



POKHARA PANORAMA



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking

TRIP GRADE: Moderate

TRIP STYLE: Tea House

NAN Based On 0 Reviews

KG Carbon Footprint

TRIP LEADER: Local Leader

GROUP SIZE: 2 - 10 people

NEXT DEPARTURE: 04 Oct 2024

5 Trees Planted for each Booking

Pokhara Panorama is a four day trek around Pokhara that starts in Sarangkot, ascends to Panchase Peak and follows the ridge overlooking Phewa Tal to the Peace Stupa. The trek finishes with a descent to the lake for a boat ride across Phewa Tal back to Pokhara.

This trip would be a wonderful choice if you have limited time in Nepal although like to join a trek to see Himalayan views, traditional farming villages and beautiful forest. Panchase Peak and lake are important religious sites with a number of Hindu temples and Buddhist stupas. For most of this trek we follow ancient stone-stepped trails used by pilgrims for many years.

Both Sarangkot at 1,600m and Panchase Peak at 2,500m are superb viewpoints of the Himalayas. On a clear day from Panchase Peak one can see Dhawalagiri, Annapurna I, Annapurna South, Annapurna II, Annapurna III, Annapurna IV, Hiuchuli, Fishtail and Lamjung.

On second day of the trek after Bhadaure village you enter Panchase Protected Forest, this is an area known for its biological diversity and natural beauty. Among 412 species of orchid reported in Nepal, 113 have been found in Panchase area including two endemic species. There are also wild animals found including Asian Black Bear, Barking Deer, Leopard, Jungle Cat, Fox, Jackal, Wolf and Monkey. It is surprising the Panchase area is so well preserved and does not attract large numbers of trekkers considering its location so close to Pokhara.

WHAT'S INCLUDED

- Internal flights from Kathmandu-Pokhara-Kathmandu.
- All transfers including airport collections.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share room at Hotel Ambassador in Kathmandu.
- Twin-share room at Mount Kailash Resort in Pokhara.
- Teahouse lodges while on the trek.
- All meals are included while on the trek. Breakfast only in Kathmandu and Pokhara. In total for Pokhara Panorama, we provide 9 Breakfasts, 4 Lunches, and 4 Dinners. The meals at the teahouse lodges cost in the region of **£100 (US\$125)** per person. You can select your dishes from the menu at the lodge. The trek meals are breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.
- All trekking arrangements including permits and fees and Nepalese guide(s).
- Pokhara Valley trekking map given to you on arrival to Kathmandu.
- UK-registered charity, Pipal Tree, will plant 5 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company by email, phone, Zoom, or face-to-face meetings. After booking with us we will send our comprehensive "Nepal Pre-Trip Information" notes

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu
- Travel & trekking insurance.
- Nepal visa for 15 days at US\$25.
- Lunch and evening meals in Kathmandu and Pokhara.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 8,000 Nepalese rupees (approx. £50 or US\$65).
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Hotel Ambassador in Kathmandu

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer. A full briefing will be given in the afternoon.

DAY 2: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This is a day to explore Kathmandu where we organise guided sightseeing to the Buddhist and Hindu sights in Kathmandu, to Kathmandu's Durbar Square, Swayambunath - the Buddhist monkey temple and Pashupatinath - a sacred Hindu temple complex on the banks of the Bagmati River.

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the Kathmandu Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit. You should get back to the hotel after your sightseeing tour around mid-afternoon and the rest of the day is free for you to explore the city further and pack bags ready for the start of the trek the following morning. You can leave a bag at the hotel with items you will not need on the trek.

DAY 3: FLY TO POKHARA THEN WALK UP TO SARANGKOT (1,600M).

Fly to Pokhara

Walking 5km (3 hours)

Breakfast, Lunch and Dinner

Local hotel in Sarangkot

After taking the short flight to Pokhara, we then drive through Pokhara around Phewa Lake to the base of Sarangkot hill. This steep trail passes through terraced fields, farmhouses, and forests up to the village of Sarangkot. This place is a hill overlooking Pokhara and Phewa Tal where there is a good view of the Himalayas.

