

Jumla Kagmara Dho Tarap Culinary Trek - 25 Days

Nestled in the heart of the Himalayas, Nepal is globally renowned for its breathtaking trekking routes, ranging from the iconic [Everest Base Camp](#) to the mystical [Annapurna Circuit](#). Beyond these well-worn trails lies another treasure that is relatively unknown: the Jumla Kagmara Dho Tarap Culinary Trek, a culinary odyssey into the most inhospitable and ruggedly beautiful landscapes of the world, intermingled with its rich tapestry of flavors.

This trek is unique not only in mountain scaling and valley crossing but also in celebrating Nepal's diverse food culture—from savoring hand-ground barley flour porridge in Jumla to fermented yak cheese in the highlands of Dho Tarap. Rarely does a trail fuse adventure with gourmandise, but here is one. For avid trekkers or food lovers, this trek will be an unforgettable journey to explore Nepal's untouched traditions and cuisine.

Jumla Kagmara Dho Tarap trek is one of the most [off the beaten path](#) and untouched trails of Nepal that passes through Karnali region full of ethnic villages and lovely people. It passes over stunning gorges, green alpine pastures and through high altitude villages which still retain their traditional values.

This trek may be considered as cultural tour in essence since it will give visitors the best chance of exploring the traditions and practices of the Dolpo and Jumla people. Food experiences are featured along the journey some of which include Lid forerunners and Carnivores. There are very different tastes unique to the Himalayan climate like thukpa, a noodle soup and tsampa, which is roasted barley flour, used in everything from porridge to dumplings.

The trek also reveals the region's spiritual heritage, with prayer flags fluttering atop mountain passes and age-old monasteries offering respite to weary adventurers. Combining nature, culture, and cuisine, this trek is a holistic Himalayan experience like no other.

WHAT IS THE JUMLA KAGMARA DHO TARAP CULINARY TREK?

Nestled in the remote western Himalayas of Nepal, the Jumla Kagmara Dho Tarap Culinary Trek takes you through diverse terrains—from lush green valleys to high-altitude arid plateaus. This trek is an enriching fusion of exploration and gastronomy, introducing travelers to the unique flavors of the Karnali and Dolpo regions. As you traverse the rugged paths, you'll have the chance to sample traditional dishes prepared using age-old recipes and locally sourced ingredients.

The area starts from the beginning Kalika-7, the district of Kalika officially known as Jumla, which is opened the door to the Karnali and then continues through the Kagmara Pass, the mysterious area of Dho, and Tarap valley of Dolpo. During the whole tour you are going to meet places of untouched nature, temples, antique villages, people who are very hospitable and ready to tell about their cuisine and traditions.

HIGHLIGHTS OF THE JUMLA KAGMARA DHO TARAP CULINARY TREK

1. Jumla: Gateway to the Karnali Region

Jumla, a picturesque town surrounded by rolling hills, is the starting point of your trek. Known for its organic apple orchards, this region also offers a taste of Chhurpi (hardened cheese) and Marpha-style apple cider. Spend your first night acclimatizing and enjoying a hearty Karnali-style dinner.

2. Rara Lake (Optional Side Trip)

If time permits, a detour to the stunning Rara Lake is highly recommended. Known as the “Queen of Lakes,” Rara’s crystal-clear waters reflect the surrounding pine forests and snow-covered peaks. It’s a serene spot to enjoy a picnic featuring local delicacies.

3. Kagmara Pass: The Heart of Adventure

Crossing the Kagmara Pass is one of the most exhilarating parts of the trek. The challenging ascent rewards you with breathtaking views of the surrounding peaks. Here, you’ll feel the vastness of the Himalayas and appreciate the endurance of the local communities who have thrived in this harsh environment for centuries.

4. Dho and Tarap Valleys: Cultural and Culinary Hub

Two main attractions feature during this trek: the Dho and Tarap valleys. These are the areas of the Bon and the Tibetan Buddhism vernal high altitude populations. Visit fore-most monasteries at Ribo Bhumpa and Shipchok and get some local specials which include the Barley Pancakes and Yack Meat Stew.

