



PEACE NEPAL TREKS

... guiding you through your journey of a lifetime.

17 days Lower Dolpo Trek

OVERVIEW

The entire district of Dolpo is a seldom visited trekking destination. As the majority of trekkers visiting Nepal trek in either the Annapurna or Everest region, the region of Dolpo remains uncrowded.

Dolpo lies behind the Dhaulagiri massif and is protected as the Shey Phoksundo National Park. It was only in 1989 that Dolpo was opened to foreigners. Until then the region was restricted because of its proximity to the Tibetan border.

ITINERARY

- Day 1

Arrival in Kathmandu 1300m, transfer to hotel stay in Kathmandu, overnight stay in hotel

- Day 2

stay extra night in Kathmandu: Trek Preparation and official work

- Day 3

Flight: Kathmandu to Nepalgunj about one hour, overnight stay in Nepalgunj hotel

- Day 4

Flight: Nepalgunj to Jhupal (Dolpo) (2400m) and trek to Dunai 2150m, about 3 hours walking, camping services

▪ Day 5

Trek Dunai to Tarakot 2600m, 6 hours walking, camping services

▪ Day 6

Trek Tarakot to Lahini 3,160m, 7 hours walking, camping services

▪ Day 7

Trek Lahini to Nawarpani 3,545m, 6 hours walking, camping services

▪ Day 8

Trek Nawarpani to Do Tarap 4,090m, 8 hours walking, camping services

▪ Day 9

Rest Day at Do Tarap for acclimatization

▪ Day 10

Trek to Numa La Base Camp 4440m, 7 hours walking, camping services

▪ Day 11

Trek Numa La Base camp to NUMALA pass 5,190m, about 7 hours walking and camp at Baga La base 4,465m, camping services

▪ Day 12

Trek Baga La base camp to BAGA LA pass 5,070m and camp on next Baga La base camp 4,080m 6 hours walking, camping services

▪ Day 13

Trek Baga La base camp to Ringmo 3,600m, about 4 hours, camping services

▪ Day 14

Rest day in Phoksundo Lake, camping services

▪ Day 15

Trek Phoksundo Lake to Chhepka 2670m, about 6 hours walking, camping services

▪ Day 16

Trek Chhepka to Jhupal 2400m, camping services

▪ Day 17

Flight: Dolpo to Nepalgunj and flight to Kathmandu, overnight stay in Kathmandu

Note: Above holiday itinerary can be customized as our guest specific requirements and can make shorter and longer. We design your holidays accordingly.

INCLUDES

- Return transfers from International and Domestic airport to your hotel
- One night stay at the Hotel in Kathmandu
- All government taxes and Dolpo National Park entry fees
- TIMS CARD (Trekking Management System)
- Lower Dolpo special permit fees
- Required number of experienced English speaking guides and support staff (we pay for their daily wages, insurances, trekking equipments, food and accommodation).
- Tent accommodation during the trek on camping services
- Necessary ground transportation depends on your services requested via tourist bus or private transport

- Internal flight ticket of guide and guest flight
- Light for a night by Battery or “generator” as a group size
- Trekking poles, sleeping bag/duffle bag/down jacket (if necessary we provide)
- Trekking maps
- Rubbish care to clean up the environment
- PNT official services charge and government taxes

Medical support: emergency first aid kit carried by the support staff

Camping equipments: We always provide every guest holiday trek with high qualities equipments: good qualities tent, Gas stove for food prepare, toilets tent and papers, kitchen tent with necessary utensils, Dining tent (for eating), table and chairs as a group, hand clean up towel and soap with tap water, Ice axe and sable.

Accommodation and meals: During camping treks an expert cook accompanies us and serves the best local dishes with different items on our plates. Both food and accommodation during camping treks are our responsibilities. We serve three meals on camping treks.

Breakfast Verities: Tea, coffee, hot chocolate, milk, boil water/different kinds Tibetan bread, toast, omelet fried or scrambled, boil egg, porridge, musli, cornflake, chapatti, jam, honey, pinner butter, rice pudding, pani cake, butter, salami, sinoman role.

Lunch: Juice, tea (black/lemon/coffee), boil water/ sandwich, potato cheaps, different items bread, vegetable, macaroni, chaumin, fried/boil potatoes, plan chapatti, backbeans.

Dinner: Different items Soup, popcorn, prawan, cookies, papad/ local Nepali verities food (Daal/rice/vegetables/meat/pickle), pizza (vegetable/mushroom/chicken), burger, pasta, chicken meat, can meat, veg/non veg momo, spagity, noodles, tuna fish,

sasit, spring role.

Desert: tea, coffee, milk, chocolate, boil water, cake, pie, seasonal fruits, tin fruit, mango, apple, banana.

Water: we serve with boil water drink along the trek either you can make tea or coffee for day trip. It should be better to bring good quality water bottle for trek.

Excludes:

- All meals in Kathmandu city
- Tips to guides and support staff
- Additional costs in case of emergency (You must have adequate travel insurance to cover any kind of emergencies)
- Internal flight tickets
- Additional medication for altitude sickness (Acetazolamide etc)
- Personal expenses and any other unforeseen expenses
- Personal trekking equipments

Travel Insurances: –

Travel Insurances are compulsory for clients trekking or climbing with us. The insurance should cover you in case of emergencies like accidents, altitude sickness and ambulance and helicopter rescue charges if required. Please carry a copy of your insurance papers while travelling in Nepal and do send us a copy as well. This will help us in making all the necessary arrangements in case of any sort of emergencies.

SEASONS

Nepal has four climatic seasons

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- Spring : March – May
 - Summer: June – August
 - Autumn: September – November
 - Winter: December – February

While there are no seasonal constraints on traveling to Nepal, different regions are best visited in different seasons. Enquire about any trekking region and we will tell you about the best season to visit that area.

EQUIPMENTS

Check-list of personal equipment:

- Good standard trekking boots
- Camping shoes/thongs
- Socks-polypropylene
- Down Jacket
- Fleece
- T-shirts
- Trekking trousers
- Shorts (both casual and for treks)
- Swim wear
- Sun Hat
- Woollen Hat
- Nylon Windbreaker
- Gloves
- Gaters
- Strong Rucksack
- Sleeping Bag
- Water Bottle
- Torch/headlamp (with spare batteries)
- Toiletries/soap
- Toilet paper
- Sun block

- Travel Towel
- Wet-wipes
- Medication (cough medicine, throat soothers, water purification tablets)
- Sunglasses
- Binoculars
- Camera & lenses
- Memory cards
- GPS Tracking Units may be helpful
- Altimeter
- Compass
- Book/music player/pack of cards
- Padlock
- A plastic bag for waste
- Energy/snack bars

The following equipment are required during the Climbing period: –

(Warm Down Jackets, Sleeping Bags, Warm Trousers, Koflach Shoes, Trekking Shoes and Sandals, Perfectly fitting Crampons, Gaiters, Ice Axe, Jumar, Ice Screw, Rock, Picton, Snow Bar, 2 locking Carabiners, Gloves, Sun Glasses, Head Light, Helmet, Rope, Stove, Harness, Figure -8, Gore – Tax Jacket with hood).