Detail Itinerary

Meme Pokhari Trek and High-Altitude Lakes Overview

The Meme Pokhari Trek leads to a pristine cluster of high-altitude glacial lakes nestled between the Annapurna and Manaslu mountain ranges, including Meme Pokhari, Narsinga Lake, Tarwal Lake, and Dudh Kunda. Situated near Besisahar—the starting point of the classic Annapurna Circuit Trek—this remote and untouched destination remains a true virgin trail. Offering a magnificent blend of pilgrimage, culture, adventure, and nature, the trek rewards travelers with breathtaking panoramic views of the Annapurna and Manaslu ranges.

Typically structured as an 8-day trip from Kathmandu to Kathmandu, the trek can be done as an out-and-back route via Taksera village or completed as the Meme Lake Circuit by ending at Tenje. Because there are no commercial lodges or teahouses along the route, the Meme Pokhari Trek is organized exclusively as a fully supported camping expedition. Featuring unbridged river crossings and rugged tracks, it offers an authentic and thrilling wilderness adventure for true explorers.

Trip Facts

- Trip Duration: 7 days
- Trek Duration: 5
- Primary Activity: Trekking
- Trip Grade: Moderate
- Accommodation: Camping

Detail Itinerary

Cost Includes

Cost Excludes