Detail Itinerary

Shey Phoksundo & Wild West Wilderness Overview

The **Lower Dolpo Trekking** is an exceptional Himalayan adventure through Nepal’s untamed "Wild West." Set in isolation behind the Dhaulagiri range, Lower Dolpo gained global fame through Eric Valli’s Oscar-nominated movie '*Himalaya*' *(Caravan)*. This trek blends turquoise alpine lakes, dramatic gorges, arid trans-Himalayan desert landscapes, and ancient agro-pastoral cultures operating largely as they have for centuries.

Highlights of Lower Dolpo Trekking

- **Shey Phoksundo Lake & Ringmo Village:** Visit Nepal's deepest and most spectacular turquoise alpine lake (3,610 m), framed by ancient landslide barriers and traditional Bon-Po settlements.
- **Tarap Valley & Tarap Gorge:** Walk through deep canyon passes, dramatic gorges, and chocolate-box villages like Dho Tarap, inhabited by friendly local folks practicing Buddhism and Bon religion.
- **Wildlife & Rare Medicinal Plants:** Spot Himalayan Blue Sheep, Snow Leopards, and Himalayan Tahr. Observe the seasonal harvesting of **Yarchagumba (Cordyceps Sinensis)**—the legendary caterpillar fungus collected in high-altitude pastures.
- **Flexible Logistics:** Flights connect through Nepalgunj to Juphal Airport, leading through Tarakot and back via dramatic mountain trails.

Permit Regulations & Essential Travel Details

Lower Dolpo is a regulated area within **Shey Phoksundo National Park**, requiring proper permits and group travel arrangements:

- **Lower Dolpo Restricted Area Permit:** USD $10 per person per week (minimum group size of 2 travelers accompanied by a licensed guide).
- **National Park Entry Fee:** NPR 3,000 per person for foreign nationals (NPR 1,500 for SAARC nationals; free for children under 10 years).
- **Best Season & Camping Setup:** Trekking is ideal from March to November. Nepal Kailash Trekking recommends fully organized camping/homestay support due to the remote nature of tea houses in the region.

Embark on an unforgettable journey into Lower Dolpo with **Nepal Kailash Trekking**. Contact us today to organize your flexible, custom-tailored Dolpo itinerary!

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

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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