

Shey Phoksundo Lake Trek - 11 Days

SHEY PHOKSUNDO LAKE TREK – A REMOTE HIMALAYAN ADVENTURE THROUGH DOLPO'S HIDDEN BEAUTY

The Phoksundo Lake Trek offers one of Nepal's most enchanting journeys—leading adventurers into the heart of the Dolpo region, where raw Himalayan landscapes blend seamlessly with untouched Tibetan culture and ancient spirituality. Unlike the more popular treks in Nepal like [Everest Base Camp](#) or [Annapurna Circuit](#), this trail offers solitude, serenity, and a sense of sacred stillness that few places on Earth can match.

Discovering Shey Phoksundo: The Crown Jewel of Dolpo

At the center of this mystical journey lies Shey Phoksundo Lake, Nepal's deepest and one of its most stunning high-altitude lakes. With its hypnotic turquoise waters framed by rugged cliffs and snowy peaks, Phoksundo presents an otherworldly sight. The lake sits at an elevation of 3,611 meters and lies entirely within [Shey Phoksundo National Park](#), one of Nepal's most ecologically diverse protected areas.

Photographers, nature lovers, and spiritual seekers are drawn here not just for the scenery but for the sense of timelessness the lake embodies. Its waters are oligotrophic, making them exceptionally clear and nutrient-poor, which contributes to the lake's vibrant color and peaceful allure. Every moment spent beside the lake feels like a step outside the modern world and into something eternal.

A Journey Through the Untamed Trails of Lower Dolpo

The Phoksundo trekking route winds through one of the most remote regions of Nepal, giving trekkers the rare opportunity to explore an area still largely untouched by tourism. The trails lead you past cascading waterfalls, dense pine and juniper forests, and windswept mountain valleys, all teeming with rare Himalayan wildlife like blue sheep, Himalayan monals, musk deer, and—if fortune truly favors you—the elusive snow leopard.

Starting your journey typically involves a flight from Kathmandu to Nepalgunj, followed by a short domestic flight to Juphal, the gateway to [Lower Dolpo](#). From there, the trail passes through culturally rich villages like Ringmo and Dunai, where traditional Tibetan lifestyles remain intact and thrive in harmony with nature.

Walking Through Living History: Culture and Traditions of Dolpo

One of the most profound aspects of this trek is the encounter with Tibetan Buddhist and Bon cultures, which flourish side by side in Dolpo. The spiritual ambiance of this region is as captivating as the landscape. Along the trail, ancient stupas, colorful prayer flags, and carved mani stones tell stories of devotion and resilience.

A must-visit highlight is Tshowa Gompa, an 800-year-old Bon monastery perched dramatically on a cliff above the lake. This sacred monument offers deep insight into one of the oldest religious traditions in the Himalayas. Here, you'll feel the powerful spiritual pull that has drawn monks, pilgrims, and seekers to Dolpo for centuries.

The people of Dolpo follow a unique lifestyle shaped by harsh terrain and spiritual wisdom. Staying in local teahouses and engaging with villagers gives you a glimpse into a way of life preserved through generations, offering rich cultural

immersion far from the digital world.

When Nature and Solitude Collide: The Best Seasons for Phoksundo Lake Trekking

The ideal time for the Phoksundo Lake trek is during the spring (March to May) and autumn (September to November) seasons. During these months, the weather is clear, the skies are blue, and the mountain views are at their most magnificent. These seasons allow you to fully appreciate the untouched wilderness without the interruptions of monsoon rains or winter snows, which can make the trail dangerous and inaccessible.

Choosing the right time for this trek also ensures the best chance of clear lake reflections and comfortable hiking temperatures, both of which add to the magic of the journey.

Trekking to Phoksundo: Embracing Challenges and High-Altitude Rewards

While this trek is considered moderate compared to other [Nepal trekking adventures](#), it does involve walking at high altitudes, and proper acclimatization is crucial. The trail rises above 3,500 meters, and the terrain, though not technically difficult, can be physically demanding. Trekkers should be reasonably fit and prepared for changing weather conditions, cold nights, and limited access to amenities.

