TREKKING & HIKING

Ponkar Lake Trek

‘an adventure on the foot of Larke-La pass to hidden ice lakes of Ponkar’



Trek Short Profile

TOTAL DURATION
12 DAYS, 11 NIGHTS (ARRIVAL TO DEPARTURE)

TREKKING DURATION
6 WALKING DAYS (INCLUDING THE PONKAR LAKE DAY HIKE) AND 2 DRIVING DAYS

HIGHEST POINT
PONKAR LAKE AT 3,965 M / 13,009 FT

ACTIVITY REGION	PERMITS REQUIRED	BEST SEASON
LAMJUNG AND MANANG DISTRICTS, GANDAKI PROVINCE, WEST-CENTRAL NEPAL	ACAP, PLUS TIMS WHERE CHECKED. NO RESTRICTED AREA PERMIT FOR THIS ROUTE.	SEPTEMBER TO NOVEMBER AND MARCH TO MAY
MEALS	**TRANSPORTATION**	**DURATION**
TEAHOUSE MEALS ON THE TREK. ASK US WHICH MEALS YOUR PACKAGE COVERS.	ROAD TRANSFER FROM KATHMANDU TO JAGAT VIA BESISAHAR AND FROM TAL BESI TO KATHMANDU. VEHICLE TYPE DEPENDS ON GROUP SIZE.	12 DAYS, 11 NIGHTS
GRADE	**FROM**	
MEDIUM	USD 795	

Trip Highlights

- Hike to Ponkar Lake, a glacial lake at 3,965 m below Larkya La Pass
- Views of Manaslu, Himlung Himal, Cheo Himal, Lamjung Himal and Larke Peak
- Quiet trails above Tilje, far from the main Annapurna Circuit crowds

- Rhododendron, pine and magnolia forest that gives way to moraine and glacier
- Two nights at Bhimthang, the mountain meadow at the foot of Larkya La
- Guided tour of Kathmandu Durbar Square and Swayambhunath Stupa

Overview

The Ponkar Lake Trek takes you to a quiet glacial lake at 3,965 m, tucked below Larkya La Pass on the Manang side of Manaslu. It is a 12-day trip from Kathmandu, with six walking days through rhododendron and pine forest to Bhimthang, then a day hike to the lake and its ring of snow peaks.

The trail shares its lower half with the Annapurna Circuit and its upper half with the last stage of the full Manaslu Circuit trek package. Above Tilje, though, you leave the crowds behind. Most people you meet at Bhimthang are coming down from the pass. Very few walk up to Ponkar Lake.

It suits trekkers who want big Himalayan views without a 5,000 m pass. If you do want the pass, look at our Manaslu Larke Pass Trek or the 3 Passes Trek around Manaslu and Annapurna.

Below you will find the day-by-day plan, altitude notes, permits, the best season, a packing list and answers to the questions trekkers ask us most.

This Ponkar Lake trek is a short, quiet route into the Manang side of Manaslu. You follow the Marsyangdi valley to Dharapani, turn off the Annapurna Circuit at Tilje, and walk up through forest to Bhimthang. It is a good taste of the Manaslu Circuit trek country without the high pass.

What Is the Ponkar Lake Trek?

The Ponkar Lake Trek is a 12-day guided trip from Kathmandu to a glacial lake at 3,965 m below Larkya La Pass in Manang, Nepal. You walk six days on teahouse trails via Dharapani, Gho and Bhimthang. It is moderate, needs no climbing skills, suits fit beginners and is best in March to May or September to November.

Bhimthang sits where the Manaslu Circuit comes down from Larkya La Pass. On this trek you reach it from the other side, so you get the same mountain views without crossing the 5,106 m pass.

