

# Five Lake Trek

## Trip Overview

The Five Lakes Trek, which is called Panch Pokhari in Nepali, lies to the north-east of Kathmandu. The word “Panch” means five in Nepali, and “Pokhari” means ponds in Nepali, giving the ultimate name Panch Pokhari. Panch Pokhari is a sanctified place for Hindu and Buddhist followers. The place is largely visited by devotees during Janai Purnima, which is a religiously important festival that falls in the month of August. Panch Pokhari (Five Lake) Trek is a recently opened trekking trail that offers a full doze of thrills and adventurous treks. Wander around the woods and get lost in the stunning beauty of the five serene lakes.

The Five Lakes Trek begins in Kathmandu after a guided tour of the UNESCO-listed world heritage sites in the Kathmandu valley. The trek is completely mesmerizing, as the trail is not overly crowded, unlike other trekking regions of Nepal. Therefore, you will find most of the trail to yourself and, as a companion, the sound of the chirping birds, your breath, and the remarkable sound of the flowing rapids of rivers. Besides that, explore the local village’s mostly-inhabited Tamang and Sherpa communities. Explore their unique Tibetan Buddhist-influenced culture, tradition, and customs. The Five Lakes Trek is all about the exploration of the devotion of people towards their respective gods as well as discovering the authentic clash of nature and culture.

Enjoy the spiritual journey to Panch Pokhari with Highland Eco Trek and make memories for a lifetime.

## Trip Highlights

- Sightseeing tour of cultural heritage sites in the Kathmandu Valley
- A picturesque drive to Chhumti
- Traditional villages throughout the trek
- Get insights into the Tamang communities
- Travel around the Panch Pokhari and get enlightened about this holy place

## Trip Itinerary

**Day 1: Pick up from airport transfer to Hotel**

## Cost Includes

- pickups and drops in a private vehicle at the airport upon your arrival and departure.
- All ground transportation is on a comfortable private vehicle as per the itinerary.
- 3-star hotel accommodation in Kathmandu with breakfast (the hotel standard will be changed as you wish).
- The Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per the itinerary.
- Breakfast, lunch, and dinner during the trek.
- Accommodation is in a tent house during the trek.
- An experienced, English-speaking, and government-licensed trekking guide.
- Porter service, trekking crew, including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- Highland Eco’s duffel bag.

- All necessary paperwork and trekking permits ('National Park Permit).
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees.

## **Cost Excludes**

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco Trek,
- Travel and rescue insurance
- Tips to the guide, porter, driver, or any other trekking staff