


DUDH KUND

- Grade:** Moderate 
- Land-only duration:** 17 days Kathmandu – Kathmandu
- Trekking days:** 11
- Maximum altitude:** 4600m
- Minimum numbers:** Requires just 4 participants to guarantee these departures at the advertised price.
- Dates and prices:** Our latest dates and prices list is available at www.catreks.com or from the CAT office.



This trek is an excellent and varied alternative to the Langtang and Everest routes. It is ideal for those who want a moderate trek which offers beautiful scenery along with the chance to meet with local communities. We start with a day's drive to Jiri, where the trek begins. The first days follow the Everest Base Camp Trail, but then we leave the well-trod path to traverse an area that is truly wild and seldom seen by outsiders. Here we trek to the sacred lake of Dudh Kund, nestled in a spectacular setting below several high peaks, and the Numbur base camp. We follow a magnificent ridge which offers exceptional views of the Khumbu peaks.

Trekkers also have the opportunity to visit one of our school projects. At Ghunsa, the school has been built by Community Action Nepal - a chance to see at first hand how the profits from our treks benefit the lives of local people in Nepal. At nearby Lapcha, another school has been built, again funded by C.A.N. and we are currently building a toilet block here. Everyone is assured of a warm welcome from the villagers. We also visit the monastery at where 150 Tibetan monks live in exile. We may be lucky and have an audience with the head Lama. The trek ends at Phaphlu, from where we fly back to Kathmandu.

To enjoy the trek fully you need to be fit and walk regularly. Though graded moderate, there are several long days of walking and altitude may affect your performance.

• Land-only prices:

The cost of flights, in particular those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost, and quote separately for the cheapest flights we can find at the time of your booking. We will, however, require full payment for the flights prior to booking them. If you prefer to search for alternative flights yourself, we can sell you the trek at the land-only price.

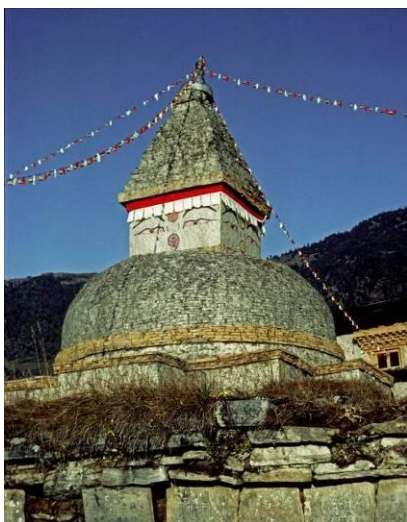
• Important note – minimum numbers:

Before booking flights, please note that this trip requires a minimum of 4 trekkers before we can guarantee the departure at the advertised price. Please note that should you decide to book your own flights, it is essential that you check with the Community Action Treks office to ensure that the departure is guaranteed before committing financially to any flights or travel arrangements.

OUTLINE ITINERARY

Walking and journey times are approximate

- Day 1 Arrive Kathmandu**
Transfer to hotel. Rest of the day free.
- Day 2 Free in Kathmandu**
Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.
- Day 3 Kathmandu to Jiri 1905m**
Early start for the journey by road to Jiri. Fascinating market towns, paddy fields and views of distant peaks make for an interesting trip. Camp overnight at Jiri, the start of the Everest Trail.
- Day 4 Jiri to Shivalaya 1800m 4 hours walking**
A gentle introduction to the trek. Leaving Jiri, (1,905m) we climb to a ridge and descend through paddy fields to the village of Shivalaya, where we camp for the night, on the banks of the Khimti Kola 1800m.
- Day 5 Shivalaya to Bhandar 2194m 6 hours walking**
We start with a steepish climb to the village of Sangbadanda 2240m. From here we continue to climb, with a welcome stop in a shaded rhododendron and broad-leaved forest, to reach a pass 2713m just beyond Deorali. The pass has one of the most extensive and impressive mani walls in Nepal. We descend to Bhandar 2194m situated in a lush valley populated by Sherpas, where we camp among terraced paddy fields.
- Day 6 Bhandar to Sete 2675m 6 hours walking**
We start with a fairly easy walk through forests, descending to cross the Kikhu Khola by a suspension bridge, just before Kenja. Now we must start climbing again, following an oak forested ridge to the monastery of Sete 2675m where we camp overnight.



