



Nepal: Panch Pokhari Trek

Grade: Easy

Highlights:

Panch Pokhari trek lies to the Jugal Himal on the northeast of Kathmandu, which includes Dorche Lakpa (6966m), Madiya (6257m) and Phurbi Chhyachu (6637m). From the south, this is an easily accessible region, though it requires a long, uphill climb. Just above Dolaghat, on the friendship high way, a road leads to the large bazaar of Chautara, at 1410m. Our trek starts here, climbing to a ridge and following it north to Panch Pokhari, the Five Lakes, at 3600m. We continue to Tarke Gyang in Helambu and then head back down through Sermathang to reach Melamchipull Bazaar and Pachkhal on the Kodari road. Note: B=Breakfast, L= Lunch, D=Dinner

Day to day:

Day 1: Arrival and pick up from international airport in Kathmandu, after some refreshment we will invite you for tridition

Day 2: Sightseeing in Kathmandu Valley, o/n in a hotel. (B):

Day 3: Drive to Chautara and trek up to Syaule (1500m) o/n in camp.(B,L,D):

Day 4: Trek to Kamikharka Danda (2300m) o/n in camp. (B,L,D):

Day 5: Trek to Chyocho Danda (3160m) o/n in camp. (B,L,D):

Day 6: Trek to Hile Bhanjyang (3913m) o/n in camp. (B,L,D):

Day 7: Trek to Nasim pati (3800m) o/n in camp.(B,L,D):

Day 8: Trek to Panch Pokhari (3600m) o/n in camp. (B,L,D):

Day 9: Rest day and excursion high king around Pach pokhari hill, o/n in camp. (B,L,D):

Day 10: Trek to Gaikharka (2530m) o/n in camp. (B,L,D):

Day 11: Trek to Yangri (1360m) o/n in camp. (B,L,D):

Day 12: Trek to Gangdwang (2100m) o/n in camp. (B,L,D):

Day 13: Trek to Tarke Gyang (2560m) o/n in camp. (B,L,D):

Day 14: Trek to Kakanidada (1300m) o/n in camp,(B,L,D):

Day 15: Trek to Melmchi bazaar and drive to Kathmandu, o/n in a hotel,(B,L):

Day 16: Sightseeing in Patan and Bhaktpur or free day, o/n in a hotel,(B):

Day 17: Transfer to international airport (B):

What is included?

- Hotel with breakfast in Kathmandu
- Government licensed trekking guide and porters during trekking
- 3 meals a day during trekking (B, L, D)
- All the necessary kitchen equipment, member, dining, kitchen and toilet tent during trekking
- Government licensed guide with private transport during sightseeing in Kathmandu valley
- Accommodation in hotel and camp
- Langtang conservation fee and trekking permit (TIMS)

What is excluded?

- Personal expenses and tips for staff
- Monument entrance fees during sightseeing in Kathmandu valley
- Nepal visa fee USD 40 for 30 days and 4 passport sized pict
- International flight ticket and airport tax
- Lunch and dinner in Kathmandu
- Personal insurance and helicopter rescue in case of emergency