Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Panchase Trekking

Duration: 5 Days

Itinerary (Plan)

Day 1 Arrival in Pokhara

- Time : N/A
- Max Altitude : 822m

Accommodation: na

Meal: na

It’s all about reaching Pokhara and getting ready for the day. Don’t rush or stress. When you arrive, you can rest for a while or maybe take a walk around the lakeside and Disneyland. The air is fresh, and the lake is peaceful. You are not starting the trek yet, so just enjoy the calm and perhaps have something hot to drink. This is a relaxing beginning to help you get into the mood for adventure. You will stay overnight in a Pokhara hotel and rest up for the next day.

Day 2 Drive to Kahun Danda and trek to Panchase Bhanjyang

- Time : 5-6 Hours
- Max Altitude : 900m

Accommodation: na

Meal: na

Okay, so today’s when it actually starts. You will wake up in Pokhara and then drive to a location called Kahun Danda. The road is bumpy and all, but it’s kinda fun. You start feeling, “Alright, you know what? We are really going on a hike.” It takes about 1 to 1.5 hours to arrive, and then from there, you start walking. The trail is not hard, just not very easy too. You walk through woods and little trails, and occasionally you see some houses or animals like cows, dogs, and chickens. There aren’t many people around, so it is so peaceful. No rush, just you and nature. After trekking for 3 to 4 hours, you reach Panchase Bhanjyang. It’s not some fancy place or anything, but it has a real feel to it. There are peaceful little spots with hills all around. If the sky is clear, you can even see some mountain views. You just sit there, eat, and rest. Your legs might be tired, but your brain will be ecstatic.

Day 3 Hike up to Panchase Peak, down to Bhadaure

- Time : 5-6 hrs
- Max Altitude : 950m

Accommodation: na

Meal: na

You will have to get up early today, even before the sun. The air is cold, and everything is quiet. You start walking slowly uphill. The path is steep and long, but not actually tough. You'll likely get a bit winded, but it's so worth it. When you reach the top of Panchase Peak, the view feels completely different. If it isn't too cloudy, OH MY GOD, the mountains look like they're almost not even there. You can see Annapurna, Dhaulagiri, Machhapuchhre, and a few others. All golden and shining as the sun is just about to rise! After soaking it all in, you return back down to Bhanjyang. Take a break, rest, maybe have some food, and then continue the trek to Bhadaure. It's roughly 3 to 4 hours, but the route is good, not too busy, with birds chirping. You'll walk through trees and little farms. When you finally arrive in Bhadaure, you'll be tired, but the good kind of tired. Then you sleep there overnight and rest!

Day 4 Trek to Naudanda

- Time : 4-5 Hours
- Max Altitude : N/A

Accommodation: na

Meal: na

You wake up in Bhadaure, and it just feels peaceful. No rush, no noise. You eat something light and start the trek. Today's hike is kind of easy compared to the last few days. You hike past villages where people are simply living, farming, washing clothes, and feeding animals. You might see old women carrying grass or kids playing in the streets. The hills are green, and the trail isn't too steep. Birds will be singing, and your heart will be dancing! The trek takes about 3 to 4 hours max, but you never get exhausted because it's so serene all around. You just walk slowly and arrive at Naudanda, which is a good place to sit and relax. You see hills, and if clouds play along, maybe even some mountain views. You can camp here overnight tonight and relax. This is almost the end of the trek.

Day 5 Drive back to Pokhara

- Time : N/A
- Max Altitude : N/A

Accommodation: na

Meal: na

You have your last day today. No walking is scheduled. You will get into a jeep or van that will drive you back to Pokhara. It will take about one and a half hours. The road is rough at times, but since you've already done the tough part, this time it will feel easier. While driving down, you might look out of the window and think about the last three days. The stillness of the trails, the old stone structures, the sunrise-tinged

mountains, the peace, everything! All of it feels different when you realize that you're soon going to be leaving. You find yourself back in Pokhara, and suddenly the roads are busier. The roar of motorbikes and city noises slowly creep back in. You're back at Lakeside, the place where you first began. You can sleep now or maybe enjoy a hot meal near the lake. And thus ends the Panchase trek. But it's the kind of trek that stays in your heart for a very long time for sure!

Cost Include

- All Necessary Permits
- Basic teahouse/lodge stays (twin-sharing rooms)
- Breakfast, Lunch, Dinner (Nepali & basic Western options)
- Licensed trekking guide (English-speaking)
- Porter
- Transportation
- Basic First Aid Kit (carried by guide)

Equipment List & Gear Guide

Essential Trekking Gear:

? Backpack (30-40L, with rain cover)
? Trekking Shoes (waterproof, ankle support)
? Warm Layers (fleece or down jacket for cool mornings/nights)
? Moisture-Wicking T-Shirts & Trek Pants (quick-dry, lightweight)
? Thermal Innerwear (for chilly mornings at higher camps)
? Waterproof Jacket & Pants (for rain protection, especially in monsoon)
? Hat & Gloves (sun protection + warmth at higher elevations)

Additional Equipment:

? Trekking Poles (helpful for steep sections)
? Headlamp/Flashlight (for early morning hikes or power cuts)
? Reusable Water Bottle (2L) or Hydration Bladder + Water Purification Tablets
? Sunglasses (UV protection) + Sun Hat/Cap
? Basic First Aid Kit (band-aids, antiseptic, painkillers, altitude sickness meds as precaution)
? Power Bank (charging options may be limited)

Personal Items:

? Sunscreen (SPF 50+) & Lip Balm (high UV exposure)

? Toiletries (biodegradable soap, wet wipes, toilet paper)
? Lightweight Towel (quick-dry)
? Snacks (energy bars, nuts, chocolates)

Optional but Useful:

? Camera (for stunning mountain views)
? Lightweight Sandals (for guesthouse relaxation)
? Book/Kindle (for downtime)

Since the Panchase Trek is moderate and low-altitude, you won't need heavy mountaineering gear. However, weather can change quickly, so layering and rain protection are key.

Cost Exclude

- International Flights & Nepal Visa
- Travel Insurance (mandatory – should cover trekking up to 2,500m + emergency evacuation)
- Alcoholic/Cold Drinks & Extra Snacks
- Hot Showers & Battery Charging (small extra fee in lodges)
- Tips for Guide/Porters (expected, ~$3-5/day for guide, ~$2-3/day for porter)
- Personal Expenses (souvenirs, extra meals in Pokhara)
- Additional Nights in Pokhara (if early arrival/late departure)
- Gear Rental (sleeping bag, jacket, trekking poles – can be rented in Pokhara)
