Milke and Sabha Pokhari Trek

DURATION: 14 DAYS

Trip Facts

Group Size 1-12 Persons

Trip Grade Moderate

Accommodation Hotel-Lodge-Camping

Max Height 4340 Metres

Start From Kathmandu

End At Kathmandu

Transportation Flight-Bus -Car

Duration 14 Days

Meals included Breakfast-lunch-Dinner Days

Best season:
March-May, Sep-Nov

Trip Overview

Milke Sabha Pokhari Circuit Trek in Nepal offers stunning panoramic views of **the Himalayan mountains and diverse flora and fauna**. The trek starts from Tute Deurali and follows the Milke Danda to Sabha Pokhari, Tin Pokhari, Mangsima village, Chichila, and a flight back to Kathmandu from Tumlingtar. The highest access is 4524m, leading to a naturally and culturally rich pond called Sabha Pokhari of Sankhuwasabha. The trek is best during the spring and autumn seasons, with the best time to visit from March to May and September to November. The cost of the trek depends on factors such as duration, group size, and required services. **The Milke Danda Ridge in the Kanchenjunga region** offers panoramic views of Mount Kanchenjunga and other Himalayan peaks. Sabha Pokhari Lake in the eastern region offers serene landscapes and beautiful mountain views.

Proper preparation, permits, and knowledge of the trail are essential for a successful trek in the Milke and Sabha Pokhari regions. Both regions offer an opportunity to immerse oneself in the breathtaking beauty of the Makalu and Kanchenjunga regions. The Milke Danda Ridge is known for its challenging terrain, making it suitable for experienced trekkers. On the other hand, **Sabha Pokhari Lake** is a more accessible option, perfect for beginners or those looking for a less strenuous trek. Regardless of the chosen region, trekkers can expect to be surrounded by stunning natural landscapes and a sense of tranquility that can only be found in the Kanchenjunga region.

Trip Itinerary

Day 01: Arrival in Kathmandu

4 Breakfast Hotel*** Car 1345 m

Upon arrival at Kathmandu's Tribhuvan International Airport, transfer to the hotel. After some refreshments, there will be a short briefing about the trek regarding the schedule, required trekking gear, services, and facilities we provided during the drive and trekking areas.
The rest of the time is free for trekking preparation.

Day 02: Day Sightseeing Tour and Trek Preparation.

3-5 Breakfast Hotel*** Car 345 m

In the morning, proceed for a half-day sightseeing tour of Kathmandu City including the World Heritage Sites. It includes a tour of two or three sites below:

- PashupatinathTemple - the Temple of Lord Shiva situated on the bank of the holy Bagmati River. The temple is listed as a UNESCO World Heritage Site.
- Hanuman Dhoka (Kathmandu Durbar Square) - an ancient durbar (palace) with numerous old palaces, temples, and pagodas, the Temple of Living Goddess "Kumari", and the Kasthamandap Temple, which is believed to be constructed from the wood of a single tree from which Kathmandu derives its name.
- Bouddhanath Stupa- an ancient colossal stupa and the center of Tibetan Buddhism in the world
- Swayambhunath Stupa - the oldest Buddhist stupa of Nepal and has numerous shrines and monasteries on its premises. It is also known as the "Monkey Temple"!!
- Patan City - a city of 55 major temples, 136 Buddhist monasteries, and famous for the production of Thangka and Paubha Paintings.
- Narayan Hiti Palace Museum
- National Museum

The rest of the day is free for trekking preparation, such as trekking gear shopping, packing, checking on a duffle bag, etc.

Day 03: Fly to Biratnagar & Drive Basantapur Bazar, Guphapokari Bazer(2800m/9480ft – 170Km/8 hours

8-9 | Breakfast + Lunch + Dinner | Tea House-Lodge | Jeep+Bus+Car | 2800 m

Timely transfer to Kathmandu Domestic Airport to board an onward flight to Biratnagar. Upon arrival at Biratnagar Airport, meet awaiting vehicle and drive to Dhankunta via Itahari and Dharan Bazar. From Dharan Bazar, we will drive uphill to Bhedetar Bazar. If the weather gets clear, we will visit Charles Clock Tower at Bhedetar to see Snow-capped Mountains, the Hilly region, and the plain Terai region. From Bhedetar, the downhill drive leads to Tamor River, a tributary of the Saptakhoshi River. Crossing Tamor River, we will ascend to Hile Bazar via Dhankuta. Taking the right side road from Hile, we will reach Basantapur Bazar and continue the drive to Guphapokhari Bazar. Upon arrival at Guphapokhari, check into the teahouse lodge. After refreshments, meet the trekking support team and interact with the team. In the daytime, explore the lake and hike to the nearby rhododendron hill to enjoy nature.

Day 4: Trek to Dobate (3,500m/11,480ft)

6-7 | Breakfast + Lunch + Dinner | Camping | Trekking+Hiking+Walking | 3500 m

After breakfast, start to walk to Dobate. The trail will pass via small settlements and several small sacred lakes. The trek is also verdantly embedded with rhododendron woods that line the ridgelines. The aroma of rhododendron flowers fills the air along the journey. The Makalu Peak also shines against the green landscape.
Overnight at a tented camp at Dobate.

Day 5: Trek to Khambule Pati (3,555m/11,660ft)

6-7 | Breakfast + Lunch + Dinner | Camping+Tent | Trekking+Walking+Hiking | 35550 m

Walking on the snake trails through the ridge through the rhododendron forest will lead us to Khambule Pati. This place is the resting point to have lunch or stay overnight during the trek.

