

## Panchase Trek - 3 Days

URL: <https://nepalalternativetreks.com/trip/panchase-trek/>

### Panchase Trek Quick Information

**Weather**

0°C to 25°C

**Duration**

3 Days

**Difficulty**

Easy

**Accommodation**

Lodge

**Meals Included**

Breakfast, Lunch, Dinner

**Transportation**

Private Jeep

**Daily Activity**

05 hours hike

**Religion**

Buddhist and Hindu

**Ethnic People**

Gurung

**Region of Nepal**

Annapurna Region

**Max Altitude**

2517m./8306ft.

**Per Person Cost**

USD 300

**Best Season**

Sept, Oct, Nov, March, April & May

**Geographic Terrain**

Hills, villages, rivers, paddy field, mountains

## Group Discounts Available

| No. of Persons   | Price per Person |
|------------------|------------------|
| Group Of 1 - 4   | USD \$300.00     |
| Group Of 5 - 8   | USD \$280.00     |
| Group Of 9 - 12  | USD \$260.00     |
| Group Of 13 - 18 | USD \$240.00     |

**Note:** Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

# Panchase Trek Overview

Panchase Trekking will be perfect for hikers of any skill level who have limited time and want to try something new. In addition to being a sacred pilgrimage site, the entire summit of the Panchase hill is where Lord Shiva once meditated.

Due to its religious importance, the devotees regard this region as one of the holiest shrines to visit during the Bala Chaturdashi festival in December and the Shiva Ratri festival (full moon in March). To conserve the primary food source and show respect for the souls of the departed, many believers scatter the five grains around Panchase Lake.

The Panchase Trekking is a quick, beautiful, and expansive route that starts in Pokhara. The holy pilgrimage route is most likely abundant in traditional culture and offers breathtaking vistas of snow-covered mountain peaks. The trek offers stunning vistas of Mt. Fishtail, Annapurna South, Annapurna II, III, Lamjung Himal, Manaslu Ganesh Himal, and other nearby peaks. Trekking along this simple trail is a genuinely memorable experience thanks to the local culture and way of life of the hill people.

During your Panchase Trekking, one can travel through some of the most magnificent views of the region. Moreover, it is one of the easiest hill trek near Pokhara Valley. Almost anyone can complete the journey. Moreover, during the Panchase trek, you will visit Pumdri Bumdi, Panchase Bhanjyang, and the famous Panchase Hill. These places will offer you stunning views of the surroundings. Panchase Trekking is one of the best short treks in Nepal.

## Panchase Trek Cost

The Panchase Trekking is perfect for those with limited time and is also budget-friendly. It is a short trek from Pokhara. The average cost for the package ranges from USD 400 to USD 1000. Various factors, such as Panchase Trek itinerary, season, duration, services, etc, can influence the cost.

Nepal Alternative Treks' Panchase Trek covers airport transfer, accommodation, meals, overland transportation, permits, guide fees, and porter fees. The package does not cover visa fees, travel insurance, accommodation/ meals in Kathmandu, drinks and beverages, and tips for guides and porters.

## Panchase Trek Highlights

- 3-day private, fully guided trek to Panchase Hill tour.
- A short trek that is perfectly suitable for families with kids.
- Witness the stunning Himalayan peaks, such as Annapurna, Machhapuchhre, Dhaulagiri, Lamjung, and others.
- Traverse through the dense forests of rhododendrons, oaks, and firs.
- Enjoy the diverse flora and fauna of the Annapurna region.
- See the breathtaking sunrise from Panchase Hill.
- Experience the rich culture and traditions of diverse ethnic communities.

# Weather

## Best Season For Panchase Trek

The best season for Panchase Trek is spring (March to May) and autumn (September to November). These two seasons offer the best weather for a comfortable and pleasant trekking experience. Similarly, the vegetation is lush and thriving, while the landscape is vibrant. The days are sunny and bright but not too hot or too cold. In spring, the whole forest of rhododendrons blooms in different shades of red, pink, and white. Meanwhile, autumn's colorful foliage adds to the vibrancy of the entire trekking trail.