Important note: there is a safety risk to consider when flying on airlines in Nepal. If you would like to avoid the flight from Kathmandu to Pokhara there is an option to drive and this takes about 6 to 7 hours (depending on the traffic). There are also safety considerations with driving in Nepal as the roads are busy and road traffic accidents happened from time to time. For information about the aviation risk in Nepal read the relevant sections "Threat and Risk Assessment" and "Internal flights in Nepal". Please get in touch with us if you would like to discuss this further.

DAY 4: WALK TO BHADAURE VILLAGE (1,660M)

Walking 17km (7 hours walking)

Breakfast, Lunch and Dinner

Teahouse lodge

After an early wake up for the spectacular sunrise view of the Himlayas you will come back to the hotel for breakfast. The trail starts along the road and passes through several villages along the way. After an hour of walking you reach Thuli Pokhari (lake) and from here there is a steep descent on a small trail through farms until you get to the flat flood plain at north-west end of Phewa Tal.

One walks further along the road until crossing the bridge to the village of Thulakhet. There is an ascent of 500m through terraced fields to Harpan village then further through forest to the Buddhist village of Tamagi. A traditional stone trail leads down through more forest to Bhadaure village where you stay in a teahouse lodge for your first night on trek.

DAY 5: WALK TO PANCHASE BHANJANG (2,030M) VIA PANCHASE PEAK (2,500M)

Walking 7km (5 to 6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

After breakfast you head off and shortly above Bhadaure village you enter Panchase Protected Forest area. This is a lovely trail through primary sub-tropical forest and look out for the orchids growing in the trees. Among the 412 species of orchid reported in Nepal, 113 species of orchid have been found in the Panchase region including two endemic species (Panisea Panchasenensis and Eria Pokharensia).

We follow the ancient stone-stepped trails used by pilgrims over many years, this passes through the forest to sacred Panchase lake before the final climb to the top of Panchase. There is a steady climb of 840m from Bhadaure village through the forest to the summit of Panchase Peak. On Panchase Peak there are a number of Hindu temples and Buddhist stupas. Given clear weather the views of the Himalaya is superb as one can see Dhaulagiri, Annapurna I, Annapurna South, Annapurna II, Annapurna III, Annapurna IV, Hiuchuli, Fishtail and Lamjung. From Panchase Peak there is a steep descent of 500m down to the lodges at Panchase Bhanjang where we stay for the night.

DAY 6: WALK TO BHUMDI VILLAGE (1,530M)

Walking 10.5km (5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

If you would like to get the sunrise view from Panchase Peak then you get up early for the walk back (1 hour) to Panchase Peak to see the Himalayan panorama. Walk back down to the lodge at Panchase Bhanjang for breakfast and then start the walk to Bhumdi village. The trail starts on a jeep track and the after ½ hour turns off onto a lovely trail through sub-tropical forest. At a cross roads of trails on a ridge near a chautara (resting place) take the left hand trail through more forest that leads to Bhumdi village.

DAY 7: WALK TO PEACE STUPA THEN TAKE BOAT ACROSS LAKE TO POKHARA

Walking 6km (4 hours)

Breakfast

Mount Kailash Resort in Pokhara

After breakfast you follow a jeep track from Bhumdi village up to Japanese meditation centre where you get lovely views of Phewa Tal lake and over to the Himalayas. From here you can follow the ridge on a small trail overlooking the lake all the way to Peace Stupa. After a visit to the Peace Stupa you descend to the lake and take a boat across to Pokhara Lakeside.

DAY 8: DAY IN POKHARA

Explore Pokhara

Breakfast

Mount Kailash Resort in Pokhara

Today you can explore Pokhara and relax in Lakeside enjoying the many restaurants and shops by Phewa Tal.

DAY 9: FLY TO KATHMANDU, REST OF DAY AT LEISURE

Fly to Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

DAY 10: FLY BACK HOME

Fly home

Breakfast

Transfer to Kathmandu airport for the flight back home. End of trip.

