

Panchase Trek: Scenic Trails, Sunrise Peaks & Rural Charm

Overview:

The Panchase Trek is a short and scenic trekking adventure in Nepal, offering a perfect blend of Himalayan views, rich cultural experiences, and peaceful countryside trails. Located near Pokhara, this trek takes us through the beautiful foothills of the Annapurna region, where traditional villages, lush forests, terraced farmlands, and stunning mountain landscapes create an unforgettable Himalayan experience.

Starting from the scenic surroundings of Pokhara, the trail leads through charming Gurung and Magar villages, allowing us to experience the warm hospitality and traditional lifestyle of local communities. The route passes through peaceful forests of rhododendron, oak, and pine, with breathtaking views of the Annapurna, Dhaulagiri, Manaslu, Lamjung Himal, and Machhapuchhre (Fishtail) mountain ranges along the way.

The major highlight of the trek is the ascent to Panchase Hill (2,500 m), a spectacular viewpoint offering panoramic views of the Himalayan range. From the summit, trekkers can enjoy unforgettable sunrise and sunset views over the snow-capped peaks, along with beautiful views of valleys, forests, and surrounding landscapes. The moderate elevation and comfortable trekking pace make the Panchase Trek an excellent choice for beginners, families, and travelers seeking a relaxing Himalayan adventure.

Unlike the busier trekking routes of Nepal, the Panchase Trek offers a quieter and more authentic experience, allowing travelers to connect with nature and local culture at a comfortable pace. With its combination of mountain scenery, traditional villages, peaceful trails, and easy accessibility from Pokhara, the Panchase Trek is an ideal short Himalayan journey for those looking to experience the beauty of the Annapurna region without the challenges of high-altitude trekking.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Pokhara / Khare / Bhumdi / Panchase / Bhadaure / Naudanda

Duration: 9 Days

Trek starting point: Khare

Trek ending point: Naudanda

Grade: Easy to Moderate

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 2,500 m

Activities: Hiking & trekking, cultural tour, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

Day 1: Arrival at Kathmandu / Meet and Greet

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight stay at a hotel.

Day 2: Kathmandu Sightseeing and preparation for trekking

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight stay at a hotel.

Day 3: Drive from Kathmandu to Pokhara (820 m) : 7 – 8 hours drive

We will begin our Panchase Trek journey with a scenic drive from Kathmandu to Pokhara, following the beautiful Prithvi Highway through the diverse landscapes of central Nepal. The route takes us alongside the Trishuli and Marsyangdi Rivers, passing through terraced hillsides, rural villages, green valleys, and charming countryside settlements.

Throughout the drive, we will enjoy changing views of Nepal's natural beauty, from winding rivers and rolling hills to peaceful rural communities along the way. As we approach Pokhara (820 m), the gateway to the Annapurna region, we will witness the first glimpses of the surrounding Himalayan landscapes. Upon arrival, we will transfer to the hotel and complete final preparations for our Panchase Trek. Overnight stay at a hotel.

Day 4: Drive to Khare (1,100 m) and trek to Bhumdi (1,500 m)

After breakfast in Pokhara, we will take a short scenic drive towards Khare, the starting point of our Panchase Trek. The journey takes us through peaceful countryside roads, passing traditional villages, terraced farmlands, and beautiful views of the surrounding green hills. Upon reaching Khare (1,100 m), we will begin our trek towards Bhumdi.

The trail gradually ascends through lush forests, cultivated fields, and small settlements, offering a wonderful introduction to the natural beauty and rural lifestyle of the Annapurna foothills. As we walk higher, we will enjoy peaceful surroundings and glimpses of the Himalayan landscape. After approximately 3–4 hours of trekking, we will arrive at Bhumdi (1,500 m), a traditional Gurung village known for its warm hospitality and beautiful mountain views. Overnight at a teahouse lodge.

Day 5: Trek to Panchase Bhanjyang (2,065 m): Walking distance: 8 – 9 km: 4 – 5 hours

Leaving the peaceful village of Bhumdi, we will continue our trek towards Panchase Bhanjyang, following a scenic trail through the beautiful forests and hills of the Annapurna region. The route gradually climbs through dense rhododendron and oak forests, with occasional clearings offering breathtaking views of the surrounding valleys and Himalayan peaks.

As we gain elevation, the trail becomes more peaceful and rewarding, taking us through untouched natural landscapes and quiet woodland paths. Along the way, we will experience the rich biodiversity of the region and enjoy glimpses of the Annapurna, Dhaulagiri, Manaslu, Lamjung Himal, and Machhapuchhre (Fishtail) ranges.

