

Phoksundo Lake Tea House Trek - 12 Days

The **Phoksundo Lake Tea House Trek** is a journey into one of the most enchanting and lesser-explored regions of Nepal — the [Dolpo region](#). This 12-day adventure takes you through lush forests, remote Tibetan-style villages, ancient monasteries, and finally, to the iconic [Phoksundo Lake](#), renowned for its mesmerizing turquoise waters. Unlike the busy trails of Annapurna and Everest, this trek offers an off-the-beaten-path experience filled with peace, serenity, and raw natural beauty.

Nestled within [Shey Phoksundo National Park](#), Nepal's largest national park, this trek gives you an opportunity to witness the region's untouched wilderness. From dramatic waterfalls and alpine meadows to rugged cliffs and pine-scented forests, every turn reveals a stunning new landscape. The natural wonder of Phoksundo Lake is the main highlight, but the entire journey is equally magical.

One of the key attractions of this trek is the chance to experience authentic **teahouse treks in Nepal**. You'll stay in simple but cozy teahouses run by local families, where you'll be treated to warm hospitality, hearty meals, and the chance to interact with locals. This blend of adventure and comfort makes the trek accessible to a wide range of travelers, from first-time trekkers to seasoned explorers.

If you're looking for a trek that combines natural beauty, cultural immersion, and adventure in an unspoiled part of Nepal, the **Phoksundo Lake Tea House Trek** is your perfect choice. This isn't just a trek — it's a journey of discovery, reflection, and connection with nature.

WHY CHOOSE THE PHOKSUNDO LAKE TEA HOUSE TREK?

- Stunning Natural Beauty:** Walk through verdant forests, dramatic cliffs, and quaint villages leading to the otherworldly beauty of Phoksundo Lake.
- Comfortable Teahouse Accommodation:** Unlike camping treks, you'll enjoy warm beds and traditional Nepalese hospitality at local teahouses.
- Cultural Immersion:** Meet the indigenous communities of Dolpo, explore ancient monasteries, and learn about Tibetan-Buddhist influences in the region.
- Accessible Adventure:** With no need for camping gear or technical climbing skills, the trek is suitable for adventurers with moderate fitness levels.
- Escape the Crowds:** Unlike the busier Everest and Annapurna routes, Phoksundo Lake Trek offers peace, tranquility, and unspoiled natural beauty.

WHAT MAKES THIS TREK UNIQUE? A PERSONALIZED VIEW

"This trek is more than just a journey to Phoksundo Lake. It's a chance to reconnect with yourself. Every sunrise feels magical, every village tells a story, and every step on the trail feels like a step closer to inner peace. The lake's turquoise glow will forever stay in my heart." – Anna, Past Trekker.

Unlike other treks, the Shey Phoksundo Lake Tea House Trek takes you into an untouched part of Nepal where nature reigns supreme. Walking from waterfall to the forest is magic at every place. This should be coupled with the plain and friendly facilities of the teahouses, and what you've got is the adventurous and cosy.

BEST TIME FOR THE PHOKSUNDO LAKE TEA HOUSE TREK

The [best time for the Phoksundo Lake Tea House Trek](#) is during the **spring (March to May)** and **autumn (September to November)** seasons. During these months, the weather is clear, and temperatures are mild, making it ideal for trekking. The trails are dry, and you can expect stunning views of the Phoksundo Lake's brilliant turquoise color.

While trekking is still possible during winter (December to February) and monsoon (June to August), trails can be slippery, and weather conditions are unpredictable.

Don't wait! Book your spot today and make your dream trek a reality. [Contact us](#) to create a personalized trekking experience that's as unique as your sense of adventure.

PRICE INCLUDES

1. 3-night hotel in Kathmandu on a bed and breakfast basis.
2. 1-night hotel in Nepalgunj with Bed and breakfast.
3. Domestic flights Kathmandu – Nepalgunj – Juphal and return airfare.
4. One expert trek leader or Hire Norbu along with a local assistant
5. All meals (the best and healthiest food in the local tea houses) and accommodations.
6. One porter for two members
7. Insurance for crew and pack animals
8. Lower dolpo permit and National park fees

PRICE EXCLUDES

1. Visas
2. All optional additional tours or activities during free time
3. Transportation outside of the tour program
4. Travel insurance (compulsory to have insurance that covers helicopter evacuation)
5. Tips for Porters and leader tips on your discretion
6. Items of a personal nature, e.g., alcoholic drinks, bottled beverages, laundry, souvenirs, etc.

ITINERARY IN DETAIL

Day 1: Day 1: Arrival in Kathmandu (Hotel)

When you arrived in Kathmandu Airport (TIA) you will be directly transferred to 3 stars hotel by private car or tourist bus. You will be exhausted after long flight so you can relax in the hotel in the evening you will be invited for welcome dinner and your tour guide will brief you regarding the trek and further preparations.

Day 2: Day 2: Fly from Kathmandu to Nepalganj 1 hour (Hotel)

For Dolpo Phoksundo Lake trek you are compulsory to have special permit from department of immigrations we will make the permit before evening.

In the evening we will fly to Nepalganj for one hour then you will directly transfer to hotel by private car. In the evening you will order your cuisine and enjoy with the ambience of hotel.

Day 3: Day 3: Fly to Juphal airport (2400m, 7874 feet) 35 minutes and trek to Chhepka (2700m, 8858 feet) 6-7 hours

Early morning we need to depart for Dolpa flight in this day flight will be depend on weather if weather is fine then flight will be on time if not then cancellation percent is high. After 35 minutes flying with stunning mountains and low land terrain we will landed on Juphal airfield. We will have our breakfast in Juphal then we commence for trek.

