# Ponkar Lake Annapurna Circuit Trek

## Trip Overview

Bhimtang Ponkar Lake Trek is a short trek in the Annapurna region, towards the north of Annapurna. But, you can mix this as a part of conquering the Annapurna Circuit trek. Ponkar lake, situated at an altitude of 3,210 meters, adds charm to the Annapurna region.

As you start stepping upwards from Dharapani, and follow the rustic forest path, meadows, and vegetation, you will reach Ponkar Lake. On the popular Annapurna circuit trek, a 2-day moderate trek to Ponkar will be refreshing, making you familiar with high-altitude plains and glaciers. You are treated with Annapurna Massif, diverse cultural, and landscape strolling by the time you complete the Ponkar Lake and Annapurna Circuit trek.

Pure Adventure Nepal now introduces a fresh package of 18 days to explore the Annapurna region, without missing out on Ponkar Lake, which is one to embark on. The better choice lies in adequate fitness preparation and gearing up for the most-awaited Ponkar Lake and Annapurna Circuit Trek.

# Trip Itinerary

- 1 - Arrive at TIA
- 2 - Drive to Besishar And local jeep to Jagat
- 3 - Dharapani to Yakakhara
- 4 - Yakkharha to Bhimthang
- 5 - Trek to Ponkar Lake or Ponkar Glacier Stay overnight at Bhimthang
- 6 - Bhimthang to Tilje
- 7 - Tilje to Timang village
- 8 - Timang to Upper Pisang
- 9 - Upper Pisang cross throw via Geru village to Manang
- 10 - Acclimatization day Hike to Gangapurna Lake
- 11 - Trek to Yak kharka
- 12 - Thorong Pedi or High camp
- 13 - Trek to Thorolang la Pass and descent to Muktinath
- 14 - Trek Kagbeni
- 15 - Trek to Marpha village
- 16 - Drive to Pokhara
- 17 - Drive to Kathmandu / Farewell dinner

- 18 - Departure

# Cost Includes & Excludes

## Includes

- Airport pickup and drop at Tribhuwan International Airport
- Tourist Bus to Kathmandu to Besi shar and local bus from jomsom to pokhara
- 3-star Hotel stays at Kathmandu night stay in twin sharing
- Lodging and Tea house accommodation
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- A porter sharing for two trekkers each on the route
- Salary and Insurance Cost of Staff
- All necessary paperwork and permits (TIMS/ Conservation Fee).
- Emergency medical kit and local taxes

## Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential packing Equipment
- Extra cost for booking domestic flight other than planned

# Gears and equipment

- Clothing
    - Waterproof jackets and pants
    - Sweaters, and down jackets
    - Lightweight trousers
    - Hiking shirts- long-sleeved
    - Hooded rain and Fleece jacket

    - Inner wears
    - Light and heavyweight winter gloves
    - Sun hat or scarf, Money belt, Cotton headscarf, bandana
    - Winter hat or insulating hat

- Footwear
    - Hiking Boots
    - A pair of sports shoes
    - Heavy wool and light socks

- Personal accessories
    - Headlights and extra batteries
    - Face and body wipes
    - Sunscreen and sunglasses with UV protection
    - Money
    - Watch
    - Cell phone and camera

- Toiletries
    - Medium-drying towels
    - Toothbrush and toothpaste
    - Washing kits, talcum
    - powder, and toilet paper
    - Degradable soap and shampoo
    - Deodorant floss, nail clippers, and mirror

- Extra items
    - First aid kit
    - Passport-sized photos and passport photocopies
    - Binoculars
    - Personal medications
    - 1 swiss type knife
    - Sleeping bags and sheets,
    - Rucksack, backpack, and a small day pack
    - Water bottle
    - Water purification tablet solution

# Faqs

1. **Where is Ponkar Lake located?**

   *Ponkar Lake is a glacial lake located in the high altitude range within the Annapurna region, inside the Manang district. Expect to find it in the north of the Annapurna massif near Bhimthang, at an elevation of 4100 meters above sea level.*

2. **How can I reach Ponkar Lake?**

   *Ponkar Lake is one of the high-altitude lakes surrounded by meadows, rugged landscapes, and Himalayan glaciers. No roads directly connect to Ponkar Lake, that's why you need to trek from Bimthang Ponkar Lake Trek, which could be challenging for beginners.*

3. **What is the best time to trek Ponkar Lake?**

   *Since Ponkar Lake is at a 4100m high elevation, it is prone to snow and windy trails. Thus, the best time will be visiting around spring (March-May) and autumn (September-November) in Nepal. The lake routes are easily accessible while the weather would be less challenging during these times of the year.*

4. **Are there alternative trekking routes to Ponkar Lake?**

   *Ponkar Lake can be accessible only through Bimthang Ponkar Lake Trek, as this is one of the specific routes designed after conquering the region, and less demanding than the other challenging routes.*

5. **What are the permits required to reach Ponkar Lake?**

   *Since Ponkar Lake lies within the Annapurna Conservation Area, north of the Annapurna Sanctuary, you require permits similar to the Annapurna Circuit Trek. That means you need to arrange an Annapurna Conservation Area Permit (ACAP) and Trekker's Information Management System (TIMS) card to reach Ponkar Lake.*