Similarly, the vegetation is luscious and thriving, while the visibility is brilliant without any obstruction. These seasons offer the best trekking experience for this challenging trek to Lower Dolpo.

Is there a risk of altitude sickness during the Lower Dolpo Trek?

Lower Dolpo Trek is a high-altitude trekking with the risk of altitude sickness. During the trek, you will climb high mountain passes above 5000 meters above sea level. The lack of oxygen can cause trekkers to experience various symptoms of altitude sickness. Trekkers must acclimate and take proper between the treks to minimize the risk.

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal