

## Trip Introduction

**Dhampus, Naudanda & Sarankot Trek** is one of the special trekking trail in Nepal. **Pokhara, 200km west of Kathmandu**, is Nepal's second biggest city and holiday region of the World. It settles between **Lake Phewa** and the 50 km Annapurna Range toward the north. Our **8 days Dhampus, Naudanda & Sarankot Trek** offers a country prologue to this trekking area's amicable individuals. Heights stay underneath 2 000m/6 500ft, disposing of any probability of altitude sickness issues. The trails are less packed than those heading into the Annapurnas.

A short drive upper east of the city prompts the beginning of the trek through **rustic woodland and farmland** to the **Gurung**(Buddhist) village of Dhampus on the edge of the Annapurna Conservation Area. Views on the amazing **Machhapuchhare (Fish tail), sentinel to the Annapurnas** stands toward the north – with fine snow peaks behind.

The trekking trail at that point travels south to **Naudanda**, where views overlook the Pokhara Valley while toward the north, the Himalayan view expands to include **Dhaulagiri** toward the west, and **Manaslu** in the east. An evening stroll through village toward the southeast prompts **prosperous Sarangkot** for the evening. However better views on the lake and Himalayan horizon – with **three 8 000m/26 250ft tops in sight are on offer**. After a sunrise photograph shoot, spend a wonderful morning strolling through forest down to **Phewa Lake** – and a vehicle drop you to your Hotel.

### Day 01:Entry Kathmandu Tribhuvan International Airport (1 350m/4 260ft)

- 1350m.
- Three star rated Hotel.
- 6-7 km.

When you arrive at Kathmandu airport, our office delegate will be waiting for you holding your name card with our company name. From air terminal our office delegate will escort you to the lodging. After you register with the Hotel and take a rest and relax.

Accommodation included: Three star rated Hotel.

### Day 02:Kathmandu Valley Sightseeing OR A Day at Leisure

- 1400m.
- Three star rated Hotel.
- Breakfast
- 6-7 hrs.

Take multi day visit to five of the Kathmandu Valley's cultural world heritages regions: Swayambhunath, the renowned "temple;" the city's recorded Durbar Square with old temples, one

of a kind handicrafts, art, architecture and the opportunity to see the Kumari (living goddess); Patan's Durbar Square; the Hindu temples Pashupatinath and Bouddhanath, the world's biggest stupa.

A vehicle and driver will take you to each site-passage and hang tight for you. (Passage tickets and lunch are excluded.)

### **Day 03: Drive from Kathmandu to Pokhara**

- 1350m
- Three star rated Hotel
- Breakfast
- 6 hrs


After the well rest minute at Hotel of Kathmandu head towards Pokhara which takes 6 to 7 hr drive. Pokhara is situated in a beautiful valley at the foot of the Machapuchhre (Fishtail). From pokhara you will get see staggering views on the Machapuchhre and other snowy capped mountains. This city is very extraordinary then Kathmandu as it has a lot of beautiful attractions and is near the mountains. This delightful city gives the most interesting exercises like short strolls around lake side or bike rides around city, you can swim or kayak on Lake Phewa or simply watch the last beams of the sun rays over the plunge in the mountains that hold the lake. Along the lakeside street there is a ceaseless stretch of little lodgings.

Meals included:

- Breakfast

Accommodation included: Three star rated Hotel.


### **Day 04: Pokhara – Dhampus Phedi (1 130m/3 170ft) – Dhampus (1 700m/5 580ft), 25 min drive, 3-4 hrs trek**

- 1700m
- Best Tea-house Available
- Breakfast Lunch Dinner
-  3- 4 hrs
- 25 min

A short drive northward from your lodging prompts a transport terminal inverse Dhampus Phedi.

A simple walk paves the way to Dhampus Phedi (base of a slope) which is set among rice paddies and millet fields. The trail step by step ascends, through agrarian villas, and patches of rhododendron forest. Dhampus is a dynamic Gurung village: its Buddhist people talk their very own language and support traditional dress. They represent considerable authority in cultivation and natural cultivating. From the village, there are precise views on consecrated Machhapuchhare (Fish Tail) remaining before the Annapurna Range.

