



## Bridge Nepal Treks & Travels

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# They Phoksundo Lake Jeep / Bike Short Tour + Trek Adventure | 12 Nights and 13 Days

<b>Price</b>	1500.00
<b>Duration</b>	N/A
<b>Location</b>	Nepal

## Tour Overview

### Tour and Trek Overview of They Phoksundo Lake Jeep / Bike short Tour

This They Phoksundo Lake Overland Jeep / Bike + Trek itinerary is designed for travellers who want to approach Dolpa by road instead of taking the standard Kathmandu-Nepalgunj-Juphal flight route. The journey follows a long and adventurous route from Kathmandu through Pokhara, Baglung, Rukumkot, Chhinchu, Jajarkot, Tallo Bagar, Dunai and finally Suligad, the entry point of They Phoksundo National Park.

Because there is no direct motorable road all the way to They Phoksundo Lake, the vehicle or motorcycle journey serves as the approach route only. From Suligad, travellers must trek through the Suli Gad river valley, Chhepka, forest trails, waterfalls and Ringmo Village before reaching the turquoise waters of Phoksundo Lake.

### ROAD AND TREK DIFFICULTY EXPLAINED

#### Driving / Riding Difficulty

- The Kathmandu to Suligad route is not a regular luxury highway tour. It includes long driving days, remote road sections, narrow mountain roads, rough tracks, dust, mud

and possible landslide areas.

- Motorcycle riders should have previous experience on hill roads and off-road terrain. This route is not recommended for beginners.
- A strong jeep / 4WD vehicle is recommended for private vehicle groups. Small city cars are not suitable for the full route.
- Avoid night driving or night riding, especially after Baglung, Rukumkot, Jajarkot and Dunai sections.
- Fuel pumps and repair workshops are limited in remote sections. Carry extra fuel and basic repair tools for motorcycle tours.

### **Trekking Difficulty**

- The trek from Suligad to Phoksundo Lake is moderate to challenging because of long walking hours, altitude gain and uphill sections.
- No technical climbing is required, but travellers should be physically fit enough to walk 6-7 hours per day.
- The Chhepka to Ringmo / Phoksundo day is the hardest trekking day because of gradual ascent and long trail distance.
- Good trekking shoes, warm clothing and rain protection are necessary.

### **Packing and Necessities**

#### **For Trekking**

- Comfortable trekking shoes
- Warm jacket, fleece, thermal layer and windproof outer layer
- Rain jacket / poncho
- Day bag, water bottle and personal snacks
- Sunglasses, cap, sunscreen and lip balm

- Personal medicines and basic first aid
- Headlamp / torch with extra batteries
- Trekking poles if needed

### **For Bike / Jeep Adventure**

- Valid driving license and vehicle documents
- Helmet, gloves, riding jacket, knee guard and rain cover for riders
- Bike bluebook, insurance and photocopies
- Extra fuel can for remote sections
- Basic tool kit, tyre tube / puncture kit and spare clutch/brake lever if possible
- Power bank, offline map and mobile charger
- Dust mask / buff and eye protection
- Waterproof luggage cover

### **Important Notes**

- This itinerary is designed as an adventure route, not a comfort-only luxury tour.
- Road condition to Dolpa can change due to rain, landslides, construction, river crossing and seasonal damage.
- The final section to Shey Phoksundo Lake must be completed on foot; vehicles and motorcycles do not reach the lake shore.
- Accommodation and food in remote Dolpa are basic compared to Kathmandu, Pokhara or Nepalgunj.
- Permits must be arranged before entering restricted / regulated areas, especially for foreign nationals.
- Weather may affect both driving and trekking schedules. Buffer time is strongly recommended.

- This route is not recommended during heavy monsoon unless the group is prepared for delays and difficult road conditions.
- Travellers should carry enough cash because ATM access is very limited in remote sections.
- For motorcycle groups, all riders must be confident on rough road, mud, gravel and narrow hill tracks.

