Panch Pokhari Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**15 Days**
DIFFICULTY	**Basic**
MAX ALTITUDE	**4100m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,590 per person**

Trip overview

The Panch Pokhari Trek is a peaceful and culturally rich Himalayan journey in the Sindhupalchok district of Nepal, leading to a group of five sacred alpine lakes known as Panch Pokhari, meaning “Five Lakes.” This trek is both a natural exploration and a spiritual pilgrimage, attracting Hindu and Buddhist devotees as well as trekkers seeking a quiet alternative to more crowded routes.

The highlight of the trek is the sacred Panch Pokhari Lake complex (4,100 m), which offers breathtaking reflections of surrounding Himalayan peaks including Jugal Himal, Dorje Lakpa, and the Langtang range. The lakes are considered holy and are especially significant during the Janai Purnima festival, when pilgrims gather for ritual bathing and worship.

This trek is ideal for beginners, cultural travelers, and nature lovers looking for a short-to-moderate Himalayan experience close to Kathmandu.

Geography and Landscape

The Panch Pokhari Trek is located in the northeastern part of Kathmandu within the Langtang Himalayan region, and it lies within the buffer zone of Langtang National Park. The journey typically begins with a drive from Kathmandu to Chautara or Melamchi, followed by trekking through forested hills and traditional villages.

The landscape is diverse and scenic, starting with terraced farmland, river valleys, and lush subtropical forests. As the trail ascends, dense rhododendron and pine forests dominate the scenery, especially beautiful during spring bloom.

Higher up, the trail reaches alpine meadows, ridgelines, and finally the sacred Panch Pokhari basin, surrounded by rugged mountains and open high-altitude terrain. The lakes sit in a natural amphitheater of hills and snow-capped peaks, creating a serene and spiritual environment.

The area is relatively less developed compared to other trekking regions, offering a peaceful atmosphere and a strong sense of wilderness. The combination of forest trails, ridge walks, and sacred lake scenery makes this trek both visually and spiritually rewarding.

Climate and Best Time to Trek

The best seasons for the Panch Pokhari Trek are spring (March–May) and autumn

(September–November). These months offer stable weather, clear skies, and excellent visibility of the Himalayan surroundings.

Spring is especially beautiful due to blooming rhododendrons, fresh greenery, and mild temperatures. Autumn provides crisp air, dry trails, and some of the clearest mountain views after the monsoon season.

Winter (December–February) is cold, especially near the lakes, where snowfall can make the trail more challenging. The monsoon season (June–August) brings heavy rainfall, slippery paths, and limited visibility, making it less suitable for trekking.

Overall, autumn is considered the best season for both pilgrimage visits and trekking comfort.

People and Culture

The Panch Pokhari region is home to diverse ethnic communities including Tamang, Sherpa, and Hyolmo groups, whose culture is strongly influenced by Tibetan Buddhism. Their traditions, language, and lifestyle reflect deep spiritual connections with the mountains and nature.

The sacred Panch Pokhari lakes hold great religious importance for both Hindus and Buddhists. During Janai Purnima, thousands of pilgrims visit the lakes to perform rituals, offer prayers, and take holy baths in the icy waters.

Villages along the trail feature traditional stone houses, prayer flags, mani walls, and small monasteries that reflect the region's spiritual heritage. Local communities rely on agriculture, animal husbandry, and seasonal tourism for their livelihoods.

The combination of sacred pilgrimage significance, natural beauty, and cultural diversity makes the Panch Pokhari Trek one of the most meaningful short treks in Nepal.

Highlights

- Visit the sacred Panch Pokhari, a revered pilgrimage site at 4,100m.
- Enjoy spectacular views of the Jugal Himal, Dorje Lakpa, and Rolwaling ranges.
- Trek through beautiful rhododendron forests, alpine meadows, and traditional farmlands.
- Experience authentic Tamang and Sherpa culture in remote mountain villages.
- Enjoy a peaceful, less-crowded trekking route in the Langtang region.
- Perfect for nature lovers, spiritual seekers, and those seeking Himalayan solitude.

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport, our representative will welcome you and transfer you to your hotel. Attend a trek briefing covering route information, safety guidelines, equipment checks, and permit arrangements for the Panch Pokhari Trek.

