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Lower Dolpo Trekking

URL: <https://boundlessadventure.com/lower-dolpo-trekking>

Duration

17 Days

Difficulty

Moderate

Best Seasons

Sep- Dec & Mar- July

Transportation

Flight

Max Altitude

4660m

Trip Type

Trekking

Meal

Breakfast, Lunch, Dinner

Accommodation

Lodge

Lower Dolpo Trekking Highlights for 2024 and 2025

- Lower Dolpo Trekking trail goes through the astonishing landscape and remote locality.
- Lower Dolpo Trekking covers the traditional ethnic culture and civilizations of the Buddhist religion.
- Rich in flora and fauna in Phoksundo National Park.
- Walk along waterfalls and narrow valleys.
- Untouched geography and not crowded route.

Trip Overview

Overview

Lower Dolpo Trekking is located in a small sector of Nepal's western trans-Himalayan region within the Phokosundo National Park.

The local authorities officially opened the Lower Dolpo for Trekking in 1990 A.D. Dhaulagiri borders the Lower Dolpo region in the South and Tibet in the North. The Lower Dolpo trekking trail passes through Buddhist, Hindu, and ancient Tibetan civilizations. One of the highlights of the trek to Lower Dolpa is

exploring Phoksundo Lake, the deepest [Lake in Nepal](#).

Lower Dolpo Trekking covers;

Lower Dolpo Trekking covers the traditional salt route between Nepal and Tibet. It has three famous passes: Num-La (5160 meters), Kagmara-La (5115m), and Bag-La (5190m). However, per our trekking package, you will only pass through Numa La and Bag-La.

Boundless Adventure provides the best trekking service in Lower Dolpo. You can get information on the Lower Dolpo Trekking guide and the cost and itinerary for every year. If you feel comfortable, you can WhatsApp us at +977 9851033819 or email us.

The adventurous **Lower Dolpo trekking package** offers remote hidden valleys and a natural panoramic range of the Himalayas. It is an offbeat trail through a distinct landscape. The lower elevation during your Lower Dolpa trek is 2320 meters, and the higher is 5190 meters from sea level.

Views of Dhaulagiri (8167m) and beautiful lakes, including Phoksundo, are dazzling on your expedition. Trekking in the remote Himalayan valleys is a lifelong experience. The Lower Dolpo Trekking Trail is rich in cultural heritage. The word "Dolpo" refers to a specific area of Tibetan heritage located in the northern portion of Dolpa.

The region is unique and outstanding for its ancient Buddhist monasteries, traditions, remote lifestyles, and festival celebrations. On the way, you frequently meet the Yaks' caravan.

The trek heads through the National Park with Flora and fauna: **Blue sheep, Mountain Goats, Himalayan Black Bears, Musk Deer, and Snow Leopard**. However, you must obtain a national park permit to enter the area.

Lower Dolpo Trekking begins from Juphal after a flight over high mountains from Nepalgunj. We head through the terraced fields along the Bheri River and narrow valley, which provides lovely culture to walk in the untouched valleys and incredible landscape. The high passes are technical and challenging, so hiring a guide and prioritizing safety measures is essential during Trekking.

With a highly experienced Trekking team, Boundless Adventure welcomes you to Lower Dolpa Trekking. Please contact us for further information if you need an itinerary or trip price.

Cost for Lower Dolpo Trek

Various factors, including the trek duration, whether in a group or solo, and any additional service included in a package, vary your trekking cost for Lower Dolpo. Among all factors, group size significantly affects your trek cost. Boundless Adventure provides an exclusive group discount. Thus, the larger the group, the more discount you can expect. However, we also try our best to give a small group as much discount as possible.

Your trekking costs cover ground transportation, three meals during your trekking journey, and all mandatory permits. If you have questions regarding the trek cost, please contact us via WhatsApp at +977 9851033819.

Best season

You can undertake the tour to Lower Dolpo all year long. Thus, the best season for the trek depends on your personal preference. Generally, the Lower Dolpo faces four distinct seasons:

Spring Season

Spring is one of Nepal's most popular seasons for Trekking, including Lower Dolpo. Spring starts in March and ends in May. Spring is also a pre-monsoon season after the harsh Winter, making it a suitable time for Trekking. Spring in Lower Dolpo has mild and pleasant weather, warm days, and cool nights. Different flowers, including rhododendrons, bloom at the Lower Dolpo during Spring, adding thrill to the trek. Skies are generally clear during spring, presenting stunning views of the surrounding Himalayan peaks, including the Dhaulagiri and Annapurna ranges.

