Detail Itinerary

Overview of the Remote Himalayan Wilderness Expedition

The Dolpo Rara Adventure Trekking in Nepal is one of the most remote, strenuous, and extraordinary off-the-beaten-path journeys in the High Himalayas. Combining Upper Dolpo and Rara Lake, this challenging expedition takes trekkers across five major high mountain passes ranging from 5,000m to 5,600m: Numa La (5,290m), Baga La (5,175m), Nyingma Gyanzen La Pass (5,563m), Yala La (5,414m), and Chyargo La Pass (5,150m). Offering a true wilderness experience where encountering other tourists is rare, this route spans three districts—Dolpa, Mugu, and Jumla—and showcases two stunning alpine lakes: Phoksundo Lake and Rara Lake. The region's remote settlements date back to the early 10th century, where descendants of early Tibetan migrants practice Buddhism alongside ancient Bonpo traditions.

How to Organize the Dolpo Rara Adventure

Organized by Nepal Kailash Trekking, this complex expedition requires a minimum of two members to secure the Upper Dolpo special trekking permit, which costs approximately USD 700 per person for a single visit. Because of the rugged and narrow mountain trails, the trek is operated strictly as a fully supported camping trip utilizing porters rather than mules, which are hazardous on snowy or narrow paths. The journey typically begins with a flight from Nepalgunj to Juphal, traversing Do Tarap, Numa La, Baga La, Phoksundo Lake, Shey Gompa, Phoksumdo, and Mangri, and concludes with a dependable return flight from Jumla.

Trip Facts

- Trip Duration: 35 days
- Trek Duration: 30
- Max. Group Size: 15
- Min. Group Size: 02
- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Strenuous
- Max. Height: 5600m
- Accommodation: Camping/Tent
- Season: May - Oct

Detail Itinerary

Cost Includes

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