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1. Shey Phoksundo Lake Trek

2. Overview

Shey Phoksundo Lake is a beautiful high-altitude lake in the mid-western region of Nepal. It is situated at an altitude of 3,611 meters and is surrounded by big rocky hills, snowy mountains, and steep landscapes…

3. Itinerary

Day 1: Arrive in Kathmandu

Altitude: 1400 m | Meals: Breakfast | Stay: Hotel

Highlights: Check in hotels, explore nearby Thamel, obtain permits

- Arrive at Kathmandu International Airport and meet our staff.
- Transfer to the hotel in our private vehicle and relax.
- Explore nearby Thamel on your own(visit, cafe, restaurant or explore Basantapur Durbar Square).
- Obtain the permits from our company.
- Do last-minute shopping for trekking gear or clothes if you need any.
- Get ready for tomorrow's flight by packing everything that you will need for the trek.

Travellers' note: We suggest you obtain the local SIM (NTC) from the airport so that you can use it for communication while staying in Nepal. Also, exchanging currency as ATM/Credit cards is not available in the trekking routes.

Day 2: Fly from Kathmandu airport(domestic terminal) to Nepalgunj, gateway to the Far West

Altitude: 150 m | Meals: Breakfast | Stay: Hotel

Flight from: Domestic TIA terminal to Nepaljung airport **Flight duration:** ~50 minutes **Highlights:** Aerial close-up views of the Himalayan range, mountainous terrain, rivers and clear view of Kathmandu Valley.

- Drive to the Domestic terminal of Tribhuvan International Airport.
- Check in and enjoy the flight with the breathtaking aerial view from your window seat.
- Arrive at Nepalgunj airport and check into nearby hotels.
- If you have time, explore nearby places.

Day 3: Fly to Juphal and trek to Dunai

Altitude: 2100 m | Meals: Breakfast, lunch and dinner | Stay: Tea house

Flight from: Nepaljung Airport to Dolpa (Juphal) Airport **Flight duration:** 45 minutes **Trek duration:** 2 to 3 hours **Highlights:** Aerial views of the far western, start your first trek

- Reach Nepaljung and take a short and scenic flight to Dunai

- Arrive at Dolpa (Juphal) Airport and start your trek.
- Pass through terraced farms and local villages
- Follow the Thuli Bheri River
- Pass through small settlements such as Dhupichaur, Rupgad, Kalagaonda, and Motipur, which showcase the local culture.
- Reach Dunai, which is the administrative headquarters of the Dolpo district.
- Check into the tea house and stay overnight.

Day 4: Trek to Chhepka village

Altitude: 2670 m | Meals: Breakfast, lunch and dinner | Stay: Tea house

Trek duration: 5–6 hours **Highlights:** lush forests, Suli Ghad River, Suspension bridges, enter the Shey Phoksundo National Park, Scenic villages

- Enjoy breakfast in the tea house
- Start your trek from the Dunai toward Chhepka village by descending to the Bheri River
- Reach a major checkpoint at Sulighat.
- Walk alongside the Suli Ghad River, cross a large suspension bridge
- Reach Shey Phoksundo National Park Check-post, make entry and enter the national park officially.
- Pass through tropical walnut and maple forests, often adorned with traditional Tibetan prayer flags.
- Trek through the river valley
- Short uphill climb to scenic Chhepka village
- Check into the tea house and stay overnight.

Day 5: Trek to Jharana Waterfall

Altitude: 3611 m | Meals: Breakfast, lunch and dinner | Stay: Tea house

Trek duration: 5–6 hours **Highlights:** Spot wildlife inside Shey Phoksundo National Park, explore Jharana Waterfall

- Breakfast in the tea house
- Start walking through thick forest, crossing the Phoksundo River—formerly called the Suligad River—several times on suspension bridges.
- On the route, pass through Tapriza Secondary Boarding School located at Saijal.
- Walk through open meadows/hemp farms.
- From Reychi, walk downhill and reach Waterfall Viewpoint.
- Explore the breathtaking 167 meters (about 548 feet) tall Suligad Waterfall
- Check into the tea house and stay overnight.