5. Phoksundo Lake: A Turquoise Gem

Bring your journey to a mesmerizing end with the Phoksundo Lake you will be having here along with other Himalayan Lakes that has been listed under the UNESCO Heritage Sites trek. The main asset of the lake is its water, which is bright blue, and the landscape – steep rocks around it. Here, you have a chance to have a congratulation meal including the Sel Roti, which is the Nepali rice doughnut, as well as the Yak Cheese.

WHY CHOOSE THE JUMLA KAGMARA DHO TARAP CULINARY TREK?

1. A Culinary Adventure Like No Other

Food is an integral part of culture, and the Jumla Kagmara Trek is a celebration of this connection. You’ll savor dishes like:

- **Dhido:** A traditional Nepali staple made from buckwheat or millet flour, often served with lentil soup and spicy pickles.
- **Kachhyamba:** A special fermented barley drink enjoyed by locals in high-altitude regions.
- **Yak Butter Tea:** A hearty, energy-boosting beverage perfect for chilly mountain days.
- **Thukpa:** A warming noodle soup infused with locally grown herbs and spices.

These meals not only fuel your trekking adventure but also offer insights into the resourcefulness and creativity of the communities you visit.

2. Immersive Cultural Encounters

The trek provides a rare glimpse into the life and traditions of the Dolpo and Karnali communities. As you pass through villages like Jumla, Dho, and Tarap, you'll witness locals engaged in farming, weaving, and religious practices. You'll also have opportunities to participate in cooking demonstrations, learning to prepare dishes using local techniques.

3. Unparalleled Scenic Beauty

The natural beauty in combination with the colourful houses and the shining Buddhist lamae is settled in every stepped in this trek, starting the Jumla's green apple orchards to Phoksundo Lake – the nourishing blue sea. A bridge leads one across the Kagmara Pass (5,115m) where you can enjoy the splendid location of towering snow clad mountains and pristine environment. Dolpo's beautiful rugged terrains including monasteries and stupas resembles a place that has not been touched by time.

BEST TIME TO TREK JUMLA KAGMARA DHO TARAP CULINARY TREK

Timing is everything when it comes to high-altitude trekking, and the Jumla Kagmara Dho Tarap Culinary Trek is no exception. The trek's remote trails and varied terrain are best experienced during two prime seasons:

Spring (March to May):

Spring is characterized by favorable weather, beautiful flowers and, leaves on trees. The hilly and shelving terrain blossoms with the rhododendrons and the alpine flowers. The temperature is not very high as well as the days are longer than in winter this is why it is more comfortable for trekking. It's also a favorable season for enjoying new crops and foods that are available in the region to enhance the experience of the trek.

Autumn (September to November):

Trekking is said to be best done in the autumn season in Nepal. It is very open with clear skies so you see the mountains way before you get to it. The climate is perfect for trekking given that the conditions during this time of the year are clear with crisp air and mild temperatures. The villages become active during the festivals that happen after harvest, such as Dashain and Tihar which the travelers can use to interact and have a taste of traditional Nepali food. Avoid the monsoon season (June to August) due to heavy rainfall, slippery trails, and the risk of landslides. Similarly, winter (December to February) brings harsh cold and snow, making high passes treacherous and remote lodges less accessible.

Ready to begin on this incredible journey? [Contact us](#) today to reserve your spot on the Jumla Kagmara Dho Culinary Trek. Our team is here to assist with any questions and to help you prepare for your adventure.

Don't miss out on this unique opportunity to explore one of Nepal's most remote regions while indulging in its rich culinary traditions. Secure your place now for an experience of a lifetime!

PRICE INCLUDES

- 3-night hotel in Kathmandu on a bed-and-breakfast basis
- Domestic flights from Kathmandu - Nepalgunj and return airfare
- One expert trek leader with a local assistant
- All meals (the best and healthiest food in the local tea houses) And accommodations
- Trekking permit and national park fees
- Trekking equipment -Mattresses, Member tents, and Kitchen utensils.
- Three-time meals during a trek, along with Tea/coffee and snacks.
- Staff's salary, food, insurance, and clothing.
- Farewell dinner in Kathmandu.