Summer season

Trekking in Lower Dolpo in the summer, from June to August, is also ideal. Although summer is a monsoon season in Nepal, the Lower Dolpo lies in a rain shadow and receives less rain than other parts of Nepal during the monsoon. During Summer, the skies are clear, and days are warmer with long day hours, making it ideal for trekking in Lower Dolpo. However, before starting the trek, you should be careful and check the weather forecast daily if you plan to hike in Lower Dolpo during summer.

Autumn season

Autumn is the peak season for trekking in Lower Dolpo from September to November. The season comes after the monsoon season, making the region's flora green and beautiful. The skies are clear, and the weather is mild and stable during Autumn, making it one of the finest seasons to trek in Lower Dolpo. Furthermore, the mountain views are excellent during Autumn.

Winter season

Compared to other trekking areas, Lower Dolpo faces less snowfall during Winter, making it possible to trek during Winter in Lower Dolpo. The Winter falls from December to February and provides a unique opportunity for Trekking. The unique geography of the lower Dolpo, lying in a rain shadow, also makes it possible to trek in Winter. Snow-covered peaks, frozen lakes, and clear skies are the highlights of trekking in Winter in Lower Dolpo. Also, the less crowded areas during the Winter provide peaceful trekking conditions.

Trip Itinerary

Would you like to go to Lower Dolpo Trekking by full camping? It is not necessary to go entirely camping these days. You may have guest Houses along the trekking trail. Please have a look at the itinerary of Dolpo Trekking and contact us. We don't mind using your itinerary as well. Just let us know.

Boundless Adventure offers a 16-day Lower Dolpo trek itinerary at a reasonable price. Per the itinerary, your trip begins with the flight from Kathmandu domestic airport to Nepalgunj on your first day. The second day consists of flight and trek days. You will take a 45-minute flight from Nepalgunj to Juphal

airport, and after landing, the trekking journey begins towards Dunai village.

The trek to Lower Dolpo passes through beautiful Shey Phoksundo National Park. The itinerary of a Lower Dolpo trek has two acclimatization/exploration days to let trekkers adjust to the changed temperature and enjoy the surrounding area's beauty. One acclimatization is at Dho Tarap, and another is at Ringmogaon. Generally, trekkers can visit nearby areas and interact with locals on a Dho Tarap acclimatization day. On a Ringmogaon acclimatization day, trekkers go for an exploration of Phoksundo Lake.

Dunai, Tarakot, Laini, Nawarpani, Dho Tarap, Numa La Base Camp, Pelung Tang, Dajok Tang, Ringmogaon, Shyanta, and Juphal are the camping points for trekkers throughout the trek. Also, trekkers spent 1-2 nights at Nepalgunj.

The adventurous part of the Lower Dolpo trek is passing two different passes above 5000m: Numa La (5190m) and Baga La (5070m).

Furthermore, your journey to Lower Dolpo begins with a flight from Kathmandu to Nepalgunj and ends with a flight from Nepalgunj to Kathmandu. However ground transportation, including cars and jeeps, is also available to get to Juphal, but it takes longer.

Day 01: Fly from Kathmandu to Nepalgunj.

The journey to Lower Dolpo begins with a flight to Nepalgunj from Kathmandu. Our representative will pick you up from your hotel early in the morning and drop you at Kathmandu domestic airport. You will take a flight to Nepalgunj, and an aerial flight of approximately 50 minutes will take you to the airport in Nepalgunj.

Our crew member will pick you up at the airport and drop you off at your hotel. Upon checking in, you can relax and visit the nearby areas in the evening. Your overnight stay is at the Nepalgunj Hotel.

Destination:

Nepalgunj

Accommodation

Hotel

Transportation:

Flight

Duration:

45 minutes

Food:

Lunch and Dinner

Day 02: Fly to Jhupal (Dolpo) 2320m and trek to Dunai (2850m)

After a warm breakfast, you will prepare for your next journey early in the morning. Our team member will take you to the airport. A 40-minute flight from Nepalgunj Airport will take you to Juphal.

After landing, your trekking journey begins. This is your first trek day, on which you will trek to Dunai village. The trek from Juphal to Dunai is beautiful, passing through scenic villages, terraced fields, and dense forests. The trek involves walking alongside the riverbank and encountering the unique culture and traditions of the Dolpo people. Four to five hours of trekking take you to the administrative center of Dolpa district, Dunai. Your dinner and overnight are at Dunai's Lodge.

