



## Bridge Nepal Treks & Travels

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# Shey Phoksundo Lake Trek | Journey to Nepal Most Beautiful Alpine Lake | Bridge Nepal Treks

<b>Price</b>	1100.00
<b>Duration</b>	10Nights/11Days
<b>Location</b>	Nepal

### Tour Overview

Trek Overview of Shey Phoksundo Lake Trek

This 10 Nights / 11 Days Shey Phoksundo Lake Trek is a beautiful flight-based trekking journey into the remote Dolpo region of western Nepal. The package includes arrival in Kathmandu, trek preparation, flights via Nepalgunj and Juphal, the complete trek to Shey Phoksundo Lake and final departure from Kathmandu.

From Juphal, the trek follows the trail towards Dunai and the Suli Gad river valley, passing through pine forests, waterfalls, traditional settlements, suspension bridges and peaceful mountain landscapes. The route gradually ascends towards Ringmo Village and the breathtaking turquoise waters of Shey Phoksundo Lake.

The itinerary includes time to explore Phoksundo Lake, Ringmo Village and ancient Bon Buddhist monasteries before returning by the same trekking route to Juphal and flying back to Kathmandu via Nepalgunj. The added arrival and departure days make the package more complete, comfortable and suitable for international travellers.

### Trip Highlights

- Arrival in Kathmandu with trek briefing and preparation
- Scenic domestic flight from Kathmandu to Nepalgunj and mountain flight to Juphal
- Trek through the peaceful Suli Gad river valley

- Walk through pine forests, waterfalls, suspension bridges and Dolpo villages
- Explore Dunai, Chhepka, Ringmo Village and the Phoksundo Lake area
- Visit ancient Bon monasteries and experience Dolpo culture
- Reach the stunning turquoise Shey Phoksundo Lake
- Beautiful photography opportunities around the lake, forest and mountain landscapes
- More relaxed package with arrival, trek preparation and final departure days

## Detailed Itinerary

### DAY 1: ARRIVAL IN KATHMANDU

Welcome to Nepal. Upon arrival at Tribhuvan International Airport, meet the representative and transfer to the hotel. After check-in, take time to rest and recover from the flight.

In the evening, attend a short trip briefing with the trekking team. The guide will explain the route, flight plan, permits, packing list, weather conditions and trekking expectations for the Shey Phoksundo Lake journey.

Activities:

- Arrival at Kathmandu airport
- Meet and greet by company representative
- Transfer to hotel
- Short trek briefing and preparation
- Free evening in Kathmandu

### DAY 2: FLY KATHMANDU - NEPALGUNJ

After breakfast, transfer to the domestic airport for the flight to Nepalgunj. Nepalgunj is the main air hub for western Nepal and the common connecting point for flights into Dolpo.

Upon arrival in Nepalgunj, transfer to the hotel and rest. The climate here is warmer than Kathmandu, so the day is kept light for preparation before the early morning mountain flight to Juphal.

Activities:

- Breakfast at hotel
- Airport transfer in Kathmandu
- Flight from Kathmandu to Nepalgunj
- Hotel transfer in Nepalgunj
- Final preparation for Juphal flight

Travel Time Kathmandu to Nepalgunj approx. 50-60 minutes

Overnight Stay Nepalgunj

Meal Plan Breakfast, lunch and dinner

### **DAY 3: FLY NEPALGUNJ - JUPHAL AND TREK TO DUNAI**

Early morning, transfer to Nepalgunj Airport for the mountain flight to Juphal. The flight offers beautiful views of remote western Nepal, hills and valleys. Upon arrival, meet the trekking crew and begin the trek.

The trail descends gradually through local settlements, terraced fields and mountain landscapes before reaching Dunai, the district headquarters of Dolpa. Dunai is a good first trekking stop before entering the Suli Gad valley.

Activities:

- Early morning airport transfer in Nepalgunj
- Mountain flight to Juphal
- Meet trekking team at Juphal
- Begin trek towards Dunai
- Overnight at local lodge

Travel Distance : 8 km walking after flight

Flight Time :Juphal flight approx. 35-45 minutes trek approx. 3 hours

Overnight Stay : Dunai

Meal Plan Breakfast, lunch and dinner

### **DAY 4: TREK DUNAI - SULI GAD VALLEY - CHHEPKA**

After breakfast, begin the trek from Dunai and follow the route towards the Suli Gad river valley. The trail passes through small villages, riverside sections, forest areas and suspension bridges.

