DESTINATION: HELAMBU TREK

Panch Pokhari *Trek*

4 Days

4 days
Duration

Kathmandu
Starts at

Kathmandu
Ends at

March to May and September to November
Best season

About 4,100 m at the lakes
Max altitude

Challenging, very fast height gain
Difficulty

1 to 15 people
Group size

OVERVIEW

The trip

This Panch Pokhari trek is a short, hard push to the five sacred lakes at about 4,100 m below the Jugal Himal in Sindhupalchok, north-east of Kathmandu. You drive to Chhimti, where the road ends, and walk up to Tuppi Danda for the night, then make one long, steep climb past Nosyampati to the lakes, a Hindu and Buddhist pilgrimage site that fills with pilgrims at Janai Purnima. Next day you come all the way back down to Bhotang, and on the fourth day you drive home. It is a quiet, little-visited route with far fewer trekkers than Gosaikunda. This four-day version gains height very fast, so it suits strong walkers who have slept above 3,500 m before; if you have not, ask us about adding a night at Nosyampati.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: About 4,100 m at the lakes
- Difficulty: Challenging, very fast height gain
- Best season: March to May and September to November
- Walking: 4 h, then 9 to 12 h, then 8 to 9 h or more

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

DAY 1

Drive to Chhimti and Trek to Tuppi Danda

- Drive of about 7 hours from Kathmandu via Melamchi to Chhimti, where the motor road ends
- Then a walk of around 4 hours up through farmland and forest
- Tuppi Danda is a ridge settlement at about 2,320 m, the last easy night of the trek
- Early dinner and early bed ahead of the longest day

DAY 2

Trek from Tuppi Danda to Panch Pokhari

- The big day: 9 to 12 hours of walking, starting at first light
- Climb through Choker Yang and Nosyampati, then over rocky ridges near Lauri Bina to the lakes
- Gain about 1,800 m in one day, far more than standard acclimatisation advice; your guide sets a slow, steady pace and will turn back if symptoms appear
- Overnight at the lodge beside the lakes at about 4,100 m

3

Trek from Panch Pokhari to Bhotang

- Early walk around the five lakes and their shrines while the air is clear
- Long descent back past Nosyampati and Tuppi Danda, more than 8 to 9 hours on tired legs
- Continue down to Bhotang at 1,800 m, where the trail meets the road
- Overnight in a village lodge at Bhotang

DAY 4

Drive from Bhotang to Kathmandu

- Unhurried breakfast after the two biggest days of the trek
- Drive back to Kathmandu by the shortest road, not via Dhulikhel
- The road is rough and unpaved in places in the hills
- Lunch on the way, then drop-off at your hotel in Kathmandu

INCLUSIONS

What's included

Included

- Private jeep to Chhimti and back from Bhotang
- Licensed guide on the three trek days
- Three lodge nights, all lunches and dinners
- Langtang National Park entry

Not included

- Drinks and snacks
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for every group size we price. Bigger group? Ask us and we will price it.

GROUP SIZE	PRICE PER PERSON
1 person	$733 / person
2 people	$506 / person
3 people	$430 / person
4 people	$392 / person
5 people	$369 / person
6 people	$422 / person
7 people	$401 / person
8 people	$386 / person
9 people	$374 / person
10 people	$364 / person
11 people	$393 / person
12 people	$384 / person
13 people	$376 / person
14 people	$369 / person
15 people	$363 / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

Operated by Zeta Tours and Travels Pvt. Ltd. · Effective 2 June 2026

PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- We process your refund within 4 to 7 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency. Your bank may take a few more days to show it.
- When you cancel, bank and transaction fees on both the original payment and the refund are borne by the traveller. If we cannot run the dates we confirmed with you, we refund every cent you paid, fees included.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

uncover nepal

Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

View tour on web → | WhatsApp us

Call / WhatsApp: +977 9705413894
Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
Web: uncovernepal.com

This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.