Helambu Panch Pokhari Trek

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Helambu Panch Pokhari Trek

URL: https://ascendhikes.com/package/helambu-panch-pokhari-trek/

Start / End Point
Kathmandu to Kathmandu

Duration
12

Max. Altitude
4100m

Best Season
Spring and Autumn

Activity Per Day
trekking and hiking

Transportation
sharing transportation

Per Person From
USD 895

Group Size
2 – 14

Trip Difficulty
Moderate

Accommodation
Guest house

BLD
Breakfast, Lunch and Dinner

Helambu Panch Pokhari Trek Overview:

Helambu Panch Pokhari Trek is a captivating and scenic trekking route. This Trek is situated in the Helambu region of Nepal. It offers a wonderful combination. This trek offers natural beauty, cultural exploration, and breathtaking views of the Himalayas. The trek takes you through picturesque

landscapes. grasslands and charming villages. Terraced fields, lush forests, and serene alpine lakes known as. “Panch Pokhari” which translates to “five ponds” in English.

A beautiful trek in Nepal that combines natural beauty with cultural experiences is the Helambu Trek. It begins at the stunning Shivapuri National Park, just an hour’s drive from Kathmandu, and passes through Buddhist monasteries, Tamang and Sherpa communities, green valleys, and temperate forests with rhododendron forests.

Starting from Sundarijal, roughly 45 miles northeast of Kathmandu, the comparatively uncrowded walk spans from 2,600 to 12,400 feet. Helambu’s native Sherpas have a unique culture, which is shown in their attire and speech. Though it’s close to Kathmandu, the people there still lead a traditional, rural lifestyle. Impressive views of Ganesh (24,429 feet), Langtang (23,734 feet), and other peaks above 20,000 feet may be had during the trip. The duration of the Helambu trip might range from 7 to 12 days, based on your requirements and speed.

Tea houses along the route offer accommodation. Arriving in Kathmandu, touring the UNESCO World Heritage Site, and taking advantage of the exciting nightlife are all part of a well-liked 7-day itinerary. “Langtang: 1:125,000 Trekking Map: Gosainkunda & Helambu” is an excellent trekking map that includes walking distances, altitudes, and thorough trail information.

Pach Pokhari:

A hidden treasure in Nepal’s central Himalayas, the Panch Pokhari Trek encompasses five holy lakes in the Sindhupalchowk District. Travelers who practice Buddhism and Hinduism both regard these high-altitude lakes as sacred. Along with providing an opportunity to witness traditional Tamang and Sherpa culture, the walk offers breath-taking vistas of Gauri Shankar, Dorje Lakpa, and other Himalayan peaks. The Bhotang Route, which begins in Bhotang and requires a drive from Kathmandu, and the Sano Okhreni Route via Chautara, which begins in Sano Okhreni and travels through Chautara, are the two primary ways that lead to Panch Pokhari.

The Trek’s schedule:

The trek’s schedule calls for traveling four days from Kathmandu to Bhotang, Deurali to Nasimpati, Panch Pokhari (4100 m), and a viewpoint (4300 m), returning to Nasimpati after a seven-hour break, and finally arriving at Panch Pokhari, Deurali (seven hours). With their consistent weather and breathtaking vistas, April, May, September, October, and November are the ideal months to visit. Tents are usually provided for lodging, and the Jugal Himal range, which includes peaks like Dorje Lakpa, contributes to the area’s picturesque appeal.

Religion in Helambu Panch Pokhari Trek:

The Helambu Trek offers stunning natural beauty and a glimpse into the region’s rich cultural and spiritual heritage. The Hyalmo ethnic group, who share cultural ties with the Sherpa and Tamang communities, is the primary religion in Helambu. Numerous Buddhist monasteries, such as the Tarke Gyang Monastery, serve as centers of spiritual practice, meditation, and learning for locals and visiting pilgrims. The monastery is a place of pilgrimage for Buddhists, where they seek blessings, perform rituals, and deepen their spiritual connection.

Helambu village:

Helambu is a unique blend of Buddhist and Hindu traditions, with Hindu temples and rituals also present. The coexistence of these two religions creates a harmonious cultural landscape. Mani walls and stupas, stone walls inscribed with Buddhist prayers, are present throughout the trek. The region is famous for its sweet apples, which thrive in the cool climate, making the experience of enjoying them a spiritual experience.

