



Lower Dolpo Trek - 22 days

Go on 22 days trip for

\$ per person

Dolpo Trek Located on the isolated corner of Trans Himalayan Zone Dolpo is a virgin and divine land in Mid-Western Nepal. Shey-Phoksundo National Park in the core of Dolpo Region is famous for snow leopard. A great Naturalist Rodney Jackson conducted his research on snow leopards in Shey Phoksundo area. The Dolpo is famous for deepest Lake Phoksundo in entire Himalayan Region. Mother Nature created a unique and wonderful treasurer like Dolpo, which is being the shelter of many rare alpine living beings. In spite of tough trails and rugged topography journey to Dolpo area is a life time experience. Tourists rarely visit Dolpo Region and the trekking route is very narrow and steep at places, so good hiking Experience is essential for this trek. The altitude ranges from 2500m to 5070m.

Day by Day Itinerary:

Day 01: Arrival in Kathmandu - Transfer to hotel

Day 02: sightseeing

Day 03: Drive from Kathmandu to Nepalgunj

Day 04: Fly from Nepalgunj to Juphal and Walk to Dunai for overnight stop

Day 05: Dunai to Ankhe

Day 06: Ankhe to National Park (Palam)

Day 07: Palam to Phoksundo Lake

Day 08: Explore Phoksundo

Day 09: Phoksundo to Pugmo

Day 10: Pugmo to High Camp

Day 11: Acclimatisation at High Camp

Day 12: High Camp to (over Kagmara-La) Base Camp

Day 13: Base Camp to Hurikot

Day 14: Hurikot to Chaurikot

Day 15: Chaurikot to Sing-La

Day 16: Sing_La to Muni Kinara

Day 17: Muni Kinara to Nepal goan

Day 18: Nepal goan to Jumla

Day 19: Jumla (fly) to Nepalgunj

Day 20: Drive from Nepalgunj to Kathmandu

Day 21: free Day

Day 22: Trip concludes in Kathmandu.

What is Trekking?

A walk of few or many days up and down trail villages, hills & forests is call trekking. A walk through the hills of Nepal will not only give you a view of the mountains, but also take you through remote villages inhabited by hospitable people who will always well comes you smiling. We invite you to join us on visit to this remote region to see the truth of your dream.

Trekking Styles:

There are very various ways of trekking on foot through Himalayan range of Nepal. Whely is planning a trek you need to think carefully about deferent styles of trekking available. Remember that when hiking in any major renege of the mountains, it makes seems to go with at list on while chosen companion, as a slip and a sprained ankle can acquire at any time. It is also prudent to register with your embassy before setting off, and to sign in at any police checkpoint along the way.

Typical Trekking Days:

Most of days begin with stunning Himalayas sunrise when the crew bring around a piping hot cup of tea and a warm bowl of washing water. After hearty breakfast cooked we generally walk for 3 to 4 hours. You are encouraged to walk at your own pace, stopping frequently for photographs or to explore local villages. There is a lot of leisured time, you are allowed to rinse out clothes, read novel books or explore small mounds. .

The journey on the Himalayas varies in length to reach our campsite or lodge by the afternoon. The rest of the day is free to explore, read or write up diaries while dinner is being prepared by the trekking staff. The evening is spent in the mess tent or lodge following a three course meal. On our higher altitude treks, rest and exploration days are build in to the ensure proper acclimatization. So Samrat Tours & Travels P. Ltd classified his trekking into three types.

Private Groups:

Every year, Samrat Tours & Travels operates a tangle of private groups. They may be a small or a big groups, wishing to go trekking with their friends around Annapurna, Dhaulagiri, Langtang, or they follow the itinerary which has included many destinations of Nepal. This is besides included the Everest region & various regions. Samrat treks has the expertise to provide you a high quality service at very competitive prices.

School & Collage:

Samrat Groups , which specializes in trekking, handles School & collage groups to the Himalayan at the affordable prices. The itineraries of this company are designed to provide a real insight in the cultural, religious and environmental aspects of the Himalayan but just as importantly, they are fun, exposed to a Samrat adventure. Students will quickly discover the rich rewards of exploring the globe. Please contact more information. Family Holidays:

We have introduced two programmes for the different Himalayas (Annapurna, Langtang & Mt. Everest regions)as the camping trek and tea house trek. The company operates specially family as well as student groups . The mentioned regions are suitable to the families for going trek, no trouble on the route.. Departure dates are fixed. of both groups. The company allows families with younger children to travel together.

General Information:

Trekking in the Himalayan. The best way to experience Nepal's unbeatable combination of natural beauty and cultural riches is to walk through them. The immense contrasts in altitudes and climates found here support an equally spectacular of lifestyles, vegetation and wildlife. Trekking in the mountains of Nepal is more a cultural experience than a wilderness expedition. You will be passing through picturesque villages inhabited by diverse ethnic groups. You will see Cheetri farmers working in their fields and Tamang herders grazing their animals on the steep slopes. And you will meet Gurkha soldiers on the way ,come across Sherpa yak drivers transporting

goods over the high mountain passes. And always in the background, the icy pinnacles of the Himalayan loom over the scenery.

What is included in the price?

- Hotel / Airport pick up & drop by private car / van / bus
- Accommodation as required by you or as specified in the appropriate itinerary
- Guided city tours if applicable by private car / van / bus
- All your standard Meals during the trek (Breakfasts, Lunches, Dinners)
- Local licensed English speaking Guide
- The required number of local staff and porters to carry your luggage during the trek
- Food, accommodation, salary, insurance, equipment and medicine for all staff
- Airfares including taxes as appropriate for internal flight transfer as part of trekking itinerary
- Land transfers as appropriate for trekking itinerary
- All our government taxes
- Official expense

What is not included in the price?

- Certain lunches and dinners as explained in the trekking itinerary
- Your travel insurance (compulsory)
- International airfare and airport departure tax
- Appropriate visa fees
- Alcoholic, cold and hot drinks, laundry
- Personal trekking equipment
- Tips for trekking staff and driver. (Tipping is expected)
- Certain sightseeing/monument entrance fees
- Any others expenses which are not mentioned on Price Includes section

Trip Fact

- **Trip code**EHCS-12883
- **Destination**Nepal
- **Duration**22 days / 21 nights
- **Season**February to October
- **Group Size**Min. 2pax - 12pax + Above
- **activities**Hiking and Trekking