

TREKKING ITINERARY

Dudhkunda Cultural Trail

SOLUKHUMBU	
DAY 1	Fly from Kathmandu to Phaplu (2.469m) - about 35 minutes. Walk to Salleri (2.390m) - about 30 minutes.
DAY 2	Trek to Junbesi (2.700m) - about 5 to 6 hours
DAY 3	Trek to Sengeephuk, via Thuptenchholing (2.920m) - about 7 to 8 hours
DAY 4	Visit Sengeephuk Cave. Trek to Beni, via Basa Khola - about 8 to 9 hours
DAY 5	Trek to Dudhkunda (4.561m)- about 4 to 5 hours
DAY 6	Trek to Takshindu / Ringmo (3.060m) - about 8 to 9 hours
DAY 7	Rest day at Takshindu - Mountain view in the morning and village tour - visit Takshindu Gompa
DAY 8	Trek to Phaplu (2.469m) - about 6 to 7 hours
DAY 9	Fly from Phaplu to Kathmandu - about 35 minutes. **

TREKKING TIPS

TREKKING TIME	9 days
DIFFICULTY	Moderate
BEST SEASONS	Spring & Autumn
HIGHEST POINT	4.561m, Dudhkunda
ACCOMMODATION	Lodges / Home Stay / Camping

** OPTIONAL

From Taksindu, there is another option. Instead of coming to Phaplu, one can carry on to Nunthala. You will visit Sombare, Ratnange and extend your trip with three days. For more information, please contact us!

CONTACT

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