



### Yarchagumba

One of the main attractions of the Dolpa area is the wild mushroom found in this area called Yarchagumba (*Coerdiopsis sinensis*). Extracts from these mushrooms are believed to significantly improve human health and fitness.

Porters and well-qualified trekking guides can also be hired locally. They can be contacted at Juphal airport or the DDC office.



### Code of Conduct

- Always trek with a guide or porter.
- Do not light campfires; cook with kerosene.
- Respect privacy; ask before photographing people or religious sites.
- Documentary filming requires a special permit from His Majesty's Government.
- Do not trample or remove animals or plants. Prevent erosion by staying on the main trail.
- Rubbish must be carried out, buried or disposed of in designated areas.
- Entering the National Park without a permit is illegal.
- Be sensitive to the local cultural heritage; inappropriate dress and/or behaviour may offend and permanently influence the traditions and attitudes of the local people.
- Contribute to local economy; use local products and services.
- Avoid and discourage bargaining as much as possible.



The Dolpa area is promoted and supported by Tourism for Rural Poverty Alleviation Programme (TRPAP), a programme of His Majesty's Government of Nepal, supported jointly by UNDP, SNV (Netherlands) and DFID (UK). The programme is working to develop sustainable tourism in six districts of Nepal- Taplejung, Solukhumbu, Rasuwa, Dolpa, Chitwan and Rupandehi.

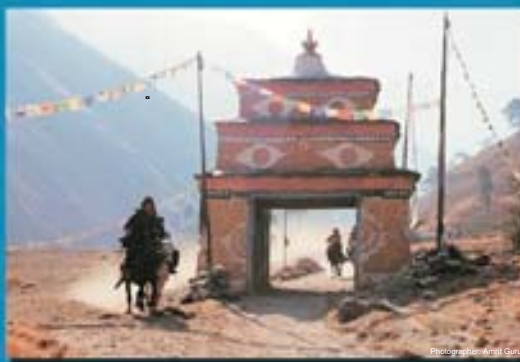
In the development of tourism in Dolpa, TRPAP works through the Dolpa District Development Committee.

#### District Development Committee/ TRPAP

Dunai, Dolpa  
Tel.no: 977-87-550038  
E-mail : info\_trpap@ntb.org.np

#### Sustainable Tourism Development Unit/ TRPAP

Nepal Tourism Board, Kathmandu  
Tel. no: 977-1-4256909  
URL: [www.welcomenepal.com](http://www.welcomenepal.com)

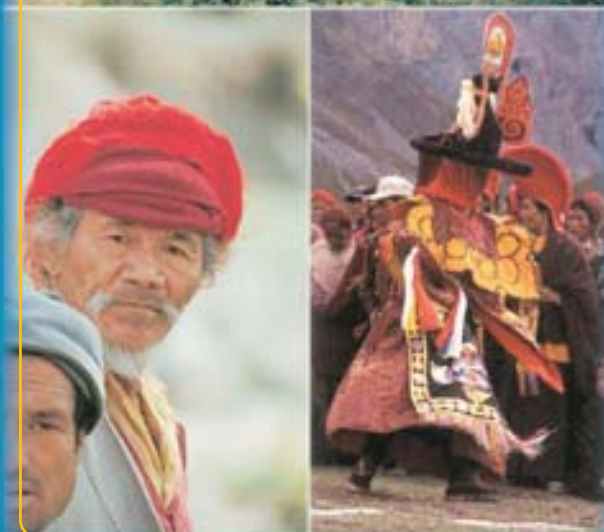
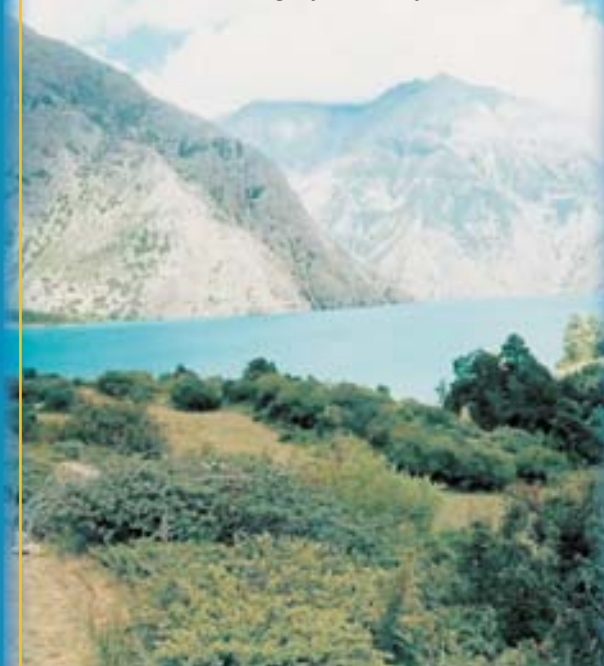