Destination:

Dunai

Accommodation

Hotel

Transportation:

Flight

Duration:

30 minutes

Food:

Breakfast, Lunch, Dinner

Day 03: Trek to Tarakot (2543m)

With a warm breakfast at the Lodge of Dunai, you will get ready for hiking to reach the day's destination, Tarakot. The trek involves passing through diverse landscapes, terraced fields, forests, and ascend and descent sections. The trail passes through the view of the rivers and mountain peaks, adding to the allure of your hike.

Along the way, you'll pass through several traditional villages inhabited by Buddhist people, known for their unique culture and Tibetan influences. During your hike, you can interact with locals, learn about their way of life, and experience their warm hospitality. On your way, you will walk alongside the Thuli Bheri River, and the trail involves passing several suspension bridges, adding a thrill to your trek. The trek from Dunai to Tarakot takes 5-6 hours to complete. Your dinner and overnight stay are at the tea house of Tarakot.

Destination:

Tarakot.

Accommodation

Hotel

Transportation:

Hiking

Duration:

6 hours

Food:

Breakfast, Lunch, Dinner

Day 04: Trek to Laini (3160 m)

With a delicious morning meal at the tea house of Tarakot, you'll begin your fourth day's journey, Laini. While passing through Tarakot, you will encounter several monasteries, where you can take time to explore.

You must pass a suspension bridge over the Thuli Bheri River as you continue your walk. One of the major highlights of the trek from Tarakot to Laini is passing through numerous monasteries. A 6-7-hour hike takes you to your day's destination, Laini. Your dinner and overnight stay are at Laini's tea house.

Destination:

Laini

Accommodation

Hotel

Transportation:

Hiking

Duration:

6 hours

Food:

Breakfast, Lunch, Dinner

Day 05: Trek to Nawarpani (3475m)

Day five takes you to Nawarpani, another wonderful village, on your trek to Lower Dolpo. Right after finishing your morning meal, we will begin the trek. The trek from Laini to Nawarpani takes you through traditional villages, lush forests, and beautiful trails. It provides an authentic experience of the area's natural beauty and cultural richness. Your hike involves walking the riverside of Tarap Khola.

A five-hour tranquil trek through nature's beauty will take you to Nawarpani. You'll have a pleasant dinner and a comfortable sleep at Nawarpani's tea house.

Destination:

Nawarpani

Accommodation

Hotel

Transportation:

Hiking

Duration:

6 hours

Food:

Breakfast, Lunch, Dinner

Day 06: Trek to Dho Tarap (4090m)

Day six is your trek toward Dho Tarap. After finishing the morning meal at the tea house of Nawarpani, you'll begin to ascend toward the day's destination. The trail passes through lush forests, alpine meadows, and fresh rivers. The highlight of the trek is interacting with local communities, experiencing their unique culture, and visiting ancient monasteries.

After passing through the Toltol, Gyamgar, Sisaul, and Langa villages, you will return to Dho Tarap, which requires a 6-7-hour walk.

Destination:

Nawarpani

Accommodation

Hotel

Transportation:

Hiking

Duration:

7 hours

Food:

Breakfast, Lunch, Dinner

Day 07: Acclimatization day at Dho Tarap.

As you get to higher elevations, the chances of altitude sickness are high. Thus, day nine is your first day of acclimatization at Dho Tarap. Acclimatization helps you adjust to the changed temperature and aims to reduce the chances of altitude sickness.

Acclimatization day is all yours. You can roam around the area, visit the nearby areas, and appreciate the area's beauty. Bon Po and Chaiba inhabit the Dho Tarap. Also, the Tibetans greatly influenced the village. Thus, in each part of the area, you can find monasteries. On your acclimatization day, you can grab the opportunity to visit each monastery and get involved in spiritual practice. Furthermore, you can learn about the traditions and culture of the locals on the acclimatization day.

Destination:

Dho Tarap

Accommodation

Hotel

Transportation:

Hiking

Duration:

Explore day

Food:

Breakfast, Lunch, Dinner

Day 08: Trek to Numa La Base Camp (4440m)

After a beautiful acclimatization day, you will wake up fresh and energetic for a day hike. With the same freshness and energy, you start hiking toward Numa La Base Camp after breakfast. The trek includes walking alongside the Thakchiu Khola, which has stunning landscapes and mountain peaks.

