

Phokshundo Lake Trek

Trip Overview

Phoksundo Lake Trek can be an escape-away trip. The trek can be done in a short amount of time. The lake lies in the central part of the Dolpo region, which is a distant part of far-west Nepal. The lake is surrounded by snow-capped mountains and alpine forests. Phokshundo Lake is a part of Shey Phokshundo National Park. The lake is at an elevation of 3612m. Phokshundo Lake is also a religious spot for the people of Dolpo. The people of Dolpo are very religious. It is the only place in Nepal that practices the Bon Po religion, which predates Buddhism. From the lake, the majestic view of Trans Himalaya can be seen. Lower Dolpo Trek and Upper Dolpo Trek also lie in the Dolpo Region.

Since the lake has very important religious values, you can see more than 20 stupas around the southern belt of the lake and one on the eastern side. Every year, an annual prayer is carried out in the lake. The alpine forest surrounding the lake gives you a sense of being in the wild. The lake not only offers natural beauty but also the peace of being away from the noise and fast pace of life. Buddhism is prevalent in this region. The lower Dolpo follows the Bon Po religion, whereas the upper prevails in the traditional Tibetan culture.

Since the lake is located inside the Shey Phoksundo National Park, one can find a variety of flora and fauna. The national park is home to many endangered species, including the snow leopard, grey wolf, musk deer, and blue sheep. Goral, great Tibetan sheep, Himalayan tahr, leopard, jackal, Himalayan black bear, and yellow-throated marten are also found in the national park. The trail passes through the high Himalayan flatlands, flowing rivers, charming villages, chortens, and stupas. The oldest monastery, Shey Monastery, which is located near the lake, is another main attraction of the trek. Similarly, the highest waterfall in Nepal is also located in the national park.

Make a perfect holiday plan with Highland Eco Trek and explore the beautiful Phoksundo Lake.

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Trip Highlights

- A spectacular view of high-altitude lakes
- The dramatic scenery of the Trans-Himalayas
- A guided tour of UNESCO-listed world heritage sites of Kathmandu Valley
- Diverse Shey-Phoksundo National Park
- Remarkable Bon Po culture practices by locals
- Remote and small settlements of people
- Depest lake in Nepal Shey-phoksundo

Trip Itinerary

Day 1: Pick up from airport transfer to Hotel

Cost Includes

- pickups and drops in a private vehicle at the airport upon your arrival and departure.
- All ground transportation is on a comfortable private vehicle as per the itinerary.
- 3-star hotel accommodation in Kathmandu with breakfast (the hotel standard will be changed

as you wish).

- The Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per the itinerary.
- Domestic flights as per the itinerary.
- Breakfast, lunch, and dinner during the trek.
- Accommodation is in a tent house during the trek.
- An experienced, English-speaking, and government-licensed trekking guide.
- Porter service, trekking crew, including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- Highland Eco's duffel bag.
- All necessary paperwork and trekking permits ('Restricted Areas' Permit, National Park Permit, ACAP, TIMS).
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees.

Cost Excludes

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco Trek,
- Travel and rescue insurance
- Tips to the guide, porter, driver, or any other trekking staff