Trek starts from:

Starting from Sundarijal. A suburb located on the northeastern edge of Kathmandu Valley. The trail gradually ascends through dense forests of oak, pine, and rhododendron forest. As you trek higher and higher. you'll be rewarded with mesmerizing vistas of snow-capped Mountains. Mountains are including Langtang Lirung, Ganesh Himal, Jugal Himal.

Highlight of the Helambu Pach Pokhari Trek:

One of the highlights of the Helambu Panch Pokhari Trek is the opportunity to immerse yourself in the rich local culture. The route passes through several traditional Tamang and Sherpa villages. There where you can experience their warm hospitality., sample traditional cuisine, and witness their unique way of their lifestyle. You'll have the chance to visit ancient monasteries., prayer flags, and stone inscriptions that reflect the religious and cultural heritage of the region.

Best time for Helambu Panch Pokhari trek:

Reaching the Panch Pokhari area. you'll be captivated by the beauty of the Himalayan ranges and five pristine lakes. Nestled amidst the rugged Himalayan terrain. These sacred lakes are of great religious significance to the local people, many pilgrims and are believed to hold spiritual powers. The area offers a peaceful. And serene atmosphere, perfect for reflection and relaxation.

Trekking for:

Helambu Panch Pokhari Trek is considered a moderate-level trek. Near Kathmandu valley. Suitable for both novice and experienced trekkers. The best time to undertake this trek is during the spring (March to May). And autumn (September to November). Seasons when the weather is favorable, and the views are at their best and best cultural sites.

Ascend hikes views in summary:

the Helambu Panch Pokhari Trek offers breathtaking mountain views and a chance to immerse oneself in the spiritual essence of Buddhism.

This Itinerary may be not your choice, just lets us know we will make an adventure plan as your choice, for more details

Detailed Itinerary

Day 01: Arrival in Kathmandu

Upon your arrival in Kathmandu, you will be greeted by a representative who will transfer you to your hotel. Spend the rest of the day exploring the vibrant streets of Kathmandu and preparing for the trek.

Drive Distance
6-7 km

Drive Duration
1 hrs

Highest Altitude:
1400m

Meals:
BLD

Accommodation:
lodge

Day 02: Kathmandu to Chisapani

After breakfast, drive from Kathmandu to Sundarijal, which takes about an hour. From Sundarijal, start your trek towards Chisapani. The trail passes through Shivapuri National Park, offering glimpses of lush forests and beautiful landscapes. Overnight stay in Chisapani.

Highest Altitude:
2165m

Meals:
BLD

Accommodation:
lodge

Day 03: Chisapani to Kutumsang

Today’s trek takes you through charming villages, terraced fields, and rhododendron forests. Enjoy the panoramic views of the Langtang and Ganesh Himal ranges as you ascend towards Kutumsang. Overnight stay in Kutumsang.

Highest Altitude:
2470m

Meals:
BLD

Accommodation:
Lodge

Day 04: Kutumsang to Tharepani

Continue your trek, crossing the meadows and forests of rhododendron and fir trees. As you climb higher, the views of the snow-capped Himalayan peaks become more spectacular. Reach Tharepati, a beautiful village with a panoramic viewpoint. Overnight stay in Tharepati.

Meals:
BLD

Accommodation:
Lodge

Day 05: Tharepati to Panch Pokhari

Today, you will make your way towards Panch Pokhari. The trail gradually ascends through alpine terrain, offering stunning views of the surrounding mountains. Upon reaching Panch Pokhari, explore the sacred lakes and enjoy the serene atmosphere. Overnight stay in Panch Pokhari.

Highest Altitude:
4100m

Meals:
BLD

Accommodation:
Lodge

Day 06: Exploration Day at Panch Pokhari

Spend the day at Panch Pokhari, exploring the area, and taking in the tranquility of the lakes. You can also visit the nearby monasteries and interact with the local people to learn more about their culture and traditions.

Meals:
BLD

Accommodation:
Lodge

Day 07: Panch Pokhari to Nasim Pati

After breakfast, start your descent from Panch Pokhari. The trail takes you through lush forests and scenic landscapes as you make your way towards Nasim Pati. Overnight stay in Nasim Pati.

