

## PHOKSUNDO BON CULTURAL TREK - 12 Days

**Dolpo** is rich in culture and religion. Both Bon and Buddhist followers are residing in Dolpo, Phoksundo is the settlement of Bonpos and they have been following this for so many decades. Phoksundo Lake, Phoksundo Waterfalls, cultural Rigmo village, Kanjirowa, Teikatong, Norbukang, Pugmo village, and four lakes are the key attractions of the region.

**The Bon** religion is an ancient spiritual tradition that predates Tibetan Buddhism and is practiced by some communities in the Himalayan region, including in Dolpo, Nepal. Phoksundo Ringmo Village and Pugmo Village are known for their strong connection to the Bon religion, and you can find several Bon monasteries and practitioners in the area.

The Bon religion has its unique cosmology, rituals, and deities, though it shares some similarities with Tibetan Buddhism due to historical interactions between the two traditions. Bon practitioners often engage in rituals, ceremonies, and meditation to connect with spiritual forces and achieve enlightenment.

In Phoksundo Ringmo Village, you may have the opportunity to witness Bon ceremonies, visit Bon monasteries, and learn more about this ancient spiritual tradition from local practitioners.

In the Phoksundo region, some Bon Monasteries are Thasung Tsoiling, Namgyal Lhakhang, Shugrinyisar Retreat Gumpa, and Pugmo Gumpa.

## PRICE INCLUDES

- 1.3-night hotel in Kathmandu on a bed and breakfast basis.
2. 1-night hotel in Nepalgunj with breakfast.
3. Domestic flights Kathmandu – Nepalgunj – Juphal and return airfare.
4. One expert trek leader or Hire Norbu along with a local assistant
5. All meals (the best and healthiest food in the local tea houses) and accommodations.
6. One porter for two members
7. Insurance for crew and pack animals
8. Lower dolpo permit and National park fees

## PRICE EXCLUDES

- Visas
- All optional additional tours or activities during free time
- Transportation outside of the tour program
- Travel insurance (compulsory to have insurance that covers helicopter evacuation)
- Tips
- Items of a personal nature, e.g., alcoholic drinks, bottled beverages, laundry, souvenirs, etc.

## FAQ

### 1. What is the Phoksundo Bon Cultural Trek?

The Phoksundo Bon Cultural Trek is a unique and culturally rich trekking experience in the Dolpo region of Nepal. This trek offers an opportunity to explore the ancient Bon religion, which predates Buddhism, and to visit the stunning Phoksundo Lake, known for its turquoise waters. The trek takes you through remote villages, ancient monasteries, and the rugged terrain of the Dolpo region, providing an immersive experience of the traditional Tibetan-Buddhist and Bon cultures.

### 2. How difficult is the Phoksundo Bon Cultural Trek?

The Phoksundo Bon Cultural Trek is considered moderate to challenging. It involves walking 5-7 hours a day, with altitudes reaching up to 4,611 meters (15,124 feet) at Kang La Pass. The trail includes steep ascents and descents, making it suitable for trekkers with a good level of fitness and some prior trekking experience.

### 3. How long is the Phoksundo Bon Cultural Trek?

The Phoksundo Bon Cultural Trek typically takes 12-14 days to complete. This includes time for acclimatization, exploration of the Bon cultural sites, and visiting the pristine Phoksundo Lake. The duration may vary depending on the specific itinerary and pace of the trek.

### 4. What is the best time to do the Phoksundo Bon Cultural Trek?

The best time to trek the Phoksundo Bon Cultural Trail is spring (March to May) and autumn (September to November). These seasons offer the most favorable weather conditions, with clear skies and moderate temperatures, ensuring the best views and trekking experiences.

### 5. Do I need special permits for the Phoksundo Bon Cultural Trek?

You will need a Restricted Area Permit to trek in the Dolpo region, where the Phoksundo Bon Cultural Trek is located. This permit costs USD 20 per person per week. Additionally, you will need a Shey Phoksundo National Park Entry Permit, which costs approximately USD 30 per person. These permits are required to preserve the region's pristine environment and cultural heritage.

### 6. Is the Phoksundo Bon Cultural Trek safe?

Yes, the Phoksundo Bon Cultural Trek is generally safe, especially when done with a licensed guide and through a reputable trekking agency. However, as with any high-altitude trek, it's essential to be aware of the risks of altitude

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sickness, stay hydrated, and take time to acclimatize. Travel insurance that covers high-altitude trekking is also recommended.