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
04 Oct 2024 to 13 Oct 2024	Local Leader	US\$1,450pp	N/A	2 Left to Guarantee
18 Oct 2024 to 27 Oct 2024	Local Leader	US\$1,450pp	N/A	2 Left to Guarantee
08 Nov 2024 to 17 Nov 2024	Local Leader	US\$1,450pp	N/A	2 Left to Guarantee

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
07 Mar 2025 to 16 Mar	Local	US\$1,450pp	N/A	2 Left to

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2025	Leader			Guarantee
28 Mar 2025 to 06 Apr 2025	Local Leader	US\$1,450pp	N/A	2 Left to Guarantee
03 Oct 2025 to 12 Oct 2025	Local Leader	US\$1,450pp	N/A	2 Left to Guarantee
17 Oct 2025 to 26 Oct 2025	Local Leader	US\$1,450pp	N/A	2 Left to Guarantee
07 Nov 2025 to 16 Nov 2025	Local Leader	US\$1,450pp	N/A	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON A TEAHOUSE TREK IN NEPAL

We provide a comfortable experience on our teahouse lodge-style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). The lodges provide your meals in a communal dining room. You will sleep in private rooms with a shared bathroom. There is a range of standards and service in teahouse lodges depending on location. i.e. lodges at higher altitudes and places with fewer trekkers tend to have more basic facilities.

The day starts with getting up in your room shared with another trekker in our group. Before heading for breakfast you pack your overnight gear into your main bag (this could be a duffel, kit bag, or rucksack). You would have given your breakfast orders to the guide to pass onto the kitchen last night. At the designated time the group will assemble in the dining room to eat breakfast. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast plus two cups of hot drinks such as tea, coffee, or lemon ginger honey.

While the group is having breakfast the porters arrange their loads and set off in the cool of the morning. After breakfast, between 7am and 8am, we start walking. The pace of the trek is moderate as there is plenty of time in the itinerary to reach the lodge for tonight. Enjoy the scenery, take photos, and explore the local villages. Lunch will be around midday at a teahouse lodge by the side of the trail. This includes one dish such as fried rice, dal bhat, momos, or pasta plus two cups of hot drinks.

After lunch, we continue the walk and on most days we arrive at the lodge around mid-afternoon. On arrival, you will get a hot drink and biscuits. For dinner, you get a two-course dinner (soup and main meal). The menus are quite standard with a range of dishes such as dal bhat, momos, and the famous Sherpa stew. Dal bhat is a Nepalese dish of rice and lentils with vegetable curry. It is also possible to order spaghetti and pasta; pizzas; vegetable burgers and chips and fried rice. We also provide up to two cups of hot drinks per meal.

After supper, the leaders will discuss the plan for the next day. Afterward, people might stay in the dining room chatting about the day's events or playing cards. After a tiring day, most people head to their rooms quite early for the night. Tomorrow is likely to be very similar to today!

You can read more about [Teahouse Trekking in Nepal](#) on our Blog. This article explains the facilities available at a teahouse lodge. It also describes the advantages and disadvantages of camping-style treks. Plus the amount to budget for extra costs. We also touch upon what to pack for a teahouse trek, safety, and security plus responsible use of the lodge.

Meal Plan

MEAL PLAN

We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food. However, some people will pay for extra treats along the way such as to get cake and a coffee at the bakeries and cafes!

If you are comparing our prices with other operators you should be careful to compare apples with apples. These days many operators do not include meals in their packages when staying at the teahouse lodges. The food at the lodges is expensive and will cost an average of £25 (US\$35) per person per day. If you are paying for the meals directly to the lodges you would need to carry a lot of cash including the tip money too. Having this amount of money with you will be a security risk and for peace of mind, it is better to pay for the meals to us when booking the trip. Also, it will be difficult to know in advance how much cash to bring with you on the trek (there are no ATMs when on trek). Furthermore, in practice, it will be complicated and time-consuming for you and the guides to work out individual bills after checking out each day from the lodge.

With our meal plan, you can select your dishes from the menu at the lodge. In our package, we include the cost of your breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.

