

Itinerary for Upper Dolpo Trek with Se Phoksundo Lake 24 Days Package

Day 1: Arrival in Kathmandu and transfer to hotel (1,400m)

Description

Day 2: Explore Kathmandu & fly to Nepalgunj Duration: 4-5 hours.

Description

Day 3: Fly to Jhupal (2,320m) & trek to Dunai (2,150m) Duration: 3-4 hours..

Description

Day 4: Trek from Dunai to Chhepka (2838m) Duration: 5-6 hours.

Description

Day 5: Trek from Chhepka to Rechi (2,940m) Duration: 5-6 hours.

Description

Day 6: Tek from Rechi to Phoksundo Lake (3,600m) Duration: 4-5 hours.

Description

Day 7: Rest day at Phoksundo Lake & local trek.

Description

Day 8: Tek from Phoksundo Lake to Thulodhunga (3,607m) Duration: 5-6 hours.

Description

Day 9: Trek from Thulodhunga to Phoksundo Bhanjyang (4,400m) Duration: 5-6 hours.

Description

Day 10: Trek from Phoksundo Bhanjyang to Shey Gumpa (4126m) via Kang-La pass (5360m) Duration: 6-7 hours.

Description

Day 11: Rest day at Shey Gumpa (the crystal monastery).

Description

Day 12: Trek from Shey Gumpa to Namgung Gumpa (4,400m) via Saldang La Pass (5010m) Duration: 6-7 hours.

Description

Day 13: Trek from Namgung Gumpa to Saldang (3,620m) Duration: 4-5 hours.

Description

Day 14: Trek from Saldang to Rakyo (4,160m) Duration: 5-6 hours.

Description

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