Why Choose the Ponkar Lake Trek

- **Big views for the effort.** From the lake you look up at peaks such as Manaslu, Himlung Himal, Cheo Himal, Lamjung Himal and Larke Peak.
- **Very few trekkers.** Most walkers in this valley are heading down from the pass. The lake trail above Bhimthang is nearly empty.
- **No high pass.** Your highest point is the lake at 3,965 m, and you sleep no higher than Bhimthang at 3,590 m.
- **Forest to glacier in two days.** You climb from rhododendron, pine and magnolia forest into moraine and ice.
- **Two nights at Bhimthang.** You sleep in the same lodge before and after the lake hike, so you can walk with a light daypack.
- **A cultural start.** Day 2 includes a guided tour of Kathmandu Durbar Square and Swayambhunath Stupa.

Ponkar Lake Trek Itinerary: 12 Days at a Glance

Day	Route	Overnight altitude	Time
1	Arrive in Kathmandu, transfer to hotel, trek briefing	1,340 m	Airport transfer
2	Kathmandu Durbar Square and Swayambhunath tour, trek preparation	1,340 m	Half-day tour
3	Drive to Jagat via Besisahar	About 1,300 m	Long drive
4	Jagat to Dharapani via Chamje and Tal	1,963 m	Full day
5	Dharapani to Gho via Tilje	About 2,515 m	Day walk
6	Gho to Bhimthang	3,590 m	A few hours
7	Day hike to Ponkar Lake (3,965 m), back to Bhimthang	3,590 m	Full-day hike
8	Bhimthang to Gho	About 2,515 m	Day walk
9	Gho to Tal Besi via Tilje and Dharapani	About 1,700 m	Long day

Day	Route	Overnight altitude	Time
10	Drive to Kathmandu via Besisahar	1,340 m	About 6 hours
11	Free day in Kathmandu	1,340 m	Free day
12	International departure	-	Airport transfer

Altitudes marked "about" are approximate. Times are a rough guide and depend on your pace and the weather.

Altitude and Acclimatization on the Ponkar Lake Trek

This trek stays lower than most Manaslu routes. You sleep above 3,000 m for only two nights, both at Bhimthang. The lake hike on Day 7 follows the classic rule: climb high, then sleep low.

The biggest jump is Day 6, from Gho up to Bhimthang. You gain about 1,000 m in one day, so walk slowly, drink plenty of water and tell your guide early if you feel unwell.

Watch for these signs of Acute Mountain Sickness (AMS): headache, nausea, dizziness, poor sleep and loss of appetite. Mild symptoms often ease with rest and water. If they get worse, you go down. Your guide checks on you every evening.

You walk back down the same trail after the lake. That means every night after Day 7 is lower than the night before, which helps your body recover fast.

How Difficult Is the Ponkar Lake Trek?

It is a moderate trek. The trail is well used up to Bhimthang and needs no technical skills. The walk to the lake is steeper, rockier and more remote.

- **Hardest day:** Day 7, the out-and-back hike to Ponkar Lake. It is a full day with a steep climb over moraine, and you carry a packed lunch.
- **Longest walking day:** Day 9, from Gho all the way down to Tal Besi.
- **Who it suits:** beginners with decent fitness and trekkers who want quiet trails more than big summits.
- **Best preparation:** six to eight weeks of long walks with a daypack, stair climbing and leg strength work. Break in your boots before you fly.
- **Talk to your doctor first** if you have a heart, lung or blood pressure condition.

Itinerary

DAY 01 ARRIVAL IN KATHMANDU

Overnight: Kathmandu · 1,340 m / 4,396 ft · Tourist standard hotel · Meals: Welcome dinner in a nice typical nepalese restaurants

On first arrival in Kathmandu at Nepal International Airport received by our staff and guide, with warm Nepali traditional welcome. After, getting organized and then a short transfer to your hotel in the heart of Kathmandu city.

At the hotel check into your lovely rooms with refreshing rest after the jet lag. Then join in with other members of the group, for briefing at meeting halls or garden.
Our guide and leader will provide you with useful information regarding the trek, standard of lodge, foods and so on. If in doubt, can ask questions to make yourself at ease, after briefing enjoy the dinner in a typical Nepalese Restaurant.

