Dudh Kunda(Milky Lake)Trekking in Everest



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Regarded as a sacred place, hundreds of Buddhist pilgrims visit Dudh Kunda in order to pay respect to their natural deities. The trekking starts from Phaplu, which still host a passive airstrip that is rarely used once Lukla airport came into existence. The trails wind through forests of juniper, oaks, and pine stopping over at villages of Salleri, Taksindo and Ringmo. All of these settlements are home to Sherpa people who are renowned for their mountaineering skills and Buddhist culture and hospitality. You will come across Buddhist gompas, varied ethnic communities, streams, lakes and wild animals such as black bears, pheasants, snow leopards, Himalayan Thar etc.

The Dudh Kunda likes directly below the lesser know Number Himalaya or Shorong Yul Lha, in a local dialect. Shorong Yul Lha is a deity who is believed to protect every creature of Solu. All along the trek, you will be able to enjoy beautiful glimpses of Everest, Numbur, Karyalung among others. During the full moon Shamans or Jhankris from local community visit the lake for a weeklong celebration of singing, dancing and invoking gods.

The trekking is partly camping and partly tea house. The best seasons for doing Dudh Kunda Trekking is either in Spring or Autumn.

Duration: 11 days

Price: $920

Rating: 3 Star

Group Size: Minimum Pax - 2

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Everest Region

Itinerary:

Day 1: Arrive in Kathmandu, transfer to hotel

You will have leisure time, followed by an evening welcome dinner at a typical Nepalese Restaurant and discuss about the trip, in Kathmandu overnight (1,350m/4428ft.).

Day 2: Sightseeing in Kathmandu city & arranges trekking permit

Today you will have a morning guided tour of Boudhanath and Pashupatinath. Boudhanath is a great white half dome with the Eyes of Buddha painted on it and is one of the most famous cultural icons of Nepal. It is a site of very active worship and nowhere on earth will you encounter such a concentration of varied Buddhist activity. Not far away you will visit one of the holiest and venerated of all Hindu temples, Pashupatinath. Non-Hindus are not allowed inside the golden-roofed pagoda-style temple, but you can glimpse the great gold bull through the doorway. A great pilgrimage occurs here in February, attracting Hindu ascetics and devout worshippers from all areas of the Hindu world. Rhesus monkeys are everywhere around the grounds, riverside cremations are often taking place and there is always a colorful group of ascetic pilgrim visitors encamped in the general area. If time permits you will visit the Tibetan refugee center and Patan, another of the old Kingdoms of the Kathmandu Valley.

Optional Trip: Mountain Flight in the morning which start from 6:40 to till 7:40 Mountain flight will cost extra US$ 200/person will take you to show most of Nepal's and Tibet's mountains including Mt. Everest

Day 3: Drive Kathmandu - Salleri 263km (2362m / drive 10hrs) by Jeep or bus and walk up to Phaplu (2413m) for overnight stay

Early in the morning, we start to drive from Kathmandu to Salleri in a private vehicle. It is a long drive but the road is nice. It is a newly constructed road. During the drive, we can view the panoramas of Riverside, jungle, wonderful landscape and the scattered villages. We cross the bridge at Sunkoshi River and continue through Okhaldhunga. On the way, we can see the incredible peaks as Dudhkunda (Numbur Himal), Everest and others. Then it is a continual drive up and up, which takes us to the district of Solukhumbu-Salleri. Or take 35 minutes flight from Kathmandu to Phaplu and start trek to around Salleri headquarter of the district of Solukhumbu and walk on through rhododendron, and Pine forest.

Day 4: Trek Salleri to Taksindo

After breakfast, we start our foothill journey to Taksindo 3071m via Ringmo village. It goes through the countryside road, down to Dudh Koshi (Milk River) which is wide and then ascends through several Sherpa villages. Our entire hike today is easy and comfortable. The view of Numbur Himal is awesome and the local scenarios accompany it. We cross small streams and hill gorges. From Fera, we walk through the jungle of Pine till we get to Ringmo. We walk furthermore 2 hours to reach Taksindo.

Day 5: Trek Takshindu-Sarsar Beni [3972m]- 9 hrs

Leave Takshindu and hike to Sahasra and 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.

Day 6: Trek Sarsar Beni - Dudh Kunda

This is the day that we will reach our ultimate destination Dudh Kunda is situated at the foot of Numbur Himal, (mountain) locally known as Shorong Yul Lha, meaning "Protector of Solu "Lake is believed to be of religious value. 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 Dudh Kunda during which devotees from Nepal and India visit this place. Migratory birds can be seen on the shores of Dud Kunda during the rainy season.

Day 7: Trek Dudh Kunda - Ringmo [2700m/8856ft] – 6 hours

Trek back 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.

Day 8: Trek Ringmo - Phaplu

Leave Ringmo and traverse the forest to reach Takshindo. The trail passes through pasture land that is rich in Himalayan vegetation.

Day 9: Fly out from Phaplu - Kathmandu (1350m) - 35 minutes

Early morning flight from Phaplu will take you to Kathmandu. We will take 35 minutes of scenic mountain flight with views of Cho Oyu, Everest, Langtang, and other mountains. You will be transferred to hotel. You can spend your free time on your own.

Day 10: Sight Seeing Bhaktapur

Evening together farewell dinner in typical Nepali culture program.

Day 11: Fly back home

Final time for shopping or exploring Kathmandu. You will realize there is much more to do in Nepal. If you have specific requests to see things not included, wish to contact professional peers in an informal setting, or pursue other ventures, let us know and we can easily add extra days to this itinerary to meet your needs. Late morning transfer to the airport for your onward flight or continuing on with other explorations in Nepal.

Cost Include:

- Airport / Hotel / Airport pick up & drop by private car / van
- Kathmandi to salleri private Jeep drive for guest and staff
- Twin sharing on BB plan & single room for odd number at Hotel Blue Horizon in KTM - 4 nights
- Accommodation in local lodge during the trekking period
- Guided city tour in Kathmandu by car / van for 2 days
- All meals (breakfast, lunch and dinner) at tea houses during the trek for 15 days to and from Kathmandu
- 1 government licensed English speaking Guide up to 10 trekkers and 2 for above 10 trekkers during the trek
- 1 porters for every two trekkers to carry the luggage during the trek
- Lukla - Kathmandu airfare for clients and staffs
- National Park permits for trekkers

- TIMS card (Trekker's Information Management System) for trekkers
- Tax, VAT, official expanses and company profit
- Welcome and farewell dinner
- Rest of the land transport as per the itinerary

Cost exclude:

- Lunch and dinner while in Kathmandu
- Your travel insurance (compulsory)
- International airfare
- Nepal entry visa fee (US$ 30 per person) you obtain a visa easily upon your arrival at Tribhuwan International Airport
- Alcoholic baverages, hot and cold drinks, bottle and boiled water, laundry and hot shower in trekking lodge
- Tips for trekking staff and driver
- Sightseeing/Monuments entrance fees in Kathmandu
- Any others expenses which are not mentioned on Price Includes section
- City entrance fee during the cultural tour in Kathmandu
- Tips for your trekking staff