

Shey Phoksundo Lake Trek

Standard Itinerary

Shey Phoksundo Lake Trek

Day 01: Arrival

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

Day 02: Nepalgunj

Permit Procedure and an afternoon flight from Kathmandu to Nepalgunj 1 hour. Overnight at the hotel on BB plan

Day 03: Dunai

Fly from Nepalgunj to Juphal 2475m 30 minutes and trek from Juphal to Dunai 2140m 3 hours. Overnight at lodge

Day 04: Chhepka

Trek from Dunai to Chhepka 2720m 5/6 hours Overnight at lodge.

Day 05: Jharna Hotel

Trek from Chhepka to Jharana Hotel 3040m 4/5 hours. Overnight at Jharana Hotel.

Day 06: Phoksundo Lake

Trek from Jharana Hotel to Phoksundo Lake (Ringmo Gaon) 3640m 2/3 hours. Overnight at lodge.

Day 07: Phoksundo Lake

Exploring Shey Phoksundo Lake, visit several monasteries and Bon-po religious sites inside the park. Overnight at lodge.

Day 08: Chhekpa

Trek from Phoksundo Lake to Chhepka 2720m 5/6 hours. Overnight at lodge.

Day 09: Juphal

Trek from Chhepka to Juphal 2475m 5/6 hours. Overnight at lodge.

Day 10: Kathmandu

Fly from Juphal to Nepalgunj 30 minutes flight and then in the afternoon fly back to Kathmandu 1 hour. Overnight at the hotel on BB plan.

Day 11: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

Includes

- 6 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- 1 Night Hotel in Nepalgunj diner and breakfast plan.
- Half day Sightseeing UNESCO world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide.
- Domestic flight from Kathmandu to Nepalgunj/Juphal/Nepalgunj/Kathmandu.
- Staff transportation Kathmandu /Juphal /Kathmandu.
- Twin-sharing accommodation during the trek (according to programs Tent/Tea house/lodge).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porters during the trek.
- All Government local tax Shey Phoksundo National Park entry permit and TIMS card)
- Dolpo restricted area permits.
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.

- Company t-shirt.
- Route map.
- Staff's medical insurance during the trek.

Excludes

- Lunch and dinner in Kathmandu.
 - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
 - Emergency rescue and travel Insurance (most required factor in high altitude trek).
 - Trip cancellation cost, loss, damage, and personal effects.
 - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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