DAY 02 TREK PREPARATION DAY & SIGHTSEEING TOUR IN KATHMANDU DURBAR SQUARE, SWAYAMBHUNATH STUPA

Overnight: Kathmandu · 1,340 m / 4,396 ft · Hotel · Meals: Breakfast only

Morning after a hearty breakfast, as per the time informed by our guide and staff our tour guide will meet. A short drive and walk in the heart of Kathmandu city, where the famous old Durbar Square located. An ancient palace and courtyard of earlier kings from Malla to former Shah Period. Interesting areas adorned with temples and old palace, as well with resident of famous Living Goddess the Kumari. Includes a temple of Kasthamandap, where Kathmandu name derived from, meaning a temple built from the wood of a single tree.

The temples and monuments of Durbar Square, listed in UNESCO World Heritage Sites. After an interesting tour, a short drive leads west of the city to

another famous landmark of Nepal. The Swayambhunath Stupa of Buddhist monuments, located on a hillock, one can enjoy views of Kathmandu city and the valley.

The Stupa one of the oldest in Nepal and probably in the world of more than 2,600 years of history. After an impressive morning tour back to hotel, rest of the day preparation for the wonderful Ponkar Lake around Manang and Manaslu areas trekking.

DAY 03 DRIVE TO JAGAT VIA BESISAHAR TOWN (820 M / 2,690 FEET)

Overnight: Jagat · 1,425 m / 4,675 ft · 6 hours drive · Local lodge · Meals: Breakfast, lunch & dinner

Depart from the hotel, for a long exciting drive to Nepal Mid-West around the district of Lamjung at Besisar town. An early morning drive having good breakfast, the journey leads beyond Kathmandu valley, to low warm farmland through villages and towns. Soon drive diverts from the main highway heading into Lamjung area and reaching at large town of Besisar.

From here on same vehicle or transfer to another four wheel drives, as journey continues following Masrsyangdi River. A warm country with large paddy fields as drive reach Syangja and then drive climbs on winding road. Finally reaching Jagat village for overnight stop. A moderate farm village above the Masrsyangdi River with number of nice lodges.

DAY 04 TREK TO DHARAPANI VILLAGE

Overnight: Dharapani Village · 1,963 m / 6,440 ft · 6 hours walk · Guesthouse / Lodge-Tea House · Meals: Breakfast, lunch & dinner

Morning from Jagat following the village trail and up into a cool shade of forest to Chamje village. From here across the river, as walk leads on gradual trail within a forest and then a short climb. From the ridge top looking over Tal Besi village, a

short pleasant walk to Tal for lunch stop and the start of Manang district.

Afternoon a few hours walk on a good trail with few ups and down to cross a bridge then reaching at Dharapani village for overnight stop.

Located on the main trails of Annapurna and Manaslu Circuit route, transfer into a nice lodge, with time for short walk to explore the Dharapani village.

DAY 05 TREK TO GHO

Overnight: Gho · 2,560 m / 8,399 ft · 5 hours walk · Guesthouse / Lodge-Tea House · Meals: Breakfast, lunch & dinner

From Dharapani our adventure begins heading north, on leaving the main trail of Annapurna circuit. Down to cross a bridge reaching at Tilje village, as walk continues entering into rhododendron and pine tree forest. Then finally day ends at Gho, a small settlement amidst forest surrounding with few small lodges.

DAY 06 TREK TO BHIMTHANG

Overnight: Bhimthang · 3,590 m / 11,778 ft · 4 hours walk · Guesthouse / Lodge-Tea House · Meals: Breakfast, Lunch & Dinner



The final highlight of the adventure, having a hearty breakfast walk leads to a short climb. As walk proceeds on gentle trail into woods, a walk of few hours reaching at a lovely place at Bhimthang. Staying in this lovely place for two overnights, situated amidst forest with views of high snow peaks.

