

Dudh Kunda Cultural Trek



Dudh Kunda Cultural Trek is neighboring with Everest region to the north and this is unique trek to provide an insiders look at the high Himalayas and the remote sherpa villages. This area is inhabited by the friendly sherpa people, the interaction with whom will be an unforgettable highlights of the trip.

This trek area receives far less trekking traffic than Khumbu. Making for a more intimate and traditional experience than is commonly available further north. We can do visits to several important monasteries of the area, the focus is really on getting into the untraveled high country, Dudhkund Lake (holy lake) on the base of the Numbur and Karelung Mountain where every year in the month of July/August on the full moon day, big festival is celebrated. It is the holy place for both Hindus and Buddhists people. We encounter where the only people are local yak herders grazing their animals.

We fly to Phaplu airstrip and trek through beautiful forest and high ridges enjoying the Panoramic himalayan scenery including mount Everest. We passing a beautiful terraced fields, Sherpa villages, ancient monasteries, prayerwalls, green pine and rhododendron forests as we reach the Dudhkund lake (highest place around the area) at the lap of Numbur and Karyelung mountain.

Duration: 12 days

Price: \$1750

Rating: 5 Star

Group Size: 02-15 Person

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

Equipment Lists:

- 1.

Sleeping bag (down), rated to -10 degree centigrade (If you don't have them it can rent in Kathmandu for your trek period).

2. Sleeping bag liner (optional)
3. Hiking boots should be light weight to medium weight leather or Gore-Tex. Your boots should fit well and be completely broken in prior to your trek.
4. Sneakers or sandals for camp and town.
5. Socks, thin liners (polypro or silk), thick outer socks (wool or polypro). Bring 3 changes of socks.
6. Thermal underwear, polypropylene or other synthetic (No cotton).
7. Lightweight hiking pants, Insulating pants (fleece or equivalent), Rain pants.
8. Several t-shirts, both long and short sleeved.
9. Shirts long sleeved.
10. Rain jacket/poncho(Gore-Tex) or equivalent is ideal
11. Down jacket.
12. Fleece Jackets
13. Warm hat.
14. Hat for sun protection.
15. Gloves or mittens.
16. Quality sunglasses with 100% UV and IV protection. (It is also recommended to bring a spare pair)
17. If you wear prescription glasses or contacts, bring spares.
18. Two (2) good quality 1 liter water bottles.
19. Trekking poles. (optional, and can be purchased in Kathmandu)
20. Flashlight or headlamp with extra batteries.
21. Reading/writing materials.
22. Pictures of where you live, your family, and what you do. (to share with people along the way).
23. Camera and spare batteries.
24. Special snack items in zip lock bags.
25. Ear plugs (for travel)
26. Particle masks (for dust)
27. Toilet kit with towel, washcloth, bandanna, scrub brush, short clothes line, safety pins, mesh laundry bag, biodegradable soap, toilet paper, pre-moistened towel, toothbrush, toothpaste, etc.
28. Women: bring extra sanitary supplies and zip lock bags to pack out used materials.
29. Personal medical/first aid kit with aspirin, ibuprofen or acetaminophen, nasal/throat decongestant, topical antiseptic, band-aids/bandages, sunscreen and lip balm, laxative, anti-diarrhea medicines, antacid, water purification tablets (or filter), moleskin, bug repellent, and any personal prescriptions or medical items.

Other Informations:

Nepal Entry Visa

Foreigners who intend to visit Nepal must hold valid Passport(6 months) or any travel documents equivalent to passport issued by the government for visiting a foreign country.

You can obtain the Nepal visa up on arrival at Tribhuvan international airport, Kathmandu. Also you can apply the Nepal visa online now. The application for the tourist visa has to be filled and submitted through this link of Nepal Immigration, <http://www.online.nepalimmigration.gov.np/tourist-visa>. Please bring the printed copy and show them at the immigration in Kathmandu with the visa fees and 2 copies of passport sized photos. US\$ 25 or equivalent foreign currency for 15 days multiple entry visa, US\$ 40 or equivalent foreign currency for 30 days multiple entry visa. We suggest you to take cash in hand. If you haven't applied online visa then visa form will be provided during your flight to Nepal.