There is less precipitation level during spring and autumn. Hence, the trails are dry and in good condition for trekking. The average temperature during these two seasons ranges between 0°C to 25°C. Similarly, trekkers can enjoy crystal clear views of the mountain vistas and surroundings without much obstruction. Some of the biggest Nepalese festivals also fall in spring and autumn. So, these two seasons are the best time to trek, as trekkers can enjoy the festive atmosphere during the Panchase Trek.

### January

3°C to 12°C

### February

4°C to 14°C

### March

6°C to 16°C

### April

8°C to 18°C

### May

10°C to 20°C

### June

13°C to 23°C

### July

15°C to 24°C

### August

15°C to 25°C

### September

12°C to 21°C

### October

9°C to 19°C

### November

5°C to 15°C

### December

3°C to 13°C

## Difficulty

### Is Panchase Trek Difficult?

The Panchase Hill Trek is an easy trek suitable for beginners and families with small children. Any trekkers with good physical fitness can participate in the trek. The trail requires ascending and descending on varied terrains, including steep and narrow paths. However, compared to other short treks in the Annapurna region, such as Annapurna Base Camp, Ghorepani Poon Hill, Australian Camp, etc., the Panchase Trek is easy.

The highest altitude trekkers will reach is at Panchase Hill at 2,500 meters above sea level. Therefore, there is minimal risk of altitude sickness. The average daily walking hours during the trek is 5 to 6 hours. It can be demanding for beginners and children, but with adequate physical training, the Panchase Trek is suitable for all trekkers.

# 3 Days Panchase Trek Itinerary

## Day 1: Trek to Pumdi Bumdi from Pokhara

On day 1, you'll start your trek from Pokhara and head towards Pumdi Bhumdi. The trek takes approximately 5-6 hours, and you'll pass through lush forests, rice fields, and traditional villages along the way. Once you arrive at Pumdi Bhumdi, you'll check into your lodge or teahouse and explore the surrounding area for the rest of the day.

**Destination:**

16km./06 hours walk

**Accommodation**

Lodge in Pumdi Bhumdi

**Altitude:**

(1520m./5016ft.)

**Meals**

Lunch, Dinner

## Day 2: Trek to Panchase Bhanjyang

On day 2, after breakfast, you'll start your trek towards Panchase Bhanjyang. The trail ascends through the forests and offers stunning views of the Annapurna and Dhaulagiri ranges. The trek takes about 6-7 hours to complete. Once you arrive at Panchase Bhanjyang, you'll check into your lodge or teahouse and have some time to rest.

**Destination:**

18km./06 hours

**Accommodation**

Lodge in Panchase Bhanjyang

**Altitude:**

(2065m./6814ft.)

**Meals**

Breakfast, Lunch, Dinner

## Day 3: Hike to Panchase Hill and trek to Bhadaure - Drive to Pokhara

On day 3, you'll wake up early to start your hike towards Panchase Hill. This is a steep climb that takes about 2-3 hours to complete, but the views from the top are breathtaking. You'll be able to see the Annapurna, Dhaulagiri, and Manaslu ranges in all their glory. After taking in the views, you'll trek down to Bhadaure, which takes approximately 2-3 hours. Once you arrive in Bhadaure, you'll catch a ride back to Pokhara, where your trek will come to an end. Stay at hotel on your own.

**Destination:**

10km walk to Bhadaure ( Avg.  
03 hrs.)- 40km. drive to  
Pokhara ( 02 hrs.)

**Altitude:**

(820m./270ft.)

**Meals**

Breakfast, Lunch

## What's Included

- Pick Up and Drop off at Hotel in Pokhara before/after Trekking .

