



Dear Sir/Madam,

Greetings from **Altitude Himalaya!!**

Thanks for reaching us. Please find below details of the **Phoksundo Lake Trek**. Let us know your further questions, changes, and decisions. We can customize the trip plan upon your preference, choice, and suggestion.

Your Trip Facts:

Travelers Info	Your Group Name (Minimum 2 Adults)
Trek Name	Phoksundo Lake Trek (7 Nights 8 Days)
Accommodation	Local Lodge or Tea House (7 Nights)
Rooms	1 Double Sharing Normal Room (During the trek)
Trek Cost	<u>1350 USD Per Person/-</u>
Route	Kathmandu - Nepalgunj - Juphal - Dunai - Chhekpa - Jharana Hotel - Ringmo Village - Phoksundo Lake - Chhepka - Juphal - Nepalgunj - Kathmandu.
Meal Plan	AP (Breakfast, Lunch, and Dinner Included)
Flight	Kathmandu to Nepalgunj - Nepalgunj to Juphal - Juphal to Nepalgunj - Nepalgunj to Kathmandu.
Permits	<ol style="list-style-type: none">1. National Park Entry Permits.2. Trekkers Information Management System (TIMS) Card.
Guide	An experienced and government-licensed trekking guide (English)



Read Our Past Guest Reviews On: [TripAdvisor](#) | [Google](#) | [TripAdvisor](#)

Your Trip Overview:

Are you thinking of visiting one of Nepal's one of the deepest lakes? If yes, then our **Phoksundo Lake Trek** is an ideal choice for you. The magnificent lake is tucked among the picturesque hills that look so surreal with their bright turquoise color and unique charm. **Phoksundo Lake**, also known as **Shey Phoksundo Lake**, is widely known as 'the most beautiful lake' for its distinct color and the surrounding landscapes. Phoksundo Lake is located in the Dolpo or Dolpa district in the western part of Nepal. It is the second deepest lake in Nepal after the Rara Lake. Phoksundo Lake falls inside the [Shey Phoksundo National Park](#), which is the largest [National Park in Nepal](#). While the lake is quite gorgeous in itself, the journey to Phoksundo Lake is mindblowing. Walking along the flowing river, past the chortens and prayer wheels, is a peaceful journey. This **8-day** trek to Phoksundo Lake will take you on a journey through the rugged trails of the Lower Dolpo, where you will be able to witness the landscapes of this region while also experiencing the unique culture of this region. Join us on the journey to the mesmerizing Phoksundo Lake, which is a feast to eyes as well as hearts. This trek is the perfect option if you want to experience hiking while you are already in Nepal.

Note: This trip starts from and ends in Kathmandu. But we can add a few days, as per your request in Kathmandu if you want to spend some time exploring the city or if you have to do some trek preparation.

Your Trip Highlights:

- Private and customizable trip
- Unique Landscapes of the Lower Dolpo region
- Exploring Ringmo, the Bon Village
- High-suspension bridges with stunning trails
- View of Kanjirowa Massif (6,612 meters)
- Peaceful trekking experience, ideal for beginner trekkers



Your Trip Itinerary

DAY 01: Fly to Nepalgunj from Kathmandu. [150 m/492 ft]

At. 09:30 AM: Today is your first day of an exciting journey to the magical lake of Phoksundo. Your trekking guide will receive you and take you to the **Kathmandu Airport** for your flight to Nepalgunj from your respective hotel or designated location. The flight duration from Kathmandu to Nepalgunj is 45–50 minutes. Upon reaching Nepalgunj, you will be transferred to the hotel where you will spend your overnight.

At. 01:00 PM: After completing your checking-in and short refreshment, you can visit a nearby market to explore local people, food, culture, and attractions. **Nepalgunj** is a city situated near the border of India, which has a strong influence on the local food culture. As a result, the cuisine in Nepalgunj is predominantly influenced by Indian culinary traditions. At this place, you will have the chance to experience and taste a variety of popular local and street food options that are known for their delicious flavors. While you have leisure time, consider trying out some delicious snacks as you stroll around and explore new food options before your trek begins.

Meal: Not Included.