PRICE EXCLUDES

- [Nepal Visa](#)
- International flights
- Personal expenses and meals in Kathmandu.
- Travel insurance (It's mandatory to have for Rescue and evacuation).
- Tips and gratitude for staff and guide.
- Donation and local entrance fee.
- Extra baggage weight on domestic flight
- Personal expenses like Alcohol, Local fabric, and Local monuments.

ITINERARY IN DETAIL

Day 1: Day 1: Arrival in Kathmandu

Max Altitude: 1,400 meters

Meals: No meals included

Accommodation: Hotel in Kathmandu

Welcome to Nepal! Upon your arrival, we'll greet you at the airport and transfer you to your hotel. Feel free to explore the vibrant city or simply relax. You'll be staying overnight at a 3-star hotel in Kathmandu.

Day 2: Day 2: Flight to Nepalgunj

Max Altitude: 150 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Hotel

Today, we'll handle the trekking permits before heading to the domestic airport for a scenic one-hour flight to Nepalgunj. Once there, we'll explore the town, which sits near the southern border with India. Overnight stay at a hotel in Nepalgunj.

Day 3: Day 3: Fly from Nepalgunj to Jumla (2,370m)

Max Altitude: 2370 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

Catch an early morning flight from Nepalgunj to Jumla, a journey of about 30 minutes. In Jumla, you'll meet the porters and support staff. This day is reserved for acclimatization, giving you time to adjust to the altitude. Overnight at a tented camp in Jumla.

Day 4: Day 4: Trek from Jumla to Gothi Chaur (2,800m)

Max Altitude: 2800 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

The trek begins with a descent to a bridge followed by a peaceful hike through serene trails to Garjankot. After a longer walk past a few homes and along an irrigation channel, you'll reach Gothi Chaur, a meadow where we'll camp for the night. Overnight at a tented camp.

Day 5: Day 5: Trek from Gothi Chaur to Naphukhona (3,010m)

Max Altitude: 3010 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

Today's trek takes you along the banks of a Tila River tributary, through alpine forests, and past clear streams. We'll pass Munigaon, where there's a police checkpoint, and then continue towards Bheri River. After crossing a stream, we arrive at the village of Naphukhona. Overnight at a tented camp.

Day 6: Day 6: Trek from Naphukhona to Nauli Kharka (3,670m)

Max Altitude: 3670 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

We start by crossing the river and ascending through dense forests toward Maure La (3,927m). Along the way, you'll enjoy breathtaking views of the Bheri River Valley and the peaks of the Ghyuthumba and Matathumba ranges. Arriving at Nauli Kharka, you'll be surrounded by stunning meadows and alpine forests. Overnight at a tented camp.

Day 7: Day 7: Trek from Nauli Kharka to Hurikot (2,650m)

Max Altitude: 2650 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

Today, you'll catch your first glimpse of Kagmara Lek and Bheri River. The trail passes through Chaurokot village and descends to Rimi and Kaigaon villages before reaching Hurikot. A monastery under construction adds a cultural touch to the campsite. Overnight at a tented camp.

Day 8: Day 8: Trek from Hurikot to Garpung Khola (2,920m)

Max Altitude: 2920 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

The trek continues along a river, taking you through a village with Tibetan influences. The path gradually ascends to Garpung Khola, where you'll enjoy a half-hour climb to an exceptional viewpoint of Kagmara. Cross the bridge to reach Garpung Khola. Overnight at a tented camp.

Day 9: Day 9: Trek from Garpung Khola to Kagmara Phedi (2,900m)

Max Altitude: 2900 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

Today involves a short morning walk followed by an afternoon of rest. The trail crosses several bridges and ascends alongside the river, leading to Kagmara Phedi. From here, you'll enjoy stunning views of the Kanjirowa Himal Range. Overnight at a tented camp.