A reliable guide not only ensures your safety but enriches your understanding of the land, its stories, and the sacred places you'll encounter along the way. At Trek Mania Nepal, our team of experienced guides specializes in Dolpo trekking itineraries, offering logistical support, cultural insight, and personalized care throughout the journey.

A Deeper Connection: Why Choose the Phoksundo Trek Over Popular Trails

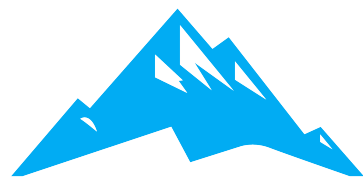
While destinations like [Everest Base Camp](#), [Langtang Valley](#), and [Annapurna Base Camp](#) see thousands of trekkers annually, the Phoksundo Lake Trek remains a quieter, more introspective experience. For those searching for genuine solitude, unfiltered natural beauty, and authentic cultural interaction, this trail stands apart.

Here, you won't find bustling trekking villages or commercial tea shops every few kilometers. Instead, you'll experience silence, starry skies, and the chance to reflect—both inward and outward—as you move deeper into the soul of the Himalayas.

Conclusion: A Trek That Stays With You Forever

The Phoksundo Lake Trek is not just a Himalayan journey—it's a pilgrimage into one of Nepal's last remaining untouched sanctuaries. Every step you take through Dolpo unveils a new layer of beauty, whether in the dramatic landscapes, sacred monasteries, or warm-hearted people. The shimmering waters of Phoksundo Lake leave a lasting imprint not only on your camera roll but on your soul.

For trekkers seeking something truly different—something deeper, quieter, and more connected—the path to Phoksundo awaits. Let Trek Mania Nepal guide you into this hidden Himalayan paradise, where time slows down and every moment feels sacred.



Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

PRICE INCLUDES

- Airport pickups and drops in a private vehicle
- Domestic flights (Kathmandu–Nepalgunj–Juphal–Nepalgunj–Kathmandu)
- 3 meals per day during the trek (breakfast, lunch, dinner)
- Accommodation in teahouses/lodges during the trek
- An experienced English-speaking guide and porter
- All necessary trekking permits: Shey Phoksundo National Park permit & Restricted Area Permit (if required)
- Government taxes and official expenses

PRICE EXCLUDES

- International flights
- Travel insurance
- Personal expenses and beverages
- Tips for guide and porter
- Extra accommodation in Kathmandu (can be arranged on request)



ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,400m)

Welcome to Nepal! Our airport representative will pick you up from [Tribhuvan International Airport](#) and transfer you to your hotel in Kathmandu. In the evening, you'll meet your trekking guide and get a short briefing about the trip. Overnight at hotel.

Day 2: Fly from Kathmandu to Nepalgunj (150m)

After breakfast, we take a scenic flight to Nepalgunj, a bustling town in the [Terai region](#) close to the Indian border. Depending on your flight time, you may explore the local market or relax at the hotel. Overnight at hotel in Nepalgunj.

Day 3: Fly to Juphal (2,475m) and Trek to Dunai (2,140m) – 3 to 4 hrs walk

Early morning flight to Juphal, the gateway to Dolpo. After landing, we start our trek with a gentle walk through terraced fields and small villages. After 3–4 hours, we reach Dunai, the district headquarters of Dolpo. Overnight at the teahouse.

Day 4: Trek from Dunai to Chhepka (2,670m) – 6 hrs walk

Following the trail along the Suligad River, we enter the Shey Phoksundo National Park. The route is scenic, passing through forests of pine and oak, suspension bridges, and local villages. We reach Chhepka, a peaceful village surrounded by nature. Overnight at the teahouse.

Day 5: Trek from Chhepka to Jharana Hotel (3,170m) – 6 hrs walk

Today, the trail ascends gradually through beautiful valleys and riverside paths. We reach Jharana Hotel, located near the majestic Phoksundo Waterfall, one of the highest waterfalls in Nepal. The sound of the falls and the surrounding wilderness make this a special stop. Overnight at the teahouse.