DAY 02: Arrival in Juphal, Drive to Suligadh, Trek to Chhekpa. [2,678 m/8,786 ft]

At. 05:00 AM: Your journey begins with an early morning flight at 6:00 AM to **Juphal**, a scenic gateway to the Dolpo region. Upon landing, you will drive 11 kilometers to **Suligadh**, which takes approximately 50 minutes, offering stunning views of the surrounding landscapes. From Suligadh, your journey begins with a 12 KM trek to **Chhekpa**, taking roughly 7 hours. The trail follows the Suli Khola, passing through lush forests, waterfalls, and quaint villages, gradually ascending into the serene and picturesque Dolpo terrain. You'll arrive in Chhekpa, nestled amidst nature, marking the end of a rewarding trekking day. Overnight at a local teahouse in Chhekpa.

Note: You can hire a porter if you wish to, which is optional and costs you extra add-ons. One porter can carry 20–22 kg of bags for two people.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 03: Trek to Jharna Hotel. [3,133 m/10,279 ft]



At. 07:00 AM: From Chhekpa, your trek continues towards **Jharana Hotel**, covering 14 kilometers and taking around 8 to 9 hours. The trail winds through dense forests, crossing suspension bridges, and offering mesmerizing views of the Phoksundo River. As you gain elevation, the landscape becomes more rugged and the air cooler, enhancing the feeling of adventure. You'll pass through the charming village of **Rechi**, taking in the peaceful surroundings before the path becomes steeper, leading you closer to the stunning waterfall near the Jharana Hotel. This long yet rewarding day concludes with a comfortable rest at the Jharana Hotel, surrounded by breathtaking natural beauty. Your stay today is located near a waterfall, so the hotel is named Jharana, meaning "waterfall" in the native language.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 04: Trek to Ringmo Village. [3,641 m/11,946ft]

At. 07:30 AM: After breakfast, you will depart from the Jharana hotel and move forward to **Ringmo village**, located on the banks of the Phoksundo Lake. Today, you will be walking approximately 5 km from the Jharana Hotel to Ringmo Village, located right besides the majestic Shey Phoksundo lake. The trail initially descends through the birch forest before ascending to reach the Phoksundo River. You will head north after crossing the bridge to reach the ranger station at Phoksundo Lake.

This journey is expected to take around 4-5 hours on foot. Today, you will go on a trek to the stunning Phoksundo Lake and have the opportunity to explore its surroundings. The stunning lake is situated directly in front of you, offering an awe-inspiring view. Experience the opportunity to meet and connect with the locals, known for their friendly and warm nature, and gain insight into their daily routines. Overnight stay at a local lodge/teahouse in Ringmo village.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 05: Explore Phoksundo Lake and Thasang Tsholing Gompa. [3,720 m/12,303 ft]

At. 06:00 AM: After enjoying your meal, take some time to stretch before continuing your journey to explore the beautiful **Phoksundo Lake**. Phoksundo Lake's striking turquoise hue is a major draw for tourists from across the world. The lake is known for its unique Y-shape and mesmerizing color that varies with each season. The lake's colors are believed to change due to the impact of lightning strikes, according to the locals. The oligotrophic lake changes its color from green to a sharp turquoise blue color according to seasons. The lake looks gorgeous from the viewpoint that you will visit. This lake is



not only a popular attraction, but it also holds significant religious value for the locals. Its turquoise tint and 145 m depth make it one of the deepest lakes in the country.

Following your exploration of the lake, you will return to Ringmo village and proceed to **Thasung Tholing/Tshowa Gompa**, an old Bon monastery that is a 15-minute walk away. The monastery is a sacred site for Bon pa (people), offering a fascinating insight into ancient traditions and the beautiful cultural heritage of the Dolpo region. You can spend your free time strolling around the village and chatting with the people after touring the monastery. Overnight at the local teahouse.