## Trip Highlights

- Epic overland journey from Kathmandu to the remote Dolpo region through changing landscapes of Nepal
- Scenic highway ride across Mugling, Pokhara, Baglung, and deep into western Himalayan valleys
- Adventure through rugged Bheri Corridor, river gorges, and isolated mountain settlements
- Experience authentic rural Nepal life in remote villages far from modern tourist routes
- Trek through the beautiful Suli Gad Valley surrounded by pine forests, waterfalls, and suspension bridges
- Gradual ascent into Shey Phoksundo National Park with rich biodiversity and peaceful wilderness
- Visit traditional Ringmo Village, known for its Tibetan-influenced culture and ancient Bon traditions
- Witness the breathtaking turquoise waters of Shey Phoksundo Lake, Nepal's deepest alpine lake
- Explore ancient Bon monastery and sacred lakeside viewpoints with stunning Himalayan backdrops
- Balanced itinerary with proper acclimatization, safety breaks, and flexible travel planning
- Ideal for adventure riders, 4WD expedition groups, and trekking enthusiasts seeking offbeat routes
- Fully organized by Bridge Nepal Treks & Travels, a government-registered and trusted travel company in Nepal, ensuring safe, professional, and reliable service throughout the journey

## Detailed Itinerary

### DAY 01: ARRIVAL IN KATHMANDU

Upon arrival at Tribhuvan International Airport, meet the Bridge Nepal Treks & Travels representative and transfer to the hotel. After check-in, take time to rest and recover from your journey. In the evening, a detailed trip briefing will be provided covering the full route, trekking section, permits, road conditions, safety guidelines, and packing preparation. For motorcycle and jeep groups, vehicle inspection and gear preparation will also be completed. This day ensures everything is well organized before starting the adventure.

#### Activities:

- Airport pickup and hotel transfer
- Trip briefing and route explanation
- Permit and document preparation

- Bike/vehicle inspection (if applicable)
- Free time for rest and preparation

## **DAY 02: KATHMANDU - BAGLUNG / BURTIBANG**

After breakfast, begin your overland journey toward western Nepal. The route follows the scenic Prithvi Highway along rivers, hills, and busy towns. After Pokhara, continue toward Baglung and Burtibang through winding hill roads. The landscape gradually shifts into mid-hill terrain with beautiful valleys and river views. Arrive at Baglung or Burtibang for overnight stay depending on road condition and group pace.

Activities:

- Early morning departure
- Tea break at Malekhu/Kurintar
- Lunch near Pokhara/Kusma
- Scenic hill drive/ride
- Evening vehicle check

Drive/Ride Distance: Approx. 280–340 km (depending on overnight point)

Drive/Ride Time: 9–11 hours

Drive/Ride Route: Kathmandu – Pokhara – Baglung – Burtibang

Night Stay: Baglung / Burtibang

## **DAY 03: BAGLUNG / BURTIBANG - CHHINCHU / JAJARKOT SIDE**

Today's journey enters more remote western Nepal. The road becomes mixed with gravel, dust, and narrow hill sections. You will pass rural settlements, forests, and river valleys with changing terrain. This section is more challenging and requires careful riding or driving. Overnight will be at Chhinchu or Jajarkot side depending on progress and road condition.

Activities:

- Breakfast and departure
- Ride through Rukumkot region
- Fuel stop where available
- Lunch at local settlement
- Continue toward Jajarkot side

Drive/Ride Distance: Approx. 180–260 km (depending on overnight point)

Drive/Ride Time: 8–11 hours

Drive/Ride Route: Baglung/Burtibang – Rukumkot – Chhinchu/Jajarkot

Night Stay: Chhinchu / Jajarkot

## **DAY 04: CHHINCHU / JAJARKOT - SULIGAD / DUNAI**

Today is the final approach into Dolpo. The road becomes remote and rugged with river crossings, narrow tracks, and mountain terrain. Travel time may vary due to weather and road conditions. Arrival at Suligad or Dunai marks the gateway to Shey Phoksundo National Park. Prepare trekking gear and finalize arrangements.

