

Dhampus Sarangkot Trek – A Short Himalayan Escape from Pokhara

Overview:

The Dhampus Sarangkot Trek is a scenic and enjoyable short trek in the Pokhara region, offering beautiful Himalayan views, traditional village experiences, and peaceful walking trails through the foothills of the Annapurna range. This easy and rewarding trek is ideal for those looking to experience Nepal's mountain landscapes and local culture within a short timeframe.

The trek begins with a short drive from Pokhara to Phedi, followed by a gradual ascent through terraced fields, forests, and traditional settlements to reach Dhampus, a charming Gurung village known for its stunning views of Machhapuchhre (Fishtail), Annapurna South, Hiunchuli, and the surrounding Himalayan peaks.

From Dhampus, the trail continues through scenic ridge paths to Australian Camp, a popular viewpoint offering beautiful sunrise and sunset views over the Annapurna range. The route then gradually leads toward Sarangkot, passing through peaceful countryside landscapes and providing wonderful views of Pokhara Valley and the surrounding mountains.

The trek concludes at Sarangkot, one of the most famous viewpoints near Pokhara, renowned for its spectacular Himalayan sunrise, panoramic mountain views, and views of Phewa Lake. With its combination of nature, culture, and easy walking trails, the Dhampus Sarangkot Trek is a perfect short Himalayan getaway for families, first-time trekkers, and travelers seeking a relaxing mountain experience.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Pokhara / Dhampus / Australian Camp / Sarangkot

Duration: 8 Days

Trek starting point: Phedi

Trek ending point: Pokhara

Grade: Easy

Transportation: tourist coach

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 2,000 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▯ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

▯ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight at the hotel.

▯ **Day 3: Drive from Kathmandu to Pokhara (822 m): 200 km | 6 – 8 hours drive**

After an early breakfast in Kathmandu, we begin our scenic drive toward Pokhara, covering approximately 200 km over 6 – 8 hours by road. Starting from Kathmandu at an elevation of around 1,400 meters, the journey gradually descends to Pokhara at 822 meters, offering ever-changing landscapes along the way.

The drive follows winding mountain highways alongside the Trishuli River, passing through picturesque hills, terraced farmlands, traditional villages, and vibrant roadside towns. Along the route, travelers can experience the beauty of Nepal's countryside and observe the daily lifestyle of local communities. As we approach Pokhara, the atmosphere becomes more peaceful, with stunning views of the Annapurna range welcoming us to Nepal's beautiful lakeside city and gateway to the Himalayas. Overnight stay at a hotel.

▯ **Day 4: Drive to Phedi and Trek to Dhampus (1,650m) : Walking Distance: 5 – 6 km | 2 – 3 hours**

Leaving behind the vibrant city of Pokhara, we begin with a short scenic drive to Phedi, the gateway to the Annapurna foothills. Passing through peaceful countryside and terraced farmlands, the journey offers our first glimpses of the beautiful Himalayan landscape.

From Phedi, we start our trek toward Dhampus (1,650 m), covering approximately 5 – 6 km over 2–3 hours. The trail ascends gradually along stone staircases and forested paths, leading through charming Gurung villages and offering panoramic views of the surrounding valleys and mountains.

As we gain elevation, the majestic peaks of Machhapuchhre (Fishtail), Annapurna South, and Hiunchuli slowly appear above the hills, creating a truly rewarding Himalayan experience. Upon reaching Dhampus, we settle into a cozy teahouse and enjoy the peaceful mountain atmosphere along with breathtaking sunset views over the Annapurna range.

▣ **Day 5: Dhampus to Sarangkot Trek via Australian Camp (2,000 m): Walking distance : 14 – 17 km | 4 – 6 hours**

Departing from Dhampus, we begin with a scenic hike of approximately 2 hours to Australian Camp, a beautiful hilltop viewpoint renowned for its sweeping panoramas of Machhapuchhre (Fishtail), Annapurna South, Hiunchuli, and the surrounding Himalayan ranges.

After enjoying the breathtaking mountain scenery, we descend along peaceful forest trails and continue trekking via Naudanda toward Sarangkot. The route passes through traditional villages, terraced farmlands, and rolling hills, offering a perfect blend of natural beauty and local culture.

The total walking distance is approximately 14 – 17 km over 4 – 6 hours, ending at Sarangkot (1,600 m), where we will enjoy a spectacular sunset over the Annapurna range and the Pokhara Valley, creating a truly unforgettable Himalayan experience. Overnight stay at a lodge.

▣ **Day 6: Trek from Sarangkot to Pokhara(822 m): Walking Distance: 10 – 12 km | 3 – 4 hours**

Before sunrise, we hike up to Sarangkot (approximately 1,600 m), one of the most famous viewpoints in the Pokhara region. In the quiet of early morning, we reach the ridge just in time to witness a breathtaking sunrise over the Himalayas.

From Sarangkot, we enjoy sweeping panoramic views of the Annapurna range, Machhapuchhre (Fishtail), Dhaulagiri, Hiunchuli, and Lamjung Himal, while the Pokhara Valley and Phewa Lake slowly come alive below in golden morning light.

After the sunrise experience, we begin our descent toward Pokhara. The trek covers approximately 10 – 12 km and takes around 3 – 4 hours, passing through forest trails, stone steps, and traditional villages before reaching the lakeside city (822 m), where the journey concludes. Overnight stay at a hotel.

▣ **Day 7: Drive from Pokhara to Kathmandu (1,400 m): 6 – 8 hours**

We begin our return journey from Pokhara, leaving behind the serene lakeside atmosphere as we drive back toward Kathmandu. The drive covers approximately 200–210 km and takes around 6 – 8 hours, depending on road conditions and traffic.

The route follows the scenic Prithvi Highway, winding along rivers, terraced hills, and charming roadside settlements. As we ascend gradually toward the capital, the landscape transitions from tranquil valleys to bustling towns, offering a final glimpse of Nepal's diverse countryside.

We arrive in Kathmandu by late afternoon or evening, marking the end of the journey with memorable experiences from the Himalayas and the Annapurna trekking region. Overnight stay at a hotel.

▣ **Day 8: Departure day:**

Today marks the completion of your Dhampus Sarangkot Trek. Depending on your travel schedule, you will be transferred from your hotel in Kathmandu (1,400 m / 4,593 ft) to Tribhuvan International Airport for your onward departure.

As you leave Nepal, we hope you take with you unforgettable memories of the Dhampus Sarangkot Trek including its breathtaking sunrise from Poon Hill (3,210 m), peaceful rhododendron forests, traditional Gurung and Magar villages, cascading waterfalls and the warm hospitality experienced along the way. Thank you for being part of this journey and we look forward to welcoming you again for future adventures in Nepal.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu and Pokhara (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.