Panch Pokhari Trek



Trip Overview

The Panch Pokhari Trek is a cultural and scenic trek in the Rolwaling and Jugal Himal region of Nepal, combining natural beauty with spiritual significance. The trail passes through Tamang and Sherpa settlements, dense forests, alpine pastures, and high ridges, culminating at the sacred Panch Pokhari (Five Lakes) at 4,010 meters. This trek offers a unique combination of Himalayan vistas, remote villages, wildlife, and cultural immersion, making it an ideal choice for trekkers seeking both adventure and cultural experiences.

Total Trip Days: 15 Days

Region: Langtang Region

Max Altitude: 4,010 meters

Activity: Trek

Difficulty: Streneous

Group Size: 2-10

Trip Highlights

- Explore the sacred Panch Pokhari, a pilgrimage site for Hindus and Buddhists, especially during the Janai Purnima festival
- Walk through diverse landscapes including forests of oak, pine, rhododendron, and juniper
- Trek across high mountain passes with views of Jugal Himal, Rolwaling, and Gaurishankar ranges
- Experience local culture in Tamang and Sherpa villages, observing traditional practices and lifestyles
- Witness native wildlife including mountain deer and the Danfe (Nepal’s national bird)
- Off-the-beaten-path trekking with minimal crowd, offering serenity and authenticity
- Combination of teahouse and tented camping accommodations along the route

Itinerary

Day 1:

Meet, assist upon arrival in Katmandu airport by our representative and escort to hotel in Kathmandu.
Short briefing at the hotel about the itinerary and the do's and dont's with a welcome drink for about 15 minutes. Hand over the keys to the respective rooms of the guests.
Overnight stay at hotel in Kathmandu (No Meals)

Day 2:

Breakfast at hotel
AM: Trekking Preparation
PM: Proceed for sightseeing tour to Pashupatinath Temple and the Boudhanath Stupa
Pashupatinath temple: One of the most sacred Hindu shrines in the world, Pashupatinath lies in the bank of river Bagmati. The two-storied pagoda houses a sacred lingum, or the phallic symbol of Lord Shiva. Although the temple dates back to the 4th century, it was brought into its present shape in the early 18th century. The temple is most noted for its gold-plated roofs

and silver-coated doors. Sadhus and sages, who follow the lifestyle of Lord Shiva, are seen covered with ashes and loincloths. The banks of the river Bagmati, is also considered one of the holiest places in which to get cremated and cremations can be witnessed here. All tourists are requested that certain respect is shown for the grieving.
Continue to Boudhanath, possibly the world's largest Buddhist stupa and a site of great veneration for Buddhists. Around the stupa have sprung up number of monasteries of the different sects of Tibetan Buddhism including one (on the west side of the stupa) that houses an enormous seated statue of Maitreya Buddha splendidly adorned.
Overnight stay at hotel in Kathmandu (B)

Day 3:

Breakfast at the hotel
Today, you'll take early morning drive from Kathmandu to Chautara. The scenic drive on Ariniko highway will be amazing and you'll reach Chautara after 5 hours.
Leisure Time
Overnight stay at Simple teahouse lodge in Chautara (B, L & D)

Day 4:

We have to pass through many villages, farming terraces, some fabulous mountains view of Gaurishankar, Dorje lakpa. Phurse is a pasture land where different village's people bring their domestic animals for the purpose of grazing. It is a small village mainly inhabited by Tamang People.
Overnight at the simple teahouse lodge/ tented camp in Phurse (B, L & D)

Day 5:

On the way we can see forest covered with Oak, Pine, Rhododendron & other natural vegetation. We have to walk mostly up hills till Kami Kharka. We can also see beautiful views of Gaurishankar, Dorje lakpa, Jungal himal range.
Overnight stay at the simple teahouse lodge/ tented camp in Kami Kharka (B, L & D)

Day 6:

We take steady walk through flat land and trek along the forest. Most of the trail for today is covered with rhododendron forest with juniper, oaks and pines too. We can see temporary houses in the Pauwa Base. We camp around this land.
Overnight stay at the simple teahouse lodge/ tented camp in Pauwa Bas (B, L & D)

Day 7:

The way of Hille Bhanjyang goes up hill passing through forest having different plant species like Bamboo, Pine, Oak, Rhododendron (National flower of Nepal) & other alpine vegetation. From Hille Bhanjyang we can see fascinating view of Waterfall, Rivers & village at a far distance.
Overnight stay at the simple teahouse lodge/ tented camp in Hille Bhanjyang (B, L & D)

Day 8:

We have to walk up hill until we reach Nosyampati. On the way you can see the forests with views of Jugal Himal Range, Gaurishankhar Himal, Mountain deer & Danfe (National bird of Nepal).
Overnight stay at the simple teahouse lodge/ tented camp in Nosyampati (B, L & D)

Day 9:

Trek Nosyampati to Panch pokhari (4010m) approximately 4hrs. The route goes passes through Lauribinayak to Panch Pokhari. You are surprise to see alpine vegetation, Rocky Mountains & wildlife. In Nepali Panch Pokhari means five lakes in Nepali. In the month of August the festival held in this place called Janai Purnima. Many Hindu & Buddhist pilgrimages gather here in this festival. Panch Pokhari offers excellent view of Jungal Himal Range, Rolwaling range, Gosaikunda etc.
Overnight stay at the simple teahouse lodge/ tented camp in Panch Pokhari (B, L & D)

Day 10:

Trek Panch Pokhari to Nosyampati (3-4hrs). While trekking we have to back from Panch Pokhari to Nosyampati.
Overnight stay at the simple teahouse lodge/ tented camp in Nosyampati (B, L & D)

Day 11:

Trek Nosyampati to Dhukhang (2100m) Approximately 6hrs. The trail goes down Passes through forest having different types of plants species like Bamboo, Pine, Oak, Juniper etc. Before we reach Dhukhang we come across Chortens &we can see prayer flags fluttering in the breeze. Dhukhang is small village mainly having ethics group of Tamang & Sherpa
Overnight stay at the simple teahouse lodge/ tented camp in Dukang (B, L & D)

Day 12:

Trek Dhukhang to Dhap (1600m) Approximately 6hrs. After crossing

Dhukhang our destination is to reach Dhap. You have to walk along with Indrawati River with fascinating view of farming terraces, human settlements, green hills & different activities of people.
Overnight stay at the simple teahouse lodge/ tented camp in Dhap (B, L & D)

Day 13:

Trek Dhap to Melamchi Bazar (870m) Approximately 6hrs. Today the trial goes along with Indrawati River passing through different villages, hydroelectricity project, farming terraces. On the way to Tipani we reach Melamchi Bazar.
Overnight stay at the simple teahouse lodge/ tented camp in Dhap (B, L & D)

Day 14:

Drive Melamchi Bazar to Kathmandu. Drive back to Kathmandu which takes 5 hrs.
PM: Farewell Dinner at a local restaurant with a cultural program
Overnight stay at the hotel in Kathmandu (B, L & D)

Day 15:

Free till departure and later, transfer to the International airport to connect the flight to onward destination.

Route Map

15 Days
PANCHA POKHARI



ALTITUDE CHART