Note: When visiting the monastery, show consideration for the Lamas by speaking politely to them and by getting their permission before taking any kind of photos or videos within the monastery.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 06: Ringmo to Chhekpa. [2,678 m/8,786 ft]

At. 07:30 AM: After having breakfast, you will begin your descent back towards **Chhekpa village** as today marks your return. The trail takes you through a beautiful landscape of lush green vegetation, including alpine and sub-alpine forests along the Phoksundo River. Along the way, you may also encounter various wildlife species. The trail runs alongside the riverbank, and the calming sound of flowing water accompanies you throughout the entire hike. The distance from Ringmo to Chhekpa is approximately 19 km, and it typically takes around 6–8 hours to complete the journey on foot, as it is mostly downhill. Overnight at the local lodge in Chhekpa.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 07: Trek to Juphal. [2,475 m/8,120 ft]

At. 07:30 AM: After breakfast, the final day of your trek begins. You will be heading towards the town of Dunai and then continuing to the village of **Juphal**. The trail you will be exploring today is a rugged path that runs alongside the Suli Khola. Today, you will be walking approximately 19 km on foot, and it is estimated that this will take you approximately 6-8 hours. Please note that there are uphill sections along the trail, as you will be retracing your steps on the same path. Overnight at local teahouse/lodge at Dunai.

Meals: Breakfast, Lunch, and Dinner Included.



DAY 08: Fly to Nepalgunj, Fly to Kathmandu. [1,400 m/4,593 ft]

At. 07:30 AM: Have your morning breakfast at the local teahouse before your journey. You'll depart from Juphal, the gateway to Dolpo, and board your 08:00 AM flight to **Nepalgunj**. The short flight offers incredible aerial views of the rugged terrain, including snow-capped mountains, deep valleys, and the pristine landscapes of western Nepal. Upon arrival in Nepalgunj, a bustling city near the Indian border, you can experience a stark contrast from the remote mountain regions, with its warmer climate and vibrant, diverse culture.

After arriving at Nepalgunj airport, you will catch a connecting flight to **Kathmandu**, which takes around 45–50 minutes of flight duration. Your journey with us ends when you arrive in Kathmandu. Your journey with us ends here. **Farewell and return home safely!**

Meal: Breakfast Included.

Package Cost Includes:

1. All airport pickup and drop on a private basis.
2. Domestic flights from Kathmandu to Nepalgunj to Juphal. (Two Way)
3. All 7 nights of Local Lodge or Tea House accommodation during the trek.
4. Daily breakfast throughout the trip.
5. Lunch and Dinner from trek start day to trek end day.
6. All necessary paperwork. (National Park Entry Permits, and TIMS Card)
7. Well-experienced English-speaking professional licensed trek guide throughout the trek from Kathmandu.
8. Guide's salary, food, and accommodation during the trek.
9. Well-equipped medical kit with necessary medications throughout the trek. (carried by the guide)
10. Arrangement of emergency helicopter service which will be paid by your traveler's insurance company.
11. Duffle bags, and trekking route maps – if necessary.
12. All government and local taxes.

Package Cost Excludes:



1. *Personal expenses.*
2. *International flight ticket.*
3. *Travel health insurance. (Highly Recommended)*
4. *Tips for the guide and driver. (Recommended)*
5. *Porter during the trek. (A porter can carry 20–22 Kg of bags for 2 people.)*
6. *Sweet things like dessert/chocolate.*
7. *All alcoholic and non-alcoholic drinks.*
8. *Hot showers/batteries charge/heater/mineral water during the trek.*
9. *Any other expenses that are not mentioned in the included section.*

TRIP GUIDE

The information about the Trek is in-depth; feel free to contact us 24/7. We will be available on WhatsApp to assist you instantly. You can write an email if this trip doesn't fit your vacation schedule and requirements. Altitude Himalaya aims to offer the best possible travel experience to customers. Depending on the needs of the visitors and the group size, we customize each vacation package. We will put together a bespoke itinerary just for your private group.

Travel insurance: [Travel insurance](#) is important before traveling to a new place, especially when you are traveling for adventure. Travel insurance covers risks such as loss of personal belongings and any unexpected expenses. Travel insurance also covers sudden medical emergencies such as accidents. It also covers high-altitude emergency evacuation in case of trekking. Travel insurance is not compulsory but highly recommended.

