

Panch Pokhari Trek

Url: <https://www.glorioushimalaya.com/trip/panch-pokhari-trekking/>

Duration

13

Max. Altitude

4,100m

Difficulty

Moderate

Group Size

Min 2 pax

Transport

Bus/ Jeep

Meals

Breakfast / Lunch / Dinner

Accommodation

Hotel And Camping

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Adventurous hikes towards the remote and less tourist destination of Nepal.
- Mesmerizing Views of the Five holy lakes (Panch Pokhari).
- Awesome views of the mountains and landscapes during the hike.

Overview

Panch Pokhari Trekking is one of the new trekking trail identified and explored by the Trekking Agencies' Association of Nepal in 2012. Offering some of the most spectacular Himalayan landscapes, this trekking route is home to different ethnic groups like the Limbus, Sherpas, Rai, Gurung, Magars, Newars and Tamangs. Panch Pokhari is a pilgrimage destination for Hindus and Buddhists, which is why it was barred to trekkers until recently. Panch Pokhari means Five Lakes in English and these lakes are considered holy by these religions. It is the least traveled trekking areas and it perfectly suits tourists who do not like to move with the crowd in their hard-earned holidays. This trek is both adventurous and spiritual, and it also gives outsiders an insight into the culture of the local ethnicity. It gives an excellent view of

mountains such as Gauri Shankar, Dorje Lakpa, Langtang, Jugal, Rolwaling, etc from the Panch Pokhari trekking.

The trek begins with a drive from Kathmandu to Chautara about 6 hrs and then after starts our trek. Even though tea house trek is not available on this route our expert cook will prefer the best and healthy food like in tea house trek.

We can arrange this trip to begin on any date during the trekking season (Spring: March through May & Autumn: September through December) in Nepal according to your time frame. Check out our fixed itinerary for Panch Pokhari Trekking or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

Itinerary

Day 01: Arrival in Kathmandu and transfer to the hotel (1400m)

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior Sherpa guide will come to meet you and give you a brief orientation about Panch Pokhari Trek. You can then go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world. Overnight at hotel inclusive breakfast.

Day 02: Drive from Kathmandu to Chautara (1200m) - 6 hrs drive

This morning we have a beautiful 5-hour drive to the little village of Chautara. While small, Chautara is the headquarter of Sindupalchok district and we will camp here tonight, ready to commence walking tomorrow. From our campsite, you can relax and enjoy the stunning mountain views, or if you like to explore, you can gain some insight into the culture and daily life of the village. Overnight at a tented camp with full board meals.

Day 03: Trek from Chautara to Phurse (2045m) - 6 hrs walk

The trail from Chautara to Phurse is working for about 5-6 hrs. The trail passes through many small villages, farming terraces, some green hills along with some marvelous mountain views of Mt. Gaurishanker, Dorje Lakpa and many others. Easy ascend up to Phurse. Phurse is a pasture land where people from villages bring their domestic animals for grazing. It is a small village mainly inhabited by Tamang communities. Overnight in the tented camp with full board meals.

Day 04: Trek from Phurse to Kami Kharka (2845m) - 6 hrs walk

This morning we can start gently with about 1 hour of gradual uphill walking to Thulo Okhareni. From here we get into the steeper climb with about 4 hours of walking through stunning, dense Rhododendron

and pine forest. If we are lucky and observant, we might spot some wild animals such as mountain deer or langur monkeys and Nepali birdlife like the Danfe. Tonight we camp on a summer pasture ground for nomadic cattle herders (kharka). Overnight at a tented camp in Kami Kharka Danda with full board meals.

Day 05: Trek from Kamikharka to Powabas (3000m) - 6 hrs walk

Today's walk is nice and gentle, being fairly level and we can enjoy our forest trail and chance to spot wildlife. We walk through the lush forest of rhododendron, oak, pine and juniper and we can see some nomads' houses for cattle on the way. In Pauwa Bas there is a shelter for pilgrims to Panch Pokhari. Overnight at a tented camp with full board meals.