Day 6: Trek to the Tibetan village of Ringmo

Altitude: 3660 m | Meals: Breakfast, lunch and dinner | Stay: Tea house

Trek duration: 5–6 hours **Highlights:** Alpine scenery, rhododendron forests, Tibetan culture

- Enjoy breakfast in the tea house
- Scenery changes into alpine terrain with rhododendron forests and expansive mountain views.
- The trail gradually gains elevation
- Arrive in Ringmo and check into the tea house, and spend the night.

Day 7: Explore sacred Phoksundo Lake and Tshowa Gompa

Altitude: 3611 m | Meals: Breakfast, lunch and dinner | Stay: Tea house

Trek duration: 3–4 hours **Highlights:** Turquoise lake, spiritual sites, panoramic views

- Breakfast in the tea house
- Walk along the lakeshore and enjoy the peaceful atmosphere of this sacred site.
- Visit Tshowa (Tshova) Gompa
- Return to your teahouse in Ringmo for an overnight stay.

Day 8: Trek to Chhepka Village

Altitude: 2670 m | Meals: Breakfast, lunch and dinner | Stay: Tea house

Duration: 6–7 hours **Highlights:** Retracing scenic trails, forest landscapes

- After breakfast, return to the Chhepka Village
- On the route, pass through forested trails, cross suspension bridges, and pass familiar villages along the way.

Day 9: Trek to Juphal

Altitude: 2400m | Meals: Breakfast | Stay: Hotel

Duration: 6–7 hours **Highlights:** Riverside trails, local settlements

- Enjoy breakfast
- Pass through Dunai and follow the trail toward Juphal
- Stay overnight at Jupphal hotel

Day 10: Fly to Kathmandu

Altitude: 1400 m | Meals: Breakfast | Stay: Hotel

Flight Route: Juphal ? Nepalgunj ? Kathmandu **Highlights**: Scenic flights, trip conclusion

- Take an early morning flight from Juphal to Nepalgunj, followed by a connecting flight to Kathmandu.
- Enjoy your final aerial views of the mountains and hills

Day 11: Departure

Altitude: 1400 m

- Check out from the hotel and reach the airport 3 hours before the departure time.

5. Cost Includes

- 3 Star hotel in Kathmandu, Nepaljung and Jupal
- Full 3-time meal during the trek

- All required permits fees
- Airport pickup and transfer
- License guide and porter
- Complimentary High Route Adventure duffle bag, tshirt, Cap, down jacket
- Domestic flight fare(round trip)

6. Cost Excludes

- Travel Insurance
- International Flight
- Lunch and Dinner in Kathmandu, Nepaljung and Jupal
- Personal expense(hot shower, charging, wifi, tips)
- Extra expense expect mentioned in itinerary

7. Equipment / Packing List

Here's a **comprehensive packing list** to ensure you are well-prepared for the remote Dolpa region and variable Himalayan conditions:

Clothing

- Warm fleece jacket or down jacket
- Thermal base layers (tops and bottoms)
- Quick-dry trekking shirts and pants
- Waterproof and windproof jacket
- Trekking gloves and warm hat
- Scarf or buff
- Sturdy, broken-in trekking boots
- Comfortable trekking socks (plus extras)
- Sleepwear for tea houses

Sleeping & Comfort

- Sleeping bag (recommended for warmth and hygiene)
- Sleeping liner or sheet (optional)
- Travel pillow (optional)

Personal Essentials

- Personal medications and first aid kit
- Sunscreen and lip balm with SPF
- Sunglasses with UV protection
- Toiletries (toothbrush, toothpaste, soap, hand sanitizer)
- Toilet paper (not always available in tea houses)
- Quick-dry towel

Trekking Gear

- Daypack (25–35 L)
- Trekking poles (optional but recommended)
- Headlamp or flashlight with extra batteries
- Reusable water bottle or hydration system
- Water purification tablets or filter

Food & Snacks

- Energy bars, chocolates, or nuts for the trail
- Electrolyte powder or rehydration salts

Electronics & Miscellaneous

- Camera or smartphone
- Power bank or solar charger
- Notebook and pen (optional)
- Passport, permits, and necessary documents
- Cash in small denominations (ATMs are not available)

Tips

- Pack **light but smart**; tea houses provide basic bedding, but a sleeping bag ensures warmth.
- **Layering clothing** is key for variable weather.
- Bring **all personal toiletries** as remote tea houses may not have supplies.