We cater to a variety of dietary requirements. There are always meals that are suitable for vegetarians. During booking, we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Kit List

CLOTHING AND EQUIPMENT LIST FOR POKHARA PANORMA

As a reminder, the weather on this trek will vary season to season with hottest months being in April, May, June, September and early October where you could experience hot and humid conditions with temperatures up to 25° to 30°C.

Each trekker should bring one backpack for gear required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. The rest of your personal equipment packed in a duffel or kit bag will be carried by a porter. **The maximum weight allowance for your duffel bag is 15kg.** Please ensure that your bag is marked clearly on the outside for easy identification.

We suggest you print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- Walking socks.
- Trainers or trail shoes. Can be used in lodge in the evenings.

Clothing:

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. Minimum two pairs of trousers.
- Long sleeve shirts. Minimum two shirts.
- Micro fleece.

- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or base layer for top & bottom (merino wool or synthetic).

Handwear:

- Fleece gloves (only required for winter treks).

Headwear:

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf. (eg. [Buff Headwear](#) or purchase a [#myTMCbuff](#)).
- Sunglasses.
- Headtorch. Bring extra batteries.

Personal Equipment:

- Sleeping bag.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty and helps by adding extra insulation to keep you warm at night.
- Recommended size is 30 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing such as down jacket etc. It is also a good idea to bring a rain cover to keep the contents dry.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold- drybags such as from Exped.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqua Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles (Black Diamond with "Flick Lock" are best).
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer (optional).

Travelling:

- Small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu and Pokhara.
- Toiletry bag including toothbrush, etc.

Personal first aid kit

Note: we provide a [comprehensive group first aid kit](#) but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.

Threat and risk assessment

THREAT AND RISK ASSESSMENT FOR POKHARA PANORAMA

Participants should be aware trekking and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of all of our trips.

As a part of our planning process, we have performed a detailed threat and risk assessment for our Pokhara Panorama trek. It is worth pointing out that all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However, by identifying the potential hazards in Pokhara Panorama itinerary we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Pokhara Panorama is available on request. For your information we have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Climatic injuries (dehydration, sunburn, heat exhaustion or heat stroke).
- Lightning strike.
- Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you to discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. We advise you to discuss vaccinations with your doctor before departure.
- A physiological injury such as a heart attack, appendicitis, hernia, toothache, etc.
- Road traffic accidents.
- Flight accidents, see paragraph "Internal flights in Nepal".
- Contaminated food and/ or water.

Internal Flights

INTERNAL FLIGHTS

Foreign, Commonwealth & Development Office ("FCDO") travel advice from UK to Nepal states that "STOL airstrips in Nepal are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots and well-maintained aircraft." For their latest advice please take a look at their [Safety & Security section under Air Travel](#).

There have been a number of recent air accidents in Nepal and in December 2013 The European Union banned all airlines based in Nepal from flying in the 28-nation bloc under the latest changes to a list of unsafe carriers. For more information on Nepal's air safety profile take a look at [Aviation Safety Network](#).

Weather and conditions

WEATHER AND CLIMATE FOR POKHARA PANORAMA

Pokhara Panorama trek will have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 2,000m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 25°C. The weather on this trek will vary season to season with hottest months being in April, May, June, September and early October where you could experience hot and humid conditions with temperatures up to 25°C to 30°C.

The traditional trekking season in Nepal is late September to May, with October and November generally recognised as having the best weather. Spring is also a popular time of year with warmer weather and the advantage of seeing spring flowers and rhododendrons in bloom.

ACCOMMODATION

MOUNT KAILASH RESORT IN POKHARA



We have used [Mount Kailash Resort](#) in Pokhara for our groups for many years. It is our first choice hotel for trekking groups as we have received positive feedback on their service and location. This property is located on Lakeside and a short walk to the restaurants, shops, and near the lake. The rooms are spacious with attached bathrooms and have television, air-conditioning, and Wi-Fi. They serve an excellent breakfast buffet from 7 am to 10 am. There is an attractive garden with a swimming pool so it is a wonderful place to relax before or after a trip.

HOTEL AMBASSADOR IN KATHMANDU

We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

Notes downloaded on: 06-05-2024