Day 10: Day 10: Trek from Kagmara Phedi to Lasa (4,060m)

Max Altitude: 5115 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

Prepare for a challenging day as we cross Kagmara La (5,115m). The ascent is steep but rewarded with breathtaking views of surrounding mountains and hundreds of prayer flags at the pass. A one-hour descent brings us to Lasa, where we camp on a flat grassy area near the river. Overnight at a tented camp.

Day 11: Day 11: Trek from Lasa to Pungmo (3,600m)

Max Altitude: 6612 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

We descend gradually from Lasa, following a stream and crossing several smaller ones along the way. The sparsely forested trail offers views of Kanjirowa Himal (6,612m) and opportunities to spot Himalayan blue sheep and wild foxes. A steep descent from Khyaru leads us to Pungmo village. Overnight at a tented camp.

Day 12: Day 12: Rest Day in Pungmo

Max Altitude: 3600 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

Today is a rest day, but you can opt for a hike to explore two Gompas that practice both 'Bon' and traditional Buddhism. A short trek through pine forests and across a wooden bridge leads to these spiritual sites. Afterward, return to Pungmo for an overnight stay at a tented camp.

Day 13: Day 13: Trek from Pungmo to Ringmo Gaon (3,733m)

Max Altitude: 3733 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

Today, we trek to Ringmo, a village beside the stunning Phoksundo Lake. The trail ascends for an hour to a military camp before continuing to Ringmo, where you'll be greeted by the sight of Phoksundo Lake and an impressive waterfall. Overnight at a tented camp in Ringmo.

Day 14: Day 14: Explore Shey Phoksundo Lake

Max Altitude: 3733 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

Take a well-deserved rest day to acclimatize at Phoksundo Lake. You can explore the area, hike to nearby Ringmo village, and visit its Tibetan Buddhist Monastery. Immerse yourself in the local culture and enjoy the tranquil beauty of the lake. Overnight at a tented camp in Ringmo.

Day 15: Day 15: Trek from Ringmo Gaon to Yak Kharka (3,982m)

Max Altitude: 3982 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

We venture into the hidden valley of Tarap, a stronghold of Tibetan culture in Nepal. A couple of hours' walk in the morning brings us to Yak Kharka, a yak grazing meadow by the Maduwa Khola. Overnight at a tented camp.

Day 16: Day 16: Trek from Yak Kharka to Danigar (4,631m)

Max Altitude: 5200 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

Today's highlight is crossing the snow-covered Baga La (5,200m). The trail ascends sharply to the pass, offering views of Phoksundo Lake, Kanjirowa Himal Range, and Norbung Kang (6,085m). Afterward, we descend steeply to reach Danigar. Overnight at a tented camp.

Day 17: Day 17: Trek from Danigar to Dho Tarap (3,944m)

Max Altitude: 5350 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

We begin with a gradual ascent to cross Numa La (5,350m), offering spectacular views of Dhaulagiri I (8,167m) and the Tibetan hills. The trail then descends into the Tarap Valley, passing ancient monasteries before reaching Dho Tarap. Overnight at a tented camp.

Day 18: Day 18: Trek from Dho Tarap to Ghyamgar (3,756m)

Max Altitude: 3656 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

In the morning, we visit Bon Gompas in Dho Tarap before continuing downstream along Tarap Khola. The trail passes through small streams and settlements, leading to Ghyamgar. Overnight at a tented camp.

Day 19: Day 19: Trek from Ghyamgar to Chhyugar (3,441m)

Max Altitude: 3411 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

Today's trek continues through a gorge, moving along the riverbank and up the cliffside. After a long morning walk, we reach a large clearing by the river and continue alongside Tarap Khola to Chhyugar. Overnight at a tented camp.

Day 20: Day 20: Trek from Chhyugar to Tarakot (2,537m)

Max Altitude: 2537 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

We cross a well-made bridge over Barbung Khola and follow the Bheri River downhill to Tarakot. The trail offers beautiful views and passes through several settlements along the way. Overnight at a tented camp.

Day 21: Day 21: Trek from Tarakot to Dunai (2,140m)

Max Altitude: 2140 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

Today's trek is an easy downhill walk along the Thuli Bheri River, passing through small villages and sparse forests. We arrive in Dunai, the headquarters of Dolpo, and visit the Central Gompa. Overnight at a lodge in Dunai.

