Dolpo Shy Phoksondu Trek

Duration: 11 Days | Location: Dolpo Region, Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Dolpo Region, Nepal

Duration: 11 Days

Difficulty: 7/10

Trip Style: Dolpo Shy Phoksondu Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 3460 m

Group: Min-2, Max 20

Summary

Dolpo is the largest Hidden western district in Nepal.Dolpo has been captured beautifully on film.dolpo-shy-phoksondu-trek.11 days trek in Dolpo district.

Overview

Trip Introduction

Dolpo Shy Phoksondu Trek, It is certainly one of the most beautiful and splendid places. The exotic sites and natural sceneries lure people all over the world, thus making it a must-visit destination. Dolpo has been captured beautifully on film by the renowned director Eric Valli in his movie “Caravan”. Dolpo’s Phoksundo Lake is regarded as one of the most scenic and beautiful natural tourist destinations in Nepal. Mirroring the snowy Kanjiroba massif, the turquoise lake waters look heavenly. Upper Dolpo trek is also another trek that can be done.

The Phoksundu Tea house Trek is Dolpa’s one and only teahouse trek. This trek is fairly easy as no high passes are involved. The trek starts from Juphal, where the only airstrip in Dolpo is located. The trail passes through wonderful Himalayan forests and picturesque traditional villages. The rivers and waterfalls on the trail are some of Nepal’s most magnificent. In addition to natural beauty, the trekking area also is rich in wildlife. One may get to see some endangered species like the snow leopard, musk deer, blue sheep, great Tibetan sheep, Himalayan that etc. Within the Shay Phoksundu National Park lies our destination Phoksundo Lake.

This trek is less expensive and follows a shorter route. We will be staying in tea houses or lodges throughout the trek. We shall take our meals at tea-houses. The food will be simple and nutritious. Backpackers can also do this trek. The company will provide a local guide. But in case you don’t need a guide, then the company will take out the trekking permit for you for a fee. We plan your trip with a high level of efficiency, so that you may have the most memorable experience.

Day by day itinerary

Trip Itinerary

Day 01: Arrival in Kathmandu.

Day 02: Kathmandu to Nepalgunj/ flight.

Day 03: Nepalgunj to Juphal/ (2475m) and Juphal to Dunai (2145m)/ 3 hrs Trek.

Day 04: Dunai to Chhepka (2670m)/ 6-7 hrs trek.

Day 05: Chhepka to Jharana Hotel/ 5-6 hrs Trek.

Day 06: Jharana Hotel to Ringmo (3460 m)/ 5-6 hrs Trek.

Day 07: Explore around Phoksundo Lake.

Day 08: Phoksundo Lake to Chhepka (2520m)/ 6-7 hrs trek.

Day 09: Chhepka to Juphal.

Day 10: Juphal to Nepalgunj and then take a connecting flight to Kathmandu.

Day 11: Depart Kathmandu.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Airport pickups and drops in a private vehicle Teahouse accommodation during the trek.

All meals (breakfast, lunch, and dinner) during the trek.

All ground transportation on a comfortable private vehicle as per the itinerary.

Domestic flights (Kathmandu-Nepalgunj,Juphal -Kathmandu)

An experienced, English-speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide) Porter service (2 trekkers: 1 porter) Staff costs including their salary, insurance, equipment, domestic airfare, food, and accommodation.

All necessary paperwork and trekking permits (Special, National Park Permit, TIMS) Medical kit (carried by your trek leader).

All government and local taxes.

Exclusions

Nepalese visa fee Excess baggage charge(s).

Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary.

Lunch and evening meals in Kathmandu International flights.

Travel and rescue insurance Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.).

Tips for guide(s), porter(s) and driver(s).

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.

- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.

- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness

- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 11 Days.

Group Size: Min-2, Max 20.

Trekking Region: Dolpo.

Trip Type Name: Dolpo Shy Phoksondu Trek.

Highest Altitude of the trek: 3460 m.

Highest Point: Dolpo Shy Phoksondu Trek (3460 m)

Grade: Difficult.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

The Phoksundu Tea house Trek is Dolpa's one and only teahouse trek. This trek is fairly easy as no high

passes are involved. The trek starts from Juphal, where the only airstrip in Dolpo is located. The trail passes through wonderful Himalayan forests and picturesque traditional villages. The rivers and waterfalls on the trail are some of Nepal's most magnificent. In addition to natural beauty, the trekking area also is rich in wildlife. One may get to see some endangered species like the snow leopard, musk deer, blue sheep, great Tibetan sheep, Himalayan that etc. Within the Shay Phoksundu National Park lies our destination Phoksundo Lake.

Departure

Departure

Review

Trip gallery

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Plan your journey with our team

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