

Trip Introduction

Trekking through the trails of '**Lower Dolpo**' is your opportunity for a candid discussion with remote Himalayan Mountains and a neighborhood culture that has secured its originality since ages. The region is **flawlessly caught in Nepal's first Oscar assigned movie 'Caravan'** and gratitude to a reportage of National Geography fame Eric Valli, **the lower Dolpo trek** has gotten a ton of honors for the perfect magnificence.

Aside from begining at the **deep and beautiul 'Shey-Phoksundo' lake with turquoise blue water**, you likewise have a lot of opportunities to watch the yak caravans that keep up the customary salt trade with Tibet. Most appropriate for explorers looking for an unusual encounter, you get the opportunity to go through the **high height tundra and rocks** and the microclimate of Lower Dolpo and Phoksundo with the cold air of the glaciers of Kanjiroba.

Dolpo protect one of the last leftovers of traditional Tibetan culture, so separated from the **incomparable Himalayan views** and well-protected biological system. The **lower Dolpo trek** never neglects to please you with the remote lifestyle of the local individuals. A trek through Upper Dolpo is really an encounter of lifetime.

Day 01: Arrival in Kathmandu, (1,300m/4,264ft)

- 1350m
- Three star rated Hotel
- 6-7 km.

Welcome to Kathmandu. On entry to Tribhuvan International Airport (TIA), you will meet office delegate from Snowy Dream World who will be waiting for you holding your name card with our company name. Then we transfer you to the Hotel and you will take a rest.

Day 02: Sightseeing in Kathmandu

- 1400m
- Three star rated Hotel
- Breakfast
- 6 hrs

This day will be an exceptionally bustling day with touring, which includes the old acclaimed legacy areas recorded in UNESCO, for example, Swoyambhunath Temple, Baudhantah Stupa, Pashupatinath Temple and Kathmandu Durbar Square. In the late night we plan our final packing and ready for next day's trekking

Day 03: Flight from Kathmandu to Nepalgunj

On this day, you will fly Nepalgunj. Its an hour trip to west from Kathmandu. You can observe the delightful long range of the snowy-capped mountains in the North on your flight.

Day 04: Flight to Jhupal (2,400m) and walk to Dunai (2150m)

- 2400m
- Tented Camp
- Breakfast Lunch Dinner

From today we begin our trek from Jhupal. After coming to Jhupal by departure from Nepalgunj, bit by bit trek climbs until we reach Dunai. We pass terraced fields to the Bheri River and the gorge lastly at bigger valley Dunai. Overnight Stay at Tented Camp.

Day 05: Trek from Dunai to Tarakot (2550m)

- 2550m
- camping Tent
- Breakfast Lunch Dinner

The trek during the current day begins eastbound, after the morning meal, along the south bank of the Thulo Bheri. You will cross the north bank of the stream past Dunai. Subsequent to coming to Lawan, you will reach Tarakot, Overnight stay at camping Tent.

Day 06: Trek from Tarakot to Khanigaon (3000m)

- 3000m
- Camping Tent
- Lunch Breakfast Dinner

After breakfast, the trail proceeds with good and bad times and crossing the suspension bridge. Towns, scenes and stream are the real fascination of the day and we permit to have a rest in a couple of hours for photography. At last, our trail stops for the day at Khanigaon. Remain at Camping tent for overnight.

Day 07: Trek from Khanigaon to Chukore (3500m)

- 3500m
- Tented Camp
- Lunch Breakfast Dinner

Our track slowly slips to Lihini. The trail today progress on stone stairways and once in a while on bending exposed earth. After coming to Chukore in early afternoon, you will get the chance to explore the territory in the blink of an eye. Overnight Stay at Tented camps.

Day 08: Trek from Chukore to Kamokharka (4000m)

- 4000m

- tented camp

- Lunch Breakfast Dinner

After breakfast we descend our trail relentlessly to Naurpani. After passing a few rivers , bridges, cascades(waterfall) lastly trail slants down into the enormous yak field of Kamokharka.

Day 09:Trek from Kamokharka to Dho (4200m)

- 4200m

- Tented Camp

- Lunch Breakfast Dinner

Today, trek proceed until we reach Dho and it very well may be conceivable subsequent to intersection a few little streams and wooden scaffold. Along the line of Mani dividers prompts the excellent town called Dho.

Day 10:Trek from Dho to Num La Pass (4440m)

- 4440m

- Tented Camp

- Lunch Breakfast Dinner

This day we cross the one of the passes of the trek called Num La pass. In the wake of passing Dho, we come to the Crystal Mountain School and move up to the slope and heading next village called Tok-Khyu. At that point, the course crosses the Tarap Khola lastly reaches to Num La.

Day 11:Walk from Num La to Bang La Pass (5070m)

- 5070m

- tented Camp

- Lunch Breakfast Dinner

Subsequent to crossing the Num La, we will draw nearer views on Shey Shikhar, Kebjeralwa and Dhaulagiri. Trek slips and goes into the U-molded rough valley and venture to Bang La. Overnight stay at tented camp.

Day 12:Trek from Bang La to Sano Bheri valley

- Tented Camp

- Lunch Breakfast Dinner

The trail passes the stream and moves as slant and reaches to Poyun Chu valley. local life, Monasteries, and environmental weather is uncommon and astounding piece of the trek. Trek proceeds until we reach Sano Bheri.

Day 13: Trek from Sano Bheri to Shey-Phoksundo Lake

- Tented Camp
- Lunch Breakfast Dinner

Today, our trail downs to the glade at that point, descends into a backwoods and reach Trek from Sano Bheri to Shey-Phoksundo Lake h to the Yak Pasture. Subsequent pass through woods then, climb up on a high precipice, then steep downhill delicately through a pine forest and spans to Ringmo and close to the shores of lake. Watching and exploring the delightful of local monasteries, Shey-Phoksundo Lake, Kanjiroba Mountain and cascade(waterfall).