Note: Free Visa for Chinese citizens including HKSAR Passport holders.

Trekking Season

The two most pleasant seasons for trekking in Nepal are spring and autumn. The spring season is considered to be March to May. During the spring months flowers are in bloom in the forests so it can be quite beautiful though it can also be bit cloudy, especially in the afternoon. Autumn season is considered September through November. In autumn season you will get the best mountain

views, with clear skies usually all day long. The fall season is slightly cooler with average temperatures. December is also generally the driest month of the year. Trekking in Nepal is possible at any time of the year. It is worth remembering that we will get 75 percent of annual rainfall from the mid June through the August. This period is considered as the monsoon season. Winter in Nepal is considered December through February. These months are the coldest in temperatures depending on where you are. At higher altitudes in the Himalayas temperatures will drop below freezing and it can be extremely cold at night.

A typical day of trekking

The trekking day begins early at around 6.30AM in the morning with a cup of wake up tea. Before breakfast, pack your duffel bag which is carried by porters by keeping some essential things in your daypack. After breakfast, we are usually starting the good morning walk. After 3-4 hrs walking, we stop for lunch. Allowing about 1 - 2 hours for lunch break then we continue the walk to the destination where we stay overnight. We reach the teahouse/ camp by afternoon, as the afternoon walk is generally shorter than the morning. Check in the room and having afternoon tea, side trips or other activities are generally organized. You can spend the afternoon as you wish then meet for the dinner around 7PM and sleep.

Geography of Nepal

Nepal covers the land area of 147,181 sqkm, stretching 800km from east to west and 90 to 230km from north to south. Nepal is land-locked between China (including the Chinese autonomous region of Tibet) and India. Nepal has three geographic regions; the mountainous Himalayan belt (including 8 of the 14 highest mountain peaks in the world), the hill region and the plains region. Nepal contains the greatest altitude variation on earth, from the lowland Terai, at almost sea-level to Mount Everest at 8848 metres. Nepal is divided into five development regions and seventy-five districts. Where as high Himalayas occupy 16% of the total land area of Nepal with elevation ranging from 4,000m to above 8,848m. This region accommodates the eight of the highest peaks in the world; Mt. Everest (8848m), Kanchanjunga (8586m), Lhotse (8516m), Cho Oyu (8201m), Dhaulagiri (8167m), Mt. Makalu (8463m), Manaslu (8163m) and Annapurna I (8091m).

Currency in Nepal

Nepali Rupee notes come in Rupees 5, 10, 20, 50, 100, 500, 1000 denominations. Coins come in Rs. 1, 2 and 5 denominations. Foreign currencies must be exchanged only through banks or authorized money exchangers. Banks are usually open from 09.30 am to 3.00 pm Sundays through Thursdays and from 10.00 am to 1.00 pm on Fridays. Saturdays are closed.

Credit Cards

All major cards are accepted for tourist services. There is usually a 4% mark-up on top of the price.

Climate change

Nepal is one of the most vulnerable countries in South Asia to climate change, yet it has limited capacity to address impacts of climate change or to take advantage of the opportunities. It has a highly variable climate and fragile ecosystems. The Himalayan glaciers are retreating faster than any other major body of ice. With climate change, climate variability, a driver of poverty in a country where 60% of the population is reliant on agriculture, will only increase. The monsoon rains are already more intense, but of shorter duration, and are arriving later, which has a devastating impact on the rice fields. The Greater Himalaya region is the water tower of Asia. Nepal sits at a strategic point, in the headwaters of the Ganges basin. 500 million people live in this basin, which is one of the most flood prone in the world. Currently Nepals Himalayan Rivers supply 70% of the dry season water in the Ganges and 30% of the peak flood waters. Nepals potential for hydropower is 100 times its existing energy use. Current development of rivers

are sub-optimal, focusing solely on hydro rather than also storing water in the summer to use for irrigation during the rest of the year and reduce flooding.

