

Panchase Trekking - 3 Days

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

Duration 3	Per Person Cost USD 350	Difficulty Easy
Weather 0°C to 25°C	Accommodation Lodge	Meals Breakfast, Lunch, Dinner
Religion Buddhist and Hindu	Transportation Private Jeep	Max Altitude 2517m./8306ft.
Region of Nepal Annapurna Region	Ethnic People Gurung	Daily Activity 05 hours hike
Best Seasons Sept, Oct, Nov, March, April May	Geographic Terrain &Hills, villages, rivers, paddy field, mountains	

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

Trip Overview

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 Pumdi 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.

3 Days Panchase Trekking Day-to-day-Itinerary

Day 1: Trek to Pumdi Bumdi

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:	Accommodation	Altitude:
16km./06 hours walk	Lodge in Pumdi Bhumdi	(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 (2065m./6814ft.)

Altitude:**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.

Destination:

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

Accommodation**Altitude:**

(820m./270ft.)

Meals

Breakfast, Lunch

What do you get in the Trip?

- Tribhuwan International Airport (Airport - Hotel - Airport) transfer in Kathmandu .
- One night hotel accommodation in Pokhara.
- 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 and required porters (one porter for two persons).
- 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.

Not Included

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

Group Discounts Available

No. of Persons	Price per Person
Group Of 2 - 4	450 PP 350PP
Group Of 5 - 8	430 PP 330PP
Group Of 9 - 12	410 PP 310PP
Group Of 13 - 16	390 PP 290PP
Group Of 17 - 20	370 PP 270PP
Group Of 21 - 24	350 PP 250PP

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 luscious 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 Pumdri Bhumdi. The journey takes 5 to 6 hours, and the trail goes through subtropical lush 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 (Trekker's 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.

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