Bhimthang, a small settlement a few hours walk to the bottom of Larke-La pass. Which forms the boundary of Manang and Gorkha districts of Manaslu valley.

DAY 07 AT BHIMTHANG FOR LOCAL EXPLORATION AND HIKE TO PONKAR LAKE

Overnight: Bhimthang · 3,590 m / 11,778 ft · High point 3,965 m · 5 hours walk · Guesthouse / Lodge-Tea House · Meals: Breakfast, lunch & dinner

An early morning start, carrying pack lunch for the day hike to Ponkar glacial lake. Walk follows on the trail towards the bottom of Larke-La Pass near to the ridge of Tambuche. Our route diverts leaving the forested areas towards barren mountain wilderness.
After few hours of steady walk with steep climb reaching above the Ponkar Lake, facing incredible views of towering snow peaks. The view includes Manaslu North (7,157 m), Lamjung Himal (6,983 m), Larke Peak (6,249 m) and Himlung Himal (7,126 m) towards north-west. As well enjoy looking at Cheo Himal (6,812 m) with an array of high peaks from the scenic View-Point of Ponkar Lake.

Feeling in great spirits on reaching the highest point of the adventure at 3,965 m high. After an exciting day hike to Ponkar Lake, return to Bhimthang for overnight stop after a long adventurous hike of the day.

DAY 08 TREK TO GHO, AFTERNOON AT LEISURE FOR SHORT WALK

Overnight: Gho · 2,560 m / 8,399 ft · 5 hours walk · Guesthouse / Lodge-Tea House · Meals: Breakfast, lunch & dinner

After a wonderful amazing time at Ponkar Lake and Bhimthang, return journey on the same pleasant trail back to Gho for overnight halt.

DAY 09 TREK TO TAL BESI VIA DHARAPANI

Overnight: Tal Besi · 1,740 m / 5,709 ft · 6 hours walk · Guesthouse / Lodge-Tea House · Meals: Breakfast, lunch & dinner

A long day walk of the adventure, having breakfast setting off to the end of the trekking at Tal Besi. The trail follows on the same scenic and interesting path through lovely woodland reaching at Tilje village. From here a short climb and over a bridge, reaching at Dharapani for possible lunch stop.

Afternoon a pleasant walk with few short ups and down to nice village of Tal Besi where our wonderful trek completes.

DAY 10 DRIVE TO KATHMANDU VIA BESISAHAR TOWN, ABOUT 6 HOURS

Overnight: Kathmandu · 1,340 m / 4,396 ft · Tourist standard hotel

Final day around the Himalayan hills of Manaslu and Annapurna Himalayas, an exciting drive to Kathmandu. Having a good breakfast, board on a local vehicle, depending upon the size of a group.

A long overland journey but interesting on winding downhill to low warm farm areas of Lamjung district. As drive stops for short while at Besisar, from Besisar on the good road, after hours of drive joining on the main Pokhara and Kathmandu highway at Dumre town.

Drive of more than four hours from Dumre town on winding uphill to the outskirt of Kathmandu valley. Finally drive ends on reaching at the hotel, arriving by late afternoon or evening time. After a grand adventure of a lifetime experience on Ponkar Lake around Manang and Manaslu areas trekking.

DAY 11 IN KATHMANDU FREE DAY FOR INDIVIDUAL ACTIVITIES

Overnight: Kathmandu · 1,340 m / 4,396 ft · Tourist standard hotel · Meals: Breakfast only

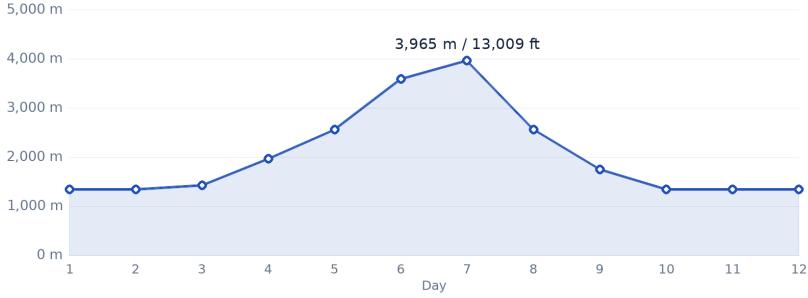
A free day in Kathmandu after an enjoyable walk around Manang and close to Manaslu area to Ponkar Lake. Enjoy the day relaxing with individual activities or join in for another exciting tour.