Activities:

- Early departure
- Drive through mountain roads
- Lunch at local stop
- Reach Suligad/Dunai
- Trek preparation and briefing

Drive/Ride Distance: Approx. 170-240 km (depending on overnight point)

Drive/Ride Time: 8-11 hours

Drive/Ride Route: Jajarkot - Tallo Bagar - Dunai - Suligad

Night Stay: Suligad / Dunai

## **DAY 05: TREK SULIGAD - CHHEPKA**

Begin trekking along the Suli Gad River valley inside Shey Phoksundo National Park. The trail passes through forests, suspension bridges, and small villages. The walk is moderate with gradual ascent and natural scenery throughout. This is the first trekking experience of the journey.

Activities:

- Enter national park area
- Trek along river valley
- Cross suspension bridges
- Lunch on trail
- Arrive at Chhepka

Trek Distance: Approx. 12 km

Trek Time: 6-7 hours

Trek Route: Suligad - Suli Gad Valley - Chhepka

Night Stay: Chhepka

## **DAY 06: TREK CHHEPKA - RINGMO / SHEY PHOKSUNDO LAKE**

Today is one of the most scenic trekking days. The trail climbs through pine forests and reaches the famous waterfall viewpoint before arriving at Ringmo Village and Shey Phoksundo Lake. The final section is uphill and requires steady pacing. The turquoise lake view is the highlight of the journey.

Activities:

- Trek through forest trail
- Visit waterfall viewpoint
- Reach Ringmo Village
- First view of Phoksundo Lake
- Lakeside rest

Trek Distance: Approx. 10-11 km

Trek Time: 6-7 hours

Trek Route: Chhepka - Ringmo - Shey Phoksundo Lake

Night Stay: Ringmo / Phoksundo Lake

## **DAY 07: SHEY PHOKSUNDO LAKE EXPLORATION**

Spend a full day exploring the natural beauty of Shey Phoksundo Lake. Enjoy sunrise views, peaceful lakeside walks, and explore Ringmo Village. Visit the Bon monastery area and experience the unique Dolpo culture. This is also an important acclimatization day at high altitude.

Activities:

- Sunrise photography
- Explore Ringmo Village
- Visit Bon monastery area
- Lakeside walk
- Rest and acclimatization

Trek Distance: 3-5 km (local walk)

Trek Time: 2-4 hours

Trek Route: Ringmo - Lake area - Monastery zone

Night Stay: Ringmo / Phoksundo Lake

## **DAY 08: TREK PHOKSUNDO LAKE - CHHEPKA**

After breakfast, begin the return trek toward Chhepka. The trail is mostly downhill but long and requires careful walking. You will pass forests, river valleys, and scenic landscapes. Although altitude decreases, the distance makes it a full trekking day.

Activities:

- Morning lake views
- Descend through Ringmo
- Forest trail trekking
- Lunch en route
- Return to Chhepka

Trek Distance: Approx. 20 km

Trek Time: 7-8 hours

Trek Route: Phoksundo Lake – Ringmo – Chhepka

Night Stay: Chhepka

## **DAY 09: TREK CHHEPKA - SULIGAD - DRIVE TO JAJARKOT SIDE**

Trek back to Suligad along the river valley. After reaching the roadhead, collect vehicles or motorcycles and continue driving toward Dunai or Jajarkot depending on timing and road conditions. This marks the end of the trekking section and return to overland travel.

Activities:

- Trek back to Suligad
- Collect vehicle/bike
- Load luggage
- Drive toward Jajarkot side
- Rest after trek

Trek Distance: Approx. 12 km

Trek Time: 4-5 hours

Drive Time: 2-5 hours (depending on overnight point)

Trek Route: Chhepka – Suligad

Night Stay: Dunai / Jajarkot

## **DAY 10: JAJARKOT - SURKHET**

Continue the return journey through remote mountain roads. The ride remains long and challenging with mixed surfaces. The scenery includes valleys, rural villages, and forested hills. Surkhet offers better facilities for overnight stay and rest.

