



Marvel Treks & Expedition Pvt. Ltd.

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The Hidden valleys and Lakes of western Nepal

Lower Dolpo Trek

Duration: 8 Days

Max Altitude: 3,600 m (Phoksundo Lake)

Trek Grade: Moderate

Start / End: Kathmandu

Accommodation: Lodge / Tea house along the route | Hotel in Kathmandu

Best Season: March-May | September-November

Group Type: Private or Group Joining



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Overview

The **Lower Dolpo Trek** is a shorter alternative to the full Dolpo Circuit, offering a glimpse into the **remote Tibetan-influenced region of western Nepal**. Trekking through forests, terraced farmland, and high-altitude valleys, the trail leads to the **stunning Phoksundo Lake**, the deepest lake in Nepal, and nearby viewpoints.

This trek is ideal for travelers with **limited time** who still want to experience Dolpo's unique culture, scenic highland landscapes, and serene alpine lakes.

Trip Highlights

- Explore **Phoksundo Lake** and surrounding viewpoints
- Trek through traditional Tibetan-style villages like **Ringmo** and **Saaijol**
- Witness the serene **high-altitude landscapes** and Himalayan views
- Experience local **Dolpo Tibetan culture and customs**
- Moderate trekking suitable for **shorter highland adventures**

Itinerary

Day 1: Catch a bus in Machhapokhari → Kathmandu (1,350 m)

Overnight bus travel from Machhapokhari to Kathmandu. Early morning arrival in the capital. Rest and prepare for the trek ahead.

Day 2: Kathmandu → Suligad → Trek to Kageni (2,100-2,500 m)

After reaching Suligad, begin a moderate trek through fertile valleys and farmland. The trail gradually ascends, offering views of rural life and hillsides dotted with small settlements. Trekking duration: 5-6 hours. Overnight in tented camp or teahouse.

Day 3: Trek Kageni → Chhepka → Renchi → Saaijol (2,500-3,000 m)

Continue trekking through highland valleys, crossing rivers and forests. Pass remote villages and enjoy scenic views of the surrounding mountains. Trekking duration: 6-7 hours. Tent camping.

Day 4: Trek Saaijol → Ringmo → Explore Phoksundo Lake (3,000-3,600 m)

Descend or traverse to Ringmo and reach the turquoise waters of Shey Phoksundo Lake. Spend time exploring the lake, surrounded by cliffs and pine forests. Trekking duration: 5-6 hours. Overnight in a tented camp.

Day 5: Hike to nearby viewpoints → Return to Renchi (3,200-3,600 m)

Take a half-day hike to nearby viewpoints to capture panoramic views of the lake and the



Himalayan peaks. Return to Renchi for an overnight stay. Trekking duration: 4-5 hours. Tent camping.

Day 6: Trek Renchi → Suligad → Jeep ride to Dunai (2,100–2,200 m)

Descend toward Suligad and continue the journey by jeep to Dunai. Enjoy the changing landscapes of the Dolpo region along the way. Duration: 4-5 hours. Tent camping or lodge stay.

Days 7 & 8: Catch bus in Dunai → Kathmandu (1,350 m)

Return to Kathmandu by bus. Travel takes approximately 10-12 hours over 1-2 days, concluding the Lower Dolpo trek.

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.



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