The trail passes through several monasteries and beautiful settlements. Passing a suspension bridge is also an exciting part of the trek. However, the trail becomes rougher as you get closer to the base camp. It takes 6-7 hours of walking to reach Numa La Base Camp from Dho Tarap. Your overnight and dinner are at the tea house of Numa La Base Camp.

Destination:

Numa La Base Camp

Accommodation

Tent

Transportation:

Hiking

Duration:

7 hours

Food:

Breakfast, Lunch, Dinner

Day 09: Cross Numa La (5190m) and trek to Pelung Tang (4465m)

The ninth day is the most awaited in your trek to Lower Dolpo. Today's trek is also one of the most adventurous ones. The day begins with a breakfast at Numa La base camp and ascends towards Numa La

Pass through steep and rocky terrain. The trail involves walking while enjoying breathtaking views of mountain peaks and alpine meadows.

Four hours of trekking from Numa La Base Camp take you to the summit of Numa La at an elevation of 5190, providing a sense of accomplishment. The surrounding areas of Numa La are mesmerizing and decorated with prayer flags. The 360-degree views of the surrounding mountain peaks and glaciers are also eye-catching from the top of Numa La.

After enjoying the view from the summit of Numa La, you'll stay overnight at Pelung Tang. The ninth day's overall trek is 8 to 9 hours and includes an adventurous walk.

Destination:

Pelung Tang

Accommodation

Tent

Transportation:

Hiking

Duration:

9 hours

Food:

Breakfast, Lunch, Dinner

Day 10: Cross Baga La (5070m) and trek to Dajok Tang (4080m)

After the challenging Numa La, the tenth day of the trekking journey brings yet another exciting, adventurous trek. On this day, you'll hike to Baga La, another adventurous pass of the trip. You will leave Pelung Tang with a morning meal and walk towards Baga La.

The trail to Baga La is adventurous and involves rugged, high-altitude terrain. The steep ascents and descents and rocky paths make the trek quite challenging. However, after reaching the summit of Baga La (5070m), the breathtaking views will make you forget all the difficulties faced during the trail. Mesmerizing mountain peaks and a surreal surrounding landscape are awe-inspiring from the summit of Baga La.

After appreciating the area's beauty from Baga La, you will descend to Dajok Tang. The entire trekking hour on the tenth day is 8 to 9 hours. Your night stay and dinner are at the same tea house as Dajok Tang.

Destination:

Dajok Tang

Accommodation

Tent

Transportation:

Hiking

Duration:

9 hours

Food:

Breakfast, Lunch, Dinner

Day 11: Trek to Ringmogaon (3733m) 4/5 hours

The chirping sound of a bird will wake you up to the fresh air of Dajok Tang. You will have a warm and delicious morning meal at the tea house and start trekking towards the day's destination. The eleventh day's trek is Ringmogaon. The trail includes walking through pine forests and alpine vegetation. The trek is relatively easy, with some sections ascending and descending. Three to four hours of trekking will take you to your day's camping point, Ringmogaon.

Destination:

Ringmogaon

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

Day 12: Explore at the Phoksundo Lake

Twelfth is a beautiful day on your journey to Lower Dolpo. Today, you will explore Nepal's most profound and second-largest lake, Phoksundo. You will ascend towards Shey Phoksundo Lake early in the morning after breakfast. On the way to the lake is a Bonpo Monastery, which you can explore.

The Phoksundo lake is well known for its turquoise water and surrounding beauty.

Numerous mountain peaks surround the lake, creating an eye-appealing experience. After exploring the lake and clicking some photos, you will return to Ringmogaon. You can use the remaining time to rest or connect with locals. You'll have a pleasant nightstay at the Ringmogaon's tea house.

Destination:

Ringmo

Accommodation

Hotel

Transportation:

Hiking

Duration:

Explore day

Food:

Breakfast, Lunch, Dinner

Day 13: Trek to Shyanta (2520m)

The journey descends from the Ringmogaon to Shyanta on the thirteenth day. The trek descends through the Shey Phoksundo National Park after your breakfast. Walking alongside Phoksundo Lake, you'll pass through lush forests to barren rocky terrain. The trial also involves passing several suspension bridges. Passing through Sanduwa, Rechi, and Chhepka, you will reach Shyanta with 5 to 6 hours of descent. Your overnight and dinner will be at the tea house in Shyanta.