Day 6: Trek to Sabha Pokhari (4,155m/13,628ft)

6-7 | Breakfast + Lunch + Dinner | Camping | Trekking+Walking | 4160 m

On this day, we will reach our destination, Sabha Pokhari is considered to be spiritually pure and have high religious importance. It is situated in the lap of the Lumba Sumba Mountains and is believed to be the site of a meeting where a wise ascetic named Vyasa organized a meet in the middle of the lake and performed a mythology speech (Puran) to eighty-eight thousand sages. The name was Sabha Pokhari is translated as “the Meeting Pond”. People also believe that if anyone bathes in the lake, then their wishes get fulfilled.
Overnight at a tented camp at Sabha Pokhari.

Day 7: Sabha Pokhari to Panch Pokhari (4334m/14,215ft)

7-8 | Breakfast + Lunch + Dinner | Camping+Tent | Trekking+ Hiking+ Walking | 4330 m

After breakfast, we will trek to Panch Pokhari through the green pasturelands. It is a group of five lakes situated in the terrain basin, and the lake system is also the 9th highest altitude wetland in the world. Many pilgrims visit the lakes during the Janai Purnima festival. It is a beautiful region where the reverie valleys open out into massive volcanic folds.
Panch Pokhari combines the five lakes whose names undergo as Mohi (buttermilk), Jata (hair), Dudh (milk), Bahula (insane), and Bhut (ghost). People believe that if one bathes in Bahula Pokhari, one will be plagued with insanity. Likewise, Ghost Lake is said to be haunted by a lake demon that cannot bear the smell of human perspiration and will pull people into the depths of the lake’s murky waters to certain death if they venture near it.
Overnight at a tented camp at Panch Pokhari.

Day 8: Trek to Aanande /Rate Danda (3,590m/11,638ft)

6-7 | Breakfast + Lunch + Dinner | Camping + Tent | Trekking+Walking-Hiking | 3590 m

After Breakfast, start the trek to Aanande Danda through the ridge of Jaule Langur Danda. Leaving Jaljala Ridge, the trail will pass through the various forest toward Aanande Danda.
Overnight at a tented camp at Aanande Danda.

Day 9: Trek to Ghopte Dhunga (2,778m/9,112ft)

5-6 | Breakfast + Lunch + Dinner | Camping+Tent | Trekking-Hiking-Walking | 2780 m

After breakfast, start the trek downhill toward Ghopte Dhunga through the beautiful rhododendron forest.
Overnight at a tented camp at Ghopte Dhunga.

Day 10: Trek to Mangsima (1,770m/5,805ft)

6-7 | Breakfast + Lunch + Dinner | Lodge-Tea House | Trekking-Hiking-Walking | 1780 m

On this day, we will trek to the beautiful village of Mangsima. Mangsima is the multi-settlement of different costs of indigenous people.
Overnight at teahouse lodge at Mangsima.

Day 11: Trek to Num (1,543m/5,061ft)

6-7 | Breakfast + Lunch + Dinner | Tea House-Lodge | Trekking-Hiking-Walking | 1550 m

Early morning, trek to Num. The trail descends from Mangsima to Phumrang and further to Num. Upon arrival at Num, check into the lodge.
Overnight at teahouse lodge at Lodge

Day 12: Drive to Tumlingtar (400m/1,312ft)

3-5 | Breakfast + Lunch + Dinner | Lodge-Tea House | Jeep+Bus+Car | 400 m

After breakfast, meet the waiting vehicle and drive to Tumlingtar via Khandbari. A bid farewell program will be organized for local guides and porters.
Overnight at a hotel in Tumlingtar.

Day 13: Fly back to Kathmandu – 35 mins

35 | Break Fast | Hotel | Flight-Car | 1350 m

Timely checkout from the hotel and transfer to Tumlingtar Domestic Airport to board an onward flight to Kathmandu for about 35 mins with a pleasant view of the Himalayan Ranges including Makalu-Everest-Rolwaling-Langtang.
Overnight at a hotel in Kathmandu.

Day 14: Final Departure

20 | Break Fast | Hotel | Car-Flight | 1350 m

Timely transfer to Tribhuvan International Airport to board an onward flight to home country 3 hours earlier than the scheduled flight departing time. We wish you a happy travel during your flight from Nepal to your home country with the hope to see you on your next trip to Nepal.
(Meals Included: Breakfast)

Cost Includes

- Airport/ hotel pick up and drop off by private vehicle
- Hotels in Kathmandu, inclusive of breakfast
- Meals during the trek
- Guesthouse, tea house, and camping during the trek
- Government-licensed, experienced English-speaking guide
- One porter per two people
- Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- All government taxes
- One trekking map per person
- Kanchenjunga And Makalu permit and conservation fee
- Surface Transportation
- Sleeping bags and down jackets for the trek (should be refunded after the trek)
- First aid kit

- ✔ Domestic flight tickets KTM–BRN/Suketar and Tumlingtar to Kathmandu

Cost Excludes

- ✖ Travel and rescue insurance
- ✖ Beverage bills, bar bills, telephone bills, and Personal expenses.
- ✖ Nepal entry visa
- ✖ Tips for guide, porter, and driver
- ✖ Optional trips and sightseeing if extended
- ✖ Excess baggage charges (if you have more than 20 kg of luggage, a cargo charge is around $1.5 per kg)
- ✖ Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- ✖ Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)

Trip Map