DAY 12 FINAL INTERNATIONAL DEPARTURE FOR HOMEWARD BOUND

1,340 m / 4,396 ft · Meals: Breakfast only

Last day in Kathmandu and Nepal, after a great memorable experience on Ponkar Lake around Manang and Manaslu areas trekking. Our staff transfer you to the international airport terminal, and then bidding farewell to the guide and staff. As you head for the smooth flight homeward bound.

Altitude Profile of Ponkar Lake Trek



Weather on Ponkar Lake Trek

°C	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Machha Khola (930 m) high	17°	19°	23°	26°	27°	28°	27°	27°	27°	25°	22°	18°
Machha Khola night low	6°	8°	11°	14°	18°	22°	23°	23°	21°	17°	12°	8°
Samagaon (3,520 m) high	-1°	1°	3°	6°	8°	13°	15°	15°	13°	8°	5°	3°
Samagaon night low	-10°	-9°	-5°	-1°	3°	7°	10°	10°	8°	2°	-3°	-8°

Average day highs and night lows (approx.), 2015 to 2024. Source: Open-Meteo, adjusted to each village's altitude.

Culture Along the Ponkar Lake Trail

The lower trail in Lamjung passes Gurung, Magar and Brahmin villages, with terraced rice fields and Hindu shrines. From Tal you enter Manang district, and the culture shifts toward Tibetan Buddhism.

- **Manang villages:** people here share roots with their Tibetan neighbours. Look for prayer walls, prayer wheels and small chortens as you climb.
- **Kathmandu Durbar Square:** the old royal palace square, a UNESCO World Heritage Site, home of the Kumari, the living goddess, and the Kasthamandap temple that gave Kathmandu its name.
- **Swayambhunath Stupa:** one of the oldest Buddhist stupas in Nepal, on a hilltop with views over the Kathmandu Valley.

Etiquette on the trail:

- Walk clockwise around chortens, mani walls and prayer wheels.

- Ask before you photograph people or the inside of a monastery.
- Dress modestly in villages and remove your shoes before entering a shrine.

Safety & Guide Information

Guides: your guide is licensed, government registered and knows the trail, the lodges and the villages from Jagat to Bhimthang. English-speaking guides are standard.

Emergencies: your guide carries a first aid kit. For serious altitude sickness, injury or illness, we organize a descent and, if needed, a helicopter evacuation to Kathmandu. Evacuation costs are your responsibility, so travel insurance with helicopter evacuation cover is essential. Make sure it covers trekking up to at least 4,000 m.

On the lake trail: the path above Bhimthang crosses rough moraine and can be icy early in the day. Stay with your guide and turn back if the weather closes in.

Communication: there is mobile signal in the Marsyangdi valley, but it is weak or missing around Gho and Bhimthang.

Seasons to avoid: monsoon rain from June to August brings landslides on the road to Jagat. Deep winter snow can make the lake trail unsafe.

Best Time for the Ponkar Lake Trek

Season	Months	What to expect	Verdict

Autumn	September to November	Clear skies, cold mornings and nights, shorter days	Best for mountain views
Spring	March to May	Rhododendrons in bloom, longer days, afternoon cloud	Best for forest and flowers
Winter	December to February	Very cold at Bhimthang, snow on the lake trail, some lodges may close	Experienced trekkers only
Monsoon	June to August	Heavy rain, leeches, landslide risk on the road, peaks hidden	Not recommended

Spring is when the forest between Tilje and Bhimthang turns red and pink with rhododendron, Nepal's national flower.