**Day 05: Dhampus – Naudanda (1 430m/4 690ft) – Sarangkot (1 590m/5 220ft), 6 hrs**


- 1590m
- Best Tea-house Available
- Breakfast Lunch Dinner
-  5-6 hrs.

After breakfast, we head west through terraced millet, maize and rice fields to Goldanda with amazing perspectives on the high Annapurnas toward the north . We at that point turn southwest, and trek tenderly to peak Naudanda Views from Naudanda extend over the Annapurnas to Manaslu in the east and furthermore offer a superior view over the Harpan Valley that sustains far off Lake Phewa.

Proceed with southeast on trails to clamoring Sarangkot. Great views toward the south are expanded as Phewa Lake; set in its green hills moves closer. Sarangkot is an enormous and dynamic village with a mixed local groups. The Temple of Shiva and Bhume Kalika are well known guest destinations.

Sunrise and sunset views on the Himalayan Chain, from simply over the village, offer Dhaulagiri (most astounding top in western Nepal), the range of the Annapurna Chain and the south substance of Manaslu: three of the fourteen 8000m tops initially!

**Day 06: Sarangkot – Pokhara (880m/2 900ft), 2 hrs**

- 880m
- Three star rated Hotel
- Breakfast
-  1 hr.

Catch the sunrise on camera before breakfast: it will rise only west of Manaslu. The best view is 15 min west of the town After breakfast; head south through the town fields before crisscrossing steeply down however forests, for 60 minutes. The following is gentler farmland by and by; walk underneath beautiful morning paragliders, to the lake. A vehicle will return you to your Hotel. Rest of day free.

**Day 07: Pokhara – Kathmandu (1 350m/4 260ft), by Deluxe Tourist Bus.**

- 1350m
- Three star rated Hotel
- Breakfast
- 6-7 hrs

After the night stay, we will go to Kathmandu on transport venture which will take around 5 to 6 hours of drive, 30 minutes of flight (You will be transported as per as the booking deals)

Meals:

- Breakfast

Accommodation included: Three star rated Hotel.

**Day 08: Departure to your respective port.**

- 1400m.
- Breakfast.

The trekking comes to an end. A representative from company drop u off at the airport around 3 hours before the scheduled flight

**Included in the Cost**

- All the airport/ Hotel transfers
- Three Star Hotel in Kathmandu, Thamel for 3 night with the bed and breakfast
- Full day Kathmandu city tour on private car/Van/ Bus
- Professional govt. registered tour Guide
- Three star Hotel in Pokhara Lakeside for 2 night with Bed and Breakfast
- Comfortable private transport (Car/Jeep/Van/ bus) Pokhara to trekking starting point ( Dhampus phedi )
- Comfortable Private transport trekking ending point( Bank of the Lake) to Hotel

- Full meals ( Breakfast, Lunch and Dinner) during the treks
- Supplementary snacks: seasonal fresh fruit, cookies and energy Bar
- All necessary paper work permit and TIMS ( National Park Permit and TIMS)
- An English speaking professional govt. registered trekking Guide and porter ( 2 trekkers 1 Porter ).
- Hot drinks ( tea and coffee)
- All the Mountain accommodations soft comfortable private room with attach bathroom
- Guide and Porter salary, meals, accommodations, insurance, and equipment
- All the government and local taxes
- A comprehensive medical kit
- Trekking equipment four season sleeping bag down jacket rain coat walking poll

**Not Included in the Cost**

- Kathmandu city tour monument fees
- Lunch and dinner in Kathmandu and Pokhara
- All the soft and alcoholic drinks
- Mineral water
- Boiled water
- Personal expenses
- Travel insurance and evacuation
- Tipping

Two-ways air ticket from Kathmandu to Pokhara can be organize at an extra cost \$130