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1. Dhampus Sarangkot Trek

2. Overview

The Dhampus Sarangkot Trek is a perfect short trekking adventure in the heart of Nepal's Annapurna region. This trek offers stunning views of the Himalayas, peaceful village trails, and rich local culture—all without the need…

3. Itinerary

Day 01: Arrival at Kathmandu, Transfer to Hotel

Altitude: 1350 m | Stay: Hotel

You may arrive at Kathmandu International Airport at any time. Upon your arrival, you will be greeted by one of our airport representatives, and he will help you get transferred to your Hotel. There are no planned activities for the day, thus you may check into your hotel and relax. Overnight stay at the Hotel in Kathmandu.

Day 02: Drive to Pokhara, 914 meters, via Rafting on the Trishuli River en route

Altitude: 820 m | Meals: Breakfast | Stay: Hotel

Today, you will be driving from Kathmandu to Pokhara- the tourist hub of Nepal. As you drive towards Pokhara, you can also enjoy fleeting glimpses of the countryside life of Nepal as well. Moreover, along the way, you will also be rafting on the Trishuli River. As you reach Charaudi, you will begin your rafting journey there, plowing down the river until you reach Muglin. From there, you will continue the drive to Pokhara. Upon reaching the city, you will be transferred to your Hotel. Overnight stay at the Hotel in Pokhara. rafting in Trishuli River

Day 03: Drive to Phedi and trek to Dhampus or Australian camp

Altitude: 1650 m/1940 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

From Pokhara, you will drive to Phedi, which takes about 30 minutes. The trekking trail from Phedi branches out towards beautiful woodlands and occasional small Gurung settlements. You can get goods views of peaks like the Annapurna Range, the Machhapuchhre (6997m), Hiunchuli (6441m), Lamjung Himal (6983m), and many others from the hills in the Dhampus. If you wish to continue further on, you can also eventually trek to the Australian Camp, from where the views are even more gorgeous. You can enjoy a sunset view of the mountain peaks at Australian Camp. Overnight stay at the lodge in Dhampus. Dhampus

Day 04: Trekking to Sarangkot from Dhampus

Altitude: 1592 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Further from Dhampus lays the village of Naundanda. Passing through Naundanda, you will then reach Sarangkot, one of the most famous hill stations near Pokhara. From Sarangkot, the sprawling Pokhara city below can be seen spectacularly, snugly situated against the lake coast of Phewa. On the flanks of the city, decorating the skyline lays the Annapurna massif. The Annapurna and the Dhaulagiri Ranges from Sarangkot are a sight truly to be revealed upon. Overnight stay at the guesthouse at Sarangkot. Sarangkot Viewpoint

Day 05: Last day of Trekking- Trek downhill to Pokhara via Lake. (Option- Paragliding)

Altitude: 820 m | Meals: Breakfast/Lunch | Stay: Hotel

From Sarangkot, you can trek your way back down the valley towards Pokhara. The trek presents you with a good opportunity to enjoy the natural beauty of the terrain. On the other hand, you also have the option of paragliding your way back to the city. Paragliding from Sarangkot presents amazing aerial views of the mountains as well as of the city below. Overnight stay at the Hotel in Pokhara. FewaLake

Day 06: Drive back to Kathmandu, 6 -7 hours' drive on a comfortable Tourist Bus

Altitude: 1350 m | Meals: Breakfast | Stay: Hotel

From Pokhara, you will make your way back to Kathmandu, enjoying the natural scene and bidding goodbye to the Annapurna Mountains. Upon reaching Kathmandu, you will be dropped off at your Hotel. Overnight stay at the Hotel in Kathmandu. Pokhara Bus Park

Day 07: Departure

Meals: Breakfast

Approximately three hours before your scheduled flight, you will be dropped off at the airport for your departure.

5. Cost Includes

- International airport pickup and drops in a private vehicle
- 4- star hotel in Kathmandu on twin sharing basis with a BB plan
- 3-star hotel in Pokhara with breakfast on twin sharing basis with a BB plan
- Two Night accommodation on teahouse during the trek
- All meal plan (Breakfast, Lunch, and Dinner) during the trek
- Farewell dinner in Kathmandu
- Kathmandu to Pokhara ground transportation by private vehicle
- From Pokhara to Kathmandu ground transportation by tourist bus
- From Pokhara to Phedi by private car
- Rafting in Trishuli river on the way to Pokhara
- An experienced English speaking and government-licensed trekking guide
- Porter service(2 guest:1 porter) if required
- Staff costs including their salary, insurance, all equipment, food, and accommodation
- All necessary paperwork
- Sleeping bag and down jacket during the trek if you need(Refundable after finish trekking)
- Medical kit
- All government and local taxes

6. Cost Excludes

- Extra night accommodation in Kathmandu and pokhara in case of early arrival or late Departure
- Dinner and lunch in kathmandu and pokhara

- Nepal visa fee
- Travel and medical insurance
- International flights
- Personal expenses(laundry, bar bills, phone calls, internet, hot shower, etc
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances

7. Equipment / Packing List

Packing List for the Dhampus Sarangkot Trek

For this short and scenic Dhampus Sarangkot Trek, you don't need to pack much, as most of the things are provided, or you can buy them here in Nepal. Our porter carries only 20kg of weight, and you need to carry the main luggage of around 10kg. You can carry a 5-6 kg backpack to carry your essential things. Carry 1-2 jackets, as the weather can be unpredictable sometimes. Here is the comprehensive packing list:

Clothing:

- Lightweight hiking shirts (quick-dry)
- Comfortable trekking pants
- Warm layer (fleece or down jacket)
- Waterproof jacket (especially in monsoon)
- Hat, sunglasses, and buff
- Good hiking shoes
- Extra socks and underwear

Gear:

- Small backpack (20–30L)
- Reusable water bottle
- Sunscreen & lip balm
- Basic toiletries
- Personal medications
- Power bank
- Camera or phone

Optional:

- Trekking poles
- Light gloves (winter)
- Snacks for the trail