

## Phoksundo Lake Tea House Trek - 12 Days

Phoksundo tea house trek is stunning and easy trek in Dolpo Shey Phoksundo National park. When you landed in Juphal Airport you need to drive 1 hours by jeep and then your trek will be starts from Suligad national park check post.

This trek will offer you stunning landscape of some lower dolpa region, amazing Bheri river and different traditions with local people on the way to phoksundo lake. when you are trekking on this trails you will be encounter with the some wild animals like Ghoral, Blue Sheep, Himalayan Thar and so many different kind of birds. Some Nomad camp will be seen on the way, that is winter settlements of Phoksundo people for their livestock and warmer place. During entire trek local tea houses will offer you with their local foods and local drinks. The highlights of the Phoksundo lake tea houses are

1. **Phoksundo Lake**, also known as Rigmo Lake, is a stunning alpine lake located in the lower dolpo loops. It's one of the deepest lakes in Nepal and is renowned for its crystal-clear turquoise waters and breathtaking natural beauty. The lake is situated within the Shey Phoksundo National Park, which is known for its unique biodiversity and pristine wilderness.

Phoksundo Lake is surrounded by rugged mountains, including the Kanjirowa Himal to the west and the Norbung Kang to the south. The lake's serene ambiance and striking landscape make it a popular destination for trekkers and nature enthusiasts. Additionally, the area is culturally significant, with several Tibetan Buddhist monasteries and settlements scattered around the lake.

The lake is also famous for its appearance in the movie "Caravan," which showcased its mesmerizing beauty to a wider audience. Overall, Phoksundo Lake is a must-visit destination for those seeking adventure, tranquility, and natural wonders in the Dolpa region of Nepal.

2. **The Bon** religion is an ancient spiritual tradition that predates Tibetan Buddhism and is practiced by some communities in the Himalayan region, including in Dolpa, Nepal. Phoksundo Ringmo Village is known for its strong connection to the Bon religion, and you can find several Bon monasteries and practitioners in the area. Thasang Tsoiling Bon Monastery is located by the shores of the Phoksundo lake.

The Bon religion has its own 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 practices 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.

3. **Kanjirowa Mountain** is located in the Himalayas of Dolpo Nepal. Standing at an elevation of 6883m (22579 feet). Its the part of the Shey Phoksundo National Park known for its rugged terrai, diverse wildlife, and pristine natural beauty. The mountain offers challenging trekking and climbing opportunities for adventures

seeking remote and less travelled routes in the region.

4. **Phoksundo Rigmo village**, is rich in cultural heritage and traditions. The village is inhabited by people of Tibetan descent who follow Tibetan Buddhism. The cultural aspect of Phoksundo Rigmo village is deeply rooted in Tibetan Buddhist practices, with monasteries, stupas, and prayer flags dotting the landscape.

The villagers in Phoksundo Rigmo village celebrate various religious festivals and ceremonies throughout the year, such as Losar (Tibetan New Year), Matri and Tsechu. These festivals are marked by colorful rituals, traditional dances, and chanting of prayers.

Social gatherings and community activities play a vital role in the village's cultural fabric, fostering a strong sense of unity and cooperation among the residents. Traditional music, dance, and storytelling are also integral parts of their cultural expression, passed down through generations.

The lifestyle in Phoksundo Rigmo village is deeply intertwined with nature, as the villagers rely on agriculture, animal husbandry, and trade for their livelihood. They have a profound respect for the natural environment, which is reflected in their customs and beliefs, including the worship of local deities and spirits.

Overall, the cultural aspect of Phoksundo Rigmo village reflects a harmonious blend of Tibetan Buddhist traditions, community values, and a deep connection to the pristine Himalayan landscape.

5. **Tapriza Secondary School** is a notable educational institution located in Dolpa district, Nepal. It plays a crucial role in providing education to the local community and surrounding areas. As a secondary school, it likely offers education from grades 1 to 10 or equivalent levels, following the curriculum set by the Nepalese government. Secondary schools like Tapriza aim to provide students with a well-rounded education, including academic subjects such as mathematics, science, social studies, and language studies, along with extracurricular activities and life skills development. In rural areas like Dolpa, schools such as Tapriza may face challenges related to infrastructure, resources, and access to quality education. However, they serve as important centers for learning and community development, helping to empower young people and improve educational opportunities in the region.

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## PRICE INCLUDES

1. 3-night hotel in Kathmandu on a bed and breakfast basis.
2. 1-night hotel in Nepalgunj with Bed and 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 for Porters and leader tips on your discretion
- Items of a personal nature, e.g., alcoholic drinks, bottled beverages, laundry, souvenirs, etc.

## ITINERARY IN DETAIL

### **Day 1: Day 1 Arrival in Kathmandu (Hotel)**

When you arrived in Kathmandu Airport (TIA) you will be directly transferred to 3 stars hotel by private car or tourist bus. You will be exhausted after long flight so you can relax in the hotel in the evening you will be invited for welcome dinner and your tour guide will brief you regarding the trek and further preparations.

### **Day 2: Day 2 Fly from Kathmandu to Nepalganj 1 hour (Hotel)**

For Dolpo Phoksundo Lake trek you are compulsory to have special permit from department of immigrations we will make the permit before evening.