Highest Altitude:
3700m

Meals:
BLD

Accommodation:
Lodge

Day 08: Nasim Pati to Melanchi Gaon

Continue your descent through terraced fields and traditional villages. Pass by Melamchi Bazaar, a bustling town in the region, before reaching Melamchi Gaon. Overnight stay in Melamchi Gaon.

Highest Altitude:
2530m

Meals:
BLD

Accommodation:
Lodge

Day 09: Melamchi Gaon to Tarke Gyang

Trek through the beautiful Helambu region, known for its rich cultural heritage. Pass through picturesque villages and enjoy the views of the Himalayas as you reach Tarke Gyang. Overnight stay in Tarke Gyang.

Highest Altitude:
2560m

Meals:
BLD

Accommodation:
Lodge

Day 10: Tarke Gyang to Sermathang

Today’s trek takes you through more villages and scenic landscapes. Visit the ancient Gyangcholing Gompa in Ghyangyul and continue your descent towards Sermathang. Overnight stay in Sermathang.

Highest Altitude:
2610m

Meals:
BLD

Accommodation:
Lodge

Day 11: Sermathang to Melamchi Bazaar and drive to Kathmandu

After breakfast, trek to Melamchi Bazaar, where you’ll catch a vehicle back to Kathmandu. Enjoy the scenic drive and bid farewell to the mountains as you return to the bustling capital city.

Meals:
BLD

Accommodation:
Lodge

Day 12: Departure from Kathmandu

Your Helambu Panch Pokhari Trek comes to an end. You'll be transferred to the airport for your departure flight or you can extend your stay in Kathmandu to explore more of the city's cultural and historical attractions.

Cost Includes

- **Airport Pick up and drop.**
- **All the accommodation and meal (3 times a day with one main course) during the trek.**
- **All the official expenses and paperwork (like Permit for peak climbing).**
- **All the Transportations.**
- **Government license holder Ascend Hikes Experience English speaking Guide.**
- **A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.**
- **All the Government Taxes.**
- **All the Insurance of Guide and Porters.**
- **Farwell dinner in Kathmandu.**

Cost Excludes

- **Travel Insurance and Entry visa fees.**
- **International Flight tickets.**
- **All trekking gear and other expenses.**
- **Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.**
- **All the accommodation and food before and after Trekking.**
- **Excess Baggage charge.**
- **Personal expenses: wi-fi, Battery charge etc....**
- **Staff tips**
- **All other things are Exclude which is not in the list of Include.**

Group Discounts Available

No. of Persons	Price per Person
1	USD 1,275
2	USD 995
3	USD 895
4	USD 850

No. of Persons	Price per Person
5	USD 795
6+	USD 748

Trip Information

Useful Information

- **Getting to Kathmandu:** Most international travelers arrive in Nepal via Tribhuvan International Airport (KTM) in Kathmandu. There are direct flights from various major cities around the world.
- **Visa Requirements:** Visitors to Nepal need a valid passport and a visa. You can obtain a tourist visa upon arrival at the airport or obtain it from a Nepalese embassy or consulate before your trip. Visa fees vary based on the duration of your stay.
- **Permits:** As mentioned earlier, you will need permits for the Helambu Panch Pokhari Trek. The Langtang National Park Entry Permit and TIMS (Trekkers' Information Management System) card can be obtained in Kathmandu or through a registered trekking agency.
- **Trekking Guide and Porter:** Hiring a licensed trekking guide is highly recommended for your safety, convenience, and to enhance your experience. You can also hire a porter to carry your heavy backpack, allowing you to focus on enjoying the trek.
- **Insurance:** It is crucial to have travel insurance that covers emergency medical expenses, evacuation, and trekking at high altitudes. Make sure to check the policy and confirm that it includes trekking activities.
- **Health and Safety:** Before traveling to Nepal, consult your healthcare provider or a travel clinic to ensure you are up-to-date with necessary vaccinations. It's advisable to carry a basic first aid kit, medications for common ailments, and water purification tablets. Follow safe trekking practices, stay hydrated, and be mindful of altitude sickness symptoms.
- **Currency and ATMs:** The local currency in Nepal is the Nepalese Rupee (NPR). ATMs are available in Kathmandu, but they may be limited or non-existent along the trekking route. It's recommended to carry enough cash for your entire trek, including permit fees and expenses along the way.
- **Communication:** Local SIM cards are readily available in Kathmandu, allowing you to have a local number and access mobile data. However, be prepared for limited network coverage in remote areas during the trek.
- **Weather and Packing**: The weather in the Helambu region can vary, so pack accordingly. Layered clothing is recommended to accommodate temperature changes throughout the day. Don't forget essentials such as trekking boots, a warm sleeping bag, a waterproof jacket, a hat, gloves, and sunglasses.
- **Respect Local Culture:** Nepal is a culturally diverse country with its own customs and traditions. Respect the local culture, dress modestly, and ask for permission before taking photographs of individuals or religious sites.