Clothing in Nepal

From April to the end of September, it is warm in Kathmandu. In Nepal clothing for travelling purpose should be comfortable and light weight. You can also wear longer shorts provided that it is weather-friendly. In the months of October to the end of March, days are usually warm and evenings are cool. Put on your summer clothes during the day time but in the evening and night it is advisable to carry a light jacket. Winter season starts from December to February. One must be equipped with sufficient winter wears like down jackets, sweaters, trousers etc to stay protected from the cold. In accordance to Nepali weather you can have your clothes well-packed in your luggage or you can also purchase clothes of your choice and needs from the clothing stores in Kathmandu.

Health issues/Altitude sickness

Those in good health should have no difficulty traveling to Nepal. But people with health conditions including asthma, diabetes, high blood pressure, epilepsy and cardiac problems should seek a doctor's approval before planning a trip to Nepal.

Trekking and Climbing in Nepal involves high altitude and can be strenuous. Simple headache, fever, loss of appetite or stomach disorders can happen before the acclimatization. Altitude sickness, if not treated when symptoms first appear, can lead to death. Often known as AMS or Acute Mountain Sickness, it can ruin a Treks and Climblings and should be treated very seriously. The Himalayan Mountains begin where other mountain ranges end. As altitude increases, specially above 3,000 metres, the air becomes thinner, creating certain difficulties for the human body. Youth, strength and fitness make no difference here. The only prevention is to give ones body time to adjust to high altitude. Those who go too high too fast are liable to be victims of Acute Mountain Sickness. To minimize its threat, we recommend following these advice:

- 01.** Drink adequate fluids. At 4,300 metres for example, the body requires 3 to 4 litres of liquid a day. At low altitudes try to drink at least 1 litre a day.
- 02.** Accept the fact that you cannot go very high if your time is short.
- 03.** Learn to recognize the symptoms of AMS: headache, nausea, loss of appetite, sleeplessness, fluid retention and/or swelling of the body. The cure is to climb no higher until the symptoms have disappeared.
- 04.** Do not expect everyone in your group to acclimatize at the same rate. If you experience such discomforts, tell the accompanying travel High Solu facilitators immediately.
- 05.** For the sake of safety, if the trek leader deems it necessary to ask a participant who is suffering from AMS to descend, he will have the authority to do so even though it may go against the will of that participant.

People and Religions of Nepal

Nepalese people are mainly divided into two distinct groups, the Indo-Aryans and the Mangoloids. Since 2008AD, Nepal has been declared a secular country. The Hindu Temples and Buddhist Shrines are scattered all over the Kingdom. Nepal is the birthplace of Lord Buddha, Herald of Peace, The Light of Asia. Hindus, Buddhists, Muslims and Christians live together in harmony. And other nature worshippers, too, exist here. Ethnic diversity and custom of Nepal make Nepal the most fascinating tourist destination in the world. Official statistics indicates that Nepali population of around 35 millions includes more than 90 ethnic groups speaking 100 different languages and dialects.