Descending till Bheri river and we will again follow the river and turn left towards Phoksundo river. After 20 minutes later we will encounter with Shey Phoksundo National park office then we will have our national park entry then again we go through the Phoksundo river. During your trek in this region red and brown rocks can be seen blue Phoksundo river is almost with you till Phoksundo Lake, some wild animals like Ghoral (wild sheep), Blue Sheep and monkeys on the route.

Day 4: Day 4: Trek to Samjana Hotel (3200m, 10498) 6-7 Hours

Embark on an adventure trek the trail will attract you entire your trekking. Hiking along the forest trail side and clean Phoksundo river will be your co-partner till your destinations. The path sometimes take you up and sometime take you down but you never feel disappointing with the nature and surrounding.

Samjana hotel is your last night before Phoksundo lake. You will be well acclimatized on elevations of 3200m or 10498 feet for next day trek.

Day 5: Day 5: Samjana hotel to Phoksundo Lake 4-5 hours (3640m)

Embark on an adventure trek Phoksundo lake is your final destinations. Turquoise Phoksundo lake and Phoksundo waterfall will shock you with its beauties after your hard few days trek.

Phoksundo Lake is situated on an elevation of 3640m, 11942 feet from sea level and its in territory of Shey Phoksundo national park and Shey Phoksundo Rural municipality ward no 8. Rigmo village and Thasang Tsoiling Bon monastery are the special attractions of the region.

Day 6: Day 6: Rest and explorations day in Phoksundo lake

During your Off day in Phoksundo You have plenty of options to do.

1. Visit Bon Monastery

Thasang Tsoiling Bon Monastery is indeed located near Phoksundo lake. Its a Bon Monastery, which is a Tibetan Buddhist tradition, and its known for its stunning setting amidst the Himalayas near the tranquil Phokundo Lake. Its a significant spiritual and cultural site in the region.

Day 7: Day 7: Trek to Pugmo village 5-6 hours (3200m) 10498 feet

Trekking in the Phoksundo region, its remoteness always nestled in the Himalayas, known for its picturesque scenery and traditional Tibetan Culture. Due to its remote location, Pugmo village has preserved its unique cultural heritage and way of life.

The trail between the Phoksundo lake and Pugmo village you might see some wild animals like Blue Sheep, Himalayan Thar and different kinds of birds. A Army Check post is just before the Pugmo village.

Day 8: Day 8: Trek to Chhepka 6-7 hours

Returning same way back is another adventure while nature changes its way within short period of time. Leaving Pugmo village with beautiful memory and trek to chhepka the trails remains the as usual but the experiences will be different.

Day 9: Day 9: Trek To Juphal airfield 6-7 hours

Early morning after heavy breakfast you will leave small hamlet chhepka and continue to Your destinations. You will get your lunch in Kagani or Suligad depends on your Pace.

Day 10: Day 10: Fly back to Nepalgunj and same day in Kathmandu

Take a morning flight to Nepalgunj and then to Kathmandu. Enjoy a farewell dinner in the evening.

Day 11: Day 11: Rest and sightseeing in kathmandu

Day 12: Day 12: Departure

We'll transfer you to the airport for your onward flight. Have a Safe Flight!!

FAQ

1. How difficult is the Phoksundo Lake Tea House Trek?

The Phoksundo Lake Tea House Trek is classified as moderate. It requires good physical fitness, but you won't face any extreme high-altitude climbs. It involves 5-7 hours of walking each day on diverse terrain, including forested paths, river valleys, and steep ascents. While it doesn't require technical climbing skills, good physical fitness is necessary due to the altitude and varying trail conditions.

2. How much does the Phoksundo Lake Tea House Trek cost?

The price ranges from \$1,500 to \$2,500 per person, depending on group size, guide and porter fees, and flight costs.

3. Do I need a permit for the Phoksundo Lake Tea House Trek?

Yes, you will need a Shey Phoksundo National Park entry permit and a Trekking Information Management System (TIMS) card. These are typically arranged by your trekking agency.

4. What type of accommodation is available on the Phoksundo Lake Trek?

Accommodation on the Phoksundo Lake Tea House Trek is primarily in tea houses, simple lodges offering basic amenities like a bed, blanket, and meals. The facilities become more rustic as you ascend, especially near the lake, so bringing a sleeping bag for added comfort is advisable.

5. Is the Phoksundo Lake Tea House Trek suitable for beginners?

While the Phoksundo Lake Tea House Trek is moderately difficult, it can be suitable for beginners with good physical fitness and prior trekking experience. The trek's manageable daily distances and the availability of tea houses for accommodation make it accessible, though beginners should prepare for the altitude and physical demands of the trek.

6. Can I do this Phoksundo Lake Tea House trek solo?

Yes, but it is highly recommended to hire a guide or porter. The trail is quite remote, and the local guidance is invaluable. It also ensures your safety in case of any emergencies.

7. Are there teahouses along the route?

Yes, this is one of the most popular teahouse treks in Nepal. You'll stay in simple yet comfortable lodges run by local families, where you can enjoy meals, shelter, and warm hospitality.

8. What is the highest point of the trek?

The highest point is Ringmo Village (3,600m), near the banks of Phoksundo Lake. There is no extreme altitude gain, which makes it a great trek for those who want adventure without the risks of high-altitude sickness.

9. Can I charge my phone and access Wi-Fi?

Electricity is available in teahouses, but it may have a small cost for charging devices. Wi-Fi is rare, so expect a digital detox — but that's part of the magic!

10. Why should I choose the Phoksundo Lake Tea House Trek?

This trek offers unmatched natural beauty, peaceful surroundings, rich Tibetan culture, and a chance to experience authentic teahouse treks in Nepal. It's a chance to see a part of Nepal that few get to witness.

