



## **Dolpo Shey Phoksundo Trek - Itinerary**

### **1. Arrival in Kathmandu (1350m)**

Our airport representative picks you up from airport and transfers you to hotel for further briefing about the upcoming trip. In the evening, a small meeting shall be held to discuss and prepare for the trek. And after meeting you can roam around Thamel to get familiar with environment and location.

### **2. Fly Kathmandu to Nepalgunj (150m) – 1 hrs**

Today, we fly to Nepalgunj – Nepalgunj is located in South Western Nepal, in Terai region near to Indian Border. It is famous for Bageshowri Temple of Hindus and richshaw/cycle ride. The settlement somewhat resembles India and we reach horse cart full of colorful people after leaving the busy Bazaar. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **3. Fly Nepalgunj to Juphal (2475m) & trek to Dunai (2000m) – 40 min & 4 hrs**

The flight to Juphal is always set early in the morning and it is normal for delayed or postpone of flight due to bad weather. Strong wind blows from Mahabharat range in the day and evening, so we take 7-9 seated plane flight. From Juphal, we start our first trek to Dunai through Dalit village, for first 2 hours, we take steep downhill and continue along the right side of Bheri River to reach Dunai – it is the headquarter of Dolpa. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Trek Dunai to Chepka (2720m) – 7 hrs**

We cross the suspension bridge over Bheri River in Dunai and continue toward Suligad. We check our registration in Shey Phoksundo National Park office and trek upriver through shrubs. We cross a wooden bridge at Kageni and continue uphill to a wide riverside. We gradually climb on the shade of Maple, Oak and Pine and then quickly descend to wood crossing. Afterward, a strenuous one and half hour leads us to Chepka. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Trek Chepka to Sunduwa (Boarding) – 8 hrs**

Get ready for ultimate stamina test! The trek covers 3 major uphill and downhill at places where the gorge run deep and narrow. For the first 2 hours, the trek is comfortable, we pass through giant pines, oaks, maple, walnut and Birches. The trail at Reiji has a lone abandoned bungalow and a camping site but we continue our upriver trail by crossing a smaller rivulet and reach boarding at Sunduwa. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **6. Trek Sunduwa to Ringmo Gaon (3660m)**

Our trek for today is short and most exhilarating, we cross altitude of 3000 meters and pass through narrow and steep loose soil and hard rocks. The vegetation drastically changes with appearance of sparse Juniper shrubs and cypresses. We take steep climb and reach waterfall viewpoint for amazing view. We walk about

25 minutes to reach camp site. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Guided tour of Ringmo and Phoksundo Lake viewpoint (3641m)**

Ringmo village lies at the bank of Shey Phoksundo Lake and around 20 Tibetan style houses form a close knit fashion which is surrounded by Chortens and cairns. The settlers here are B'onpos who are followers of B'on tradition. The lifestyle of villagers is traditional and simple who are strict believers of nonviolence. Also, there is an old B'on monastery in Ringmo which has chortens at the entrance and decorated by horns of Blue Sheep or Himalayan Thar. You can see a small museum and local Lama guides you around the monastery and tells you history of the B'on. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **8. Guided hike to Lake viewpoint/Caravan Yak Drop OR waterfall & Amchi healing center – 6 hrs**

We have two options for today: We take climb to about 200 meters above the village for amazing view of small "r" shaped Shey Phoksundo Lake. The hike passes through the Yak Deep point as featured in Eric Valley's "CARAVAN" and through the groves of pine and taking steep climb upward. Halfway through Sunduwa and Ringmo has amazing and majestic waterfall. The waterfall looks like a giant cotton ball making thunderous landing about 100 feet below. There is rich and thick vegetation of pine forest around the waterfall and we can see animals like Musk Deer, Blue Sheep, Himalayan Thars and sometimes Snow Leopards. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **9. Trek Ringmo/Sunduwa to Chepka (2720m) – 5 hrs**

We take steep downhill hike to Chepka. The hike sometimes offers lone Lammergeier (with wingspan of 9-10 feet) on the top of the ridge. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **10. Trek Chepka to Juphal (2475m)**

Today's hike is easy with no any uphill or torturous downhill except for the 2 and half hour of continuous walk to Juphal. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **11. Fly Juphal to Nepalgunj to Kathmandu**

We take early morning flight to Nepalgunj from Juphal. Upon reaching Nepalgunj, we take lunch, fill our stomach and take next flight to Kathmandu. After you arrive at Kathmandu, you can take rest for a while and in the evening, you can take cultural dinner show. Meals included: Breakfast, lunch and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

## **12. Farewell/Departure**

Trip to the Himalayas concludes. Our airport representative drops you off to the airport approximately 3 hours prior to your scheduled flight. Along the way to your home, you can relive the moment shared with Himalaya and Himalayans.

## **INCLUSIONS**

- 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>