History of Nepal

Nepal has witnessed many rulers and dynasties play contributing roles in moulding Nepal to present day's Modern Nepal. Kirantis ruled Nepal from 9th century B.C. to 1st century A.D. Later Lichchavis took over Kiranti from 3rd to 13th century and then were followed by Thakuri belonging to Malla dynasty. Then Shah Dynasty held the reign. Prithvi Narayan Shah is solely responsible for today's modern day Nepal for he is the one who united different kingdoms into one single nation in 1769. In 1846, the Kot massacre led by Junga Bahadur Rana backseated the power of monarchy and made Rana regime more powerful. In 1950 Tribhuvan with the support from India restored monarchy. A coalition government comprising the Nepali congress party and the Ranas was thereafter installed with the promise of free elections in 1952. In 1960, Mahendra, son of Tribhuvan tactically established Panchayat system, meaning 'five councils system', by engineering a coup, declaring a new constitution, imprisoning all the leaders of the then government and enforcing a ban on all political activities. People's movement of 1990 opened up a new chapter for a decade of democracy in Nepal which led to multiparty democracy with constitutional monarchy. Democracy came with heavy price leading to incompetent political leaders, political conflicts, Maoist insurgency, corruptions and downfall in national economy. Royal family massacre in 2001 left whole world in complete shock. Gynendra was crowned Nepal's king after his brother, Birendra's assassination. With the advent of 2006 all major political parties committed to reform their past mistakes and Maoist rebels came together with the support from Nepali people and jointly went on several days strikes to restore democracy. Finally, Gynendra handed over the political power to Nepali people and democracy was once again restored in Nepal. Then Maoists has been the biggest political party of Nepal 2008 election. Nepal recently (September 2015) declared the new constitution for the country.

Shopping in Nepal

In the major cities of Nepal, like Kathmandu, Patan, Bhaktapur, Pokhara, you will find well resourced shopping malls. From clothes, shoes, accessories, sports wear, electronic goods, cosmetics, food and decoration items to kitchen wares you can purchase any goods. In Nepal shopping of both local and imported goods are possible. Most shops and clothing stores have fixed price tagged along their goods. But in case of small shops, you can bargain the prices for purchasing goods. While shopping in Nepal it is advisable to carry Nepali currency in cash as most of the shops only accept cash. In Kathmandu, Thamel, Newroad and Durbar Marg are the most popular Shopping centers.

Foods in Nepal

Kathmandu is a paradise for food lovers. Besides Nepali food Nepal restaurants here serve varieties of hygienic delicacies from Indian, Chinese, Tibetan, Japanese, Italian, Australian, Russian, Korean, Mexican, Thai etc to continental at remarkably reasonable price. If you desire to lead a Nepali lifestyle during your stay in Nepal, then there are also some restaurants serving pure Nepali cuisine (Dal Bhat) which comprises of steamed rice, lentil soup and varieties of vegetable/ non vegetable curries. Thamel, the tourist hub of Kathmandu, is well known for many excellent restaurants, cafés and pubs. Pokhara also have numerous restaurants that serve every kind of delicacies complementing your taste. The foods in the mountains (trekking routes) also fresh, hygienic and delicious.

Travel Insurance

Travel insurance is not included in the trip price. It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation (including helicopter rescue) and personal liability. We also recommend that it cover trip cancellation and loss of luggage and personal effects.

Hotels in Nepal

Nepal offers a wide range of accommodation, from 5 star luxury hotels to budget-priced guest houses. Top hotel in Nepal gives you the high quality services. Whatever your requirements are, Nepal hotels can meet them all.

Best Nepal Trekking P(LTD), is always recommend the best Hotels in Nepal for your holidays.

Itinerary:

Day 01: Arrival in kathmandu(1340M)

Arrival in kathmandu and transfer to Hotel which is close to the multitude of shopping centers and restaurants.

Day 02: Fly to Phaplu and Trek to Ratnange Danda (3200M) 3-4 hrs walking.

We will be transferred to the airport early for our flight to Phaplu (2460m). On arrival, we meet our trek crew and enjoy an early lunch. After lunch, we set off along a gently ascending trail toward Garikhasa village through beautiful pine forests and reach at Ratnange danda. Overnight Camping.

Day 03: Trek to Kemje (3550m) 3-4 hrs walking.

Today we hike up to the view point of Ratnange danda after breakfast where we see the panoramic view of mountains including Mt. Everest, Thamserku, Mera peak, Kanchenjunga etc. Then walk along the ridge enjoying the view of the mountains through beautiful forest of rhododendron and pine. We reach up to Kemje Danda (3550m) which is the view point of the mountains and the Sherpa villages of Solu region. Overnight Camping.

