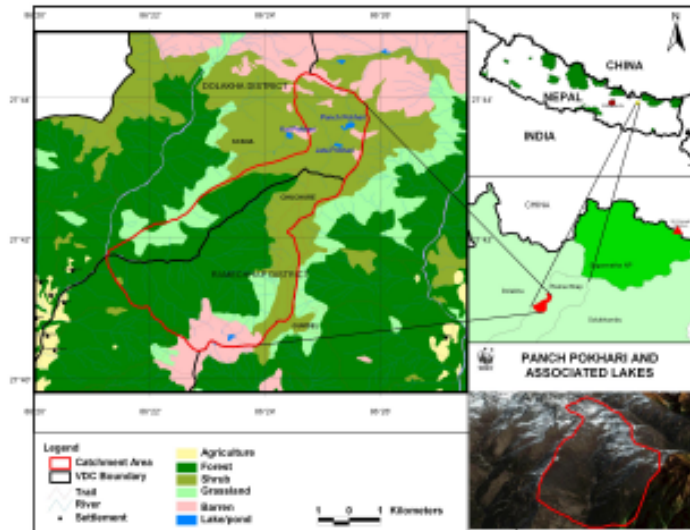




FACTSHEET

Panch Pokhari and Associated Lakes



Coordinates

Panch Pokhari: 27° 43' 30" N
86° 25' 33.9" E

Elevation: 4,510 m

Jata Pokhari: 27° 43' 28.8" N
86° 25' 18.5" E

Elevation: 4,238 m

Area: 11.41 ha

OVERVIEW:

Panch Pokhari, Jata Pokhari and its catchment area are located in the central Himalayan region of Nepal in Ramechhap district. The lake is extended from east to west; where eastern part is slightly narrower than the western side look like roughly oval shape. The lake is fed by enormous amount of water from eastern hill, partially little quantity of water also added from the northern and southern hills. Water of Panch Pokhari Lake flows out from south-west and falls into the Jata Pokhari.

The Lakes around Panch Pokhari series are glacial in origin from Panch Pokhari hills: Batase Danda (Hill) in the east, Kalo Pokhari, Bhut Pokhari danda in the west and Siddikharka danda in the north and outlet is on the southern part of the Panch Pokhari hill.

Jata pokhari lake is below the Panch Pokhari lake. The lake is extended from east to west; where eastern part is slightly narrower than the western side and the lake look like roughly in slipper shape. The lake is fed by water from northern bounded Panch Pokhari and passes out from internal canal about 100 meters down to south-west and mix up into Ghyang Khola, which is a branch of Khimti Khola. Most of the areas around the lake are composed of rock and alpine rangeland.

HYDROLOGICAL VALUE:

Water discharge of Panch Pokhari is 1.0909 m³/s and Jata Pokhari is 1.01818 m³/s.

Selinum Wallichianum



Aconitum Spicatum



Saussurea spp.



Cordyceps Sinensis



■ BIODIVERSITY VALUE:

Flora: The area represents a treeless region with range land interspersed by rocky slopes and alpine pasture. The vegetation is represented by Alpine pasture meadows and Dwarf Rhododendron scrubs. The alpine pasture meadow is dominated by *Potentilla microphylla*, *Rhododendron lepidotum*, *Rhododendron ciliatum*, *Bergenia purpurascens*, *Primula deuteranana*, *Primula atrodentata*, *Bistorta affinis*, *Cassiope fastigiata*, *Aconogonum molle*, *Juniperus recurva* and many other species.

Vegetation of this area is associated with a number of medicinal and aromatic plants. The common medicinal plants are *Bergenia purpurascens*, *Potentilla microphylla*, *Swertia chirayita* and some species of *Aconitum spicatum*, *Selinum Wallichianum*, *Saussurea spp.* *Cordyceps sinensis*, etc. The dwarf Rhododendron scrub is composed with *Rhododendron lepidotum*, and *Rhododendron setosum*, forming an extensive mat of several hectares.

Carex himalaica, *Kobresia fissiglumis*, *Impatiens kharensis* are the endemic plants. The threatened plant species found around the Panch Pokhari and Jata Pokhari area are: *Aconitum gammiei*, *Aconitum spicatum*, *Dactylorhiza hatagirea*, *Meconopsis paniculata*, *Rheum australe*, *Neopicrorhiza scrophulariiflora* and *Usnea longissima*.

Fauna: Most birds commonly sighted around the Jata Pokhari are Brown Dipper *Cinclus pallasii*, White-capped Water Redstart *Chaimarrornis leucocephalus* and Red-billed Chough *Pyrrhocorax pyrrhocorax*. Likewise, the Panch Pokhari Lake has Alpine Accentor *Prunella collards*, Winter Wren *Troglodytes troglodytes* and Himalayan Monal *Lophophorus impejanus* as common species. These lakes and catchments are excellent habitats for forest and residential birds and other wildlife species. Panch Pokhari and Jata Pokhari areas hold significant population of Himalayan Monal pheasant which is the protected species and national bird of Nepal.



The endangered snow leopard (*Uncia uncia*) and Himalayan Thar (*Hemitragus jemlahicus*) roam Panch Pokhari area during winter season. Some threatened species like Musk Deer (*Moschus chrysogaster*), Red Panda (*Ailurus fulgens*), and Assamese Monkey (*Macaca assamensis*) are inhabited in this area.

■ SOCIO-CULTURAL AND RELIGIOUS VALUES:

Nomads are dependent on these wetlands in relation to drinking, grazing etc. The religious importance of the site is high. A couple of thousands of people having Hindu and Buddhist religion go to that place on rainy season during Janai purnima. People of all caste from different places visit this place while going to worship Shiva (God) and Parvati (Goddess). People of downstream depend on water for the domestic use. Pilgrims first visit Jata Pokhari, worship and offer Trident and worship to Panch Pokhari as well. There are thousands of Tridents inside both lakes. Cow milk is found to be offered by Sherpa herders especially in Jata Pokhari.

■ THREATS:

- Over use of fuel wood and NTFPs
- Poaching of wild animals
- Solid waste pollution
- Heavy grazing of alpine meadows

■ CONSERVATION MEASURES:

Field visit observations are carried out by the District Forest Office (DFO) personnel. DFO authority takes care of conservation and management of the catchment area. Use of Non Timber Forest Product (NTFP) for domestic purpose and traditional use is permitted in the area. It is needed that proper disposal of garbage is done particularly plastics and bottles disposed by the pilgrims and internal tourists to avoid the pollution of solid waste. It is important to conserve and manage the natural environment of the area for sustainable use.