Day 14:Trek from She-Phoksundo Lake to Pungmo valley

- Tented Camp
- Lunch Breakfast Dinner

Subsequent to observing the Lake, our trail down to the valley through glades and reach to Palam and after that to Sumduwa. In Sumduwa we can see the headquater of Shey-Phoksundo national park. We proceed through the correct bank of Pungmo Khola and stop at Pungmo valley.

Day 15:Trek from Pungmo Valley to Lasa Meadow

- Tented Camp
- Lunch Breakfast Dinner

This day, our trail slants down through to the riverside and goes to a chorten at the crosses of two streams. Passing the trail along Rhododendrons forestd, and short ascensions drives us to the Lasa Meadow.

Day 16:Trek from Lasa Meadow to Garpung Khola valley

- Tented Camp
- Lunch Breakfast Dinner

Today, the trail moves up with sublime views on scenes and local life lastly reaches to Kagmara La. After Kagmara La the trail goes downhill and went to the head of Garpung Khola valley lastly reaches to the campground of Garpung Khola.

Day 17: Trek from Garpung Khola Valley to Hurikot

- Tented Camp
- Lunch Breakfast Dinner

Following trail down of the Garpung Khola valley and plummeting steeply go to a bridge and reach at Toljem. We experience with armed force check post at Toljem. Antiquated village having level roofed and solemn dim can be involvement en route. After crossing the Jagdula Khola, we reach at Hurikot.

Day 18:Trek from Hurikot to Forest Camp

- Tented Camp

- Lunch Breakfast Dinner

Today, trek keep going through the woods and exploring the Kaigaon, Majgaon and Rimi villages along the trail. After coming to Chaurikot, a medium measured Khamoa village and crossing the few streams and backwoods will lead us to Forest Camp.

Day 19:Trek from Forest Camp to Chutra

- Tented Camp

- Lunch Breakfast Dinner

In the wake of leaving Forest Camp our trail plummets through the Rhododendron backwoods and crossing Mauria Bhanjyang we will reach the settlement of Naphukana. In the wake of crossing the stream will reach to Chutra.

Day 20:Trek from Chutra to Jumla

- Tented Camp

- Lunch Breakfast Dinner

Today we drop our trail through, leaving Mani Sangu and Gothi Chau. After Gothi Chaur the trail moves to Pattiyata Lagna and to Dochal Ghara. Then, the trail goes downhill delicately in a fertile valley and crosses the river lastly reaches to Jumla.

Day 21:Flight from Jumla to Kathmandu

- Three star Rated Hotel

- Breakfast Lunch

After having breakfast we fly back to Kathmandu. Furthermore, a total rest day in Kathmandu,

Day 22:Rest day in Kathmandu

- 1400m

- Three star Rated Hotel

- Breakfast

This the very first moment can spend uninhibitedly with no calendar. You have sufficient opportunity to explore the nearby market, shopping Malls and you can purchase gifts for loved ones.

Day 23:Final Departure

- Breakfast

Today is the final day of our trip. Our agent will drop you Airport 3 hours before your planned flight. Have a nice and safe flight.

Notes:

- All above trekking hours and distances are approximate and it's absolutely for general ideas only.
- The above data is a guide and standard layout of what we give. Our trek can be customized at your request to suit your particular necessities

- **Your safety is of supreme concern while engaging with Snowy Dream World. Please note that your leader has the authority to adjust or cancel any part of the itinerary if it is estimated required due to safety issues. Every determination will be made to keep to the above itinerary; though, since this journey involves travelling in remote mountainous areas, we cannot assure that we will not suffer from it. Weather conditions, health condition, unexpected natural disasters can all affect in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared for the happening if required.**

Included in the Cost

- Airport pick up and drop off services - (Airport- Hotel- Airport)
- Sightseeing in Kathmandu Valley
- Lower Dolpo permit
- 5 nights' Accommodation service in Three star rated Hotel at Kathmandu with Twin sharing Basis
- All accommodation and meals (Breakfast, Lunch and Dinner) during the trek.
- An experienced and governmentally licensed English-speaking trek guide and Sherpa porters to carry luggage including their salary, insurance, equipment, food and lodging.
- 1 Assistance Guide who support to pitch tents and guarding camp at night
- Porter 1:2 ratio. 1 porter for 2 people weighing around 15-20 kg of weight.
- 1 Cook and 1 kitchen supporter/s as per group size
- Required kitchen utensils
- Cooking fuel and lighting service
- Required portage service to carry tents, food stuffs, fuels & kitchen utensils and necessary tent and equipment
- Sleeping bags and duffel bags, Walking Sticks in return basis, if necessary.
- First aid kit will be available if necessary.
- Trekking maps.
- Our Company provides Adventure Trekking Certificate.
- Our administration charge and government charges.

Not Included in the Cost

- Food in city like Kathmandu and Nepalgunj
- Extra Hotel Lodging Charges in Kathmandu because of Early arrive or late departure. early arrive from mountain than our schedule Itinerary.
- Tips to Guides and porter.
- Additional charge in case of emergency (You must have adequate travel insurance to cover any kind of emergencies, like (ground transportation & Heli rescue/medical/hospitalization. Medical etc).
- Your International flight ticket airfare.
- Chocolates/energy drinks/alcohol/mineral water/cigarettes/packing food /snacks etc.
- Additional medication for altitude sickness (Acetazolamide etc).

- Personal and any other expenses such as Laundry/WIFI on trek/phone call.
- trekking equipment.