Destination:

Shyanta

Accommodation

Hotel

Transportation:

Hiking

Duration:

6 hours

Food:

Breakfast, Lunch, Dinner

Day 14: Trek to Jhupal 5/6 hours

Fourteen days take you to the village from where your trekking began, Jupal. After finishing breakfast at Shyanta, you start descending to Jupal. The trail passes through lush trees with an astonishing view of mountain ranges. Waking alongside Suli Khola and passing through Kageni and Sulighat village, you will reach Jupal. You'll have dinner and an overnight stay at Jupal's tea house.

Destination:

Jhupal

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

Day 15: Fly to Nepalgunj and then Kathmandu.

Saying goodbye to Lower Dolpa, you'll fly back to Nepalgunj from Jupal after finishing your morning meal by plane. Ensure you have packed all your backpacks and that no stuff is left. The 35-40 minute flight will again allow you to enjoy the beauty of the lower Dolpo, and you will land at the airport in Nepalgunj.

You will fly back to Kathmandu on the same day or wait for the next day. The flight for Kathmandu from Nepalgunj is subject to availability. If the flight operates, you will fly back to Kathmandu on the same day. Otherwise, it would be best if you stayed at Nepalgunj that day, and on the following day, you will return to Kathmandu.

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Flight

Duration:

2 hours

Food:

Breakfast & Lunch

Day 16: Final Departure

We'll have a warm breakfast at the Hotel and must say goodbye after providing you with as much service as possible on your lower Dolpa trek. Our representative will pick you up from your Hotel according to your flight time and drop you off at Tribhuvan International Airport.

However, If you fly from Kathmandu at night, the Hotel will cost you extra. Please let us know your departure time.

Transportation:

Car

Duration:

20 minutes

Food:

Breakfast

Trip Includes

- Airport /Hotel/Airport pick up and drop by car/van/bus.
- Three nights Hotel in Kathmandu with a B/B plan.
- One-night Hotel in Nepalganj.
- Kathmandu city tours per the above program, including tour guide, car/van.
- Highly experienced, helpful, and friendly Guide, porters (1porter for two pax), their food, accommodation, salary, insurance, and equipment.
- Phoksundo National Park Entry Permit and Restricted Area Permit.
- Lunch, Dinner, and Breakfast during the Trekking,
- TIMS card.
- All Government taxes.
- All ground transportation.
- Per person, one Trekking map
- Sleeping Bag (If required / returnable)
- Down Jacket (If required / returnable)
- Duffel Bag.

Trip Excludes

- Travel insurance.
- Donation and Tips
- Hard and soft drinks
- Tips and Donations.
- Sightseeing entry fee in Kathmandu.

Frequently Asked Questions

Where is Lower Dolpo located ?

Lower Dolpo lies in the Dolpo district, which is 300 km northwest of Kathmandu. Lower Dolpo is a remote location and the least developed area of Nepal. The region is known for its hidden beauty and the untouched beauty of nature.

How challenging is the Lower Dolpo trek?

Lower Dolpo is moderately complex and presents physical challenges. The diverse landscapes, from steep ascents to rocky trails, navigation of high passes, 5-6 hours of walking daily, and remote location make the trek quite challenging. Numa La, at 5190m, is the highest pass of the trek, where the journey becomes adventurous.

Is any special permit necessary for the Lower Dolpo trek?

A restricted area permit (RAP) and a Shey Phoksundo National Park area permit are mandatory for the Lower Dolpo trek. Lower Dolpo is restricted, so RAP is obligatory. Likewise, the trek to Lower Dolpa takes place within a Shey Phoksundo National Park; the Shey Phoksundo National Park is another necessary permit for the trek to Lower Dolpo.

What is the highlight of the Lower Dolpo trek?

The Tibetans influence Buddhism, and their culture and heritage, natural beauty, and landscapes with deep gorges, fresh lakes, and snow-capped peaks are the major highlights of the Lower Dolpo trek. Among various aspects highlights, Shey Phoksundo Lake and the encounter of rare wildlife are prominent.

What is the affordability of the Lower Dolpa trek?

The Lower Dolpo trek's affordability depends on factors such as the services trekkers desire to include and the customization of the itinerary. Boundless Adventure provides a group discount for the trek to Lower Dolpo; thus, the more people in a group, the more likely you are to get a discount and afford the expedition.

How can I book Lower Dolpa Trek?

You can book the Lower Dolpo trek using various processes and modes. However, Boundless Adventure made it easy to book the trek by providing an online booking facility. We will fulfill your specific requirements and book your trip online.

How is Lower Dolpo different from Upper Dolpa?

