PAANCH POKHARI Sindhupalchok Trek

Duration: 10 Day | Location: Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Nepal

Duration: 10 Day

Difficulty: Not specified

Trip Style: Trekking & Hiking

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Summary

PAANCH POKHARI Sindhupalchok Trek/PAANCH POKHARI Trek is Eastern of the Sindhupalchok District/ newly opened trekking routes in Nepal five glacial lakes view

Overview

Trip Introduction

PAANCH POKHARI Sindhupalchok Trek is Eastern of the Sindhupalchok District Nepal. Paanch Pokhari is one of the newly opened trekking routes in Nepal that includes a sacred and pristine group of five glacial lakes, Panch Pokhari, seated on the base of Jugal Himal. Panch Pokhari is a sacred pilgrimage site for Hindus and Buddhists and is located in the wild nature in the north-east region of Sindhupalchowk district. The lake is situated at the altitude of 4010m in a beautiful natural setting surrounded by the various Himalayas. Panch Pokhari Trekking is easy and short trekking for someone with limited time but with a desire to be near the Himalayas. Everest View Trek

The short trek to Panch Pokhari starts with your arrival in Kathmandu. After the day of arrival, the trip continues with a drive to Simpal, the starting point of the trek. The trekking trail passes through various settlements of Yalmu, Sherpa and Tamang communities. Which gives an opportunity to understand the Himalayan culture and lifestyle. The trail comes across the beautiful landscape, waterfalls, alpine forest, temples, and many more. The trek also offers a stunning view of Dorje Lakpa (6966m), Phurbi Chhyachu (6637m), Madiya (6257m), Rolwaling Himal range, Ganesh Himal range, and Langtang Himal range. People from all over the country come to change their sacred thread known as Janai. Gosaikunda Lake Trek.

People take a dip in the pond before changing or wearing their sacred thread. You can visit the two pilgrim houses near the pond and the temple dedicated to Lord Shiva. Even in unclear weather, the trail throughout Panch Pokhari Trek is mystical and tranquil. Also allowing you to replenish yourself with purity and composure. If you have more time you can visit Gosaikunda etc more. Ruby Valley Trek.

Day by day itinerary

Trip Itinerary

Day 1: Arrival in Kathmandu

Pick up at Tribhuvan International Airport, Kathmandu, by our team representative, upon your arrival. Then, you will be transferred to your hotel. Overnight at a 3-star hotel in Kathmandu.

Day 2: Kathmandu to Simpal 1813m by private land cruiser 5 hours driving

We take a drive to the small village of Simpal relishing the countryside view throughout the ride. On our way to Simpal, we pass through Chautara, the headquarters of Sindhupalchowk district. As we drive further, alongside different rivers and streams, the settlement starts to get sparse and green hills to dominate the landscape. The drive to Simpal is only going to add thrill to the already excited you. Overnight at Lodge in Simpal.

Day 3: Trek to Kami Kharka [2810m/6 hours]

We begin our first day of trek gradually ascending to Sano Okhareni. We then continue to trek on a steep trail through the densely forested path. We may also encounter some wild animals like mountain deer, langur monkeys and various species of birds. Crossing several smaller settlements on the way, we reach Kami Kharka for our overnight stay.

Day 4: Trek to Pauwa Bas [3000m/6 hours]

Today we walk through the flat trail at first then enter the forested path filled with rhododendron, oaks, pine, and juniper trees. After about 5 to 6 hours of walk through the forest area, we get the sight of nomad's houses for cattle on our way to Pauwa Bas. Walking through the silent and tranquil forest, we arrive in Pauwa Bas. Overnight in a tented camp.

Day 5: Trek to Hile Bhanjyang [3400m/6 hours]

Leaving Pauwa Bas behind, we ascend through a steep trail for about 3 hours. We then steeply descend for about one and a half hours through the forested trail. It is a quiet walk through an uninhabited area. Relishing the amazing view of mountains on our way, we arrive in Hile Bhanjyang. Overnight in a tented camp.

Day 6: Trek to Panch Pokhari [4100m/6 hours]

We start to trek towards Panch Pokhari which is only about 4 hours of walking. We first ascend through steep trail then gently descend through the forested trail to Nasyampati from where we get an amazing mountain view. We then continue to climb up through rocky hills to finally arrive in Panch Pokhari. The holy lakes of Panch Pokhari do not only serve as a pilgrimage site of the Hindu and Buddhist devotees but are equally beautiful scenically. The temple in Panch Pokhari is dedicated to Lord Shiva. Overnight in a tented camp.

Day 7: Trek to Tupi Danda [2320m/7 hours]

Today, we start early morning to catch the sun rising against the Himalayas. We hike to the top of Panch Pokhari for a panoramic view of Dorje Lakpa (6966m), Gaurishankar (7134m), Jugal Himal Range, Ganesh Himal Range, Rolwaling Himal Range, and Langtang Himal Range. After spending some quality time, we return back to Panch Pokhari and head towards Tupi Danda through steep trails. Overnight in a tented camp.

Day 8: Trek to Dhap [1200m/6 hours]

Leaving behind Tupi Danda, we steeply descend for some time, and the rest of the trail is quite leveled as we walk through terraced farm fields to reach the village of Dhap. Dhap is a beautiful village inhabited by Tamang community. Overnight in Dhap.

Day 9: Trek to Melamchi [800m/5 hours] and drive back to Kathmandu

For the last day of our trek, we head towards Melamchi through terraced farm fields alongside Indrawati River. We also come across a hydroelectricity project on our way to Tipeni. Upon reaching Melamchi, we drive back to the capital in our private jeep and transfer you to the 3-star hotel in Kathmandu for an overnight stay.

Day 10: Final Departure from Kathmandu

Our team member drops you off at Tribhuvan International Airport around 3 hrs before your scheduled flight back home.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Pick up and drop.

Guide and Helpers (porters) assistance, according to the group size.

All food (Breakfast, Lunch and Dinner.)

Accommodation in tented and camping equipment and Kitchen equipment

Hot drinks (Tea and coffee) 3 times a day.

All land transportation.

TIMS (Trekking Information Management System) card.

Langtang National Park Entry Permit.

All food, drinks, Lodge, salary, Insurance, medical equipment, all transport for guide, and porters.

Hotel with a BB plan in Kathmandu.

Sightseeing with guide, transport and monument entry fees.

4 wheel drive to the trekking starting point and pick up from the ending point.

All government taxes.

Exclusions

Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, any kind of unforeseen expenses

Lunch and Dinner in Kathmandu.

Tips for Guide and Porter (Tips are not compulsory but expected).

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trekking Region: Langtang Region.

Trip Name: PAANCH POKHARI Sindhupalchok Trek (4100m)

Total Duration: 10 Day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Mode of Trek: Tea house.

Highest access of the trek: PAANCH POKHARI Sindhupalchok Trek. (4100m)

Himalayan Views: Langtang, Langtang Lirung, Gosainkunda, etc.

Departure

Departure

Review

Trip gallery



PAANCH POKHARI Sindhupalchok Trek - photo 1

View photo on the trip page

View photo on the trip page



PAANCH POKHARI Sindhupalchok Trek - photo 4

View photo on the trip page

Plan your journey with our team

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