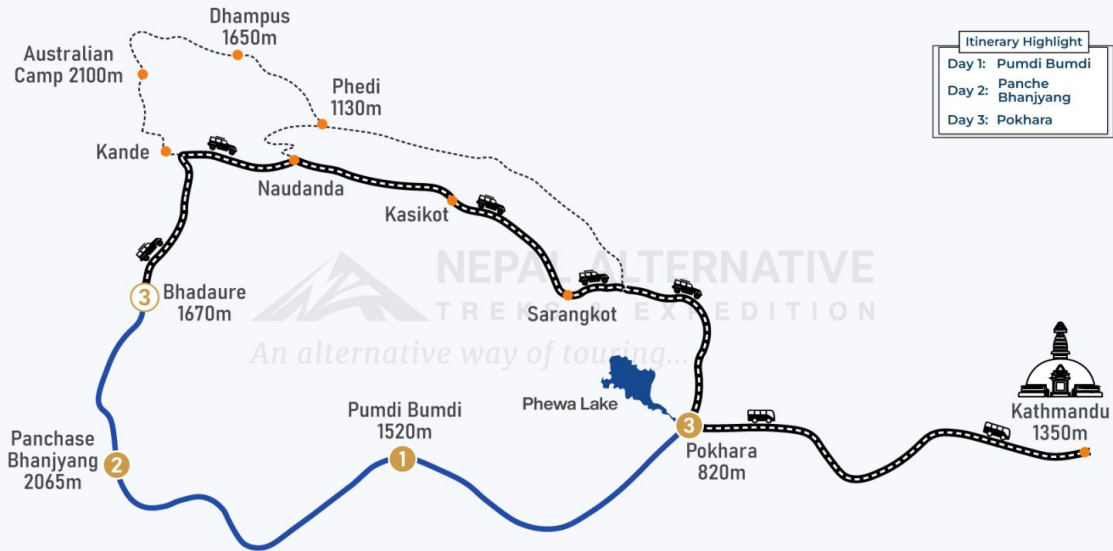
- One night hotel accommodation ( Hotel Kausi) in Pokhara with breakfast.
- All meals ( Breakfast, Lunch, Dinner ) during the trekking.
- Lodge accommodation ( twin share basis) during the trekking.
- One experienced, well trained, fluent English speaking, friendly, specialized in Ghorepani trekking route and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porters food, accommodation, salary, insurance and transportation .
- Overland transportation as per mentioned in the itinerary.
- ACAP( Annapurna conservation area project) and necessary permits .
- Duffle bag, company t-shirt, and trekking completion certificate etc.
- Assistance for emergency rescue evacuation.
- Government tax and service charge.
- Public Liability Insurance.

## **What's Not Included**

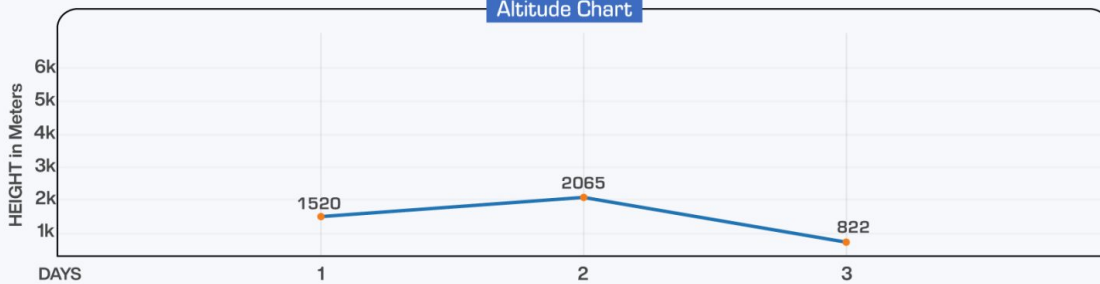
- Hotel accommodation and meals in Kathmandu/Pokhara .
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, alcoholic drinks, laundry, phone bill etc.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee
- Tips for guide and porters.( Highly suggested ).

