Detail Itinerary

Lower Dolpo Trekking is identified as true adventure options and walking into this uncharted area Dolpo, a sign of the real wilds set in isolation holds Nepal’s true charms of rare beauty. Lower Dolpo Trekking fascinates travelers who dare to go into this area having Nepal’s blistering Himalayas. Trekking to the Lower Dolpo popular as Nepal’s ‘wild west’ will be an awesome experience you ever had.

Not many travelers visit Dolpo, a region that awestruck Eric Valli who produced the renowned film - 'Himalaya'. While visiting this out-of-the-way in Nepal, you will reckon as if clocks have stopped. Also, exploring around and seeing the spiritual blend of faiths of different inhabitants who survive via cultivation and trading in Nepal as well as Tibet make this set worth visiting. Regardless of the harsh settings which put more flavor into the region where the exquisiteness is rough yet attracts adventure lovers from the entire world. The religious hub of lower Dolpo Trekking -the ‘Crystal Mountain’ as well as the 12th century old Shey Gompa is the other fascinations of the trek. Lower Dolpo trekking venture offers a sight which is adequate to satisfy for a lifetime, and catching glimpses of several of Dolpo’s peak points completely captivates you.

Lower Dolpo trek is set far out in the western part of a Himalayan region and holds howling high winds, arid and dry landscapes where the cold is harsh during the winter season. It lies almost out-of-the-way from the modern world. The difficult trails take us all the way through some towering peak passes and a few spread villages and let to explore around those settlements which let us know how life moves on during Lower Dolpo trekking. The peak views in the background are astonishing filled with chocolate box hamlets. This is an idyllic amalgamation of exploring nature alongside insightful cultural experiences. We will get to hear wonderful superstitious beliefs as we stroll into antique Buddhist and Bon Po settlements. Also, we can interact with the local folks, walk across high passes, charming soothing clean lakes; visit far-off Buddhist monasteries, and get to look at the large variety of rare faunas like- Blue sheep, elusive Snow Leopard as well as Himalayan Tahr. Another appeal of the Lower Dolpo trekking (Dolpo region) is the medicinal plant, Yarchagumba (Coreopsis Sinensis) which is supposed to significantly recover health and is good for sexual stimulation. While climbing into this delightful land of mystery we come transversely through the local folks gathering Yarchagumba in the meadows at elevated areas and a number of people even die while searching for this plant due to insufficient shield from the unkind state in this attractive region during lower Dolpo trekking.

Lower Dolpo Trekking requires minimum group member 2 like restricted regions like Upper Mustang and Upper Dolpo. So you should go to Lower Dolpo Trekking through an agency. The permit cost is $10 per person for a week per entry for lower Dolpo Trekking and also need Shey Phoksundo National Park fee NPR 3000 for foreigner and SAARC NPR 1500 and below 10 years free. Some trekkers used to go to Lower Dolpo Trekking as homestay with caring tents and whatever available local product regarding food. Nepal Kailash Trekking suggests you be prepared with organizing camping trek. Lower Dolpo trekking can be done till November from March. Normally Dolpo trek seasons are March to October. We advise Lower Dolpo Trekking is better to have flexible timing because of flight cancellation due to bad weather of Juphal, Dolpo.

We will end lower Dolpo trekking as we cross the community of Tarakot by the crossing Tarap gorge and we get to Juphal and Nepalgunj to take a flight back to Kathmandu. If going for an adventure into the legendary virgin land is your desire, then trekking in the Lower Dolpo is something you wouldn’t want to miss. Lower Dolpo trekking designed by Nepal Kailash Trekking is one of the model trek options of the world which offers stunning peak scenery and awesome experience to get to

know different culture and tradition.

Trip Facts

- Trip Duration: 20 days
- Trek Duration: 14
- Trip Cost: US 3840
- Primary Activity: Trekking
- Max. Group Size: 14
- Starts Point: Kathamadnu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 5318m
- Trip Mode: Flight
- Accommodation: Tented (Camping)
- Season: March - Oct

Detail Itinerary

Cost Includes

- All ground transports by private vehicle as per itinerary required

- Kathmandu accommodation inclusive breakfast as per itinerary

- Nepalgunj on full board required itinerary

- All entry fees as per itinerary like lower Dolpo trekking permit per week per person US $ 10, and Shey Phoksundo National park fee 1500 NPR, {bring 2 copies passport size picture}

- Airfares and airport tax as per required itinerary

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- Three times meals including Lunch, Dinner and breakfast during trek with hot water/ tea/coffee

- An experience cook for camping trekking

- Tent, mattress, chair, table and cooking utensils during camping trek

- Guide, cook, needed Sherpa and porters, their salary/food/accommodation/insurance and required transports

- Camping charge

- An English speaking highly experienced friendly and helpful trekking guide

- Transports and cargo for camping trek utensils

- Rain protection duffel bag for luggage

- Company guarantee the rescue services if needed; please hand over your insurance policy copy to us

- Government taxes and office service charge

Cost Excludes

- International airfare

- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US $ 25, for 30 days US $ 40 and for 90 days US $ 100 or Equivalent convertible currency {bring 2 copies passport size picture}

- Helicopter charter to Juphal from Nepalgunj on flight cancelation due to bad weather

- Extra nights Hotel in Nepalgunj on flight cancelation due to bad weather

- Alcoholic beverages, soft drinks bottle of mineral water and snack foods during trekking

- Meals in Kathmandu

- Battery charge during trekking

- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance

- Extra porter for the personal day bag pack

- Extra cost on natural disaster

- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece

- Kathmandu sightseeing {it will be extra because we should arrange according your staying in Nepal}

- Any other expenses which is not mentioned in the cost include

- Tips to staffs