



Global Treks & Expedition P. Ltd.

Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Lower Dolpo Trek (Shey Phoksundo Lake) Brief Itinerary

Day 1 : Arrival in Kathmandu. (1,350 M)

Firstly, arrive at airport our GLOBAL TREKS NEPAL REPRESENTATIVE will Meet & greet you. Then you will transfer to hotel. After getting refreshed you will have lunch and have a short walk to Kathmandu Durbar square at day until dusk and at evening in Thamel street. Dinner at same hotel. (This day plan will depend on what time you arrive at here). O/N at Kathmandu.



Day 2 : Flight from Kathmandu to Nepalganj (150 M)

According to the plan schedule you will have the flight from Kathmandu to Nepalganj. Nepalganj is the Nepal- India Border which is very interesting place to visit which have a local culture. After arrived to The airport our representative guide will pick up from there. You visit the villages and transfer to the guest house. O/N at Nepalganj.

Day 3 : Fly from Nepalganj to Jhupal(2,320 M) ad Trek to Dunai(2,850 M)

You will betake flight in early morning from Nepalganj to Jhupal which takes more than 45 mins to arrive there. You will get an good opportunity to see the Annapurna and the Dhaulagiri ranges from the high. After reach there your trek will begin after an hour. The trek will begins from the mountain region and you will be walking through the way of Bheri river. After all you will be continue your trek to the Dunai. O/N at Dunai.

Day 4 : Trek Dunai to Tarakot (2,543 M)

After an early breakfast you will again continue to bank of Bheri river and Barbung river gorge. After some ascending your trail will moves from the pine forest and terrace field then you will be in the Tarakot which is the small valley near to Bheri river. It is also know as the headquarter during the multi-estate system and you can see the Sandul monastery at the stream junction. O/N at Tarakot.

Day 5 : Trek Tarakot to Khani Gaun (2,543 M)

Today your trek will gone through Khani gaun where you will be departing through the Bheri river . And after all you will catch the line of tarap Chu stream by crossing the bridges. The way is very amazing and spectacular which merges the look of the village and the terrace farm. You will reached to the Khani gaun you will get an view of kami goan. O/N at Khani gaun.

Day 6 : Trek Khani Gaun to Tarap Khola (3,450 M)

Today in the early morning you will be heading through the narrow gorge along side the river as this will be probably the exciting trip to walk through the narrow spaces as well as from bushes and stones. After an short walk with the thrills you will be reached to the Tarap Khola . O/N at Tarap Khola.

Day 7 : Trek Tarap Khola to Yak kharka (3,800 M)

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After an early breakfast you will start your uphill trek by watching the beautiful scenic and you will follow the trails with greenery valley of natural. It is the place of distance of 4-5 hrs walk as Yak Kharka is surrounded by the open Yak pasture land. Then finally you will reach to the yak Kharka. O/N at yak Kharka.

Day 8 : Trek Yak Kharka to Dho Tarap (4,090 M)

Well in the beginning today you will walk up to Kamattarka at the convergence of the Tarap Chu and Lang Khola which is being flowing from the east. Then you will through the way of dense forest and gorges. After an hour walk you will reach to the Dho-Tarap which is surrounded by the huge stone. In this places specially Chaiba and Bon po religious stay there by sharing their goods. O/N at Dho Tarap.

Day 9 : Acclimatization Day in Dho Tarap

Today is the special day for the better improvement for the good treks above. For a long time you have ascends you trekking high so today you will get chance to have a wonderful short hiking to capture the views of Dho Tarap as well to enhance the local culture and involve with them with their custom, festivals, fooding as well as selther too. Bon po and Nyigmapa sect place have the Gompa of the local people. O/N at Dho Tarap.

Day 10 : Trek Dho Traap to Tokyu Gaun (4,200 M)

Today you will be ascending through Tarap valley and follow the trails of the river which is rocky , after you will continue the plain track . Your trek journey is full of greenery sightseeing , riverside create a fresh nature as well you can picturesque the views. You will be leading through the beautiful valley Tarap Chu . It is the beautiful valley which is being marked by the fertile lands. Then you will reach to the Tokyu Gaun. O/N at Tokyu Gaun.

