



## Phoksundo Lake Trek



### Introduction

Phoksundo Lake majestic region of Dolpo. This remote area, made famous by Peter Matthiessen's book "The Snow Leopard", Open to trekkers since 1989. thus making it a must visit destination. Dolpo has been captured beautifully on film by the renowned director Eric Valli in his movie "Caravan". Phoksundo Lake, is an alpine fresh water oligotrophic lake in Nepal's Shey Phoksundo National Park, located at an elevation of 3,611.5 m above sea level in the Dolpa District. Phoksundo Lake is sacred to Buddhists and followers of the Bonpo religion. This relatively easy trek involves no high passes, and winds through Himalayan forests and traditional Tibetan villages. one of the most beautiful natural destinations in Nepal.

### Facts

- Altitude: 3608<
- Duration: 11 days
- Grade: Easy/Moderate
- Group: 2 - 15
- Country: Nepal
- Best Season: February-May/September-December (Spring/Autumn)
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Tented camp/Tea House Lodge

- Transportation: Private car/Tourist Bus/Air
- Meals Includes: Breakfast / Lunch/Dinner

## Highlights

- Immerse yourself in Tibetan culture in the village of Ringmo
- Discover Phoksundo Lake, sacred in the Bonpo religion
- Spectacular (Jharana) Waterfall
- Explore the ancient Tshowa Gompa, a 900-year-old Bon monastery

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Kathmandu to Nepalgunj/ flight. Meal includes:Breakfast/Lunch/Dinner
- **Day 3** : Nepalgunj to Juphal/ (2475m) and Juphal to Dunai (2145m)/ 3 hrs Trek. Meal includes:Breakfast/Lunch/Dinner
- **Day 4** : Dunai to Chhepka (2670m)/ 6-7 hrs trek. Meal includes:Breakfast/Lunch/Dinner
- **Day 5** : Chhepka to Jharana Hotel/ 5-6 hrs Trek. Meal includes:Breakfast/Lunch/Dinner
- **Day 6** : Jharana Hotel to Ringmo (3460m)/ 5-6 hrs Trek. Meal includes:Breakfast/Lunch/Dinner
- **Day 7** : Explore around Phoksundo Lake. Meal includes:Breakfast/Lunch/Dinner
- **Day 8** : Phoksundo Lake to Chhepka (2520m)/ 6-7 hrs trek. Meal includes:Breakfast/Lunch/Dinner
- **Day 9** : Chhepka to Juphal. Meal includes:Breakfast/Lunch/Dinner
- **Day 10** : Juphal to Nepalgunj and then take a connecting flight to Kathmandu. Meal includes:Breakfast/Dinner
- **Day 11** : Final Departure

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Airport pick up and airport drop
- Twin sharing accommodation in Kathmandu
- Sightseeing transportation by Non motorized portable vehicle
- Historical monuments cities sightseeing and English speaking tour guide
- Kathmandu and Nepalgunj inclusive of breakfast at the hotel.
- Flight to/from Nepalgunj and Juphal.
- Permit fees of Shey Phoksundo National Park/ restricted area of Upper Dolpo.
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- 3 time meal (Breakfast, Lunch and Dinner) during entire trip
- Fees to be paid for Trekkers Information Management System - TIMS. (Note : You are required to bring two passport size photo for this purpose)
- Government licence holder professional english speaking guide
- Professional Cook for the Trek and required necessary Kitchen boy and helper
- Nepali staff insurance and their wages
- Insurance for Nepalese staff
- Tea House and Tented accommodation during trek. VE-25 North Face will be provided for the clients.
- Nepal Government tax and Office service charge



## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that you require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the food available here.
8. Either any of the climbers intend to set any world records? If so, do they require special services or equipment?



Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [OUR WEBSITE](#) for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Nepal entry visa fee US\$ 25 (duration 15 days ) and US\$ 40 (duration 30 days )
- Historical monuments entrance fee
- Wire Transfer charge or Credit card service charge as company rule
- Lunch and Dinner during the stay in Kathmandu
- Snacks, soft drink during the trek
- Personal trekking equipment
- International or domestic air tickets and airport taxes
- Personal trekking equipments and Clothing
- Alcoholic beverages, laundry, Telephone calls and all type of hot drinks during Jeep tour Soft drinks such as cola, mineral water etc
- High risk medical / travel insurance and First aid kit
- Tips to the guide, porter, driver or any other trekking staff
- Excess baggage charge

- Extra night accommodation in Kathmandu in case of early arrival, early departure from the trek or due to any reason from the planned itinerary
- Any other not mention above cost includes

