



Panch Pokhari Trek - Itinerary

1. Arrival in Kathmandu (1340m)

Welcome to Nepal – The Land of Himalayas! Our airport representative picks you up from airport and transfers you directly to reserved hotel. A small meeting will be held in the evening to introduce with climbing guides and other staffs. Also, we discuss about the upcoming adventure depending upon your arrival time.

2. Sightseeing & Trip Preparation

We do sightseeing around Kathmandu along with the preparation for climbing. Sightseeing includes tour around Swayambhunath (monkey temple), Baudhdhanath (Buddhastupa), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square. We pack all the necessary equipments after double check and make sure that all the necessary documents are ready.

3. Kathmandu to Chautara (1450m) - 5 hour drive

We drive through Arniko Highway to Sindhupalchowk District and reach Chautara. We start our trek from here and this place is great with lush forest and terraced hills surrounding the place.

4. Chautara to Sano Okhareni (1965m) - 5-6 hrs

We take steady walk through ethnic village, valleys and settlers of different culture. This view shows us the harmony in Nepali people despite being different caste and having different background. The trek ascends and we have to cross small streams to trail through terraced farmlands and reach Okhareni. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Okhareni to Kami Kharka (2810m) - 6 hrs

We climb uphill from Okhareni to Thulo Okhareni and our trail gets steeper from here. We climb for four hours and the trail goes down through dense forest of rhododendron and pines. We can get glimpses of many birds and some wild animals. Walking for a while comes Kami Kharka and we take camping here. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Kami Kharka to Pauwa Bas (3000m) - 5 hrs

We take steady walk through flat land and trek along the forest. Most of the trail for today is covered with rhododendron forest with juniper, oaks and pines too. We can see temporary houses in the Pauwa Base. We camp around this land. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Pauwa Bas to Hile Bhanjyang (3400m) -6 hrs

We take steep climb for about three hours and after that the trail is gradual. We take steep descend from the top for about one and half hour. The trek gives us exciting views of mountains. Finally, we reach Hile Bhanjyang for camping. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Hile Bhanjyang to Narsim Pati (3700m)

The walk for today is relatively easy. We take steep uphill for about an hour and enjoy the green surrounding and hilly slopes. From here, it is three hours of downhill trek. The trail is excessively covered with rhododendron and rocky hill. Upon reaching, we camp ourselves near holy-inn, which was made for pilgrims. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Narsim Pati to Panch Pokhari (4100m)

We reach our ultimate destination today. The route gradually climbs up the rocky hill and reach Panch Pokhari. Panch Pokhari means Five Lakes and it is true you get to see the Holy lake of Hindu people. Hindus come to this place as a pilgrimage tour and it is dedicated to Lord Shiva and in Janai Purnima (festival) many devotees come here. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Trek to Panch Pokhari top, trek to Tupi Danda (2320m) - 7 hrs

Early in the morning, we take hike to the top of Panch Pokhari. From the top, you can see Mt. Dorje Lakpa, Jugal Himal Range, Langtang Range and Rolwaling Range. We come back and follow the route to Tupi Danda. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Tupi Danda to Dhap (1200m) - 5 hrs

We take steep downhill trek for a while and then comes easy trail to Dhap. We cross beautiful terraced hillsides and gorges to reach the settlement of Tamgang people – Dhap. You can get insight of the culture, tradition and their custom (one more cultural insight for you). Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Dhap Exploration Day

We take bath and stroll around the village. We visit the village and be friends with the locals. We can live their lifestyle for a whole day. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Dhap to Melamchi (800m) - 6 hrs

We walk through terrace and riverbed of Indrawati River. We cross the spectacular village and explore the hydroelectricity project that is ongoing in the village. We walk down to Tipini and join the regular route. We reach Melamchi Pul Bazaar at the bank of Melamchi Khola. This place is quite populated with lots of lodges and open markets. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

14. Drive Melamchi to Kathmandu - 6 hrs

Finally, we take drive to Kathmandu and along the way; we can see terraces, settlements, rivers and high hills. We leave wonder mountains behind us and enter the hustle and bustle of Kathmandu. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by

the company.

15. Departure/Farewell

Adventure in the Himalayas finally comes to an end. Our airport representative drops you off to the airport approximately 3 ours prior to your scheduled flight to make sure that you don't miss your flight to home. Have safe journey and see you next time.

INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no.of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipments during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)