Day 04: Trek to Taksindu Monastery(2950m) 4-5 hrs walking.

Today we will walk along the ridge with some descend with enjoying the view of the mountains of Khumbu valley as well beautiful peaks of Numbur and Karyelung. It is an easy walking today along the ridge through dense forest. Once we reach the Taksindu pass then we descend to Taksindu Monastery. Overnight Camping.

Day 05: Trek to Lhuksindo (3425m) 3-4 hrs walking

We will climb back to Taksindu pass and walking off the beaten path which is used by the pilgrimage and local yak herders in the summer. Reach at Lhuksindo and camp overnight.

Day 06: Trek to Saharsa Beni (4150M) 5-6 hrs walking.

Today we climb steep sections through the dense mixed forests of Pine, Rhododendron and Bamboo, reaching the beautiful view point of Kamo danda. Then the trail is slightly easier with level walking with many corners by the mountain and reach at Beni. Camp overnight.

Day 07: Day Hiking to Dudh kunda lake (4650M) 5-6 hrs walking.

This morning we will take a day hike to the Lake on the base of the Numbur and Karyelung Mountain. Every year in the month of July/August full moon day the big festival is celebrated here and thousands of the locals visiting this holy place. It is the pilgrimage site for both Hindus and Buddhists people. We will trek down to the campsite in the same day and stay overnight.

Day 08: Saharsa Beni to Yak Kharka (3600M) 5-6 hrs walking.

Today we will cross the small bridge over dudh Koshi River and climb back to the valley of Pore hill. We walk through beautiful meadows and Kharkas (yak pastures) and reach at Yak Kharka. Overnight Camping.

Day 09: Trek to Junbesi (2675M) 4-5 hrs walking.

Our trail today descends mostly downhill to Junbesi, one of the more prosperous villages in the Solu District. It is home to a school funded and built by Sir Edmund Hillary, several shops and lodges, and one of the more well-known monasteries in Nepal which produces the wood blocks from which prayer flags and religious texts are printed. You may visit the Gompa, meet with the Lamas, or visit a school and meet the teachers and students.

Day 10: Trek to Phaplu (2460M) 5-6 hrs walking.

Today we will walk through the Sherpa villages following Solu River valley. We climb up few hrs before reaching Phaplu to our final destination. Overnight Hotel.

Day 11: Phaplu to Kathmandu by flight (1340m) 35 minutes flight.

We will fly in the morning back to Kathmandu and will be transferred to Hotel. Free afternoon.

Day 12: Departure back to home.

Drive to international airport and fly back home.

Cost Include:

- Airport transfers to/from by private vehicles.
- Deluxe accommodation 2 nights(Twin Sharing Basis) in Kathmandu with breakfast and including all govt. taxes at 3 star hotel.
- Transportation Kathmandu /Phaplu/ Kathmandu by regularly scheduled or chartered flight, domestic airport tax and surcharges.
- Service of guide, cook, kitchen helpers, Sherpa assistance and required number of porters while on trekking and as well their wages, foods and insurance.
- full board meals and all drinks(Tea/coffee/Chocolate)after departing Kathmandu to before arriving back in Kathmandu.
- All necessary trekking equipments(Sleeping tents*north-face* Hard and soft Mattress, dining tent, Sherpa tents, toilet tents, Chair and tables, cooking/eating utensils.
- Agency service charges and all govt. applicable fees.

Cost exclude:

- All meals (lunch/Dinner) during staying in Kathmandu.
- Air travels to and from Nepal.
- visa fee and international airport taxes.
- All personal expenses, travel insurance, rescue charge in emergency.
- Extra cost to due to flight cancellation or road condition.
- Purchases of bottled water while on the trek, gifts and alcohols.
- All personal clothing and equipments including sleeping bag.
- Tips for trekking staffs

Other Features:

- Max. Altitude : 4650m
- Trek starting from: Phaplu
- Trek ending point: Phaplu
- Transportation : Flight and private vehicles
- Accommodation : Hotels & Camping