Dudh Kunda Trek



Trip Overview

Dudh Kunda or Lake of Milk is located in the mountains of Southern Solukhumbhu directly below the Number Mountain Range. Dudh Kunda trek follows off- the- beaten Trail. Known locally as Shorong Yul Lha, Dudhkunda is the holy lake where a great fare is organized each year during Janai Purnima which falls on the full moon night in August. Taking bath in this lake is said to cleanse sin committed by devotees.

Participating in Dudh Kunda Cultural Trek is a rewarding experience where you can get the close-up views of lofty Everest, Number, Pike and other mountains. Witness the wildlife in rhododendron and pine forest.

Dudhkunda trekking route passes through untouched Taksindu and Beni where locals are observing their tradition in original form. There are awesome mountain views, cascading waterfalls, serene lakes, blooming rhododendron forest, locals and migratory birds, floras and faunas and much more. Join this trek in between March to May or September to December for a better experience of walking through blooming rhododendron. Entice in the heart-warming hospitality of locals. The area is largely inhabited by Sherpa, Rai, Tamang and Magar ethics.

Dudhkunda trek is one of the least crowded trekking routes. It starts from Phaplu and passes through Salleri, Ringmo, Taksindu, and Beni to Dudhkunda.

Pike Hill Climbing is another possible option in this area. Alternative Dudhkunda trekking begins from Jiri.

Total Trip Days: 10 Days

Region: Everest Region

Max Altitude: 4,561 M

Activity: Trekking

Difficulty: Moderate +

Group Size: 2-10

Trip Highlights

- Trek to the sacred Dudh Kunda Lake, a site of spiritual and cultural significance
- Spectacular Himalayan views including Everest, Num, Pike, and other peaks
- Cultural interaction with Sherpa, Rai, Tamang, and Magar communities
- Off-the-beaten-path trekking experience with less crowded trails
- Stunning rhododendron forests, alpine meadows, and cascading waterfalls
- Opportunities for wildlife spotting and bird watching
- Experiencing local hospitality and cultural programs along the trail
- Optional Pike Hill climbing for panoramic mountain vistas

Itinerary

Day 1:

Meet, assist upon arrival in Katmandu airport by our representative and escort to hotel in Kathmandu.
Short briefing at the hotel about the itinerary and the do's and don’ts with a

welcome drink for about 15 minutes. Hand over the keys to the respective rooms of the guests.
Overnight at hotel in Kathmandu (No Meals)

Day 2:

Breakfast at hotel
AM: Trekking Preparation
PM: Proceed for sightseeing tour to Pashupatinath Temple and the Boudhanath Stupa
Pashupatinath temple: One of the most sacred Hindu shrines in the world, Pashupatinath lies in the bank of river Bagmati. The two-storied pagoda houses a sacred lingum, or the phallic symbol of Lord Shiva. Although the temple dates back to the 4th century, it was brought into its present shape in the early 18th century. The temple is most noted for its gold-plated roofs and silver-coated doors. Sadhus and sages, who follow the lifestyle of Lord Shiva, are seen covered with ashes and loincloths. The banks of the river Bagmati, is also considered one of the holiest places in which to get cremated and cremations can be witnessed here. All tourists are requested that certain respect is shown for the grieving.
Continue to Boudhanath, possibly the world's largest Buddhist stupa and a site of great veneration for Buddhists. Around the stupa have sprung up number of monasteries of the different sects of Tibetan Buddhism including one (on the west side of the stupa) that houses an enormous seated statue of Maitreya Buddha splendidly adorned.
Overnight stay at hotel in Kathmandu (B)

Day 3:

Breakfast at the hotel
We take 35 minute of scenery filled flight to Phaplu. Our first trek begins from here. Upon reaching, we trek to Salleri and visit Chewang Monastery and local market around here.
Overnight at Simple Tea house lodge/Camping Tent in Salleri (B, L & D)

Day 4:

Follow the descending trail from Salleri. A couple of hours of the walk will take us to Ringmo. Climb the ridge in Ringmo and pass through pretty Sherpa settlements and forest to Takshindu. Cultural show is performed in the evening by locals to welcome the visitors.
Overnight at Simple Tea house lodge/Camping Tent in Takshindu (B, L & D)

Day 5:

Leave Takshindu and hike to Sahasra (3972m). We will follow the scenic path

with views of Numbur Mountain, Khatang Mountain, Karyolung Mountain and other peaks and mountains in the background. We will pass through yak farms and monastery to Beni where we will stay overnight.
Overnight at Simple Tea house lodge/Camping Tent in Beni (B, L & D)

Day 6:

This is the day that we will reach our ultimate destination of Dudhkunda. The trail continues through the glacier. A great fair is observed every year in the month of August during Janai Purnima in the holy lake of Dudhkunda during which devotees from Nepal and India visit this place. Migratory birds can be seen on the shores of Dudhpokhari during the rainy season.
Overnight at Simple Tea house lodge/Camping Tent in Dudhkunda (B, L & D)

Day 7:

5hrs of walk through the pleasant trail will take us to Ringmo. Apple wine and yak cheese are popular in Ringmo. Ringmo is a culturally rich Sherpa village.
Overnight at Simple Tea house lodge/Camping Tent in Ringmo (B, L & D)

Day 8:

Leave Ringmo and traverse the forest to reach Tak Shindo. Sherpa cultural show is available upon request. The trail passes through pasture land that is rich in Himalayan vegetation.
Overnight at Simple Tea house lodge/Camping Tent in Phaplu (B, L & D)

Day 9:

Early morning flight from Phaplu will take us to Kathmandu. We will take 35minutes of scenic mountain flight with views of Cho Oyu, Everest, Langtang and other mountains. You will be transferred to hotel. You can spend the free time on your own.
PM: Farewell Dinner at a local restaurant with cultural program
Overnight stay at the hotel in Kathmandu (B & D)

Day 10:

Free till departure and later, transfer to the International airport to connect the flight to onward destination.

Route Map



ALTITUDE CHART

