



# Marvel Treks & Expedition Pvt. Ltd.

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## The Hidden Tibetan Valleys of Western Nepal **Lower Dolpo Circuit Trek**

**Duration:** 14 Days

**Max Altitude:** 5,310 m (Numa La Pass)

**Trek Grade:** Moderate to Strenuous

**Start / End:** Kathmandu

**Accommodation:** Tent Camping during trek | Hotel in Kathmandu

**Best Season:** March-May | September-November

**Group Type:** Private or Group Joining



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## Overview

The **Lower Dolpo Circuit Trek** takes you deep into Nepal's remote western region, a culturally rich and visually stunning landscape. Trekking through the **Dolpo region**, you'll encounter high-altitude deserts, traditional Tibetan-style villages, alpine lakes, and majestic Himalayan peaks.

The trek begins with a flight from **Nepalgunj to Juphal**, followed by trekking along rivers, pastures, and terraced villages. Highlights include **Shey Phoksundo Lake**, **Numa La Pass (5,310 m)**, and the remote settlements of **Dho Tarap** and **Danighar**. This trek is ideal for travelers seeking **adventure, isolation, and authentic Tibetan culture** in Nepal.

## Trip Highlights

- Trek through **remote Tibetan villages** and high-altitude landscapes
- Cross **Numa La Pass (5,310 m)** and Baga La Pass (5,170 m)
- Visit **Shey Phoksundo Lake**, the deepest lake in Nepal
- Explore **Dho Tarap**, a traditional high-altitude settlement
- Witness stunning Himalayan panoramas and pristine valleys
- Experience the unique **Dolpo Tibetan culture** and customs

## Itinerary

### Day 1: Fly from Nepalgunj → Juphal, then trek to Dunai (2,150 m)

Take an early morning flight from Nepalgunj to Juphal. From there, begin a short trek of 3-4 hours through the high hills, passing small settlements and farmland. Arrive in Dunai and set up camp for the night.

### Day 2: Trek from Dunai to Tarakot (2,540 m)

The trail gradually ascends through forests and terraced farmland. Enjoy scenic views of the surrounding hills and rivers as you walk 5-6 hours to reach the village of Tarakot. Overnight in tented camp.

### Day 3: Trek from Tarakot to Laina Odar (3,375 m)

A steady climb takes you through high valleys and remote settlements. The trail is moderately challenging, with panoramic views of the Dolpo hills. Trekking duration: 4-5 hours. Tent camping.



#### **Day 4: Trek from Laina Odar to Toltol (3,523 m)**

Continue ascending across alpine terrain, passing yak pastures and traditional stone villages. Trekking duration: 6-7 hours. Tent camping.

#### **Day 5: Trek from Toltol to Dho Tarap (3,950 m)**

Reach the remote Tibetan-style settlement of Dho Tarap. Enjoy the cultural atmosphere, ancient monasteries, and panoramic views of the surrounding peaks. Duration: 6-7 hours. Tent camping.

#### **Day 6: Acclimatization and exploration in Dho Tarap**

A free day to rest, acclimatize, and explore the village. Optional short hikes, photography, and cultural immersion. Tent camping.

#### **Day 7: Trek from Dho Tarap to Numa La Base Camp (4,350 m)**

A moderate trekking day as you gradually climb toward the base of Numa La Pass. Enjoy the rugged alpine scenery along the way. Duration: 4-5 hours. Tent camping.

#### **Day 8: Trek from Numa La Base Camp → Numa La Pass (5,310 m) → Danighar (4,510 m)**

A challenging high-pass crossing day. Trek up to Numa La Pass, take in the spectacular views of surrounding peaks, then descend to Danighar. Duration: 6-7 hours. Tent camping.

#### **Day 9: Trek from Danighar → Temche / Yak Kharka via Baga La Pass (5,170 m)**

Another high-pass day, crossing Baga La. The trail offers dramatic views of valleys and high peaks. Trekking duration: 5-6 hours. Tent camping.

#### **Day 10: Trek from Yak Kharka to Shey Phoksundo Lake (3,600 m)**

Descend into the beautiful lake region. Enjoy the turquoise waters and traditional village scenery along the way. Duration: 4-5 hours. Tent camping.

#### **Day 11: Exploration around Shey Phoksundo Lake**

A free day for sightseeing, photography, or short hikes around the lake. Take in the serene environment and Tibetan-influenced culture. Tent camping.

#### **Day 12: Trek from Shey Phoksundo Lake to Chhepka (2,678 m)**

Gradually descend through alpine valleys, passing remote villages and farmland. Trekking duration: 5-6 hours. Tent camping.



### **Day 13: Trek from Chhepka to Juphal (2,475 m)**

Complete the circuit with a trek back to Juphal. Enjoy the final stretch through forests and river valleys. Duration: 5-6 hours. Tent camping.

### **Day 14: Fly from Juphal → Nepalgunj → Kathmandu (1,300 m)**

Take a short flight from Juphal to Nepalgunj, then connect onward to Kathmandu. End of the trek with a comfortable hotel stay in Kathmandu.

## **All You Need to Know**

### **1. Visa Process**

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

### **2. Guide In Nepal**

You will need a guide for tour, trekking, peak climbing as well as expedition.

- **Tour Guide:** A professional who leads sightseeing tours and provides local information.
- **Driver Guide:** A driver who also acts as a guide during travel.
- **Trekking Guide:** An experienced guide who leads trekking routes safely.
- **Peak Climbing Guide:** A trained guide for high-altitude mountain climbing.
- **Expedition Sherpa Guide:** A skilled Sherpa who supports and guides challenging expeditions.
- **Porter:** A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

### **3. Accommodation**

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

### **4. Transportation**

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

### **5. Permits and entrance fees**

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:



- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.
- A special permit is required in some areas for restricted areas.

**Fees vary by nationality and trekking region.**

## 6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

## 7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

## 8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

## 9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities.



Mobile network coverage is good in cities and popular trekking routes. Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

## 10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.

Remove shoes before entering temples and homes.

Respect local traditions and festivals.

Ask permission before taking photos of people.

## 11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.

Respect wildlife and natural environments.

Support local communities by using local guides, porters, and accommodations.

Follow “Leave No Trace” principles during treks.

## Important Information

- This trek requires a good level of physical fitness, as it involves long walking days, uneven terrain, and gradual ascent at higher altitudes. Participants are strongly advised to prepare in advance through regular exercise, endurance training, and hiking practice.
- Altitude-related illnesses such as Acute Mountain Sickness (AMS) can occur above 2,500 m. All itineraries are designed with proper acclimatization days to minimize risk; however, individuals must follow the guide’s instructions and report any symptoms immediately. If symptoms worsen, descending to a lower altitude is mandatory for safety.
- Weather conditions in the Himalayas are unpredictable and can change rapidly, particularly during monsoon and winter seasons. Trekking schedules may be adjusted due to weather, trail conditions, or safety considerations.
- Luggage limits are strictly enforced, typically allowing 10–12 kg of personal baggage per trekker. Excess luggage can be carried by porters or arranged separately at an additional cost.
- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, and helicopter evacuation is mandatory. Proof of insurance must be provided before the trek begins.