You may spend the remainder of the day exploring Thamel or relaxing after your journey.

Day 2 : Permit Preparation and Trek Briefing in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: 4–6 hours

Today is reserved for obtaining necessary trekking permits, final gear checks, and trek preparation. Your guide will provide detailed information about the route, accommodation, weather conditions, and cultural highlights of the Helambu and Panch Pokhari region.

Enjoy free time for sightseeing or last-minute shopping.

Day 3 : Drive from Kathmandu to Chautara (1600m)

Altitude: 1,400m – 1,600m

Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Drive Duration: 5–6 hours

Begin your adventure with a scenic drive east from Kathmandu to Chautara, the district headquarters of Sindhupalchok. The journey passes through terraced hillsides, traditional villages, and beautiful countryside landscapes.

Chautara offers a peaceful setting before entering the trekking region.

Day 4 : Trek from Chautara to Sano Okhareni (1,960m)

Altitude: 1,400m – 1,960m

Walk: 5–6 hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Start trekking through traditional Tamang and Sherpa villages, terraced farmland, and lush forests. The trail gradually ascends while offering beautiful views of surrounding hills and local settlements.

Day 5 : Trek from Sano Okhareni to Kami Kharka (2,845m)

Altitude: 1,960m – 2,845m

Walk: 5–6 hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

The route climbs steadily through dense pine, oak, and rhododendron forests. During spring, the hillsides are covered with colorful rhododendron blooms.

Kami Kharka is a peaceful meadow surrounded by forest and mountain scenery.

Day 6 : Trek from Kami Kharka to Pauwa Bas (3,000m)

Altitude: 2,845m – 3,000m

Walk: 4–5 hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Follow scenic ridgelines with impressive views of the Jugal Himal range. The trail passes alpine meadows and forested sections, providing a tranquil trekking experience.

Pauwa Bas serves as an important stop before entering higher alpine terrain.

Day 7 : Trek from Pauwa Bas to Hile Bhanjyang (3,400m)

Altitude: 3,000m – 3,400m

Walk: 4–5 hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Continue ascending along increasingly rugged trails. As elevation increases, expansive mountain panoramas unfold, with excellent views of surrounding peaks and valleys.

Reach Hile Bhanjyang, a beautiful high-altitude campsite.

Day 8 : Trek from Hile Bhanjyang to Nasim Pati (3,700m)

Altitude: 3,400m – 3,700m

Walk: 3–4 hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

A shorter but steeper climb takes you into alpine landscapes decorated with prayer flags, chortens, and spectacular mountain scenery.

Nasim Pati offers magnificent views and serves as the final overnight stop before Panch Pokhari.

Day 9 : Trek from Nasim Pati to Panch Pokhari (4,100m)

Altitude: 3,700m – 4,100m

Walk: 3–4 hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Reach the sacred Panch Pokhari (Five Holy Lakes), one of Nepal's most important pilgrimage destinations. Surrounded by pristine mountain scenery, the lakes offer a peaceful and spiritual atmosphere.

Day 10 : Acclimatization and Exploration Day at Panch Pokhari (4,100m)

Altitude: 4,100m – 4,500m (viewpoint) – 4,100m

Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Hiking Duration: 2–4 hours

Enjoy a rest day exploring the sacred lakes and nearby ridges. Optional hikes to higher viewpoints provide panoramic views of:

- Jugal Himal
- Dorje Lakpa
- Gaurishankar
- Langtang Himal

This day allows time for photography, meditation, and appreciation of the unique alpine environment.

Day 11 : Trek from Panch Pokhari to Nasim Pati (3,700m)

Altitude: 4,100m – 3,700m

Walk: 3–4 hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Begin your descent, retracing your route through alpine landscapes while enjoying different perspectives of the surrounding mountains.

Day 12 : Trek from Nasim Pati to Dukhang (2,100m)

Altitude: 3,700m – 2,100m

Walk: 6–7 hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

A longer descent through forests, ridgelines, and remote villages. The changing scenery transitions from alpine terrain to greener hillsides and traditional settlements.

