



Dudh Kunda Trek - Itinerary

1. Day 1: Dudh Kunda Trek

Welcome to Nepal – the Land of Himalayas! Our airport representative picks you up from airport and transfers you to hotel. There we arrange a small meeting for your warm welcome. Then you can take rest while we make all the documents ready for your trip.

2. Day 2: Sightseeing & trip Preparation

After breakfast, do Kathmandu sightseeing with experienced guide and visit most important monuments and heritages of Kathmandu Valley. In the meantime, we make sure your necessary documents, clothing and other equipments are double checked and ready to move out for the upcoming journey.

3. Day 3: Fly Kathmandu - Phaplu (2469m) & Trek to Salleri (2438m) - 30 min & 3 hrs

We take 35 minute of scenery filled flight to Phaplu. Our first trek begins from here. Upon reaching, we trek to Salleri and visit Chewang Monastery and local market around here. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Day 4: Salleri to Takshindu (3060m) via Ringmo (2700m)- about 6 hrs

We descend down from Salleri and walking couple of hours takes us to Ringmo. From here, we pass pretty Sherpa settlement and forests to reach Takshindu. In the evening, you can see cultural show of the locals. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Day 5: Takshindu to Beni (3972m)- about 6 hrs

We leave Takshindu behind and hike toward Beni. We first hike to Sahasra (3972m) and follow scenery filled path to Beni. You can see mountains like Numbur, Khatang, Kayyolung and many other. The trail also passes some yak farms and monastery. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Day 6: Beni to Dudhkunda (4560m)

We reach our ultimate destination – Dudhkunda. The trail goes through glacier and every year in month of August during Janai Purnima, huge fair is held here. Many Hindu devotees from Nepal and India come here to worship the holy lake Dudh Pokhari. Birds migrate here during rainy season and they can be seen on the shores of Dudh Pokhari. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Day 7: Dudhkunda to Ringmo (2700m)

We walk for about 5 hrs to reach Ringmo and the walk is pleasant without any challenges. In Ringmo you

can taste Alpine wine and yak cheese. Ringmo is settled by the world famous Sherpa people. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Day 8: Ringmo to Phaplu (2469m)

We reach Takshindo and leave Ringmo. Our route passes through pasture land, which is rich in Himalayan Vegetation. In Phaplu, Sherpa cultural show is available upon request. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Day 9: Phaplu - Kathmandu Flight

We take 30 minute of early morning flight to Kathmandu. The flight is very scenic with views of Cho Oyu, Everest, Langtang and other beautiful mountains. Upon arrival, you are transferred to the hotel and you can either take rest or visit around Kathmandu. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

10. Day 10: Departure/Farewell

We believe, you had a wonderful time with us but you need to relocate yourselves in your home-country. Therefore, our airport representative drops you to the airport approximately 3 hours prior to your scheduled flight to make sure you don't miss your flight to sweet home.

INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipment's during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)