## **Panchase Trek Route Map**

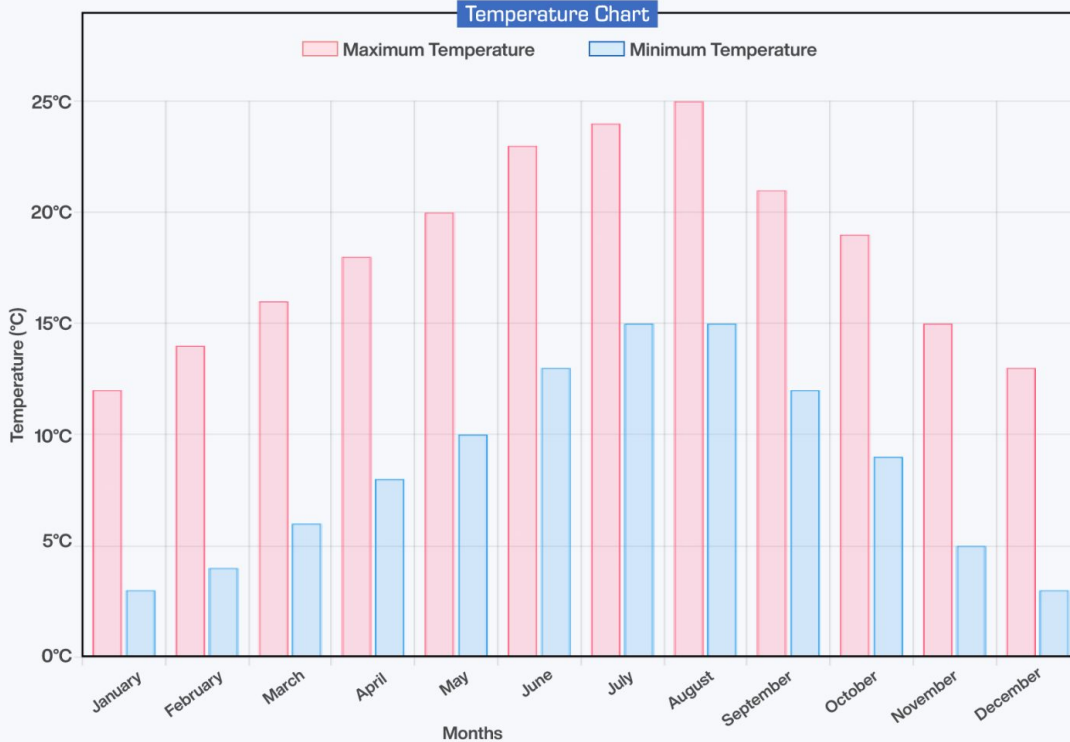
Difficulty level: Easy  
Trekking Route: ———  
Secondary Route: - - - -  
Flight: ✈️  
Lake: 🌊  
Pass: 🏔️  
Base Camp: 🏠  
Monastery: 🏛️  
Airport: ✈️



**Altitude Chart**



**Temperature Chart**



# Additional Trip Information

## How to Get from Kathmandu to Panchase Bhanjyang

The trek starts and ends in Pokhara City. You can travel from Kathmandu to Pokhara by land or by air. Traveling by land is cheaper than taking a flight. However, flying to Pokhara takes only 35 minutes, while traveling by road can take 7 hours, depending on the road conditions. The Panchase Trek starts from Pokhara. You will begin with a 5 or 6-hour hike to Pumdi Bhumdi.

The trekking trail passes through lush green subtropical forests, terrace farms, paddy fields, and picturesque traditional villages. From Pumdi Bhumdi, it takes 6 to 7 hours to reach Panchase Bhanjyang. You must ascend through the forest route, but it is an easy uphill hike.

Upon reaching Panchase Bhanjyang, a spectacular view of Mount Annapurna, Manaslu, Dhaulagiri, and several other snow-capped peaks will greet you. You can hike to Panchase Hill before descending to Bhadaure. From Bhadaure, you will drive back to Pokhara and then to Kathmandu.

## Accommodation and Food During the Panchase Trek

You can find any kind of accommodation, from budget-friendly to luxurious, in Pokhara. However, the accommodations become basic as you begin your trek. Locals run teahouses, lodges, and homestays along the trekking routes. With Nepal Treks' 3 Days Panchase Trek package, you will stay at a safe, hygienic, and comfortable lodge for two nights and at a hotel in Pokhara.

