



Dhampus Sarangkot Trek - 7 Days

ANNAPURNA REGION

7 Days
DURATION

Easy
DIFFICULTY

USD \$500
FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

OVERVIEW

The Dhampus Sarangkot trek is a delightful journey through the scenic landscapes of the Annapurna region in Nepal. It typically spans around 3 to 4 days, making it perfect for those seeking a shorter trekking experience with breathtaking mountain views. Starting from Pokhara, the trek usually begins with a drive to Phedi or Nayapul, depending on the route chosen. From there, trekkers embark on a scenic hike to Dhampus, a charming Gurung village nestled amidst terraced fields and surrounded by majestic peaks. Along the way, you'll encounter lush forests, traditional villages, and stunning panoramic views of the Annapurna and Dhaulagiri ranges. After spending the night in Dhampus, the trek continues to Sarangkot, a popular hill station renowned for its unparalleled sunrise and sunset vistas over the Annapurna range and Pokhara Valley. The trail offers a mix of gentle ascents and descents, passing through rhododendron forests and picturesque villages. Upon reaching Sarangkot, trekkers can marvel at the breathtaking mountain views and enjoy the serene ambiance of the surrounding countryside. The trek concludes with a descent back to Pokhara, where you can unwind and reflect on the memorable experiences of the journey. Overall, the Dhampus Sarangkot short trek is a perfect blend of natural beauty, cultural immersion, and adventure, offering a rewarding trekking experience in a condensed timeframe.

DAY-BY-DAY ITINERARY

DAY 1 Arrival in kathmandu nepal and trasfer to hotel

Upon your arrival in Kathmandu, Nepal, our team will be waiting to greet you at the airport. We'll ensure your smooth transfer to the hotel. In the evening, you'll meet your trek guide, who will provide you with detailed information about the trek and discuss the plan for the next day.

DAY 2 Drive to Pokhara by jeep or tourist bus

Meals: breakfast

After breakfast, we'll embark on a scenic drive from Kathmandu to Pokhara. The journey typically takes around 6 to 7 hours, offering breathtaking views along the way. We'll ensure you're comfortable throughout the journey, and our guide will point out interesting landmarks and sights along the route.

DAY 3 Drive from Pokhara (822m) to Phedi (1130m) the Trek to Dhampus (1650m)

Meals: breakfast

After a hearty breakfast in Pokhara, we'll drive to Phedi, where our trek to Dhampus begins. The drive takes us through picturesque landscapes, and upon reaching Phedi, we'll commence our trek. The trail to Dhampus offers stunning views of the surrounding mountains and takes us through charming villages and lush forests. We'll ensure you're well-prepared and comfortable for the trek ahead, and our guide will accompany you every step of the way, sharing insights about the local culture and environment.

DAY 4 Trek from Dhampus (1650m) to Sarangkot (1600m)

Meals: breakfast

Today, you'll wake up to catch the breathtaking sunrise over the Annapurna Range. After breakfast in Dhampus, we'll trek towards Sarangkot, known for its stunning sunrise views. The trail takes us through picturesque landscapes and charming villages like Naudanda and Kaskikot. We'll ensure you're comfortable and well-fed throughout the trek, making it an unforgettable experience.

DAY 5 Trek from Sarangkot (1600m) to Pokhara (822m)

Meals: breakfast

Wake up early for a stunning Himalayan sunrise over the Annapurna and Dhaulagiri ranges. After enjoying the view, head back to the hotel for breakfast. Then, begin your journey to Pokhara city, primarily downhill. You can choose to return to Pokhara by foot or take a thrilling paragliding ride (extra cost). The trek concludes upon your arrival in Pokhara.

DAY 6 Drive back to Kathmandu from Pokhara

After your time in Pokhara, it's time to return to Kathmandu. The drive typically takes around 6-7 hours, allowing you to enjoy the scenic views along the way.

DAY 7 Departure from Kathmandu to your country

As your journey comes to an end, we'll arrange transportation for you from your hotel to Tribhuvan International Airport in Kathmandu for your departure flight back home. We hope you had a wonderful time in Nepal and carry back with you cherished memories of your adventures here. Safe travels!