

Lower Dolpo

REGION	Trans-Himalaya · Phoksundo
DURATION	14 days
MAX ALTITUDE	5,115 m
GRADE	Moderate-Strenuous
SEASON	Apr-Oct
FROM	from \$2,650

Overview

Turquoise lakes and Bön valleys, the shorter way

A shorter taste of Dolpo built around the impossibly blue Phoksundo Lake and the Tarap valley - the magic of the trans-Himalaya without the full Upper Dolpo commitment.

Lower Dolpo opens the door to the same rain-shadow world as its upper sibling - Bön gompas, mani walls and yak caravans - on a route that's a fortnight rather than three weeks.

We base the trek around Shey Phoksundo National Park and the Tarap valley, crossing a couple of high passes with time to soak in the lake and the villages.

Highlights

- Phoksundo Lake
- Tarap valley & gompas
- Bön & Tibetan culture
- Quiet restricted trails

Itinerary

Day 1 - Fly west -> Juphal

Fly via Nepalgunj into Dolpo and start down the valley.

Day 2 - Phoksundo Lake

Trek to the turquoise lake and the village of Ringmo.

Day 3 - Into the Tarap valley

Cross the high passes into the hidden Tarap.

Day 4 - Tarap villages

Visit gompas and meet the herders of the high valley.

Day 5 - Descent & fly out

Drop to Dunai and fly back out.

What's included

- Lower Dolpo & national-park permits
- Licensed guide + camping crew
- Full camping & meals on trek
- All ground transport & domestic flights
- Pre-trip briefing & gear check
- 5% funds village schools & health posts

Not included

- International flights to/from Nepal
- Travel & high-altitude insurance
- Personal trekking & climbing gear
- Nepal entry visa fees
- Tips for guides and porters
- Personal expenses (drinks, wifi, laundry)

Available departures

- 15 Mar 2026
- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026