The meals along the trekking route mainly consist of Dal Bhat, momo, noodles, thukpa, soups, stews, eggs, breads, curries, sandwiches, pasta, etc. Dal Bhat is a Nepali dish and the perfect meal during a trek. It is a high-carb meal that will keep you energized throughout the trek. Meanwhile, the drink option has tea, coffee, soft drinks, and alcoholic beverages on the menu. In Pokhara, many Nepali, continental, and Western restaurants provide vast arrays of food options.

## How long is Panchase Trek?

Nepal Alternative Treks' Panchase Trek is a 3-day itinerary package. Your trek begins with a hike from Pokhara to Pumdi Bhumdi. The journey takes 5 to 6 hours, and the trail goes through lush green subtropical forests. You will pass several Gurung and Magar settlements, terraced fields, and small streams along the way.

Your second day's destination is Panchase Bhanjyang. You will slowly begin to ascend toward forest trails as the gorgeous mountain views get closer. It takes around 6 to 7 hours to climb uphill to Panchase Bhanjyang. You will stay overnight at a lodge in Panchase Bhanjyang.

You will begin the final day with an early morning hike to Panchase Hill. The hill has an elevation of 2,500 meters, which is also the trek's highest point. You can witness spectacular sunrises and stunning panoramic views of mountain ranges. Then, you will descend to Bhadaure. From Bhadaure, you will hop on a jeep and drive back to Pokhara. After reaching Pokhara, you can spend your time as you please. You can boast at the Phewa Lake or take a short trip to various sites such as World Peace Pagoda, Davis Falls, etc.

## **Altitude Sickness During Panchase Trek**

The risk of altitude sickness begins after trekkers ascend to higher elevations above 2,500 meters. The decreasing level of oxygen makes breathing harder. Hence, trekkers can experience various symptoms of altitude-related sickness.

Panchase Hill is the trek's highest point. It sits at an altitude of 2,500 meters. Although there is minimal risk of altitude sickness, trekkers must take proper precautions. Some of the prevention methods include:

- Gradual ascension to higher altitude.
- Allow your body to acclimatize and adapt to the growing altitude.
- Stay hydrated and rest properly.
- Avoid heavy workouts during the trek.
- Eat a healthy diet.
- Avoid excessive consumption of caffeine, alcohol, and smoking tobacco.

## **Frequently Asked Questions**

### **What permits are required for the Panchase Trekking?**

A TIMS (Trekkers' Information Management System) permit is required for the Panchase Trekking, which can be obtained through a registered trekking agency in Nepal.

### **What kind of accommodations are available on the Panchase Trekking?**

There are several lodges and teahouses along the Panchase Trekking route that offer basic but comfortable accommodations with meals included.

### **What kind of food is available on the Panchase Trekking?**

Most lodges and teahouses along the Panchase Trekking route offer a variety of Nepali and Western dishes, such as dal bhat (rice and lentil soup), momos (dumplings), noodles, and fried rice.

### **Is it safe to drink water on the Panchase Trekking?**

It is recommended to drink only bottled or purified water on the Panchase Trekking to avoid the risk of waterborne illnesses.

### **What kind of gear do I need for the Panchase Trekking?**

You will need sturdy trekking boots, warm clothing, a waterproof jacket, a sleeping bag, and a backpack. A trekking pole and a headlamp can also be useful.

### **Can I do the Panchase Trekking independently, or do I need a guide?**

While it is possible to do the Panchase Trekking independently, it is recommended to hire a licensed

guide or porter to ensure your safety and to provide support along the way.

## Are there any medical facilities on the Panchase Trekking route?

Basic medical facilities are available at some of the lodges and teahouses along the Panchase Trekking route, but it is recommended to bring your own first aid kit and any necessary medications.

## What kind of wildlife can I expect to see on the Panchase Trekking?

The Panchase Trekking route is home to a variety of wildlife, including langur monkeys, deer, Himalayan pheasants, and various species of birds and butterflies.

## Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

# Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

## Health Conditions

**Nepal Alternative Treks** places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

## Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate

strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

*Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.*

## **Address**

### **Nepal Alternative Treks & Expedition**

Post Box No: 8169,  
House, Raniban Marg  
136/205, Nagarjun, 01, Kathmandu 44600, Nepal