Day 11 : Trek Tokyu Gaun to Numala Base (4,665 M)

Your day will be going more memorable so today you will be ascending you altitude where you need to walk more than 4/5 hrs. The trail is slidey dotted with the terrace farm as well as landscape of the field. Afer an long walk you will reach to the Numala Base. O/N at Numala Base.

Day 12 : Today cross to Numala Base and Camp at Pelung Tang (4,465 M)

Today is one of the difficult day for this trip to Lower Dolpo where the Numala base lies in 5190m and the trails is very different from where you should climb for at the top ridge of the hill. The walk area is very pointed with the rocky materials. From that point you can see the gorgeous views of landscape, hill, small mountains and many more beautiful areas. You can have an opportunity to see the Dhaulagiri peak point from there. After you will be decrease some point and over tent to the Pelung Tang. O/N at Pelung tang.

Day 13 : Today Cross Baga La (5,070 M) and Camp at Dajok Tang (4,080Mm)

Today is another day to walk to Upper Doplo. After an hour you will began your trek to the trail of uphill at the top of Baga La (5,070 M). All trekkers can capture the good views from there and their surrounding attract it. After an hour walk the trail will be descends to the downward.O/N at Dajok Tang.

Day 14 : Trek Dajok Tang to Ringmo (3,600 M)

From today your walk for trek will be more easy where you will be steeping and crossing through the huge pine forest and amazing shadows of nature. Then you will be descends your walk slowly by alpine terrain. Your trip will give you the memorable things about the nature. O/N at Ringmo.

Day 15 : Rest day in Ringmo and Hike to the Phoksundo Lake.

This is the day where you can explore the Phoksundo Lake which is being surrounded by the Tibetan. Phokundo lake is the alpine fresh water which is being located at the elevation of 3,611 M above the sea level where you can see the yak caravans to move to their destiny as you can visit to the monasteries and a short hike for the refreshment. After you will be back to Ringmo. O/N at Ringmo.

Day 16 : Trek Ringmo to Shyangta (2,520 M

After an early breakfast your trek will be descending quietly to the Shyangta by climbing to Chekpa through the rocky trail. Then you will pass by the way of barren hills and Bon Po. Finally you will reach to the beautiful place Shyangta. O/N at Shyangta.

Day 17 : Trek Shyangta to Jhupal

Today you will reach to Jhupal from where you have started your trek by crossing the Sulighat ,from the way you can see the Jhupal from above beautifully. Like this you will enjoy your treks and reach to the Jhupal. O/N at Jhupal.

Day 18 : Fly back Jhupal to Nepalgunj

Today You will be back to Nepalgunj from above you will capture the panoramic view of down city. Then after reaching to Nepalgunj you have some time to do shopping or anything else as per your choice. O/N at Nepalgunj.

Day 19 : Fly back to Nepalgunj & to Kathmandu.

Today in the early morning you will get an flight from Jumla to Nepalgunj . Taking an hour take again you will have flight from Nepalgunj to Kathmandu. If u have time you will have an extra shopping in Thamel which is very famous area of Kathmandu city and global treks will provide you the farewell dinner. O/N at Kathmandu.

Day 20 : Back to your final destination.

The trip concludes today. Our Airport Representative will drop you at the international airport in Kathmandu for your flight departure from Nepal.

Cost include

- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- Standard twin sharing accommodation in a three star hotel in Kathmandu; Breakfast included.
- All your standard mention Meals during the trek .(B-Breakfasts, L-Lunches ,D- Dinners).
- Lodges, Tent during the trek.
- Local GLOBAL TREKS English speaking guide.
- The required number of local staff and porters to carry your luggage during the trek (We assign one porter for every two guests).
- National Park permits and TIMS permit for trekking.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Down Jacket and sleeping bag by Global Treks. (Which need to be returned after finish the trek).
- Transportation from Kathmandu - Kathmandu - Pokhara-Nayapul to Kathmandu. if you want to by flight Pokhara to Kathmandu its you have to pay flight tickets.
- Surface transfer from Airport and to Kathmandu.
- Farewell dinner in typical Nepali Restaurant with cultural dance show on before your departure at your final destination.
- All our government taxes, vat, tourist service charges.
- Official expenses.

Cost Exclude

- Lunch and dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- International airfare and airport departure tax .
- Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (Tourist Visa with Multiple Entries for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport size photos).
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.