



MISSION SUMMIT TREKS & EXPEDITION PVT. LTD.

www.missionsummittreks.com Tarkeshwor-05, Kathmandu, Nepal

Email: missionsummittreks@gmail.com Tel.: +977 9808262524

Overview: The Shey Phoksundo Lake Trek is a breathtaking journey to one of Nepal's most pristine and stunning lakes, nestled in the remote Dolpo region. This trek offers a unique opportunity to explore the unspoiled natural beauty, rich cultural heritage, and diverse wildlife of the Shey Phoksundo National Park. The trek takes you through traditional Tibetan-style villages, dense forests, and high mountain passes, culminating in the turquoise waters of Shey Phoksundo Lake, surrounded by snow-capped peaks.

Itinerary

Day	Itinerary	Max. Elevation	Walking Duration
Day 01	Arrival in Kathmandu	1,400m/4,593ft	-
Day 02	Kathmandu to Nepalgunj (by flight)	150m/492ft	-
Day 03	Nepalgunj to Juphal (by flight) and Trek to Dunai	2,850m/9,350ft	2-3 hours
Day 04	Dunai to Chhepka	2,838m/9,311ft	6-7 hours
Day 05	Chhepka to Renje	3,010m/9,875ft	5-6 hours
Day 06	Renje to Ringmo (Phoksundo Lake)	3,600m/11,811ft	5-6 hours
Day 07	Explore Phoksundo Lake and Surrounding	3,600m/11,811ft	-
Day 08	Ringmo to Chhepka	2,838m/9,311ft	5-6 hours
Day 09	Chhepka to Juphal	2,475m/8,120ft	6-7 hours
Day 10	Fly from Juphal to Nepalgunj to Kathmandu	1,400m/4,593ft	-
Day 11	Final Departure		

Cost Includes

- Airport pickup and drop by private car/van/bus
- Domestic flights (Kathmandu to Nepalgunj, Nepalgunj to Juphal, and return)
- All ground transportation by private vehicle
- Three meals a day (breakfast, lunch, and dinner) during the trek
- All accommodations during the trek
- Shey Phoksundo National Park entry permit
- Experienced and English-speaking trekking guide and porter
- All government taxes and office expenses
- Trekking route map
- Domestic airport tax

Cost Excludes:

- Nepal entry visa fee
- International airfare and travel insurance
- Meals in Kathmandu and Nepalgunj
- Personal expenses (e.g., mineral water, bottled drinks, sweets, etc.)
- Hot shower, battery charges, Wi-Fi, and other extra services during the trek
- Tips for guide and porter

Best Time:

Spring (March to May)

- **Weather:** Mild and pleasant temperatures with clear skies.
- **Scenery:** Blooming rhododendrons and other wildflowers enhance the beauty of the trek, creating vibrant and colorful landscapes.
- **Visibility:** Excellent visibility of the mountains and surrounding scenery, making it perfect for photography and sightseeing.

Autumn (September to November)

- **Weather:** Stable weather with moderate temperatures and minimal rainfall.
- **Scenery:** Post-monsoon period ensures lush greenery and refreshed landscapes.
- **Visibility:** Crystal-clear views of the mountains and lake, providing stunning vistas and breathtaking panoramas.

Check list

Recommended Gear Lists:

- 01.) Good wind/rain jacket
- 02.) Warm fleece jacket or jersey
- 03.) Good boots, either light-weight trekking boots or light full leather boots
- 04.) Good -20 Sleeping bag (which can be rented or buy in Kathmandu)
- 05.) A comfortable day pack, preferably with a waistband.
- 06.) Fleece jacket or pullover
- 07.) Fleece Wind-Stopper jacket (optional)
- 08.) Waterproof (preferably breathable fabric) shell jacket
- 09.) Down vest and/or jacket (optional)
- 10.) Lightweight gloves

- 11.) Heavyweight gloves or mittens with a waterproof shell outer
- 12.) Sun hat or scarf
- 13.) Light balaclava or warm fleece hat
- 14.) Sunglasses with UV protection
- 15.) T-shirts
- 16.) Underwear
- 17.) Hiking shorts
- 18.) Light and expedition weight thermal bottoms
- 19.) Fleece or wool pants
- 20.) Waterproof (preferably breathable fabric) shell pants
- 21.) Thin, lightweight inner socks
- 22.) Thick, warm wool hiking socks
- 23.) Hiking boots with spare laces
- 24.) Camp shoes (sneakers and/or sandals)

Other optional necessary equipment:

- 1.) Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
- 2.) Small pad or combination lock-to-lock trek bag
- 3.) Basic First Aid Kit (We also provide a comprehensive first aid medical kit and Oximeter)
- 4.) Large plastic bags - for keeping items dry inside trek bag
- 5.) Day pack (approximately 2500 to 3000 cubic inches)
- 6.) Water bottles (2 bottles recommended)
- 7.) Toiletries
- 8.) Small wash towel

1. Booking

Booking your trek prior to your arrival in Nepal will allow time for permits to be issued, questions to be answered, and will make the process a lot easier for you.

2. Payment

When booking one of our tours, you must provide 30% of the cost up front in order to reserve your trip date. The remainder of the cost can be paid later, upon arrival in Kathmandu.

All details of Shey Phoksundo lake trek Visit this link: -

<https://www.missionsummittreks.com/trip/shey-phoksundo-lake-trek/>

Term and Condition

<https://www.missionsummittreks.com/terms-conditions/>

Thanks and Regard

Mission Summit Treks and Expedition Pvt. Ltd

Kathmandu Nepal

info@missionsummittreks.com

www.missionsummittreks.com



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