Day 13 : Trek from Dukhang to Melamchi Bazaar (850m)

Altitude: 2,100m – 850m

Walk: 5–6 hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Complete the final section of the trek, descending through cultivated farmland and local villages before

reaching Melamchi Bazaar.

This bustling town marks the end of your trekking adventure.

Day 14 : Drive from Melamchi Bazaar to Kathmandu (1,400m)

Altitude: 850m – 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Drive Duration: 3–4 hours

After breakfast, drive back to Kathmandu through scenic hill roads and rural settlements.

Upon arrival, transfer to your hotel and enjoy a relaxing evening.

Day 15 : Final Departure

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for your onward flight.

Depart Nepal with unforgettable memories of the sacred Panch Pokhari lakes, remote mountain trails, rich local culture, and breathtaking Himalayan landscapes.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 2 · Permit Preparation and Trek Briefing in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 3 · Drive from Kathmandu to Chautara · 1,400 m · day 25°C / night 9°C
- Day 4 · Trek from Chautara to Sano Okhareni · 1,400 m · day 25°C / night 9°C
- Day 5 · Trek from Sano Okhareni to Kami Kharka · 1,960 m · day 22°C / night 5°C
- Day 6 · Trek from Kami Kharka to Pauwa Bas · 2,845 m · day 18°C / night -1°C
- Day 7 · Trek from Pauwa Bas to Hile Bhanjyang · 3,000 m · day 17°C / night -2°C
- Day 8 · Trek from Hile Bhanjyang to Nasim Pati · 3,400 m · day 15°C / night -4°C
- Day 9 · Trek from Nasim Pati to Panch Pokhari · 3,700 m · day 13°C / night -6°C
- Day 10 · Acclimatization and Exploration Day at Panch Pokhari · 4,100 m · day 11°C / night -9°C
- Day 11 · Trek from Panch Pokhari to Nasim Pati · 4,100 m · day 11°C / night -9°C
- Day 12 · Trek from Nasim Pati to Dukhang · 3,700 m · day 13°C / night -6°C
- Day 13 · Trek from Dukhang to Melamchi Bazaar · 2,100 m · day 21°C / night 4°C
- Day 14 · Drive from Melamchi Bazaar to Kathmandu · 850 m · day 28°C / night 12°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Night 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

3. Permits

- Gaurishankar Conservation Area Project (GCAP) permits.
- Local Government Entry Permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipment’s & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 16 Mar 2027 · USD 1,590 · Available
- 16 Mar 2027 – 30 Mar 2027 · USD 1,590 · Available
- 06 Apr 2027 – 20 Apr 2027 · USD 1,590 · Available
- 20 Apr 2027 – 04 May 2027 · USD 1,590 · Available

- 04 May 2027 – 18 May 2027 · USD 1,590 · Available

Best time to visit

Best months: February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation on the Panch Pokhari Trek is mainly basic and community-managed, consisting of teahouses, homestays, and simple mountain lodges along the route.

Key stops such as Chautara, Kami Kharka, Nasimpati, and the Panch Pokhari basin offer very simple lodging facilities with twin-sharing rooms, basic mattresses, and shared washroom arrangements in lower elevations.

As the trail ascends toward the sacred lakes, accommodation becomes more limited and may include basic shelters or camping depending on the itinerary. Despite simple facilities, the hospitality of Tamang, Sherpa, and Hyolmo communities is warm and welcoming.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek, provided by local teahouses or trekking camp kitchens in higher sections.

Meals are freshly prepared using local ingredients and are simple yet nutritious for trekking energy.

Typical menu options include:

- Traditional Dal Bhat set meals (rice, lentils, vegetables, pickle)
- Noodles, fried rice, and pasta
- Soups (especially garlic soup at higher altitude)
- Eggs, potatoes, and seasonal vegetables
- Tibetan bread, chapati, and porridge
- Tea, coffee, and herbal drinks

Food is locally sourced, organic, and designed for high-energy trekking conditions.

Difficulty & Physical Requirements

The Panch Pokhari Trek is classified as easy to moderate, suitable for beginners, families, and cultural trekkers with reasonable fitness levels.

Daily walking generally ranges from 4 to 7 hours, with gradual ascents through forest trails, ridgelines, and alpine terrain. The final ascent to Panch Pokhari (around 4,100 m) involves steeper sections but does not require technical climbing skills.

