



## Bridge Nepal Treks & Travels

Ananda Bhairab Marg, Naxal, Kathmandu

Phone: +977 9802397328 | +977 9851425260

Email: info@bridgenepaltreksandtravels.com

Website: www.bridgenepaltreksandtravels.com

# Panch Pokhari Trek in Nepal | Spiritual Journey to the Beautiful Five Sacred Lakes

<b>Price</b>	380.00
<b>Duration</b>	4Nights/5Days
<b>Location</b>	Nepal

## Tour Overview

### Panch Pokhari Trek - Overview

The Panch Pokhari Trek is one of the most beautiful and spiritually significant short trekking journeys near Kathmandu, located in the Sindhupalchok region of Nepal. This trek takes you deep into the untouched Himalayan landscape where nature, culture, and spirituality blend into a peaceful mountain experience.

“Panch Pokhari” means Five Sacred Lakes, and these glacial lakes lie at an altitude of around 4,100 meters. The route passes through charming villages, dense forests, alpine meadows, and high ridges, gradually revealing breathtaking views of the Jugal Himal range and surrounding peaks.

Unlike crowded trekking routes, Panch Pokhari remains quiet and less commercial, making it ideal for trekkers seeking solitude, natural beauty, and cultural authenticity close to Kathmandu.

## Why This Trek is Special ?

Panch Pokhari Trek is special because it offers a rare combination of sacred alpine lakes, peaceful Himalayan landscapes, and authentic village life just a few hours from Kathmandu. It is a short yet powerful journey where spiritual energy, mountain views, and untouched natural beauty come together in one unforgettable experience.

### Trip Highlights

- Discover the breathtaking beauty of the sacred Five Alpine Lakes of Panch Pokhari.
- Witness spectacular sunrise and panoramic Himalayan views from the Panch Pokhari viewpoint (4,300m).
- Experience the spiritual atmosphere of one of Nepal's most important Hindu and Buddhist pilgrimage sites.
- Trek through pristine forests, alpine meadows, and untouched mountain landscapes.
- Enjoy stunning views of the Jugal Himal Range, Langtang Himal, Dorje Lakpa, and surrounding peaks.
- Experience an authentic Himalayan trekking adventure away from crowded tourist trails.
- Explore traditional mountain villages and discover the unique lifestyle of local communities.
- Enjoy the peaceful beauty of rhododendron forests, wildflowers, and diverse Himalayan flora.
- Connect with nature, culture, and spirituality in one remarkable trekking journey.
- Experience one of the best short Himalayan treks accessible from Kathmandu.
- Trek confidently with experienced, government-licensed guides focused on your safety and comfort.
- 24/7 support and emergency assistance coordination throughout your journey.
- Travel with Bridge Nepal Treks and Travels, a trusted government-registered trekking company committed to delivering safe, authentic, and unforgettable Himalayan experiences.

### Detailed Itinerary

#### Day 01: Arrival in Kathmandu (1,350m)

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, our team will warmly receive you and transfer you to your hotel in Kathmandu.

After check-in, you can rest or explore the vibrant streets of Thamel, filled with trekking shops, cafés, and local culture. In the evening, there will be a short briefing about the trek, route conditions, safety, and preparation for the upcoming journey.

Activities:

Airport pickup and hotel transfer

Hotel check-in and rest  
Explore Thamel area (optional)  
Trek briefing and preparation  
Overnight Stay: Kathmandu  
Altitude: 1,350m

## **Day 02: Drive Kathmandu to Chhimti / Bhotang (1,800m) & Trek to Tuppi Danda (2,400m)**

After breakfast, begin a scenic drive from Kathmandu towards Chhimti or Bhotang. The journey passes through rivers, green hills, waterfalls, and traditional villages, offering a beautiful introduction to rural Nepal.

From Chhimti/Bhotang, start your trek through forested trails and peaceful settlements, gradually ascending toward Tuppi Danda. The trail offers refreshing mountain air and natural landscapes.

Activities:

Scenic drive through Sindhupalchok region

Trek through forests and local villages

Gradual uphill hiking experience

Drive Duration: 6 hours

Trek Duration: 4 hours

Overnight Stay: Tuppi Danda

Altitude: 2,400m

## **Day 03: Tuppi Danda to Panch Pokhari (4,100m)**

Today is the most rewarding ascent of the journey. The trail climbs steadily through alpine forests, open hills, and rocky landscapes. As you gain altitude, the surroundings become more dramatic and peaceful.

Upon reaching Panch Pokhari, you will be surrounded by five sacred alpine lakes with breathtaking Himalayan views. This holy site holds great religious significance for both Hindu and Buddhist pilgrims.

Activities:

Continuous uphill trek through alpine terrain

Scenic Himalayan landscapes

Visit and explore Panch Pokhari lakes

Spiritual and cultural experience

Trek Duration: 7-8 hours

Overnight Stay: Panch Pokhari Area (Camping/Lodge)

Altitude: 4,100m

### **Day 04: Panch Pokhari to Viewpoint (4,300m) & Trek back to Chhimti**

Early in the morning, hike up to the nearby viewpoint (approx. 4,300m) to witness panoramic views of the Himalayan range and surrounding valleys. After spending time at the viewpoint, begin your long descent back toward Chhimti.

