

# 8848 Nepal

## Shey Phoksundo Trek

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### Trip Facts

**Trip Duration:** 10 Days

**Difficulty Level:** Moderate

**Trip Area:** Shey Foksundo National Park, Dolpo

**Maximum Altitude:** 3611m/11,847.11ft-Shey Foksundo Lake

**Best Season:** April to November

**Meals:** Full board (please check the details)

**Accommodation:** Lodges, Tea House and Camping

**Transportation:** Flight, SUV

**Trip Start:** Kathmandu/

**Trip End:** Kathmandu

### Itinerary Highlights

- Shey Phoksundo Lake
- Shey Phoksundo National Park
- Dolpo Culture and Villages
- Ancient Monasteries
- Kang La Pass
- Scenic Landscapes
- Waterfalls
- Wildlife Spotting
- Cultural Experiences
- Off-the-Beaten-Path Experience

### Trip Overview

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The Shey Phoksundo Trek, often referred to as the Dolpo Trek, is one of Nepal's most stunning and culturally rich trekking experiences. Located in the remote Dolpo region, this trek offers adventurers a journey through pristine landscapes, ancient villages, and a chance to witness a unique blend of Tibetan and Nepali cultures. The centerpiece of this trek is the mesmerizing Shey Phoksundo Lake, renowned for its striking turquoise-blue waters. One of the highlights of the trek is reaching Shey Phoksundo Lake, situated at an altitude of about 3,611 meters (11,849 feet). The lake is part of the Shey Phoksundo National Park, which is Nepal's largest and one of its most scenic national parks. The waters of Phoksundo are famed for their crystal-clear, aquamarine color, reflecting the surrounding snow-capped peaks and dense forests. The area around the lake is also home to diverse wildlife, including the elusive snow leopard, blue sheep, and various species of birds.

Culturally, the trek provides an opportunity to visit ancient Bon and Buddhist monasteries, such as the revered Shey Gompa. The Dolpo region has preserved its unique traditions and rituals, largely influenced by Tibetan Buddhism and the ancient Bon religion. The people of Dolpo, known as Dolpopa, continue to live in harmony with their harsh environment, practicing agriculture and animal husbandry.

Starting from Juphal, after a short flight from Nepalgunj, the trek begins by descending through terraced fields to Dunai, the district headquarters of Dolpo. The route follows the Phoksundo River, passing through dense forests of pine, oak, and rhododendron. As trekkers ascend, the landscape gradually changes to a more barren, yet dramatic, high-altitude desert typical of the Tibetan plateau. This region is sparsely populated, and the small villages encountered along the way, such as Chhepka and Ringmo, offer a glimpse into the traditional lifestyles of the Dolpo people.

The Shey Phoksundo Trek is not only a physical challenge but also a journey into one of the most secluded and enchanting corners of Nepal. Trekkers are rewarded with breathtaking landscapes, a serene environment, and a deep connection to the cultural heritage of the Dolpo region. This trek is best undertaken from April to November, avoiding the winter months when heavy snowfall can block the passes and make travel difficult. With its blend of natural beauty and cultural richness, the Shey Phoksundo Trek remains a hidden gem for those seeking an off-the-beaten-path adventure.

### Detail Itinerary

#### Day 1: Arrival in Kathmandu

- Arrive in Kathmandu, the capital city of Nepal.
- Transfer to your hotel and rest.
- Explore the vibrant streets of Kathmandu if time permits.

#### Day 2: Kathmandu to Nepalgunj

- Fly from Kathmandu to Nepalgunj, a city in the southwestern region of Nepal.
- Overnight stay in Nepalgunj.

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### Day 3: Nepalgunj to Juphal (Flight) and Trek to Dunai

- Take an early morning flight from Nepalgunj to Juphal, a small airstrip in the Dolpo region.
- Begin trekking from Juphal to Dunai, the administrative headquarters of the Dolpo district.
- Trek through terraced fields, forests, and traditional villages.
- Overnight stay in Dunai.

### Day 4: Dunai to Chepka

- Trek from Dunai to Chepka.
- The trail passes through lush forests and along the banks of the Barbung Khola.
- Enjoy picturesque views of the surrounding landscapes.
- Overnight stay in Chepka.