After approximately 4–5 hours of trekking, we will arrive at Panchase Bhanjyang (2,070 m), a beautiful mountain settlement located near the Panchase Hill viewpoint. The area offers a peaceful atmosphere and spectacular sunset and sunrise views over the Himalayas. Overnight at a teahouse lodge.

Day 6: Hike to Panchase Hill (2,500m) and Trek to Bhadaure (1,675): Walking distance | 10 – 12 km | 5 – 6 hours

We will begin the day with an early morning hike to Panchase Hill (2,500 m), one of the major highlights of the Panchase Trek. The viewpoint offers breathtaking panoramic views of some of Nepal's most famous Himalayan peaks, including Annapurna, Dhaulagiri, Manaslu, Lamjung Himal, and Machhapuchhre (Fishtail). The peaceful surroundings and spectacular mountain scenery make it an unforgettable place to enjoy the sunrise.

After spending time at the viewpoint, we will continue our trek towards Bhadaure, following a scenic trail through lush forests, traditional villages, and terraced farmlands. The route gradually descends through the beautiful landscapes of the Annapurna foothills, offering opportunities to experience local culture and observe the traditional lifestyle of the mountain communities.

After approximately 5–6 hours of trekking, we will reach Bhadaure (1,675 m), a charming village surrounded by green hills and peaceful countryside. We will enjoy the relaxing atmosphere and warm hospitality of the local community. Overnight at a teahouse lodge.

Day 7: Trek to Naudanda (1,440 m) and Drive back to Pokhara

Our final trekking day begins with a pleasant walk from Bhadaure towards Naudanda, following peaceful trails through the beautiful landscapes of the Annapurna foothills. The route gradually descends through terraced farmlands, traditional villages, and green hills, providing a final opportunity to experience the rural lifestyle and natural beauty of the region.

As we approach Naudanda (1,440 m), we will enjoy impressive views of the Annapurna and Dhaulagiri mountain ranges, along with panoramic views of the surrounding valleys. After completing the trek, we will meet our vehicle and drive back to Pokhara (820 m), following scenic mountain roads through the countryside.

Upon arrival in Pokhara, we will transfer to the hotel and relax after completing our memorable Panchase Trek. The evening can be spent exploring the lakeside area or enjoying the peaceful atmosphere of Pokhara. Overnight at a hotel.

Day 8: Drive from Pokhara to Kathmandu (1,400 m) | 7 – 8 hours

After breakfast in Pokhara, we will begin our scenic drive back to Kathmandu, following the Prithvi Highway through the beautiful landscapes of central Nepal. The journey takes us alongside the Marsyangdi and Trishuli Rivers, passing through terraced hillsides, green valleys, rural settlements, and winding mountain roads.

As we gradually leave the Annapurna region behind, we will enjoy the final views of Nepal's countryside and observe the daily lifestyle of local communities along the way. Depending on traffic and road conditions, the drive will take approximately 7–8 hours. Upon arrival in Kathmandu (1,400 m), we will transfer to the hotel and conclude our memorable Panchase Trek. Overnight at a hotel.

Day 9: Farewell and Final Departures

Today marks the end of our memorable Panchase Trek in the beautiful Annapurna region of Nepal. Depending on your flight schedule, we will arrange a timely transfer to Tribhuvan International Airport for your final departure from Nepal. Our team will assist you with the airport transfer and ensure a smooth and comfortable conclusion to your Himalayan journey.

As we say goodbye, we hope the peaceful trails, stunning mountain views, traditional villages, and warm hospitality experienced during the Panchase Trek have created unforgettable memories. We appreciate the opportunity to be part of your adventure and look forward to welcoming you again for another trekking experience in the Himalayas.

Alternative: YOU CAN ALSO TAKE A DOMESTIC FLIGHT FROM POKHARA TO KATHMANDU. THE DURATION OF THE FLIGHT IS ABOUT 30 MINUTES. ONE-WAY FLIGHT COSTS AROUND 125 USD PER PERSON. WE CAN MAKE A FLIGHT RESERVATION FOR YOU. PLEASE LET US KNOW.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☐ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☐ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☐ Domestic flight KTM – POK , POK – KTM
- ☐ Personal interest items or gears
- ☐ Tips to guide / driver / porter
- ☐ Lunch and dinner in Kathmandu and Pokhara
- ☐ Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ☐ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☐ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.