Activities:

- Early departure
- Ride through Jajarkot region
- Lunch at local stop
- Fuel and maintenance check
- Arrival in Surkhet

Drive/Ride Distance: Approx. 180-260 km

Drive/Ride Time: 8-11 hours

Drive/Ride Route: Jajarkot - Tallo Bagar - Surkhet

Night Stay: Surkhet

## **DAY 11: SURKHET - POKHARA / BAGLUNG**

Today is a long highway journey back toward central Nepal. Roads gradually improve as you reach main highway sections. Several breaks are taken for food and rest. Overnight will be in Pokhara or Baglung depending on group pace and daylight.

Activities:

- Breakfast and departure
- Highway drive/ride
- Lunch en route
- Tea breaks
- Arrival in Pokhara/Baglung

Drive/Ride Distance: Approx. 300-430 km (depending on overnight point)

Drive/Ride Time: 9-12 hours

Drive/Ride Route: Surkhet - Butwal - Pokhara/Baglung

Night Stay: Pokhara / Baglung

## **DAY 12: POKHARA / BAGLUNG - KATHMANDU**

After breakfast, continue the final return journey to Kathmandu via the Prithvi Highway. Enjoy scenic river valleys, hills, and highway towns. Stop for lunch at Mugling before reaching the capital. Arrival in Kathmandu

marks the completion of the overland adventure.

Activities:

- Breakfast and departure
- Scenic highway ride
- Lunch at Mugling
- Arrival in Kathmandu
- Trip completion

Drive/Ride Distance: Approx. 200-280 km (depending on overnight point)

Drive/Ride Time: 7-10 hours

Drive/Ride Route: Pokhara/Baglung – Mugling – Kathmandu

Night Stay: Kathmandu

## **DAY 13: FINAL DEPARTURE**

After breakfast, enjoy free time depending on your flight schedule. You may relax or do last-minute shopping before departure. Later, our team will transfer you to Tribhuvan International Airport. This concludes your unforgettable Shey Phoksundo Overland Adventure.

Activities:

- Breakfast at hotel
- Free time
- Airport transfer
- Departure

## **Included Services**

- Airport pickup and drop service in private vehicle
- Hotel accommodation in Kathmandu (as per itinerary)
- All overland transportation (jeep / motorcycle / support vehicle depending on package)
- Fuel Expenses for Jeep and Bike throughout the Tour
- Experienced licensed trekking and Riding guide throughout the entire journey
- Required trekking permits and Shey Phoksundo National Park entry fees
- Full-board meals (breakfast, lunch, dinner) throughout the entire journey
- Teahouse / lodge accommodation during the trip
- Trip briefing and complete pre-departure preparation session
- First aid medical kit carried by guide team
- Government taxes and company service charges

- Emergency coordination support during the trip
- Flexible itinerary management based on road and weather conditions
- 24/7 Services of Bridge Nepal Treks & Travels, a government-registered company in Nepal

### Excluded Services

- International flight tickets and Nepal entry visa fees
- Personal expenses such as drinks, snacks, laundry, phone calls, and shopping
- Travel insurance (must cover high-altitude trekking and emergency evacuation)
- Personal trekking gear (boots, jacket, sleeping bag, gloves, etc.)
- Tips for guide and support Staff
- Emergency rescue or evacuation costs if required
- Any services not clearly mentioned in the “Included” section

### Fixed Departure Dates

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### Frequently Asked Questions

#### **Q: Where does this trip start and end?**

This adventure starts and ends in Kathmandu. Our team from Bridge Nepal Treks & Travels provides airport pickup, hotel transfer, and full assistance at both arrival and departure.

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#### **Q: How difficult is this 13-day journey?**

This is a moderate to challenging expedition. It includes long overland travel, remote mountain roads, and multi-day trekking at higher altitude. It is suitable for adventure lovers with good physical fitness.

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#### **Q: What is the highest altitude of this trip?**

The highest point is Shey Phoksundo Lake (3,611 m), one of Nepal’s most beautiful and sacred alpine lakes.