As the trail moves deeper into the national park area, the landscape becomes greener and more peaceful.

Reach Chhepka by afternoon or evening and rest at a local lodge.

Activities:

- Breakfast at Dunai
- Walk along the Suli Gad river valley
- Cross suspension bridges and local settlements
- Enter peaceful forest sections
- Overnight at Chhepka

Trek Distance Around 12 km

Travel Time : 5-6 hours

Overnight Stay Chhepka

Meal Plan Breakfast, lunch and dinner

### **DAY 5: TREK CHHEPKA - JHARANA / RECHI**

Today the trail continues along the beautiful Suli Gad river valley. The route passes through lush pine forests, narrow trails, waterfalls, small bridges and peaceful riverside settlements.

This is a scenic walking day with gradual ascent and forest atmosphere. Overnight is planned around Jharana, Rechi or a nearby trekking stop depending on lodge availability and group pace.

Activities:

- Walk through pine and forest trails
- Enjoy waterfalls and riverside views
- Cross small bridges and local settlements
- Lunch at a local trekking stop
- Overnight at Jharana / Rechi area

Trek Distance Around 12 km

Trek Time : 5-6 hours

Overnight Stay Jharana / Rechi Area

Meal Plan Breakfast, lunch and dinner

## **DAY 6: TREK JHARANA / RECHI - RINGMO VILLAGE - SHEY PHOKSUNDO LAKE**

After breakfast, continue the trek towards Ringmo Village and Shey Phoksundo Lake. The trail gradually ascends through forests and scenic viewpoints, with striking waterfalls and mountain landscapes along the way.

As the route approaches Ringmo, the famous turquoise lake begins to appear. Upon arrival, check in to a lodge near Ringmo or the lake area. Spend the evening enjoying the peaceful view of Shey Phoksundo Lake.

Activities:

- Breakfast at lodge
- Gradual ascent towards Ringmo Village
- Enjoy waterfall and lake viewpoints
- Arrive at Shey Phoksundo Lake
- Evening lakeside walk and photography

Trek Distance : Around 11 km

Trek Time : 4-5 hours

Overnight Stay Phoksundo Lake / Ringmo Area

Meal Plan Breakfast, lunch and dinner

## **DAY 7: FULL DAY SHEY PHOKSUNDO LAKE EXPLORATION**

This is the main exploration day at Shey Phoksundo Lake. After breakfast, spend the day around the lake area, Ringmo Village and nearby cultural sites. The lake is known for its deep blue and turquoise colour, dramatic cliffs and peaceful setting.

Visit the ancient Bon monastery and explore the traditional settlement of Ringmo. Travellers can enjoy

photography, short walks, lake viewpoints and quiet time by the lakeside. This day also helps with acclimatization before returning down the trail.

Activities:

- Sunrise and morning view of the lake
- Explore Ringmo Village
- Visit ancient Bon monastery
- Lakeside photography and short walks
- Free time for rest and nature experience

Overnight Stay Phoksundo Lake / Ringmo Area

Meal Plan Breakfast, lunch and dinner

## **DAY 8: TREK PHOKSUNDO LAKE - RINGMO - CHHEPKA**

After breakfast with lake views, begin the return trek from Phoksundo Lake. The trail descends from Ringmo through forest, riverside sections and familiar trekking villages.

Walking downhill makes the day easier in some sections, but careful steps are still required on narrow trails and stone paths. Overnight is planned at Chhepka or a nearby lodge depending on group pace.

Activities:

- Morning view of Phoksundo Lake
- Begin return trek from Ringmo
- Descend through forest and riverside trails
- Lunch at local trekking stop
- Overnight at Chhepka area

Trek Distance : Around 14 km

Trek Time : 6-7 hours

Overnight Stay Chhepka

Meal Plan Breakfast, lunch and dinner

## **DAY 9: TREK CHHEPKA - DUNAI - JUPHAL**

Today is the final trekking day. After breakfast, continue the return walk along the Suli Gad valley towards Dunai and then climb gradually back to Juphal.