Day 22: Day 22: Trek from Dunai to Juphal (2,475m)

Max Altitude: 2475 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Tent Camp

The final leg of the trek takes us along the Bheri River, descending to Suligad and then ascending steeply to Juphal. Along the way, you'll pass small villages vibrant with local life. Overnight in Juphal.

Day 23: Day 23: Fly from Juphal to Nepalgunj and Kathmandu

Max Altitude: 1400 meters

Meals: Breakfast, Lunch, and Dinner included

Accommodation: Hotel

We take an early flight from Juphal to Nepalgunj, followed by a connecting flight to Kathmandu. Upon arrival, you'll be transferred to your hotel. Celebrate the successful completion of the trek with an overnight stay at a 3-star hotel in Kathmandu.

Day 24: Day 24: Free Day in Kathmandu

Max Altitude: 1400 meters

Meals: Breakfast included

Accommodation: Tent Camp

After the trek, enjoy a free day in Kathmandu. You can relax at your hotel, explore the city, or visit nearby markets for souvenir shopping. Overnight at a 3-star hotel in Kathmandu.

Day 25: Day 25: Departure

Max Altitude: 1400 meters

Meals: Breakfast included

It's time to say goodbye to Nepal. We'll transfer you to the airport in time for your departure flight, leaving you with unforgettable memories of your adventure.



FAQ

1. What is the Jumla Kagmara Dho Culinary Trek?

The Jumla Kagmara Dho Culinary Trek is a 25-day journey that combines trekking through Nepal's remote regions, including Jumla and Kagmara, with a rich culinary experience. This trek offers a rare blend of cultural immersion and natural beauty, allowing participants to savor traditional Nepali and Tibetan dishes along the way.

2. How difficult is the Jumla Kagmara Dho Culinary Trek?

This hike is rated as hard to fairly demanding. Long trekking days, rough terrain, and high-altitude passes like 5,115-meter-high Kagmara La are all part of it. It is advised to have some prior hiking experience and a good degree of physical fitness.

3. What is the best time to do the Jumla Kagmara Dho Culinary Trek?

The best seasons to go on this walk are from March to May in the spring and from September to November in the fall. The weather is usually consistent throughout these times, with clear skies and comfortable temperatures—perfect for trekking and taking in the breathtaking scenery.

4. What kind of accommodation is provided on the trek?

Trekkers can choose between tented campgrounds or teahouses for lodging. You will mainly camp in tents in the more isolated places, however certain settlements have simple teahouse accommodations. Hotels in Nepalgunj and Kathmandu are 3-star establishments.

5. Do I need a special permit for the Jumla Kagmara Dho Culinary Trek?

Yes, several permits are required, including the Trekkers' Information Management System (TIMS) card and special permits for restricted areas. Your trekking company will arrange these permits for you.

6. How do I prepare for the Jumla Kagmara Dho Culinary Trek?

Physical conditioning, such as strength and cardio training, and, if feasible, altitude acclimation should be part of the preparation. It is also critical to pack sensibly, bringing clothing for all weather scenarios, strong hiking boots, and any required medications.

7. Can beginners join the Jumla Kagmara Dho Culinary Trek?

Although more suited for seasoned hikers, committed novices with appropriate preparation and physical fitness can also take part in this adventure. It is a good idea to speak with the trekking business to determine readiness and make sure you have prepared enough.

8. What makes the Jumla Kagmara Dho Trek unique?

This journey stands out for combining high-altitude trekking with the exploration of isolated, culturally significant areas and the chance to sample traditional Tibetan and Nepali food made with local ingredients.

9. What is the altitude of Kagmara La?

Kagmara La reaches an altitude of 5,115 meters (16,781 feet), making it one of the more challenging high passes encountered on the trek.

10. Is altitude sickness a concern on the Jumla Kagmara Dho Trek?

Yes, altitude sickness is a potential concern due to the high elevations, especially when crossing passes like Kagmara La. Proper acclimatization, staying hydrated, and pacing yourself are essential to minimizing risks.

