

Dudh Kunda Phaplu Trek

URL: <https://himalayan360.com/trip/dudh-kunda-phaplu-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking and Hiking

Start / End Point

Kathmandu / Kathmandu

Duration

7

Destination

Nepal, Everest Region

Language

Nepal, Everest Region

Per Person From

USD 750

Region

Everest Region

Max. Altitude

4561m

Best Season

Feb - mid-April | Sept - late Nov

Trek Distance

46KM

Transportation

Private

Accommodation

Tea house

Meals

All Meals (Breakfast, Lunch & Dinner) during the trek

Overview

Dudh Kunda Phaplu Trek 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. Dudh Kunda Phaplu Trekking trail takes you all the way through the ancient trading routes, crossing the river valleys, narrow ridges, up and down hills, beautiful Rhododendron and pine forests alive with wild animals /birds such as Mountain Thars, Bears, Leopard, Jackal, pheasant up to Dudh Kunda also called Milky lake. The trail to Dudh Kunda trekking starts from Phaplu after we take a flight from Kathmandu to Phaplu. The trail then follows the follow a route via Salleri- Ringmo - Taksindu- Beni to Dudhakunda or fly via an alternative way from Rumjatar- villages settled with Gurung people where you get an opportunity to experience their culture. Rumjatar is famous for a woollen mat called 'Radi'. From here you can climb pike hill which is one of the famous hills offering the most spectacular view of almost all the magnificent mountains in the region via Okhaldhunga. You can also follow an alternative trail all the way passing through the places like Jiri -

Sivalaya - Bhandar - Junbesi - Dhudh Kunda 5,000 m. This trail will take you through the pike peak and famous Goli Gompa up to the holy Lake Dudh Kunda which is the final destination of our trek where we can view the amazing lake. From the lake vicinity, you can enjoy panoramic views of the Everest Himalayas ranges.

Itinerary

Day 01: Fly from Kathmandu to Phaplu and trek to Salleri

Today you will fly a scenic flight from Kathmandu to Phaplu. You will fly through the beautiful panorama of rivers, forests and different villages. Phaplu is considered the starting point for the Khumbu region treks and it also has an airstrip. You cross a hospital and a landing strip at Phaplu which is followed by a market at Salleri. You will now trek to Salleri.

Distance:

6-7hrs

Highest Altitude:

2390m

Accommodations:

Lodge

Day 02: Trek from Salleri to Takshindu

On your second day, you will go to Takshindu from Salleri passing through Tigmo Village. Your way leads to many scattered farmlands. This trail ascended through several Sherpa and Rai villages. You go through forest areas from where you can see the first sight of Mt Everest, Khumbu Himal and other peaks. From here you will climb short to reach Ritmo. You then walk into the lovely forested areas to reach the top of Takshindu. You will visit monasteries there.

Distance:

6-7hrs

Accommodations:

Lodge

Day 03: Trek from Takshindu to Beni

After having proper breakfast in the morning you will trek towards Beni. Your trail goes through Sahasrabeni. You will follow the path with the views of Mt. Number, Mt. Khatang, Mt. Karyolung and other mountains as well. On your way, you will also cross the green dense forests of rhododendron, pine and other vegetation. You will also cross through the yak farms and monastery until you reach Beni.

Distance:

5-6hrs

Highest Altitude:

3972m

Accommodations:

Lodge

Day 04: Trek from Beni to Dudh Kunda

Today your destination is to reach Dudh Kunda lake from Beni which is really famous for Hindus and Buddhists to perform different rituals. Lake is situated at the foot of Number Himal, locally known as Shorong Yul Lha, meaning "Protector of Solu". Lake is believed to be of religious value. It is believed that if you take a dip into that lake you can take off some of your sins too. Your way goes through the glacier. Many migrating birds can be seen there during the rainy season.

Distance:

5-6hrs

Highest Altitude:

4560m

Accommodations:

Lodge

Day 05: Trek from Dudh Kunda to Rigmo

After having breakfast, you will head towards Rigmo. Your trail is really enjoyable. After walking nearly 7 to 8 kilometres you will reach Rigmo. Rigmo is popular for yak cheese and apple wine. Rigmo is a civilized prosperous village of the Sherpa community.

Distance:

5-6hrs

Highest Altitude:

4560m

Accommodations:

Lodge

Day 06: Trek from Rigmo to Phaplu

Today morning first you will have your breakfast and start your trekking to Phaplu. You will retrace your same previous route. First, to reach Phaplu you will go through the forest to reach Takshindu. Your trail passes through the pasture land which is rich in Himalayan Vegetation. Then you will reach Phaplu. This will be the last day of your trek.

Distance:

5-6hrs

Highest Altitude:

2413m

Accommodations:

Lodge

Day 07: Phaplu to Kathmandu

At the apportioned time in the morning, you will drive back to Kathmandu from Phalpu. You can also have a delightful view during the drive on your way. It takes almost 7-8 hours to reach Kathmandu and you will directly go to the hotel to get some rest.

Distance:

8hrs

Highest Altitude:

1400m

COST

Cost Includes

- Airport Pickup after Arrival in Kathmandu on Request
- All Land Transportation as per Itinerary
- 3 Meals per Day During the Trek (B L D) Including Tea or Coffee
- Domestic Flights (Kathmandu - Phaplu - Kathmandu)
- An Experienced, English-Speaking and Government-Licensed Trek Leader and Assistant Trek Leader (6 Trekkers: 1 Assistant Guide)
- Porter Service (2 Trekkers: 1 Porter)
- All the Staff Salary, Insurance, Equipment, Domestic Airfare, Food and Accommodation
- Down Jacket and Sleeping Bag (To be returned after the Completion of the Trip)
- All the Required Paperwork, Documents
- Trekking Permits (National Park Permit and Khumbu Pasang Lhamu Rural Municipality Entrance fee)
- All the Local and Governmental Taxes
- Medical Kit (Carried by Trek Leader)

Cost Excludes

- International Flight and Visa Fees
- Trekking Equipment
- Extra Baggage Charges
- Extra Night Accommodation in Kathmandu (In case you arrive early or departure late and early return from the mountain due to any reason) than the Scheduled Itinerary
- Lunch and Dinner in Kathmandu
- Any Type of Personal Expenses such as Alcoholic Beverages, Phone Bills, Internet Bills, Laundry, and Hot Shower
- Emergency Rescue and Travel Insurance
- Trip Cancellation Cost
- Accident or Health Issues
- Loss Theft or Damage of Personal Properties (We advise you to take out Personal Travel Insurance)

- Tips and Gratuities

Group Discounts Available

No. of Persons	Price per Person
1+	USD 750

Address

Address:

Galkopakha Marg - Kathmandu - Nepal