Bhandar Stupa (Andy Norris)

- Day 7 Sete to Junbesi 2680m 6 hours walking**
A further climb today to reach the pass Lamjura La 3530m, from where we descend through forests into the next valley to camp in fertile fields by Junbesi 2680m. Above the town lies the Serlo monastery, where monks print ancient Buddhist texts from woodblocks.
- Day 8 Acclimatisation day at Junbesi**
We have an acclimatisation day at Junbesi, and a local walk to gain height during the day is recommended, returning to spend a second night at the same altitude. This is a very important aspect of our trek and will undoubtedly assist with the success, as well as with our enjoyment of it.
- Day 9 Junbesi towards Beni 5 / 6 hours walking**
We start this interesting day with the walk up to the magnificent monastery at Thubten Chuling, where around 150 Tibetan monks live in exile. The head lama, Tushi Rimpoche, is well known and much respected. If we are lucky we may seek an audience with him. We can listen with sadness to the story of the repression of the Tibetan people and their unique culture, and to his own story of being driven from the Rongbuk monastery at the foot of Everest in Tibet, where he was head Lama. He may show us photos of the total destruction of his monastery by the Chinese. After visiting the monastery we start the long climb to a pass from where we head off into the wilderness. Overnight camp will depend on the availability of water.
- Day 10 To Beni 8 / 9 hours walking**
A long and challenging day trekking in the wilderness. After the pass we follow an exposed ridge which at 4000m gives, in clear weather, marvellous views of the Khumbu peaks.
- Day 11 Beni to Dudh Kund 4600m to Beni 5/ 6 hours walking**
A days walk from our camp at Beni up to the sacred lake of Dudh Kund 4600m. We follow the path used by pilgrims in the summer, which takes us past the lateral moraines of a glacier, to reach the lake. Known as 'Milk Lake', Dudh Kund is sacred to followers of Shiva and there are many shrines around it and also in caves and ledges on the surrounding cliffs. The cirque wall is dominated by Numbur 6959m and two other high peaks which tower over it. A clockwise tour of the lake will bring many blessings. Return to camp by the same path.
- Day 12 Beni to Ringmo 6 hours walking**
A gradual descent to Ringmo at 2800m. Along the way we pass through rhododendron clad slopes and open hillsides which offer spectacular views down into the valleys below.

Day 13 Ringmo to Ghunsa 7 / 8 hours walking

We follow the course of the Beni Khola downstream through Phaphlu and the district town of Salleri. From here we continue on a gentle contouring path which passes many Sherpa villages, to Ghunsa, where Community Action Nepal has rebuilt a local school.

Day 14 Ghunsa to Lapcha and on to Phaphlu 7 / 8 hours walking

We visit the school at Lapcha where a warm welcome is assured from the villagers. It is here that Community Action Nepal has funded the building of a new school. We then continue back to Phaphlu where the trek ends.

Day 15 Fly to Kathmandu

We fly from the tiny mountain airstrip back to Kathmandu, with a last chance to glimpse the mighty snow - capped Himalaya in the distance. Overnight at the hotel.

Day 16 Free in Kathmandu

A chance to do some shopping, explore at leisure or just relax and reflect on your trek.

Day 17 Depart Nepal

Transfer to Kathmandu airport.

Important Note: Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.

The Price Includes:

- Transfers between Kathmandu airport and hotel accommodation
- Accommodation for 4 nights in Kathmandu in rooms with shower and W.C. and inclusive of breakfast
- Transfer by road to Jiri
- Flight between Phaphlu & Kathmandu, inclusive of internal flight airport taxes
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags), services of porters (15 kg load per participant); Sirdar (head guide) and kitchen staff; trekking permit

Not Included:

- International flights
- Nepalese visa (please refer to our document "Preparing for your trek: Nepal" for latest prices)
- Meals other than breakfast in Kathmandu
- Travel Insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money)

Options:

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation.

Extension packages can also be organized in Nepal, Tibet or Bhutan. Please refer to our Himalayan extensions dossier for more details. Extensions should be arranged to booking international flights.