Trekking Agent's /Tour Operator's Stamp



# The Dolpa Experience

Explore the Divine Mountain Kingdom at the foot of the mighty Himalayas





**D**olpa runs parallel to the image of the Shangri-la of Nepal in many aspects. One has to see the landscape in all of its rugged natural beauty and experience the remoteness to understand this is so. The nature and

culture of this place is rich almost beyond measure. Dolpa is one of the last sanctuaries of medicinal plants in western Nepal. 407 species of medicinal plants grow in Dolpa and are used by Aamchis (traditional healer). The eco-system is diverse with deep valleys to the south and alpine prairies to the north.

The ancient cultural traditions of Buddhists can be experienced first hand here. Remoteness of this place has helped conserve the traditions still found eminently present. Some of the oldest monasteries in Nepal are found in this region. You will see people dressed in their religious costumes and treading along with yaks. The view of this un-spoilt heaven hidden from the world is magnificent to the weary eyes of modern man.

### Shey Phoksundo National Park

Shey Phoksundo National Park is the largest national park of Nepal, established in 1984, with an area of 3555 sq.km. It is a shelter for blue sheep, Himalayan black bear, leopards, wolves and the exclusive snow leopard. It is an example of the trans-Himalayan ecosystem. Phoksundo Lake is the deepest and the second largest lake in Nepal.

The ancient settlements of Jagdullah, the Shey Phoksundo National Park, ancient monasteries over 700 years old and other high altitude lakes, hot water springs, wide glacial valleys, high passes and crystal blue fresh water lakes are the main attractions of Dolpa.

Photo Courtesy: WWF



### Main Trekking Circuits

#### Dolpa Experience Circuit

This circuit is the most popular trek of the Lower Dolpa mainly because of the Shey Phoksundo Lake. The lake featured in the famous documentary 'Caravan' is of great interest to visitors. The lake cuts the deepest gorge and owing to extreme geographical factors, no living beings, not even fish can survive in the lake. The route of Juphal-Dunai-Dho-Phoksundo-Dunai-Juphal is a 15 day- long trek, passing through high Himalayan valley of Dho Tarap. If lucky, one can sight Snow leopard and Musk deer.

#### Dolpa Heritage Circuit

This circuit offers true taste of Dolpo life. It includes monastic tours in this predominant Buddhist area, with atleast 1 Gompa (monastery) in every settlement. There are over 130 Gompas in this region. Visit Saldang, Dho, Chharka and Bhijer where some of the oldest monasteries in the Himalayan region can be found, some are over 700 years old. The northern Dolpa is Buddhist domain while the southern area is Hindu influenced. However, we will find both these religion coexisting in many parts. Bala Tripura Sundari in Tripurakot is observed as a temple where both Hindu and Buddhist have a cultural mergence. The circuit starts off at Juphal and goes through Dunai, Dho, Saldang, Phoksundo and Dunai to end at Juphal again. Covering both Upper and Lower Dolpa, this circuit can take upto 20 days or longer. It passes through the high Himalayan valley of Dho Tarap.

### Shorter/ Lighter Treks

#### Sundaha Nature Trek

One of the most popular short treks, this circuit follows Juphal-Dunai- Sundaha-Sahartara-Dunai-Juphal. The main attractions of this high altitude trek are the Dhaulagiri,

Mukut, Kanjirowa and Outha peaks; hills showcasing colourful rhododendrons and collection of medicinal Yarcha Gumba plants and the lake itself, which is situated above the snow line. The trek can be as long as one week.

#### Phoksundo Nature Experience

This one week long trek starts at Juphal, follows Dunai, Phoksundo and back to Juphal. A wide range of flora and fauna can be observed.

#### Sahartara De Tour

Sahartara, near Dunai is a popular campsite for tourists. The indigenous population of the region claims that they are of Magar descent, following Tarali culture and speak Kaike language that is spoken only in this region of Nepal.

#### Natural Hot Springs

You will find natural hot springs in Sahartara and Rupa where you can cleanse yourself spiritually. The waters are believed to have a healing quality and it is believed that a bath in these waters eases away your aches and pains.