Day 06: Trek from Powa Bas to Hile Bhanjyang (3400m) - 6 hrs walk

The very first part of our trek today takes us on a steep uphill walk that will go for about three hours. This uphill challenge early in the morning takes us to such a place to reward us with incredible mountain vistas. After reaching the top of the trail, we descend towards our campsite for the day. We will have enough time to laze around at our campsite once we reach there. Overnight at a tented camp with full board meals.

Day 07: Trek from Hile Bhanjyang to Narsimpati (3700m) - 4 hrs walk

Today we only have about 4 hours of walking. So we take it easy on the steep uphill section to start the day, taking about an hour. Then we enjoy the gradual descent of about 3 hours through rocky hills and rhododendron forest into camp at Narsimpati. There is a small rest house for pilgrims on their way to the holy site of Panch Pokhari and we have great mountain views from our campsite. Overnight at a tented camp with full board meals.

Day 08: Trek from Narsingh Pati to Panch Pokhari (4100m) - 7 hrs walk

When we reach Panch Pokhari on our trek today, we will be at the elevation of 4,100 meters above sea level. We start on a steep uphill trek early morning after breakfast at the camp. Panch Pokhari is the final destination of this trek. This is the place from where we start our trip back down towards lower elevation to come back to Kathmandu. Panch Pokhari is also a Hindu pilgrimage site that attracts thousands of Hindu faith believers on their pilgrimage journey.

Day 09: Trek from Panchpokhari to Tupi Danda (2320m) - 7 hrs walk

This morning we have an early start to catch a stunning sunrise over the mountains. We have about 1 and a half hours uphill to see the beautiful sight of the sun rising over the Himalayas and our panoramic view includes Mt. Dorje Lakpa, Jugal Himal Range, Rolwaling Range and Langtang Range. After this incredible start to the morning, we head back down to Panch Pokhari to take breakfast. Then after, pack up and start heading for the next destination. We walk downhill some steep trails through the rhododendron

forest to Tupi Danda and our camp. Overnight at a tented camp in Tupi Danda with full board meals.

Day 10: Trek from Tupi Danda to Dhap - (1200m) - 7 hrs walk

Today we walk through terraced fields to the beautiful village of Dhap. Dhap is home to Tamang communities and gives us a great chance to gain some insight into the lives, cultures and traditional architecture of Tamang village. Overnight at a tented camp in Dhap with full board meals.

Day 11: Trek from Dhap to Melamchi (800m) - 6 hrs walk

It is the final day of our journey today. We are trekking all the way to Melamchi Pul Bazar. We set off on an easy day of the walk towards the destination that takes us through several cultural and natural wonders along the trail. We descend to Melamchi pul bazar on the confluence of Melamchi Khola and Indrawati River. We can laze around this small town once we reach there. Overnight at a guesthouse in Melamchi with full board meals.

Day 12: Drive back to Kathmandu from Melamchi - 5 hrs drive

Early morning we take a local bus (private vehicles cost an extra) back to Kathmandu city. You can do some last minutes shopping for souvenirs for your family, friends and relatives. In the evening, we will have a Nepalese cuisine farewell dinner with cultural performance. Overnight at a hotel including breakfast.

Day 13: Departure to your home.

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

Trip Includes

- All the airport and hotel transfer as per the itinerary.
- 2 nights of twin sharing star hotel accommodations in Kathmandu city inclusive breakfast.
- 10 nights of twin sharing camping and guesthouse accommodations while on the trek.
- An experienced and certified trekking guide for the trip.
- Supporting porters to carry your belongings during the trek.
- An experienced trekking cook to prepare your meals for the trek.
- All the required trekking permits and official documentations.
- All the long-range ground transfers by bus and jeep.

- Full board meals during the trek with hot tea or coffee. (Breakfast, Lunch, Dinner)
- All the essential camping equipments such as a mattress, sleeping bags, sleeping, kitchen, dining, toilets tents, and Kitchen utensils.
- Company duffel bags and sleeping bags to use for the trek.
- First aid medicine for the trek.
- Trip achievement certificate after trip completion.
- Farewell dinner in a typical Nepali restaurant in Kathmandu.

Trip Exclude

- International airfares and Nepal entry visas.
- Alcoholic beverages, bottled mineral water, soft drinks, phone calls etc during the trek.
- Your travel insurance.
- Riding horse along the trek
- Tips to the guide and porters.

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches

- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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