Upper and Lower Dolpo are both stunning areas of Nepal. However, they have different kinds of beauty and attractions. The Upper Mustang provides mountain views, including Mount Dhaulagiri and Kanjirowa peaks that the Lower Dolpo doesn't offer. Likewise, Upper Dolpo holds more religious significance than Lower Dolpo due to Bhijer and other significant monasteries

Can I book Lower Dolpo at the last minute?

Yes, you can book the Lower Dolpo trek at the Last minute. Boundless Adventure provided a last-minute booking option for trekkers during the trek to Lower Dolpo and made a plan at the last minute. We accept last-minute bookings 72 hours before the trip begins, yet trekkers should pay the total amount during their booking time.

When should I trek to Lower Dolpo?

Trekking in Lower Dolpo is subjective and depends on what trekkers want to experience through their trek. However, spring is ideal for the Lower Dolpo trek due to mild and pleasant weather, warm days, and cool nights. Similarly, Autumn (a fall season) is another ideal time with its mild and stable weather.

What is the itinerary of Lower Dolpo Trek?

Boundless Adventure provides 16-day itineraries for a Lower Dolpo trek. The expedition to the Lower Dolpo trek commences with a flight from Kathmandu to Nepalgunj and Nepalgunj to Jhupal. From Jhupal, the trekking begins towards Dunai and continues via Tarakot, Laini, Nawarpani, Dho Tarap, and Numa La Base Camp.

On the ninth day, trekkers navigate Numa la Pass and continue trekking toward Pelung Tang. On the tenth day, trekkers navigate another pass, Baga La, and continue trekking via Dajok Tang, Ringmogaon. On the twelfth day, they reach the second-largest lake in Nepal, Shey Phoksundo. From the thirteenth day, the journey descends via Shyanta and Jhupal and flies to Nepalgunj and then Kathmandu. The sixteenth day is the departure day from Kathmandu.

Essential Information

Difficulty level

Lower Dolpo's difficulty level ranges from moderate to Challenging. The trek to Lower Dolpo includes passing above 5000m, leading to challenges. Getting to such high elevation poses challenges, including

altitude sickness. The terrain in Lower Dolpo varies from rugged paths to steep ascents and descents. Walking through rocky trails and narrow paths would be best, making the trek physically demanding in [Shey Phoksundo National Park](#).

The weather is unpredictable at the higher elevation, adding another difficulty to the trek. The longer duration, with walking 5-6 hours daily, is another significant challenge. Thus, the trek is moderately complex for those with prior trekking experience and good physical fitness. It is challenging for those without experience and a general physical fitness level.

Accommodation during Lower Dolpo Trekking

We provide accommodation during the Lower Dolpo trek and three meals throughout your journey.

Generally, local tea houses are your accommodation point. The locals of the area run the tea houses and provide basic facilities. The tea houses offer a comfortable bed to relax after an exhausting trekking day for your night stay. Yet, you must bring sleeping bags as nights are colder, and blanket facilities may not be available at the tea house.

Hot showers and Wi-Fi are also available in the tea house but at an additional cost. Electricity is also available, but we recommend you take a power bank as the light may cut off at any time.

Furthermore, the tea houses provide healthy meals. Generally, you can have Tibetan dishes as Tibet highly influences the area. You can choose food according to the menu.

Get to lower Dolpa

You have two different options to get to Lower Dolpo from Kathmandu. The options include:

By flight

The flight option is the most common and easy way to get to Lower Dolpo from Kathmandu. However, you need to take two different flights. From Kathmandu, you should take a domestic flight to Nepalgunj. Nepalgunj is a significant transit point for flights to Dolpo. The flight from Kathmandu to Nepalgunj airport takes 1 hour.

You'll take another domestic flight from Nepalgunj Airport to Juphal, the only airport in Dolpo. After 45 minutes of flight, you will reach Juphal, where your trekking journey will begin.

By jeep/bus

You can also get to Lower Dolpo by taking ground transportation. For ground transportation, you can either go by bus or Jeep. The bus is less expensive, but you will have a comfortable drive on a jeep. The distance from Kathmandu to Juphal (from where you start the trek) is 294km. It takes 14 hours to reach Juphal from Kathmandu by bus.

Trekking permits Details.

Lower Dolpo Trekking trail is still a restricted trekking area in the buffer zone of Nepal. A special trekking permit is necessary. Boundless Adventure always arranges Dolpo trekking permits from Kathmandu; you arrive in Nepal before then. We have requested a copy of your passport and a picture

through email to make [restricted trekking permits](#).

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