- **Autumn:** the most settled weather and the sharpest views from the lake. Mornings and nights are cold, and frost is normal at Bhimthang.
- **Spring:** warmer days and flowering forest. Cloud often builds after midday, so start the lake hike early.
- **Winter:** snow can cover the trail above Bhimthang. Check with us before you book.
- **Monsoon:** the road between Besisahar and Jagat can be blocked by landslides.

Read more: Best Time for Manaslu Trek: A Season-by-Season Guide

Required Permits for the Ponkar Lake Trek

Ponkar Lake lies inside the Annapurna Conservation Area, so you do not need a restricted area permit for this route. We arrange your permits. You only send your passport copy, visa details, passport-size photos and insurance information.

Permit	Where it applies	Fee for foreign trekkers
Annapurna Conservation Area Permit (ACAP)	The whole trekking route, from the Marsyangdi valley to Bhimthang and Ponkar Lake	NPR 3,000
TIMS card	Checked on some Annapurna routes	We arrange it if it is required for your dates

Rules to know:

- You trek with our licensed guide the whole way.
- If you add Larkya La Pass or walk on toward Dharmasala, you enter the Manaslu restricted area. That needs a Manaslu Restricted Area Permit and a Manaslu Conservation Area Permit as well.
- Fees are set by the government and can change. We confirm the current figures before you travel.

Last checked: October 2026. Planning to cross the pass as well? Read our Manaslu trekking permit guide.

Ponkar Lake Trek Packing List

Head and hands	Sun hat, warm beanie, UV sunglasses, liner gloves and warm waterproof gloves
Upper body	Quick-dry T-shirts, thermal base layer, fleece jacket, waterproof shell jacket, down jacket
Lower body	Trekking pants, thermal base layer pants, waterproof shell pants
Feet	Broken-in waterproof boots, liner and wool socks, camp shoes or sandals
Gear	Warm sleeping bag, headlamp, trekking poles, daypack of 25 to 35 L for the lake hike, water bottles plus a filter or purification tablets, power bank
Documents and money	Passport with visa, insurance with helicopter evacuation cover, passport-size photos for permits, enough Nepali rupees for the whole trek

The lake hike is a long day away from any lodge. Pack a warm layer, a rain shell, snacks, a full water bottle and your headlamp, even if the morning is sunny.

For a full list, see what to carry for the Manaslu Circuit Trek.

Accommodation & Food

Kathmandu: you stay in a hotel in the city on arrival, before the trek and after you return.

Jagat, Tal and Dharapani: these are busy villages on the Annapurna Circuit, with a good choice of lodges and longer menus.

Gho and Bhimthang: lodges are fewer and simpler. Rooms are twin share, and most toilets are shared. Bring a sleeping bag liner in every season.

Food: expect dal bhat, noodles, potatoes, eggs, soups and Tibetan bread. Dal bhat is the best value because most lodges give free refills. On Day 7 the lodge packs your lunch for the lake hike.

Power: Jagat, Tal and Dharapani have hydroelectric power. Some lodges at Gho and Bhimthang run on solar, so charging can be slow on cloudy days.

Extras: hot showers and charging cost a small fee that changes from lodge to lodge. Carry enough Nepali rupees from Kathmandu, as there are very few ATMs past Besisahar.

Why Trek to Ponkar Lake With Us

Off the Beaten Track
Beyond Bhimthang only a handful of trekkers go. We know the way to Ponkar's glacial lake.

Close to Manaslu's Northwest Side
The lake sits under the big peaks, with views most Manaslu trekkers never see.

Guides Who Know the Side Trail

Our licensed guides handle the less-marked route and judge the conditions each day.

Forest to Glacier

Walk from rhododendron and pine forest up to moraine and glacial country in 12 days.

Permits Handled for You

We arrange the Manaslu restricted area permit plus conservation area permits.

24/7 Support

Our team stays on call for your whole trek, including emergency evacuation coordination.

FAQs

How long is the Ponkar Lake Trek?