Upon arrival at Juphal, check in to the lodge and rest. In the evening, the guide will reconfirm flight timing for the next day. This is also a good time to celebrate the completion of the trek with the trekking team.

Activities:

- Breakfast at Chhepka
- Trek back towards Dunai
- Continue uphill towards Juphal

- Final evening with trekking team
- Prepare for next morning flight

Trek Distance : Around 15 km

Trek Time : 6-7 hours

Overnight Stay Juphal

Meal Plan :Breakfast, lunch and dinner

## **DAY 10: FLY JUPHAL - NEPALGUNJ - KATHMANDU**

Early morning, walk to Juphal Airport for the flight back to Nepalgunj. Flights from Juphal are weather dependent, so the schedule should remain flexible.

If the flight operates on time, connect with the flight from Nepalgunj to Kathmandu. Upon arrival in Kathmandu, transfer to the hotel and enjoy a free evening after completing the trek. If flights are delayed, the overnight plan may need to be adjusted in Juphal or Nepalgunj.

Activities:

- Early morning airport transfer at Juphal
- Flight from Juphal to Nepalgunj
- Connecting flight to Kathmandu if available
- Hotel transfer in Kathmandu
- Rest and free evening

Travel Distance:Flight-based travel day

Travel Time : Juphal to Nepalgunj approx. 35-45 minutes; Nepalgunj to Kathmandu approx. 50-60 minutes

Overnight Stay Kathmandu

Meal Plan :Breakfast, lunch and dinner

## **DAY 11: FINAL DEPARTURE FROM KATHMANDU**

After breakfast, free time is available until departure. Depending on the international flight schedule, travellers may do last-minute shopping or simply rest at the hotel.

At the scheduled time, transfer to Tribhuvan International Airport for final departure. The journey ends with beautiful memories of Dolpo, Suli Gad valley, Ringmo Village and the magnificent Shey Phoksundo Lake.

Activities:

- Breakfast at hotel
- Free time until departure
- Final packing and hotel check-out
- Airport transfer
- Final departure from Kathmandu

## Included Services

- Airport arrival and departure transfers in Kathmandu
- Hotel accommodation in Kathmandu as per itinerary
- Kathmandu to Nepalgunj domestic flight as per package
- Nepalgunj to Juphal domestic flight as per package
- Juphal to Nepalgunj domestic flight as per package
- Nepalgunj to Kathmandu domestic flight as per package
- Airport transfers as per itinerary
- Accommodation in lodges / teahouses during the trek
- Accommodation in Nepalgunj as per itinerary
- Meals during trekking days as per package arrangement
- Licensed, English speaking and Experienced trekking guide
- Porter support as per package arrangement
- Route planning and local coordination
- Permit assistance for Shey Phoksundo National Park and local area permits
- First aid kit Carried by guide
- 24/7 support from Bridge Nepal Treks & Travels

## Excluded Services

- International airfare and Nepal visa fee
- Personal expenses and Beverages
- Travel insurance and emergency evacuation
- Extra hotel nights due to flight delay, weather or airport disruption
- Hot shower, charging, Wi-Fi and bottled drinks where charged separately
- Any service not clearly mentioned in the included section

## Fixed Departure Dates

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## Frequently Asked Questions

### **Q: Can this trek be completed in 10 Nights / 11 Days?**

Yes. This itinerary includes arrival in Kathmandu, a full trekking program to Shey Phoksundo Lake, return flights and final departure day.

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**Q: Is this itinerary for Rara Lake or Shey Phoksundo Lake?**

This itinerary is for Shey Phoksundo Lake in the Dolpo region. The route goes through Nepalgunj, Juphal, Dunai, Chhepka and Ringmo Village.

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**Q: Why is the arrival day added?**

The arrival day gives travellers time to rest, meet the trekking team, complete briefing and prepare for the remote Dolpo journey.

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**Q: Why is the departure day added?**

The departure day makes the package complete for international travellers and allows time for airport transfer after returning to Kathmandu.

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**Q: What is the best season for this trek?**

The best seasons are March to May and September to November, when weather is generally clearer and trail conditions are better.

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**Q: How difficult is the Shey Phoksundo Lake Trek?**

The trek is moderate. Travellers should be able to walk 5-7 hours per day on mountain trails.