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#### **Q: Do I need prior trekking experience?**

No prior trekking experience is required. However, participants should be in good health and comfortable walking 5–7 hours daily in mountain terrain.

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**Q: Do I need motorcycle riding experience?**

Yes, if you choose the riding option. Prior experience in long-distance and off-road riding is highly recommended due to rough Himalayan roads.

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**Q: What type of accommodation is provided?**

You will stay in standard hotels in cities and basic teahouses/lodges in trekking areas. Remote regions offer simple but clean accommodation with warm hospitality.

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**Q: Are meals included in this package?**

Yes, meals are included during trekking days (breakfast, lunch, dinner). In cities, breakfast is generally included as per itinerary.

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**Q: What is the best season for this trek?**

The best time is Spring (March–May) and Autumn (September–November) when the weather is stable, skies are clear, and mountain views are at their best.

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**Q: Do I need permits for this trip?**

Yes, required permits include Shey Phoksundo National Park entry permit and other necessary trekking documentation, all arranged by Bridge Nepal Treks & Travels.

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**Q: How long do we travel each day?**

Driving days range from 7 to 12 hours, depending on road conditions and overnight stops. Trekking days range from 4 to 8 hours walking.

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**Q: Is altitude sickness a risk?**

There is a mild risk due to altitude, but our itinerary is carefully designed with gradual ascent and acclimatization days to minimize any health issues.

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**Q: Is this trip safe?**

Yes, safety is our top priority. You will be accompanied by experienced guides, proper route planning, emergency support, and well-managed logistics throughout the journey.

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**Q: Is mobile network or internet available?**

Mobile signals are available in cities and some villages. However, during trekking in Dolpo, network coverage is very limited or unavailable.

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**Q: What transport is used during the trip?**

We use private jeeps, support vehicles, or motorcycles depending on your selected package and group size.

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**Q: Is travel insurance required?**

Yes, travel insurance is strongly recommended. It must cover high-altitude trekking, road travel, and emergency evacuation for safety purposes.

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**Q: What should I pack for this trip?**

You should bring warm clothing, trekking boots, waterproof jacket, gloves, sunglasses, sunscreen, and personal essentials. A detailed packing list is provided after booking.

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**Q: Can beginners join this trip?**

Yes, beginners can join if they are physically fit and mentally prepared for long travel and trekking days in remote Himalayan regions.

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**Q: Are ATMs available on the route?**

ATMs are available only in Kathmandu and major cities like Pokhara. Remote areas do not have banking facilities, so carry sufficient cash.

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**Q: Is drinking water safe during trekking?**

Tap water is not recommended. Safe drinking water is provided through boiled, filtered, or purified sources during the trek.

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**Q: What happens if roads are blocked or delayed?**

This is a flexible Trip . The itinerary will be adjusted depending on weather, landslides, or road conditions to ensure safety and success of the journey.

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**Q: How many hours do we trek each day?**

Trekking days typically range from 4 to 8 hours, depending on altitude gain, terrain, and group pace.

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**Q: Can solo travelers join this tour?**

Yes, solo travelers are welcome. We also offer group joining options for those who want to share the experience with others.

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**Q: Is this a good trip for photography?**

Absolutely. This route offers stunning photography opportunities including Shey Phoksundo Lake, Ringmo Village, waterfalls, Himalayan landscapes, and cultural villages.

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**Q: What makes Shey Phoksundo Lake special?**

It is Nepal's deepest alpine lake, famous for its turquoise water, sacred Bon culture, untouched environment, and dramatic Himalayan scenery.

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**Q: How can I book this trip with Bridge Nepal Treks & Travels?**

Booking is simple and secure. You can contact us via WhatsApp, email, or visit our office. After confirming your travel dates, a small advance payment confirms your booking.

We accept bank transfer and cash on arrival in Nepal for your convenience.

Bridge Nepal Treks & Travels is a government-registered trekking and travel company in Nepal, ensuring safe, reliable, and professional service from start to finish.

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**Trip Information**

- About The Trek
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