### Day 5: Chepka to Phoksundo Lake (Ringmo)

- Trek from Chepka to Phoksundo Lake, also known as Ringmo.
- Descend towards the Phoksundo Khola and trek through pine forests.
- Arrive at the picturesque village of Ringmo, located near Phoksundo Lake.
- Explore Ringmo village and its surroundings.
- Overnight stay in Ringmo.

### Day 6: Exploration Day at Phoksundo Lake

- Spend the day exploring the mesmerizing beauty of Phoksundo Lake and its surroundings.
- Visit the nearby Tshowa (Bon Monastery) and interact with the local inhabitants.
- Enjoy panoramic views of the lake and the surrounding mountains.
- Overnight stay in Ringmo.

### Day 7: Ringmo to Chhepka

- Trek from Ringmo back to Chepka.
- Retrace your steps through the scenic landscapes of the Dolpo region.
- Overnight stay in Chepka.

### Day 8: Chhepka to Juphal

- Trek from Chepka to Juphal.
- Enjoy the final leg of your trek through picturesque villages and forests.
- Arrive in Juphal and celebrate the completion of your trek.
- Overnight stay in Juphal.

### Day 9: Juphal to Kathmandu via Nepalgunj

- Take an early morning flight from Juphal to Nepalgunj.
- Connect with a flight from Nepalgunj to Kathmandu.

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- Transfer to your hotel in Kathmandu and rest.
- Explore Kathmandu or indulge in some souvenir shopping.
- Overnight stay in Kathmandu.

### Day 10: Departure from Kathmandu

- Depending on your flight schedule, you may have some free time to explore Kathmandu.
- Transfer to Tribhuvan International Airport for your onward journey or departure from Nepal.

### Cost Includes

- Trekking Permits
- Transportation
- Accommodation
- Meals
- Guides and Porters
- Equipment

### Cost Includes

- International Flights
- Travel Insurance
- Personal Expenses
- Additional Accommodation
- Additional Activities
- Unforeseen Costs

### Guidelines / Information

#### Acquire Necessary Permits:

Obtain the required permits for the trek, including the Shey Phoksundo National Park entry permit and the Trekking Information Management System (TIMS) card. These permits are essential for legal entry into the trekking area.

#### Physical Fitness:

Ensure you are in good physical condition before embarking on the trek. The Phoksundo Lake trek involves moderate to challenging terrain and altitude gains, so it's important to be adequately prepared physically.

#### Altitude Acclimatization:

Take time to acclimatize to the high altitude to prevent altitude sickness. Ascend gradually, stay hydrated, and listen to your body. If you experience symptoms of altitude sickness,

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descend to a lower altitude immediately.

### **Pack Wisely:**

Pack essential trekking gear, including sturdy hiking boots, warm clothing, a waterproof jacket, sunscreen, a hat, sunglasses, a first-aid kit, and a refillable water bottle. Pack light but ensure you have everything you need for the trek.

### **Stay Hydrated and Nourished:**

Drink plenty of water throughout the trek to stay hydrated, especially at higher altitudes where dehydration is common. Eat nutritious meals to fuel your body for the trekking journey.

### **Respect Local Culture:**

Respect the local culture, customs, and traditions of the people living in the Dolpo region. Dress modestly, ask for permission before taking photographs of locals, and be mindful of cultural sensitivities.

### **Leave No Trace:**

Practice Leave No Trace principles by minimizing your impact on the environment. Dispose of waste properly, carry out all trash, and avoid damaging vegetation or disturbing wildlife.

### **Follow Trail Etiquette:**

Stay on designated trails, yield to uphill trekkers, and be courteous to other trekkers, guides, and porters on the trail. Maintain a steady pace and take breaks as needed.

### **Stay Informed:**

Stay informed about weather conditions, trail conditions, and any potential hazards along the route. Check in with local authorities or guides for updates and heed their advice.

### **Travel Responsibly:**

Choose responsible trekking operators that prioritize safety, environmental sustainability, and ethical practices. Support local communities by hiring local guides and porters and patronizing locally-owned businesses.