



Lower Dolpo Phoksundo Lake Trek

Dolpo is one of the remotest and most spectacular corners of the Himalaya, isolated from the rest of the Nepal by mountain ranges of Dhaulagiri and Churen Himal. Lying in the rain shadow area of the Himalayas, this landscape resembles that of the Tibetan Plateau instead of the lush, green, monsoon watered hills, elsewhere in Nepal, at comparative altitudes. Although Dolpo occupies 15% of Nepal, it is still one of the least explored regions of this country, since it has only opened for trekkers in 1989. This area is also known by Tibetans as bae-yul, or the hidden land. It is the land of Tibetan Buddhism and the pre-Buddhist religion of Tibet, called Bon. The areas of Do-Tarap and Phoksundo Lake are home to beautiful landscapes and impressive monasteries.

A long walk up a steep, uninhabited river valley leads to an enclave of Tibetan tradition in a high isolated valley, where you can meet nomadic Tibetans and their grazing yaks. The Dolpo region is protected by Shey Phoksundo National Park and in this preserved ecosystem it is still possible to observe wildlife that is close to extinction in other areas, such as blue sheep and the ever-elusive snow leopard.

This trek can be qualified as moderate, with some strenuous days and thus a reasonable level of fitness is required, as on our way from Do-Tarap to Phoksundo Lake we will be crossing two high mountain passes: Numa-la pass at 5318 metres and Baga-la at 5190 metres above sea level.



This is a trek for those with a real sense of adventure, who are happy to embrace basic living conditions in order to experience rural, mountain people's life in Nepal. A set of well-worn hiking boots, with a few pairs of good hiking socks are an absolute necessity. No technical experience or mountaineering gear is necessary. While porters will carry the majority of your luggage, you will need to bring a durable daypack to carry necessary items for quick access during the trek, such as water, toilet paper, camera, a warm layer, snacks etc. A full kit list will be sent to you upon confirmation of your participation on the trek.



Itinerary

Day 1: Arrival in Nepal and **passport to Himalayan Quests**

Day 2: Trek briefing and preparation

Day 3: Fly from Kathmandu to Nepalgunj on the border of India. Overnight in a hotel in Nepalgunj.

Day 4: In the morning we take a small plane from Nepaljung to Jufal (2400m). After lunch we trek along the River Bheri to Dunai (2150m), approx. 3 hours. Camp in Dunai.

Day 5: We gradually ascend from Dunai to Tarkot (2600m), approx. 5 hours.

Day 6: From Tarkot we continue to head up on a gradual ascent to Lahini (3500), approx. 8 hours.

Day 7: Lahini to Simsim Odhar (3850m) is a long day, approx. 8 hours.

Day 8: Today we take a rest day at Sim Sim Odhar, with possible acclimatisation hikes.

Day 9: From Sim Sim Odhar to Do Tarap (4040m) we continue to gradually gain elevation, approx 4-5 hours.

Day 10: Rest day at Do Tarap, with possible acclimatisation hike. We can visit the village and small Buddhist monastery, on the outskirts of the village.

Day 11: Do Tarap to Tok-khyu High Camp (4565m) is once again a gradual ascent, approx. 5-6 hours.

Day 12: Today we complete our first high pass and the highest point on the trek, taking us from Tok-khyu High Camp to Pelungtang (4465m) over the Numa-la pass (5318m), approx. 6-7 hours. From the pass, on a clear day, we will be able to see magnificent Himalayan views, including Dhaulagiri I. (8167m).





Day 13: We will conquer our second high pass today, the Baga-la pass (5190m) taking us from Pelungtang to Dajok Tang (4080m), approx. 5-6 hours.

Day 14: As we continue our descent to Phoksundo Lake (3730m) we are blessed by a shorter day, approx. 3-4 hours.

Day 15: Rest day at Phoksundo Lake with possible day hikes.

Day 16: Phoksundo Lake to Renje (3010m) sees us walking mostly downhill, approx. 6-7 hours.

Day 17: Today is another long down hill day as we trek from Renje to Chepka (2670m), approx. 5-6 hours.

Day 18: From Chepka we return back to Dunai, approx. 6-7 hours.

Day 19: Dunai to Jufal is a slow ascent back to the start of our trek, where we will camp for one last night, approx. 4-4 ½ hours.

Day 20: In the morning we fly from Jufal back to Nepaljung and from Nepaljung to Kathmandu on the same day.

Costs

Please contact info@himalayanquests.com for costs and further information.

Notes

- » The trek itinerary is a guide only and may be subject to change at short notice
- » In order to preserve the remote nature of this trek, it is limited to a maximum of 12 trekkers.
- » **In order to obtain your Dolpo restricted access permit, we need your original passport at least 2 working days before departure.**