In the evening we will fly to Nepalganj for one hour then you will directly transfer to hotel by private car. In the evening you will order your cuisine and enjoy with the ambience of hotel.

### **Day 3: Day 3 Fly to Juphal airport ( 2400m, 7874 feet ) 35 minutes and trek to Chhepka ( 2700m, 8858 feet ) 6-7 hours**

Early morning we need to depart for Dolpa flight in this day flight will be depend on weather if weather is fine then flight will be on time if not then cancellation percent is high. After 35 minutes flying with stunning mountains and low land terrain we will landed on Juphal airfield. We will have our breakfast in Juphal then we commence for trek.

Descending till Bheri river and we will again follow the river and turn left towards Phoksundo river. After 20 minutes later we will encounter with Shey Phoksundo National park office then we will have our national park entry then again we go through the Phoksundo river. During your trek in this region red and brown rocks can be seen blue Phoksundo river is almost with you till Phoksundo Lake, some wild animals like Ghoral (wild sheep), Blue Sheep and monkeys on the route.

### **Day 4: Day 4 Trek to Samjana Hotel ( 3200m, 10498) 6-7 Hours**

Embark on an adventure trek the trail will attract you entire your trekking. Hiking along the forest trail side and clean Phoksundo river will be your co-partner till your destinations. The path sometimes take you up and sometime take you down but you never feel disappointing with the nature and surrounding.

Samjana hotel is your last night before Phoksundo lake. You will be well acclimatized on elevations of 3200m or 10498 feet for next day trek.

### **Day 5: Day 5 Samjana hotel to Phoksundo Lake 4-5 hours (3640m)**

Embark on an adventure trek Phoksundo lake is your final destinations. Turquoise Phoksundo lake and Phoksundo waterfall will shock you with its beauties after your hard few days trek.

Phoksundo Lake is situated on an elevation of 3640m, 11942 feet from sea level and its in territory of Shey Phoksundo national park and Shey Phoksundo Rural municipality ward no 8. Rigmo village and Thasang Tsoiling Bon monastery are the special attractions of the region.

### **Day 6: Day 6 Rest and explorations day in Phoksundo lake**

During your Off day in Phoksundo You have plenty of options to do.

1. Visit Bon Monastery

Thasang Tsoiling Bon Monastery is indeed located near Phoksundo lake. Its a Bon Monastery, which is a Tibetan Buddhist tradition, and its known for its stunning setting amidst the Himalayas near the tranquil Phokundo Lake. Its a significant spiritual and cultural site in the region.

**Day 7: Day 7 Trek to Pugmo village 5-6 hours (3200m) 10498 feet**

Trekking in the Phoksundo region, its remoteness always nestled in the Himalayas, known for its picturesque scenery and traditional Tibetan Culture. Due to its remote location, Pugmo village has preserved its unique cultural heritage and way of life.

The trail between the Phoksundo lake and Pugmo village you might see some wild animals like Blue Sheep, Himalayan Thar and different kinds of birds. A Army Check post is just before the Pugmo village.

**Day 8: Day 8 Trek to Chhepka 6-7 hours**

Returning same way back is another adventure while nature changes its way within short period of time. Leaving Pugmo village with beautiful memory and trek to chhepka the trails remains the as usual but the experiences will be different.

**Day 9: Day 9 Trek To Juphal airfield 6-7 hours**

Early morning after heavy breakfast you will leave small hamlet chhepka and continue to Your destinations. You will get your lunch in Kagani or Suligad depends on your Pace.

**Day 10: Day 10 Fly back to Nepalganj and same day in Kathmnadu**

**Day 11: Day 11 Depart to your Home Country**

**Day 12:**

## FAQ

### 1. How difficult is the Phoksundo Lake Tea House Trek?

The Phoksundo Lake Tea House Trek is considered moderately difficult. It involves 5-6 hours of walking each day on diverse terrain, including forested paths, river valleys, and steep ascents. While it doesn't require technical climbing skills, good physical fitness is necessary due to the altitude and varying trail conditions.

### 2. When is the best time to trek to Phoksundo Lake?

The best time to visit Phoksundo Lake is during the spring (March to May) and autumn (September to November) seasons. During these times, the weather is stable, with clear skies offering magnificent views of the lake and surrounding mountains. The temperatures are also moderate, making the trekking experience more enjoyable.

### 3. Do I need a permit for the Phoksundo Lake Tea House Trek?

Yes, trekking to Phoksundo Lake requires several permits. No need to worry; your chosen trekking agency will arrange those permits.

### 4. What type of accommodation is available on the Phoksundo Lake Trek?

Accommodation on the Phoksundo Lake Tea House Trek is primarily in tea houses, simple lodges offering basic amenities like a bed, blanket, and meals. The facilities become more rustic as you ascend, especially near the lake, so bringing a sleeping bag for added comfort is advisable.

### 5. Is the Phoksundo Lake Tea House Trek suitable for beginners?

While the Phoksundo Lake Tea House Trek is moderate in difficulty, it can be suitable for beginners with good physical fitness and prior trekking experience. The trek's manageable daily distances and the availability of tea houses for accommodation make it accessible, though beginners should prepare for the altitude and physical demands of the trek.