



Marvel Treks & Expedition Pvt. Ltd.

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Panch Pokhari Trek

The Sacred Lakes of the Langtang Highlands

Duration: 5 Days

Max Altitude: 4,100 m (Panch Pokhari Lakes)

Trek Grade: Moderate

Start / End: Kathmandu

Accommodation: Lodge / Tea house along the route | Hotel in Kathmandu

Best Season: March–May | September–November

Group Type: Private or Group Joining



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Overview

The **Panch Pokhari Trek** is a short but scenic trek in the **Langtang Himalayan region**, leading to the sacred **five lakes of Panch Pokhari**. The trail passes through **lush forests, rhododendron valleys, and traditional Tamang villages**, offering cultural encounters and beautiful highland landscapes.

Ideal for travelers with **limited time** or for **first-time trekkers**, this trek combines natural beauty, religious sites, and moderate trekking at high altitude.

Trip Highlights

- Trek through **forests, rivers, and rhododendron valleys**
- Visit traditional **Tamang villages** along the route
- Reach **Panch Pokhari Lakes** at 4,100 m
- Experience a combination of **cultural and natural beauty**
- Moderate trekking suitable for **short Himalayan adventures**

Itinerary

Day 1: Drive Kathmandu → Bhotang Village (1,800 m)

Morning drive from Kathmandu to Bhotang Village (~150 km). Enjoy scenic landscapes along the way, including terraced fields and local villages. Overnight stay in a lodge.

Day 2: Trek Bhotang Village → Nasimpati (3,700 m)

Start trekking through lush forests and traditional trails. The path gradually ascends, offering beautiful views of surrounding hills and valleys. Trekking distance: 14 km. Overnight in a teahouse or lodge.

Day 3: Trek Nasimpati → Panch Pokhari Lakes (4,100 m)

Short but steep ascent leads to the sacred Panch Pokhari Lakes, a serene and spiritual high-altitude destination. Trekking distance: 5 km. Overnight near the lakes.

Day 4: Trek down Panch Pokhari → Bhotang Village (1,800 m)

Descend through alpine forests and valleys, retracing the trail toward Bhotang Village. Trekking distance: 19 km. Overnight stay in lodge.



Day 5: Drive Bhotang Village → Kathmandu (1,350 m)

Drive back to Kathmandu (150 km), completing the Panch Pokhari Trek. End of the journey with return to your hotel.

All You Need to Know

1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.



- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

Fees vary by nationality and trekking region.

6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities.

Mobile network coverage is good in cities and popular trekking routes.

Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.



10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.

Remove shoes before entering temples and homes.

Respect local traditions and festivals.

Ask permission before taking photos of people.

11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.

Respect wildlife and natural environments.

Support local communities by using local guides, porters, and accommodations.

Follow “Leave No Trace” principles during treks.

Important Information

- This trek requires a good level of physical fitness, as it involves long walking days, uneven terrain, and gradual ascent at higher altitudes. Participants are strongly advised to prepare in advance through regular exercise, endurance training, and hiking practice.
- Altitude-related illnesses such as Acute Mountain Sickness (AMS) can occur above 2,500 m. All itineraries are designed with proper acclimatization days to minimize risk; however, individuals must follow the guide’s instructions and report any symptoms immediately. If symptoms worsen, descending to a lower altitude is mandatory for safety.
- Weather conditions in the Himalayas are unpredictable and can change rapidly, particularly during monsoon and winter seasons. Trekking schedules may be adjusted due to weather, trail conditions, or safety considerations.
- Luggage limits are strictly enforced, typically allowing 10–12 kg of personal baggage per trekker. Excess luggage can be carried by porters or arranged separately at an additional cost.
- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, and helicopter evacuation is mandatory. Proof of insurance must be provided before the trek begins.