Packing list

1. **Clothing:**
   - Lightweight and quick-drying trekking pants
   - Long-sleeved shirts/T-shirts
   - Insulated jacket or fleece for colder temperatures
   - Waterproof and windproof jacket
   - Thermal base layers (tops and bottoms)
   - Warm hat and gloves
   - Sun hat or cap
   - Socks (wool or synthetic blend)
   - Hiking boots
   - Camp shoes or sandals for resting at teahouses
2. **Equipment:**
   - Backpack (30-40 liters) for carrying your personal items
   - Sleeping bag suitable for cold temperatures
   - Trekking poles for stability and reducing strain on knees
   - Headlamp or flashlight with spare batteries
   - Sunglasses with UV protection
   - Water bottle or hydration system
   - Lightweight towel
   - Trekking map and guidebook
   - Snacks and energy bars for quick energy boosts
   - Personal toiletries and medication
3. **Miscellaneous:**
   - Sunscreen with a high SPF
   - Insect repellent
   - Basic first aid kit with necessary medications (e.g., altitude sickness, pain relief, bandages)
   - Portable charger or power bank for electronic devices
   - Camera or smartphone for capturing memories
   - Travel adapter for charging devices
   - Plastic bags or dry sacks to keep your gear dry
   - Trekking permits and identification documents

Frequently Asked Questions

How Difficult is the Helambu Panch Pokhati Trek?

The Helambu Panch Pokhari Trek is considered a moderate-level trek. It involves some uphill and downhill sections, but it is achievable for trekkers with a reasonable level of fitness. Previous hiking experience is beneficial but not mandatory.

What is the Best time to do the Helambu Panch Pokhari trek?

The best time to undertake the Helambu Panch Pokhari Trek is during the spring (March to May) and

autumn (September to November) seasons. These months offer stable weather, clear skies, and favorable trekking conditions.

Are Permits required for the trek?

Yes, you will need permits to trek in the Helambu region. The required permits include the Langtang National Park Entry Permit and the TIMS (Trekkers' Information Management System) card. These can be obtained in Kathmandu or through a registered trekking agency.

What is the accomodation like during the trek?

Accommodation along the Helambu Panch Pokhari Trek is typically basic but comfortable. Teahouses and guesthouses are available in the villages along the trail, offering rooms with twin beds, shared bathrooms, and communal dining areas. Keep in mind that facilities may be more basic at higher altitudes.

Is it necessary to hire a guide for the trek?

While it's not mandatory to hire a guide, it is highly recommended, especially if you have limited trekking experience. A guide can provide assistance with navigation, ensure your safety, offer cultural insights, and help with any language barriers. They also handle necessary logistics and permit arrangements.

What should I pack for the Trek?

Essential items to pack for the Helambu Panch Pokhari Trek include trekking boots, comfortable clothing (layered for changing weather conditions), a warm sleeping bag, a backpack, a waterproof jacket, a hat, gloves, sunglasses, sunscreen, a water bottle, and basic toiletries. It's advisable to pack light and carry only necessary items.

Are there ATMs and WiFi available during the trek?

ATMs and Wi-Fi facilities are limited along the trekking route. It's recommended to carry enough Nepalese currency (in small denominations) to cover your expenses during the trek. Some guesthouses may offer limited Wi-Fi connectivity for a fee, but it's best to be prepared for limited internet access.

Is altitude sickness a concern on this trek?

Altitude sickness can be a concern as you ascend to higher elevations during the trek. It's important to acclimatize properly by gradually gaining altitude, staying hydrated, and listening to your body. Adequate rest and proper nutrition are essential. If you experience severe symptoms of altitude sickness, it's crucial to descend to a lower altitude and seek medical assistance if needed.

Address

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