

## Overview

Dudhkunda lake trekking is one of most precious off the beaten trekking trail in lower part of Mount Everest where very less trekkers do this trek. This lake trek is also known as holy lake trek which is special religious lake in Solukhumbu district of Nepal and there is one religious worship going to held every year in full moon of August. This trek covers two main area of lower part of Everest, one is Pikey hill and another is Dudhkunda lake itself. you may find it Pikey hill trek or dudhkunda lake trek or combined name pikey dudhkunda trek too. Since we are specialized operator of this area, we know much more than other operators do and our 14 days itinerary is one of short and best itinerary that starts from Patle, a small hilly village located at almost 2600m where you will drive by private jeep from Kathmandu. this trek ends at Phaplu which is local Airport area after trek of this Circuit with very nice views of Mountains, villages, monasteries... you will fly back to Kathmandu.

Dudh Kunda Trekking is suitable for trekkers who wish to leave conventional circuits and to meet with villagers. The purpose of this trip is the discovery of a Sherpa village and its traditions through a 12 day trek and climbs the Pikey Danda (4065m). Beyond the physical passing, this adventure will allow you to share moments of daily life of indigenous peoples. Dudh Khunda Lake trek is new and unique trek that has been designed by look at the high mountains and remote Solu Khumbu region. Though less high and famous than the neighboring Khumbu, it is likewise inhabited by the friendly Sherpa people. Solu also receives far less trekking traffic than the Khumbu so; it is making more cherished and real experience of the trek. Dudh Kunda Lake (which literally means milky lake) is situated at the foot of Numbur Himal, locally known as Shoring Yul Lha, Protector of Solu.

Dudh Kunda Lake is believed to be the abode of Lord Shiva. The devotees believe that taking a dip into the ice cold lake will absolve them from all their sins and bless childless families with children. The trail takes you through dense forests of rhododendron, pine trees and variety of wildlife; such as mountain thars, bears, leopards and birds. Amazing views of flora and fauna and experience of diverse cultures of Sherpas, Khaling Rais, Tamangs, Magars, Gurungs, make this journey a lifetime experience. The hospitality of the locals is one of the most heartwarming experiences of the Solu area. Moreover, you will enjoy panoramic Himalayan views of Everest, Numbur, and Everest Himalaya range. This is a journey to a part of the world where very few people have set foot until now, a cultural journey for young to old and for all.

## Itinerary Details

### Day 01 : Arrival Kathmandu (1300m/ 4264ft)

Our office Staff with Car & driver will welcome, greet you at International Airport on Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet

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you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself. In the evening we will take you to excellent traditional Nepalese Restaurant where you will enjoy Local Cultural dance program as well as 6 course meals. Overnight at Hotel (Dinner, Breakfast included)

### **Day 02 : Drive Kathmandu To Patale, Kerung**

Estimated Time: 8-9 hours We leave Kathmandu early morning with private jeep after breakfast, Patale is place where we stop for overnight and see nice views of Mountains in first day of this trek, it offers view of Everest, Numbur Himal and many others in clear day. Overnight at Guest house. (Breakfast, Lunch and dinner included)

### **Day 03 : Trek To Jhapre- 5 hours**

slowly after breakfast we start today's trek to Jhapre, today's walk is easy trail, sherpa's village. mountains views, valley view and more, we also visit local monastery in this trail.

### **Day 04 : Trek To Pikey Danda(4070m./13353ft.), we overnight at Pikey base camp**

It's about 4 hours walk to Pikey Danda. Pikey Danda is the one of the best place to see the panoramic view of the mountains and valley. This is the place from where you can see the top of the world Mt.Everest and many other mountains. There also you can visit the cheese factory where they make himalayan yak cheese. Stay overnight in hill with such a great view and stars light at night as well. Overnight at Guest house (Breakfast, Lunch and dinner included)

### **Day 05 : Trek To Junbesi Village (2580m./8464ft.)**

It's about 7 hours walk today. You will walk through the jungle, hill and villages. Its such a great walk today while you are passing the way from jungle you will have chance to see wild animals and of course many different birds. Junbesi is such a beautiful village. There are few monasteries and many Chorten as well. Enjoy the Buddhist culture and local food. Stay overnight in Junbesi village. Overnight at Guest house (Breakfast, Lunch and dinner included)

### **Day 06 : Trek To Thupten Chholing Gompa (3000m./9842ft.)**

It's about 3 hours walk to Thupten Chholing Gompa. Trail to Gompa from Junbesi is very beautiful and pass the several villages and potato field. Thupten Chholing Gompa is the place where most of the monks live there. It's big monastery and there are many monks that they came from Tibet long time ago. There you can go to pray in the morning and evening in the monastery. You will enjoy the being here. Overnight at Guest house (Breakfast, Lunch and dinner included)

### **Day 07 : Trek To Beni Kharka**

It's about 6 hours walk to Veri Kharka. We start to walk to the Dudhkunda lake and we can't get village couple of days so we will stay in the jungle. It's really great path with incredible view and landscape. You will have fun to do this trekking, stay in the jungle on tent. You will see the wild animals and many birds. Overnight at Tented Camp (Breakfast, Lunch and dinner included)

### **Day 08 : Trek To Dudhkunda Lake**

It's about 6 hours walk to Dudhkunda lake. You will see the beautiful holy lake Dudhkunda lake on lap of the Numbur Himal. You will stay two night in Dudhkunda lake. This is your destination for for this trekking so enjoy the being here and such an incredible view. Overnight at Tented Camp (Breakfast, Lunch and dinner included)

### **Day 09 : In Dudhkunda (Exploration Day), trek back to Khamdanda**

This is free day in Dudhkunda lake so walk around the lake and go up to view point. This is the great Hindu people holy place so pray for your bright future, and visit the temple as well. You will see such a nice sunrise and sun set from Dudhkunda. Enjoy the nature and culture. we trek back to Khamdanda today or near by Overnight at Tented Camp (Breakfast, Lunch and dinner included)

### **Day 10 : Trek To Taksindu**

It's about 8 hours walk to Taksindu gompa. Such a great walk to the Tasksindu gompa. Taksindu Gompa is located in hill with best view and incredible place. Taksindu monastery is really nice monastery. You will feel great to be here. Visit the monastery and see their culture. Stay overnight in Taksindu Gompa. Overnight at Guest house (Breakfast, Lunch and dinner included)

### **Day 11 : Trek To Chayanmiteng( Gumne/Mera)- 7/8 hours**

Today we walk Chayangmiteng Village, a typical village with new monastery and small sherpa village crossing via forest land of Kyamje Hill. It is about 7-8 hours of trek today through different trees, plants.

### **Day 12 : Trek To Phaplu**

Then last day walk about 4 hours to Phaplu airport. In the afternoon walk to the sallery market where located district headquarter of solukhumbu, its half an hour walk from phaplu. The walk back to phaplu and in the evening make last day party in Phaplu and thank for the all the staff and Goodbye to them with hoping to see them again. Overnight at Tented Camp (Breakfast, Lunch and dinner included)

### **Day 13 : Fly Back To Katmandu**

In the morning its about 35 minutes fly to Katmandu. Himalayan Joy adventure will pick up you from the airport and transfer to the hotel. Be fresh in Katmandu after two weeks trekking in mountain and enjoy the walking around in Katmandu. Overnight at Hotel (Breakfast included)

### **Day 14 : Departure to Airport and Fly Back to Home. (B)**

Our airport representative will take you to international airport according to your flight time. Garland or traditional scarf will be put on your Neck for good wishes.