Basic stamina and preparation for uphill walking are recommended.

Permits

Required permits include:

- TIMS Card (Trekkers' Information Management System)
- Langtang National Park Entry Permit
- Local municipality/ward entry fee (if applicable depending on route)

All permits can be arranged easily through trekking agencies or local operators in Kathmandu.

Best Season

- Spring (March–May): Rhododendron blooms, clear skies, vibrant landscapes
- Autumn (September–November): Best visibility and stable weather conditions

- Winter (December–February): Cold but very clear mountain views
- Monsoon (June–August): Green scenery but cloudy, wet, and slippery trails

Autumn is considered the most favorable season for both trekking and pilgrimage.

Transportation & Access

The Panch Pokhari Trek is easily accessible from Kathmandu via road transport.

Common starting points include drives to Chautara or Melamchi, followed by trekking through mid-hill villages and forested ridges toward the alpine basin of Panch Pokhari.

The route is ideal for short cultural and nature-focused trekking trips close to the capital.

Safety & Acclimatization

The trek reaches a moderate altitude of around 4,100 meters, so mild altitude awareness is required.

Key safety considerations include:

- Gradual ascent and proper acclimatization
- Cold temperatures at night and early morning
- Sudden weather changes in alpine zones
- Adequate hydration and sun protection
- Basic awareness on forest and ridge trails

Overall, the trek is considered safe for most trekkers with normal fitness levels.

Travel Insurance

Although not extremely technical, travel insurance is recommended and should cover:

- High-altitude trekking up to 4,500 m
- Medical emergencies and treatment
- Helicopter evacuation (if required)
- Trip cancellation and accident coverage

Additional information

Guide & Porter Services

A licensed guide is highly recommended for navigation, cultural interpretation, and safety. Porters are optional but useful for longer itineraries or camping-based treks. Local guides also enhance the experience by explaining pilgrimage sites and cultural significance.

Cultural & Natural Highlights

The Panch Pokhari Trek offers a unique blend of spirituality and natural beauty:

- Sacred Panch Pokhari lakes (holy for Hindus and Buddhists)
- Pilgrimage site during Janai Purnima festival
- Stunning Himalayan views including Jugal Himal range
- Dense rhododendron and pine forests
- Remote Tamang, Sherpa, and Hyolmo villages

- Peaceful alpine basin surrounded by mountains
- Rich biodiversity and birdlife
- Excellent photography opportunities

Essential Equipment

Recommended trekking gear includes:

- Comfortable trekking boots
- Layered clothing system
- Warm jacket (down recommended)
- Waterproof jacket and pants
- Hat, gloves, and sunglasses
- Trekking poles
- Small daypack
- Water bottle and purification tablets
- Basic first aid kit
- Rain protection (especially in monsoon season)

Communication & Connectivity

Mobile network coverage is available in lower sections but becomes weak or unavailable near Panch Pokhari.

Wi-Fi is very limited, mainly in lower villages. Trekkers should expect partial or no connectivity in higher alpine zones.

Why Choose the Panch Pokhari Trek?

The Panch Pokhari Trek is ideal for trekkers seeking a short, spiritual, and scenic Himalayan experience:

- Close proximity to Kathmandu
- Sacred Hindu and Buddhist pilgrimage destination
- Stunning alpine lake scenery
- Moderate difficulty, suitable for beginners
- Less crowded and peaceful trails
- Rich cultural experience with local communities
- Beautiful Himalayan sunrise and landscape views
- Ideal for short holidays and nature escapes
- No extreme technical challenges
- Strong spiritual and natural atmosphere

The Panch Pokhari Trek offers a perfect combination of nature, culture, and spirituality, making it one of the most rewarding short treks in eastern Nepal.

Frequently asked questions

How difficult is the Panch Pokhari Trek?

The Panch Pokhari Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Panch Pokhari Trek?

For the Kathmandu Valley & mid-hills region the best months are February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What permits do I need for the Panch Pokhari Trek?

You need entry tickets for the heritage sites you visit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Panch Pokhari Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Panch Pokhari Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Panch Pokhari Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Panch Pokhari Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/panch-pokhari-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com