Day 6: Trek to Ringmo Village and Phoksundo Lake (3,611m) 3 to 4 hrs walk

A short and scenic hike takes us to Ringmo Village, a traditional Tibetan village located near Phoksundo Lake. The turquoise lake surrounded by rocky cliffs and snowy mountains is simply breathtaking. Explore Tshowa Gompa, an ancient Bon monastery above the lake. Overnight at the teahouse by the lake.

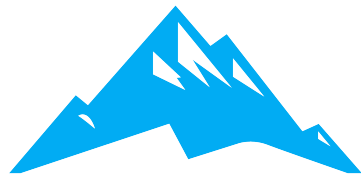
Day 7: Exploration Day at Phoksundo Lake

Today is a rest and exploration day. You can walk along the lake shore, hike up to viewpoints, or visit the Bonpo monastery. For the adventurous, a short hike towards Phoksundo Khola or the trail to Upper Dolpo can be done. Overnight at the teahouse in Ringmo.

Day 8: Trek from Phoksundo to Chhepka – 6 to 7 hrs walk

After enjoying a final sunrise by the lake, we retraced our steps back down to Chhepka through forests and suspension bridges. The return trail offers a new perspective of the landscapes. Overnight at the teahouse in Chhepka.

Day 9: Trek from Chhepka to Juphal – 6 hrs walk



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Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

Today is our final walking day. We descend through the same scenic route back to Juphal, passing local settlements and enjoying views of the Himalayan foothills. Overnight at the teahouse in Juphal.

Day 10: Fly from Juphal to Nepalgunj, then to Kathmandu

Early morning scenic flight from Juphal to Nepalgunj, and connecting flight back to Kathmandu. Upon arrival, transfer to your hotel. Enjoy the rest of the day at leisure. Overnight at hotel in Kathmandu.

Day 11: Final Departure

Our representative will drop you at the airport as per your flight schedule. We hope you had a wonderful time exploring the hidden beauty of Phoksundo Lake Trek with Trek Mania Nepal. We look forward to welcoming you again!



FAQ

1. How difficult is the Phoksundo Lake Trek?

The Phoksundo Lake Trek is a moderate trek suitable for trekkers with decent fitness. The trail includes gradual ascents and descents but reaches up to 3,611 meters, so proper acclimatization is essential.

2. What is the best time to trek to Phoksundo Lake?

The best time for the Phoksundo Lake Trek is spring (March to May) and autumn (September to November), when the weather is clear and the views are spectacular.

3. Do I need special permits for the Phoksundo Trek?

Yes, trekkers need the Lower Dolpo Restricted Area Permit and the Shey Phoksundo National Park Entry Permit. These can be arranged by Trek Mania Nepal.

4. How do I get to the Phoksundo Lake Trek starting point?

The trek begins in Juphal, which is accessible via a flight from Kathmandu to Nepalgunj, followed by another flight to Juphal.

5. Is Phoksundo Lake the deepest lake in Nepal?

Yes, Phoksundo Lake is the deepest and one of the most beautiful high-altitude lakes in Nepal, with a depth of about 145 meters.

6. Can beginners do the Phoksundo Lake Trek?

Yes, it's suitable for beginners with average fitness levels, as long as they're comfortable walking 5–6 hours per day in remote terrain.

7. What kind of accommodation is available on the Phoksundo trek?

Basic teahouses and homestays are available throughout the trail, offering local food and simple rooms.

8. Is there internet or phone connectivity during the trek?

Expect limited or no internet and poor mobile reception along most of the trail. It's an ideal place to digitally detox.

9. What makes Phoksundo Lake Trek unique?

It combines breathtaking landscapes, Tibetan Buddhist and Bon culture, and the pristine, turquoise lake in a region that feels untouched by time.

10. Are there snow leopards in the Phoksundo region?

Yes, the Shey Phoksundo National Park is a habitat for snow leopards, though sightings are rare and considered very lucky.