

Trip Name : Panch Pokhari And Bhairab Kunda Trek

Starting Point	Drive in KTM-Chautara
Ending Point	Drive out Larcha-KTM
Type	Fully Camping Trek
Grade	Medium-Hard
Duration	16 Days
Daily Walk	5-6 hours
People in Group	Minimum 2 and Maximum 12
Best Time	March to mid-May and September to mid-November
Max. Elevation	4010 mt.

Trip Highlights:

- Nearest off-the-beaten and virgin destination from Kathmandu
- Naturally, culturally and traditionally rich trekking area
- Mixed indigenous lifestyles
- Varieties of experiences in a single trek
- Range of adventure centre like climbing, rafting, bungee and canyoning
- Many rivers, lakes, waterfalls, endangered species of wildlife and medicinal herbal plants
- Home Stays facility on the trek
- The spectacular view of Jugal Himal

Trip Details:

Panch Pokhari and Bhairab Kunda trek offers pristine mountain views with unsurpassed natural beauty and biological diversity which is also known as Jugal Himal trek situated to the northeast of Kathmandu. Jugal Himal is best known by the name 'chain of peaks'. The Panch Pokhari or 'Five Lakes' and Bhairab Kunda trek offers a lot of climbing on narrow trails. This is the nearest off-the-beaten destination from Kathmandu city enriched and adorned with combination of culture, traditions and social life. The typical and wonderful way of life of various ethnic people is another attraction to experience on this trekking route. Teahouse, Home Stay and Camping is available on the trail where there is a great opportunity to have lively experience of unique culture, traditions, festivals, dialect and the way of life of Tamang, Yholmo, Sherpa, Gurung, Newar and other group of people. The interesting historical sites, religious places, caves and lakes are other highlights of the area. The 9th highest wetland in the world is blend of beautiful five lakes; where festival is celebrated on every Janai Purnima (August full moon day). Similarly, Bhairab Kunda (Kund) is equally an important site for pilgrims as well as its natural beauty. The mountain vistas of Ganesh Himal, Jugal Himal, Dorje Lakpa, Yangri Himal and Gauri Shankar make the trek more exciting.

Season for Panch Pokhari and Bhairab Kunda Trekking:

Trekking in Panch Pokhari and Bhairab Kunda area is possible throughout the year however the best times to trek considered are spring and autumn. The spring season starts from the beginning of March to mid of May and the autumn season starts from the beginning of September to mid of November. The winters are very cold and summers are wet. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape.

High Altitude Warning:

Altitude sickness is a serious concern in the Panch Pokhari and Bhairab Kunda trekking that can affect even

young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Panch Pokhari and Bhairab Kunda trekking as medium-hard trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. You might even need to walk 6 to 7 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, this trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- All kind of trekking permits
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Chautara and Larcha-Kathmandu overland transfers by public bus [*Private vehicle available on request and extra*]
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Drive from Kathmandu to Chautara (1,418m/4,652ft).

Day 02 : Trek Chautara to Phusre (2,218m/7,277ft).

Day 03 : Trek Phusre to Chyojyo Danda (3,440m/11,286ft).

Day 04 : Trek Chyojyo Danda to Hile Bhanjyang (3,720m/12,205ft).

Day 05 : Rest day at Hile Bhanjyang for acclimatization.

Day 06 : Trek Hile Bhanjyang to Nosyam Pati (3,631m/11,913ft).

Day 07 : Trek Nosyam Pati to Panch Pokhari (4,010m/13,156ft).

Day 08 : Trek Panch Pokhari to Sukpa Kharka (3,288m/10,787ft).

Day 09 : Trek Sukpa Kharka to Tembathang (2,180m/7,152ft).

Day 10 : Trek Tembathang to Kyangsing (2,475m/8,120ft).

Day 11 : Trek Kyangsing to Nautale Kharka (3,415m/11,204ft).

Day 12 : Trek Nautale Kharka to Chormu Kharka (4,010m/13,156ft).

Day 13 : Trek Chormu Kharka to Bhairav Kunda (3,985m/13,074ft).

Day 14 : Trek Bhairav Kunda to Sherpagaon (2,500m/8,202ft).

Day 15 : Trek Sherpagaon to Larcha (1,500m/4,921ft).

Day 16 : Drive Larcha to Kathmandu.