



## Panch Pokhari Trek



### Introduction

**The Panch Pokhari** Geographically landlocked making it remote and unspoiled “**Different from outside world**”. Trek begins with Six hours drive from Kathmandu city landing at Chautara of Sindhupalchowk district. Resided in the elevation of 4,100m. giving its meaning as “**Five Lakes**” in locale language. One of the unspoiled emote region of Nepal where lies the five beautiful glacier lakes. The holy lake of hindus and locale Buddhists situated in a wild nature in the north-east region of Sindhupalchowk district of Nepal. The lake is located in a beautiful natural setting that’s why it has become a travel destination in the nepali tourism industry. The region of Panch Pokhari is encompassed by various Himalayas which are **Langtang Himalayan Range, Mt. Dorje Lakpa 6,966m, Jugal Himalayan Range, Mt. Phurbu Chachu 6,637m, Mt. Madiya 6,257m, etc....**

Trekking to five holy lakes Panch Pokhari through untouched traditional villages in spectacular Himalayan landscapes is a delightful walking adventure traversing through lush forests, green mountains, traditional farming lands, traditional villages and high hills of typical Nepal that shows views of far off mountains lost in horizon. The higher elevation regions are mostly inhabited by Limbu, **Tamang, Sherpa, Magar, Gurung, Rai, Limbu communities** who are originally called or known as the Himalayan people or mountain people. The Panch Pokhari region is a full wild nature with full of natural wonders like **caves, valleys, glaciers, lakes, waterfalls, lush forests** etc. The Panch Pokhari region is globally recognized as ninth high wetland of the globe.

## Facts

- Duration: 14 days
- Grade: Moderate
- Country: Nepal
- Best Season: October to May (Spring/Autumn)
- Start/Ends: Kathmandu (Capital of Nepal)

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Kathmandu [1264m] to Chautara [1450m]. Meal includes:Breakfast/Lunch/Dinner
- **Day 3** : Trek to Sano Okhareni [1965m]. Meal includes:Breakfast/Lunch/Dinner
- **Day 4** : Trek to Kami Kharka [2810m]. Meal includes:Breakfast/Lunch/Dinner
- **Day 5** : Trek to Pauwa Bas [3000m]. Meal includes:Breakfast/Lunch/Dinner
- **Day 6** : Trek to Hille Bhanjyang [3400m]. Meal includes:Breakfast/Lunch/Dinner
- **Day 7** : Trek to Narsim Pati [3700m]. Meal includes:Breakfast/Lunch/Dinner
- **Day 8** : Trek to Panchpokhari [4100m]. Meal includes:Breakfast/Lunch/Dinner
- **Day 9** : Trek to Panchpokhari top, trek to Tupi Danda [2320m]. Meal includes:Breakfast/Lunch/Dinner
- **Day 10** : Trek to Dhap [1200m]. Meal includes:Breakfast/Lunch/Dinner
- **Day 11** : Rest day to explore the culture . Meal includes:Breakfast/Lunch/Dinner
- **Day 12** : Trek to Melamchi [800m]. Meal includes:Breakfast/Lunch/Dinner
- **Day 13** : Melamchi to Kathmandu. Meal includes:Breakfast/Dinner
- **Day 14** : Final Departure

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Pickups and drops from airport(s) and hotels
- All accommodations on twin sharing basis
- Breakfast in Kathmandu all meals during the trek
- sightseeing around kathmandu by private car/autos, per group size.
- Transportation in a comfortable private vehicle
- Necessary Trekking permits and TIMS card/trekking and national parks
- Entire necessary High quality required tents and kitchen equipments during Camping
- High quality VE-25 North-Face for members during camping
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- Government licence holder professional english speaking guide
- Potter service charges during the trek (2 member 1 Porter).
- Insurance of Xtreme Climbers field Staff and their wages.
- Welcome/Farewell dinners
- Trekking map (need to be returned after Trip).
- A comprehensive medical kit
- All necessary paperwork(s) and permit(s)
- All applicable taxes and service charges
- Nepal Government tax and Office service charge



## Cost and payment details

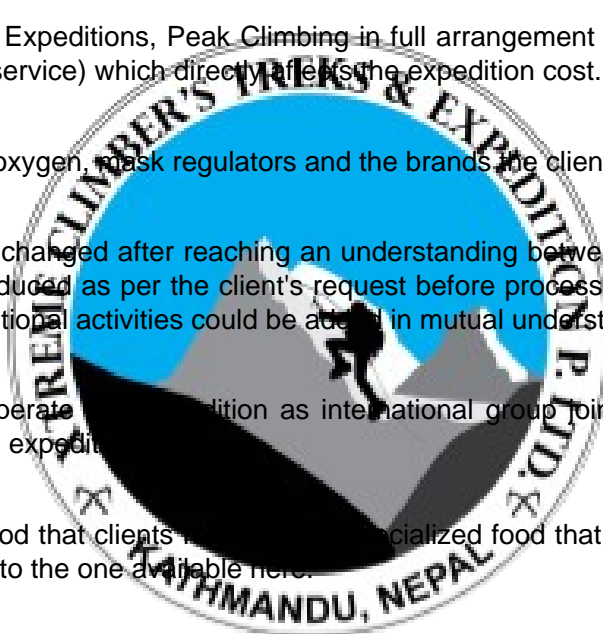
The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per

trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition
7. Type of high camp food that clients require. Specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?



Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [MY ACCOUNT](#) for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Nepal entry visa fee US\$ 25 (duration 15 days ) and US\$ 40 (duration 30 days )
- Historical monuments entrance fee
- Wire Transfer charge or Credit card service charge as company rule
- Lunch and Dinner during the stay in Kathmandu
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Snacks, soft drink during the trek
- International or domestic air tickets and airport taxes
- Personal trekking equipments and Clothing

- Alcoholic beverages, laundry, Telephone calls and all type of hot drinks during Jeep tour Soft drinks such as cola, mineral water etc
- High risk medical / travel insurance and First aid kit
- Tips to the guide, porter, driver or any other trekking staff
- Excess baggage charge
- Extra night accommodation in Kathmandu in case of early arrival, early departure from the trek or due to any reason from the planned itinerary
- Optional trips and sightseeing if extended
- Travel and rescue insurance
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Any other not mention above cost includes