#### Camping

Camping sites can be found in Juphal, Dho, Sanduwa, Tarabagar, Laini, Ringmo, Chhepka, Sangta, Rimi, Nawarpani.

#### River Rafting and Kayaking

If you are looking to make your stay at Dolpa a little different, the Bheri River offers river rafting and kayaking to visitors.



<b>District Area</b>	7889 sq. km
<b>Headquaters</b>	Dunai
<b>Population</b>	29545
<b>Ethnicity</b>	Hindu 60%, Buddhist 40% [Latter reportedly includes 5.5% ancient Bonpo Religion]
<b>Altitude</b>	1525m from the sea level up to 7754m
<b>Climate</b>	Himalayan; above the snow line, Alpine; found in Bhot region and high mountain in the south; Cold temperate; between 7000 and 13000 feet and sub temperate climate below 7000 feet
<b>Religion</b>	Buddhists, Hindu, Bon and Shamanistic

<b>Language</b>	Nepali, Dolpo (Analogous to Tibetan with native dialects) Kaike (Indigenous to the Tichurong valley of Dolpa)
<b>Occupations</b>	79.5% agriculture, 2% service
<b>Access</b>	Chartered flights through Juphal airport, which has regular and chartered flights from Nepalgunj or from Pokhara.
<b>Entrance fee</b>	Permit fee for Lower Dolpa costs \$ 10 per week, whereas in Upper Dolpa (Saldang, Bhijer, Tinje, Mukot and Chharka) it costs \$ 700 for 10 days and each extra day costs \$ 70 excluding entry fee of National Park that costs Rs. 1000 extra

# Dolpa District

## Major Tourist Attractions



Photographer: Anrit Gurung



### Distance And Trekking Time of Dolpa Experience Circuit

S.No	From	To	Distance (Km) (Approx.)	Trekking Time (Approx.)
1	Jughal	Dunai	9.6	3 Hrs
2	Dunai	Bridge	2.3	30 Minutes
3	Bridge	Palchekhola	4.0	1 Hr.
4	Palchekhola	Besigar	2.5	1:40 Hrs.
5	Besigar	Lingdo	5.0	2 Hrs.
6	Lingdo	Tarakot	1.5	30 Minute
7	Tarakot	Yalakot	1.6	40 Minute
8	Yalakot	Ghyanchaur	1.8	1 Hr.
9	Ghyanchaur	Kolabagar	0.9	15 Minute
10	Kolabagar	Laisicap	2.5	1 Hr.
11	Laisicap	Laini	5.3	2:45 Hrs.
12	Laini	Chewar	6.2	3:30 Hrs.
13	Chewar	Nawarpani	2.5	1 Hr.
14	Nawarpani	Kalang Bridge	13.5	5 Hrs.
15	Kalang Bridge	Dho	8.0	2:30 Hrs.
16	Dho	Numala Phedi	6.5	3:30 Hrs.
17	Numala Phedi	Numala Bhanjyang	2.0	3:15 Hrs.
18	Numala Bhanjyang	Danigar	7.0	3 Hrs.
19	Danigar	Bangala Bhayanjyang	2.5	3:15 Hrs.
20	Bangala Bhayanjyang	Yakkharka	8.0	1:30 Hrs.
21	Yakkharka	Ringmo	15.5	4:30 Hrs.
22	Ringmo	Raichi	9.0	3:30 Hrs.
23	Raichi	Chhepka	8.0	3 Hrs.
24	Chhepka	Sangta	2.5	35 Minute
25	Sangta	Suligad	7.0	3:15 Hrs.
26	Suligad	Dunai	3.5	1 Hr.
27	Dunai	Jughal	9.6	4Hrs.



### Legend

✈ Airport	Phoksundo Nature Experience
● District Headquarters	Dolpo Heritage Circuit
● DDC/TRPAP Office	Dolpo Experience Circuit
▲ Major Peak	Saharara Detour
✕ Major Pass	Kagmara La Trail
⛖ Camp Site	Yak Caravan Trail
🏠 Monastery	Daredov's Trail
🏔 View Point	Chharka Trail
📢 Tourist Info. Board	Glacier
🏠 Visitor Info. Center	Major River
🏥 Health Service	International Boundary
📶 Telecommunication	District Boundary
• Settlement	VDC Boundary
	Phoksundo Lake
	She-Phoksundo NP
	TRPAP VDCs

Source: Topo Maps, DoS, HMG of Nepal & DDC Dolpa & Field Visit with GPS (August, 2003)