

Panch Pokhari Circuit Trek – 6 Days

Overview

- **Country:** Nepal
- **Trip Grade:** Moderate
- **Maximum Altitude:** 4,100 m (Panch Pokhari)
- **Starts:** Kathmandu
- **Ends:** Kathmandu
- **Group Size:** Min 2 trekkers
- **Best Time:** Spring (Mar–May) & Autumn (Sep–Nov)

The Panch Pokhari Trek is a short and scenic Himalayan journey located in the Sindhupalchok District of Nepal. Known for its sacred lakes, this trek offers a peaceful experience with a blend of natural beauty and spiritual significance.

The trail passes through forests, traditional villages, and high ridges, gradually leading to the alpine region. As you ascend, you'll enjoy breathtaking views of mountains, valleys, and untouched landscapes.

The highlight of the trek is reaching Panch Pokhari (4,100 m), a group of five holy lakes surrounded by hills and mountains. It is an important pilgrimage site and offers a calm, spiritual atmosphere.

When To Visit

- **January:** Average
- **February:** Good
- **March:** Best
- **April:** Best
- **May:** Best
- **June:** Average
- **July:** Average
- **August:** Average
- **September:** Best
- **October:** Good

- **November:** Best
- **December:** Average

Itinerary

Day 1: Day 1: Arrival in Kathmandu (1,400 m)

Welcome to Nepal! After arriving in Kathmandu, our team will meet you and transfer you to your hotel. You can relax after your journey or explore the lively streets of Thamel. In the evening, we'll have a short briefing about the trek and check your gear.

Accommodation: Hotel | **Meals:** Welcome Dinner

Day 2: Day 2: Drive from Kathmandu to Bhotang & Trek to Deurali (2,700 m)

Today we take a long scenic drive through Melamchi Valley, passing hills, rivers, and local villages before reaching Bhotang. From here, we begin a short trek through forests and rural trails to Deurali. The day offers a mix of travel and light trekking with beautiful surroundings.

Accommodation: Teahouse | **Meals:** Breakfast, Lunch, Dinner

Day 3: Day 3: Trek to Laure Bhanjyang (3,800 m)

The trail climbs steadily through forests and open ridges with stunning views of hills and distant Himalayan ranges. Passing Nosempati, you can enjoy tea breaks and scenic landscapes along the way. The day ends at Laure Bhanjyang, offering breathtaking sunset views.

Accommodation: Teahouse | **Meals:** Breakfast, Lunch, Dinner

Day 4: Day 4: Trek to Panch Pokhari (4,100 m) & Explore

Today we reach the sacred Panch Pokhari, a group of five holy lakes surrounded by mountains. The peaceful environment, temples, and natural beauty create a spiritual and scenic experience. You can explore the area and enjoy panoramic views.

Accommodation: Teahouse / Camp | **Meals:** Breakfast, Lunch, Dinner

Day 5: Day 5: Trek to Tangu & Drive to Kathmandu

After enjoying the lakes, we descend through alpine trails and forests to Tangu or Bhotang. From there, we take a jeep drive via Melamchi back to Kathmandu. The journey offers a final glimpse of rural life and

mountain scenery.

Accommodation: Hotel | **Meals:** Breakfast, Lunch

Day 6: Day 6: Final Departure

Your Panch Pokhari trek comes to an end today. Our team will transfer you to the airport for your onward journey. We hope you leave Nepal with wonderful memories of this peaceful and spiritual trek.

Meals: Breakfast

Cost Details

Cost Includes

- Airport transfers in Kathmandu
- 2 nights hotel in Kathmandu
- Teahouse / camping accommodation during trek
- All meals during trekking
- Shivapuri-Nagarjun / Local trekking permits
- Licensed guide and porter
- Transportation (Kathmandu-Bhotang-Kathmandu)
- First aid kit

Cost Excludes

- International airfare
- Nepal visa fee
- Travel insurance
- Personal expenses (snacks, drinks, souvenirs)
- Hot showers / Wi-Fi charges
- Tips for guide and porter

Trek Essentials

Head & Hands

- Sun hat / cap
- Warm beanie
- Sunglasses with UV protection
- Gloves (light & insulated)

Clothing

- Base layers & trekking shirts
- Fleece jacket
- Waterproof outer layer
- Down jacket

Footwear

- Trekking boots
- Trekking socks
- Sandals / camp shoes

Gear

- Daypack (30- 40 L)
- Sleeping bag (-10°C)
- Headlamp
- Trekking poles
- Water bottles

Personal & Safety

- Sunscreen & lip balm
- First aid kit
- Power bank
- Toiletries

Documents

- Passport & Nepal visa
- Trekking permits
- Travel insurance

- Emergency contacts 