



TREKKING ITINERARY

GHT Dolpa Circuit Trek

DOLPA

- DAY 1** Flight from Kathmandu to Nepalgunj **
- DAY 2** Flight from Nepalgunj to Juphal (2.475m), walk to Dunai (2.140m) - about 2,5 hours walk
- DAY 3** Trek to Lingdo (2.391m) - about 5 hours walk
- DAY 4** Trek to Laina Odar (3.370m) - about 6 hours walk
- DAY 5** Trek to Nawarpani (3.475m) - about 4 hours walk
- DAY 6** Trek to Sisaul (3.750m) - about 3,5 hours walk
- DAY 7** Trek to Dho Tarap (4.080m) - about 4 hours walk
- DAY 8** Trek to Numala Base Camp (4.440m) - about 3,5 hours walk
- DAY 9** Trek to Danigar (4.631m) via Numa La Pass (5.318m) - about 6 hours walk
- DAY 10** Trek to Yak Kharka (3.982m) via Baga La (5.190m) - about 6 hours
- DAY 11** Trek to Ringmo / Phoksundo Lake (3.733m) - about 2,5 hours walk
- DAY 12** Trek to Chhepka (2.838m) via Rechi (2.940m) - about 7 hours walk
- DAY 13** Trek to Juphal (2.475m) - about 6 hours walk
- DAY 14** Flight from Juphal to Nepalgunj to Kathmandu

TREKKING TIPS

- TREKKING TIME 19 days
- DIFFICULTY Moderate to Hard
- BEST SEASONS Late April to October
- START & FINISH Juphal
- HIGHEST POINT 5.318m, Numa La Pass
- ACCOMMODATION Camping (some Teahouses)
- PERMITS NEEDED Trekking Permit Lower Dolpa (US\$ 10 per week)

CONTACT

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DREAM NEPAL



TRAVEL & TOURS

**** Flight Kathmandu to Nepalgunj**

To get to Dolpa, you have to fly to Nepalgunj first. Nepalgunj is a steaming hot city in South Western Nepal, in the lowlands of Terai, close to the Indian border (which is just 8 km away). Culturally the area more resembles Indian than upland Nepal. Take a cycle rickshaw for a ride in town. You pass the hustle and bustle of the bazaar and see horse carts full of colourful people going to or coming from the Indian border. The Bageshowri Temple is one of Nepal's most important Hindu temples and is worth a visit as well.

CONTACT

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