The downhill trek is long but scenic, passing through forests, hills, and rural settlements. Upon arrival at Chhimti, relax and celebrate the completion of the trekking journey.

Activities:

Early morning hike to viewpoint

Sunrise Himalayan views (weather permitting)

Long descent trek to Chhimti

Village landscapes and forest trails

Trek Duration: 8-10 hours

Elevation Descent: Approx. 2,500m

Overnight Stay: Chhimti / Bhotang

Altitude: 1,800m

### **Day 05: Drive Chhimti to Kathmandu (1,350m) & Departure**

After breakfast, drive back to Kathmandu through scenic hills, rivers, and countryside roads. Upon arrival in Kathmandu, you will be transferred to your hotel.

Depending on your flight schedule, you may have free time for shopping or relaxation. Later, our team will transfer you to the airport for your final departure, marking the end of your memorable Panch Pokhari Trek.

Activities:

Scenic drive back to Kathmandu

Free time in Kathmandu (if available)

Airport drop-off service

Final departure

Drive Duration: 6-7 hours

Altitude: 1,350m

**Included Services**

- Airport pick-up and drop-off service in Kathmandu.
- Hotel accommodation in Kathmandu as per itinerary.
- Daily breakfast, lunch, and dinner during the trek.
- Tea house/lodge or camping accommodation during the trek.
- Experienced, government-licensed English-speaking trekking guide.
- Private transportation from Kathmandu to Chhimti/Bhotang and back to Kathmandu.
- All required trekking permits and entry fees.
- One Porter for Two Trekkers
- Basic first-aid kit carried by the guide.
- 24/7 support from Bridge Nepal Treks and Travels throughout the trek.
- All government taxes and official service charges.

### Excluded Services

- International airfare and Nepal entry visa fees
- Travel insurance.
- Emergency helicopter rescue and evacuation costs (covered by Travel insurance if applicable).
- Tips for guides and support staff.
- Personal expenses and beverages
- Any services not mentioned in the itinerary or included section.

### Fixed Departure Dates

- ||

### Frequently Asked Questions

#### **Q: Where is Panch Pokhari located?**

Panch Pokhari is located in the Sindhupalchok district of Nepal, northeast of Kathmandu, inside the Jugal Himal region.

---

#### **Q: What does Panch Pokhari mean?**

Panch Pokhari means “Five Sacred Lakes,” which are holy alpine lakes situated at an altitude of 4,100 meters.

---

#### **Q: How difficult is the Panch Pokhari Trek?**

The trek is moderate trek. It involves steady uphill climbs, high-altitude walking, and long trekking days, but it is achievable for trekkers with basic fitness.

---

**Q: What is the maximum altitude of this trek?**

The highest point is 4,300 meters at the viewpoint above Panch Pokhari.

---

**Q: How many days is the Panch Pokhari Trek?**

The trek usually takes 4 to 6 days depending on the itinerary and starting point from Kathmandu.

---

**Q: What is the best time to do this trek?**

The best seasons are Spring (March–May) and Autumn (September–November) when the weather is clear and mountain views are stunning.

---

**Q: Do I need prior trekking experience?**

No prior experience is required, but basic physical fitness and stamina for walking 5–8 hours daily is recommended.

---

**Q: Is altitude sickness a risk on this trek?**

Yes, mild altitude effects can occur above 3,000 meters, but proper pacing, hydration, and acclimatization reduce the risk significantly.

---

**Q: What kind of accommodation is available?**

Accommodation includes local tea houses, lodges, or camping depending on the route and season.

---

**Q: Is the Panch Pokhari Trek crowded?**

No, it is a quiet and less crowded trekking route, ideal for peaceful and nature-focused travel.

---

**Q: What mountains can be seen during the trek**

You can see the Jugal Himal range, Langtang Himal range, Dorje Lakpa, and surrounding peaks.

---

**Q: Is this trek religious or cultural?**

Yes, Panch Pokhari is a sacred pilgrimage site for both Hindu and Buddhist communities.

---

**Q: What should I pack for this trek?**

Warm clothing, trekking shoes, rain jacket, gloves, water bottle, personal medicines, and basic toiletries are essential.

---

**Q: Is guide service necessary?**

Yes, having a licensed guide is highly recommended for safety, navigation, and cultural experience.

---

**Q: Is this trek safe for solo travelers?**

Yes, but it is safer and more comfortable when done with a guide or organized trekking company.

---

**Q: What food is available during the trek?**

Simple local meals like dal bhat, noodles, rice, vegetables, tea, and snacks are available in lodges.

---

**Q: What makes this trek special?**

It combines sacred lakes, Himalayan views, peaceful nature, and cultural experience in a short and accessible route near Kathmandu.

---

**Q: Why choose Bridge Nepal Treks and Travels for this trek?**

Bridge Nepal Treks and Travels is a government-registered company offering safe, well-organized trekking with experienced guides, 24/7 support, and reliable service throughout your journey.

---

**Q: How can I book this trek?**

You can easily book this trek by contacting Bridge Nepal Treks and Travels via WhatsApp, email, or phone. Simply share your travel dates, and our team will arrange everything for you. Cash payment upon arrival in Kathmandu is also available

---

**Trip Information**

- About The Trek