The trip runs 12 days from arrival in Kathmandu to departure. You walk on 6 days, including the day hike to the lake, and spend 2 days driving to and from the trail. The other days are for arrival, a Kathmandu tour, a free day and departure.

How high is Ponkar Lake?

We list Ponkar Lake at 3,965 m (13,009 ft). It is the highest point of the trek. The highest place you sleep is Bhimthang at 3,590 m.

How difficult is the Ponkar Lake Trek?

It is moderate. There is no technical climbing, and fit beginners can do it. The hardest day is the full-day hike from Bhimthang to the lake and back, which is steep and rocky in places.

Do I need a restricted area permit for Ponkar Lake?

No. The route stays inside the Annapurna Conservation Area, so you need an ACAP, plus a TIMS card where it is checked. If you add Larkya La Pass, you also need Manaslu restricted area and conservation permits.

Why is Ponkar Lake less visited?

It sits in a side valley above Bhimthang, off both the Annapurna Circuit and the main Manaslu Circuit. Most trekkers pass Bhimthang on their way down from Larkya La and do not make the extra climb to the lake.

Can I combine Ponkar Lake with the Manaslu Circuit?

Yes, Bhimthang is a stop on the Manaslu Circuit, so the lake can be added as a side trip. It needs extra days and different permits. Talk to us and we can plan it with you.

When is the best time for the Ponkar Lake Trek?

The best times are September to November for clear views and March to May for rhododendron forest. Winter is very cold at Bhimthang, and the June to August monsoon is not recommended.

How cold does it get on the trek?

In spring, nights and early mornings are around 5°C, and days reach about 15 to 20°C. In autumn, nights can drop to between 0 and -5°C at higher stops, with pleasant days. Wind makes it feel colder.

Is there electricity in the lodges?

Jagat, Tal and Dharapani have hydroelectric power. Some lodges at Gho and Bhimthang have their own solar power, so you can charge your devices. Bring a power bank as a backup.

Do hot showers and charging cost extra?

Yes. Most lodges charge a small fee for hot showers and for charging devices. The price changes from village to village, so ask your guide if it seems high.

What happens if someone gets sick on the trek?

Your guide carries a first aid kit and handles minor problems. For serious illness or injury, we arrange a fast evacuation, usually by helicopter. That is why travel insurance with helicopter evacuation cover is essential.

How much cash should I carry?

Carry enough Nepali rupees for drinks, snacks, showers, charging and tips at the end of the trek. There are very few ATMs past Besisahar and lodges do not take cards, so change money in Kathmandu.

Payment

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer then you will be responsible for covering the cost of the fees associated with the transfer, so that the company receives the full amount shown on your invoice, in the denomination shown on your invoice.

Cancellation

In case you cancel your trip, please provide us a written notice 14 days prior (30 days prior in case of Bhutan and Tibet) to your departure date. Failure to do so will result in termination of the trip.

According to our policy, 25% of the deposit amount is non-refundable. So instead we recommend you to postpone your trip. However doing so will deduct 100USD from your advance deposit. The remaining amount after deduction will be transferred to your Lifetime Deposit account for the next trip.

Refund policy

For now, we do not offer any refund services as the company provides Lifetime Deposit feature. The amount you transfer to us will never go in vain. The system allows you to utilize your deposit even after the cancellation of the trip. Later, either you or your family members/friends can use this scheme for the same trip or any other. For more information regarding to Lifetime Deposit, please contact through our official e-mail address.

Travel Insurance

A comprehensive travel insurance is mandatory before you start your trip with us. Make sure the insurance policy covers all the expenses such as medical, personal accidents, emergency evacuations, loss of gears, natural calamities, theft or damage to baggage and personal losses. We highly encourage that you check specifics while speaking to your insurance company before flying to Nepal.

Photos





Bookings

For all trekking enquiries and bookings

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View this trip online:
manaslucircuittreks.com/trip/ponkar-lake-trek