Panch Pokhari Trek

Itinerary & costs · 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**

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

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