Panch Pokhari Trek

Nepal / Langtang Helambu Region | Trekking package



Your journey at a glance

Duration: 14 days

Trip grade: Moderate

Maximum altitude: 4210 m

Best season: September–May

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 1,500.00 per adult

Accommodation: Deluxe hotel in Kathmandu; tented camps during the trek.

Transportation: Drive from Kathmandu to Chautara and from Melamchi to Kathmandu; trekking on foot.

Meals: Breakfast, lunch, dinner and afternoon tea during the trek; hotel breakfast in Kathmandu.

Package overview

Panch Pokhari is one of the new and unspoilt trekking destinations in Nepal. Located in the central Himalayan region, the area is known for excellent Himalayan views, pristine nature and distinct local culture. The supplied overview places Panch Pokhari across the Nuwakot, Rasuwa and Sindhupalchowk districts and identifies it as one of the main features of Langtang National Park.

The route offers views of Jugal Himal, the Langtang Range, Rolwaling Himal and nearby mountains. The Jugal Himal chain includes peaks such as Dorje Lakpa (6,966 m), Madiya (6,257 m) and Phurbi Chhyachu (6,637 m). The Government of Nepal Postal Services Department issued a postal stamp featuring Panch Pokhari in 2011. Panch Pokhari, meaning “five lakes,” is a Hindu pilgrimage site situated at about 4,100 m. The Janaipurnima festival is held here in August, and Hindu and Buddhist pilgrims visit the lakes and the temple dedicated to Lord Shiva.

This remote and less-frequented route combines cultural heritage, mountain scenery and varied flora and fauna. Along the way, the trail passes villages and settlements of Tamang, Newar, Sherpa, Brahmin, Chhetri and Gurung communities. As teahouse accommodation is not available along most of the route, this itinerary is operated as a camping trek.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive in Kathmandu and transfer to the hotel. In the evening, attend the trekking briefing and welcome dinner.

Meals: Dinner
Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu

Day 2 - Kathmandu sightseeing

After breakfast, take a sightseeing tour in Kathmandu, including Pashupatinath Temple and Boudhanath Stupa.

Meals: Breakfast
Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu

Day 3 - Drive from Kathmandu to Chautara

Drive for about five hours to Chautara, the district headquarters of Sindhupalchok. Set up camp for the night. Enjoy the mountain views or explore the village and learn about local culture and daily life.

Accommodation: Tented camp in Chautara
Altitude: 1,450 m
Travel time: About 5 hours

Day 4 - Trek to Sano Okhareni

Walk gradually uphill for about five hours, passing small villages and seeing how different ethnic communities live alongside one another. Camp at Sano Okhareni near a pine forest with mountain views.

Accommodation: Tented camp at Sano Okhareni
Altitude: 1,965 m
Walking / trekking: About 5 hours

Day 5 - Trek to Kami Kharka

Walk gradually uphill for about one hour to Thulo Okhareni, then continue with a steeper climb for about four hours through rhododendron and pine forest. The route offers opportunities to see wildlife and Nepali birdlife. Camp at a summer pasture ground used by nomadic cattle herders.

Accommodation: Tented camp at Kami Kharka
Altitude: 2,810 m
Walking / trekking: About 5 hours

Day 6 - Trek to Pauwa Bas

Follow a relatively level trail through rhododendron, oak, pine and juniper forest. The walk takes about five to six hours, and the route passes nomadic cattle houses. Pauwa Bas has a shelter for pilgrims travelling to Panch Pokhari.

Accommodation: Tented camp at Pauwa Bas
Altitude: 3,000 m
Walking / trekking: About 5–6 hours

Day 7 - Trek to Hille Bhanjyang

Climb steeply for about three hours, then descend through the forest for around one and a half hours. Enjoy mountain views along the way before reaching the camp at Hille Bhanjyang.

Accommodation: Tented camp at Hille Bhanjyang
Altitude: 3,400 m
Walking / trekking: About 4½ hours

Day 8 - Trek to Narsim Pati

Walk for about four hours. Begin with a steep uphill section of around one hour, followed by a gradual descent through rocky hills and rhododendron forest to Narsim Pati. A small rest house serves pilgrims heading to Panch Pokhari.

Accommodation: Tented camp at Narsim Pati
Altitude: 3,700 m
Walking / trekking: About 4 hours

Day 9 - Trek to Panch Pokhari

Ascend gradually for about three hours through rocky hills to Panch Pokhari, meaning “five lakes.” This secluded pilgrimage site hosts the Janaipurnima festival in August. Visit the pilgrim houses and the temple dedicated to Lord Shiva.

Accommodation: Tented camp at Panch Pokhari
Altitude: 4,100 m
Walking / trekking: About 3 hours

Day 10 - Visit Panch Pokhari viewpoint and trek to Tupi Danda

Start early to watch sunrise over the mountains. Walk uphill for about one and a half hours to the viewpoint for panoramic views of Mt. Dorje Lakpa, the Jugal Himal Range, Rolwaling Range and Langtang Range. Return to Panch Pokhari, pack up and descend for about six hours through rhododendron forest to Tupi Danda. “Danda” means ridge.

Accommodation: Tented camp at Tupi Danda
Altitude: Tupi Danda: 2,320 m
Walking / trekking: About 1½ hours uphill and 6 hours downhill

Day 11 - Trek to Dhap

Walk for about five hours, including a steep downhill section of around two hours, followed by a more level trail through terraced fields to Dhap. The village is home to Tamang families and offers an opportunity to see local culture and traditional architecture.

Accommodation: Tented camp at Dhap
Altitude: 1,200 m
Walking / trekking: About 5 hours

Day 12 - Trek to Melamchi

Walk for about six hours through terraced fields and along the Indrawati River. Pass villages and a hydroelectricity project on the way to Tipini and the road. Continue to Melamchi Pul Bazaar, located near the Melamchi Khola and Indrawati River. Camp by the riverside.

Accommodation: Tented camp near Melamchi
Altitude: 800 m
Walking / trekking: About 6 hours

Day 13 - Drive from Melamchi to Kathmandu

Return to Kathmandu by road, enjoying the scenic drive of about five hours.

Accommodation: Deluxe hotel in Kathmandu
Travel time: About 5 hours

Day 14 - Departure transfer

After breakfast, transfer to the airport for departure. The trip concludes.

Meals: Breakfast

What is included

- Three nights’ accommodation in a deluxe hotel in Kathmandu on a bed-and-breakfast basis, twin sharing.

- Basic trekking guide, cook, kitchen helper, camp Sherpas and required porter.

- All camping equipment, including tents and mattresses.

- All meals during the trek: breakfast, lunch, dinner and afternoon tea.

What is excluded

- Tips.

- Personal expenses.

- Travel and medical insurance.

- Lunch and dinner in Kathmandu.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/panch-pokhari-trek