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**Q: Do we need previous trekking experience?**

Previous trekking experience is helpful but not compulsory. Basic fitness and comfort with uphill and downhill walking are important.

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**Q: What is the highest altitude of this trip?**

The highest sleeping area is around Ringmo and Phoksundo Lake, above 3,600m depending on the lodge location.

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**Q: Are flights to Juphal reliable?**

Juphal flights are weather dependent. Delays or cancellations can happen, so a flexible schedule is recommended.

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**Q: Can we fly Kathmandu to Juphal directly?**

Usually the route is Kathmandu to Nepalgunj and then Nepalgunj to Juphal. Direct Kathmandu-Juphal flights are not normally used for regular trekking itineraries.

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**Q: What happens if the Juphal flight is cancelled?**

The itinerary need to be adjusted with an extra night in Nepalgunj, Juphal or Kathmandu depending on the direction of travel and flight status.

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**Q: Is a buffer day recommended?**

Yes. A buffer day is always recommended for Dolpo trips because mountain flights depend on weather, visibility and aircraft availability.

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**Q: What kind of accommodation is available?**

Accommodation is basic teahouse or lodge style during the trek. Kathmandu and Nepalgunj have better hotel options.

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**Q: Is food available on the trekking route?**

Yes. Basic meals such as dal bhat, noodles, soup, tea and local food are available in trekking lodges.

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**Q: Is Shey Phoksundo National Park permit required?**

Yes. Travellers need the national park permit and any applicable local area permits.

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**Q: Can we visit Bon monasteries during the trek?**

Yes. The itinerary includes time to visit the ancient Bon monastery around Ringmo and the Phoksundo Lake area.

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**Q: Is the lake suitable for boating?**

Boating is not always available and depends on local rules and seasonal conditions. The main experience is lakeside walking, photography and viewpoint exploration.

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**Q: Is this trek suitable for families?**

It can be suitable for active families with trekking experience. For children or elderly travellers, the itinerary should be customized with extra days.

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**Q: Is this trek suitable for beginners?**

It can be suitable for fit beginners with good preparation, but the remote location and flight dependency should be clearly understood.

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**Q: What should travellers pack?**

Warm clothes, trekking shoes, rain jacket, day bag, water bottle, sunglasses, sunscreen, personal medicine and basic toiletries are recommended.

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**Q: Is hot shower available during the trek?**

Hot shower will be available with extra charge

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**Q: Is charging available on the trekking route?**

Charging will be available in lodges for an additional fee. Carrying a power bank is recommended.

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**Q: Is internet or mobile network available?**

Network and internet are limited and unreliable in remote sections. Travellers should be prepared to stay offline for parts of the trek.

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**Q: Can vegetarian meals be arranged?**

Yes. Vegetarian meals can usually be arranged during the trek. It is best to inform the company in advance.

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**Q: Is drinking water available?**

Boiled water or filtered water will be arranged in lodges. Travellers should also carry water purification tablets or a filter bottle.

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**Q: Is travel insurance necessary?**

Yes. Travel insurance with emergency evacuation coverage is strongly recommended because the region is remote.

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**Q: Can we complete this trek during monsoon?**

Monsoon is possible but not ideal because flights can be delayed and trails may be slippery. Spring and autumn are better

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**Q: Can we add extra days at Phoksundo Lake?**

Yes. Extra nights can be added for photography, rest, cultural exploration or a more relaxed walking pace.

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**Q: What makes Shey Phoksundo Lake special?**

The lake is famous for its turquoise colour, dramatic cliffs, peaceful mountain setting, Ringmo Village and Bon cultural heritage.

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**Q: Can this itinerary be customized?**

Yes. Bridge Nepal Treks & Travels can customize the itinerary by adding rest days, extra exploration days or safer flight buffers.

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**Q: What documents should travellers carry?**

Travellers should carry a passport, visa copy, travel insurance details, passport-size photos and copies required for permits.

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**Q: Why choose the flight route via Nepalgunj and Juphal?**

This is the most practical route for the standard short Shey Phoksundo Lake Trek because Juphal is the main air gateway for lower Dolpo.

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**Trip Information**

- About The Trek

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[www.bridgenepaltreksandtravels.com](http://www.bridgenepaltreksandtravels.com)