Medical emergency: If you face any serious medical emergency during your trekking program you will immediately evacuate the place through Helicopter Rescue, which the traveler's insurance company will cover. While trekking to Nepal's highlands, you may face minor health issues such as scratches, headaches, etc. For such a situation, your guide carries a well-equipped first aid kit, ensuring nothing happens to you.



High-altitude sickness: During your trek, you will walk through gorgeous valleys, traditional villages, and thrilling highlands above 3000 m elevation. [Altitude sickness](#) is unpredictable; it can happen to anyone despite being physically and mentally fit. As you gain altitude, the chances of getting altitude sickness also slightly increase. To avoid getting altitude sickness, you should drink 5–6 litres of water per day and eat foods with high carbohydrates. Walking slowly and acclimatizing decreases the chances of getting altitude sickness. Focus on your breathing and maintain your walking pace.

Do's and Don'ts:

- Select the ideal time to travel.
- Select a reputed trekking/ travel organization.
- Training and getting ready for any kind of situation are necessary.
- Efficient packing is the key. ([Nepal trekking gear checklist](#))
- Carry all the necessary paperwork (National Park [permit](#), and TIMs).
- Maintaining body hydration is important while traveling to high elevations.
- Having the proper personal gear makes your journey more enjoyable.
- Respect the culture and people of the area.
- Travel for experience and not for the sake of traveling.
- Don't litter, put trash in its place.

Packing List Suggestions: Having a good backpack and necessary gear makes trekking easier. It becomes more important if you are trekking at higher elevations. If you are wondering about what to pack for trekking to the highlands of Nepal, then you can check our complete guide on [Nepal Trekking Gear Checklist](#). While making a backpack, it is important to include clothing, essential items, and a first aid kit. In difficult times, a good backpack can be life-saving.

Why with Altitude Himalaya?

[Altitude Himalaya](#) is one of Nepal's growing travel companies, providing excellent service to its clients. We believe in providing quality experiences and memories. We are concerned about maintaining and following our own standard service that includes a private transfer, at least a 3-star



hotel accommodation in urban areas, the best available lodges/tea houses at the trekking trails, and dedicated personalized assistance. Additionally, we also operate our trips in [Bhutan](#) and [Tibet](#).

You Must Read!

Airport Pickup
We will be at the airport (opposite the main exit gate) with your printed name. After reaching Kathmandu airport, you can connect to the available free wifi and text us once you collect your baggage, which will help us to be ready outside.
Trip Booking Process
We require an advance payment of USD 500 Per Person to proceed with your booking. After receiving your advance payment, we will start all required arrangements for your trip. Booking advance can be paid in various ways. Once you transfer the amount, we will send you the hotel booking vouchers, required flight tickets, and invoice. The clients or agent will be responsible for the unavailability of hotels and flights due to late confirmation and advance booking payment.
Payment Information
Please click here to know more about our various payment gateways. Besides that, we have our partner account in India, where you can also transfer the amount personally.
Visa Requirement and Travel Document
Foreign nationals require a visa in Nepal, which can be obtained on arrival. Read more about Nepal visa and Custom process here in detail.
Booking Terms and Conditions
Please read our booking terms and conditions before confirming the tour package. We are committed to our offers and given rates. The availability of hotels is subject to the time of confirmation.



Weather Conditions in Nepal

Second week of February to June (Post Winter to Late Spring) and October to December (Autumn to Early Winter) are the best times to visit Nepal. The weather condition will be good (occasionally raining in the evening) until the 2nd week of June, the monsoon starts after that. If you like the rainy season you can make a trip in July and August too, or postpone the trip to September.

Use of Vehicle

The vehicle will strictly follow the above itinerary, you can't ask/force the driver to take or visit any places that aren't mentioned, additional surcharges apply on such uses or you can consult with us, in such conditions if possible we may consider.

Local SIM Card

We will provide you with an activated local SIM (Ncell) card, which you have to recharge for your use. You can recharge it from any local grocery shop or ask our driver to assist. If you need a data pack, you can get 5 GB of data for 7 days on NPR 150. The basic process to purchase the data pack is to recharge at least NPR 200 in your sim, dial *17123#, select 3 for popular packs and select 4 for 5 GB of data for 7 days.