ANNAPURNA PANORAMA DHAMPUS TO SARANKOT TREKKING : EASY TREK FOR WOMEN

GENERAL DETAILS

Category:	Trekking
Sub Category:	Annapurna Region
Region:	Annapurna
Duration:	8 days
Accomodation:	Tea-House (Lodges)
Altitude:	1650m
Meals:	Breakfast/Lunch/Dinner
Difficulty:	Moderate
Activity:	Trekking
Season:	March, April, May, September, October, November
Start/End Point:	Kathmandu - Kathmandu
Group Size:	2-30
Total Distance:	Approx. 27 km / 16.5 miles
Transportation:	Private vehicle

GROUP DISCOUNTS

1 - 25 pax	: $ 800.00

* The above price resembles price per person.

TRIP OVERVIEW

Annapurna Panorama Trek to Dhampus and Sarankot Trekking is an enjoyable hike on the scenic and high cooler hills. The views of Himalayan peaks abound throughout the walks, from one lovely village to another with exciting places for overnight stops. Annapurna Panorama Trekking with Dhampus and Sarankot Trek leads to a mini circuit trek lasting less

than a week, covering the journey in 2 to 3 days while soaking within the spectacular scenery of beautiful landscapes and snow mountain range. This trek can be a perfect adventure for women of all ages whether you are travelling solo or with your fellow **female explorers** through ours **female only trekking guide agency in Nepal**.

The trek is for people of all ages to experience the cooler and fresh mountain air on the scenic hills of the **Annapurna Region**. The Annapurna Panorama View trek take you on the high green hills in the backdrop of unparalleled Himalayan peaks of Mid-West Nepal. The trek offers the grand vista of the world's three highest peaks, Dhaulagiri Himal (8,167m/26,795 feet), Mt. Manaslu 8,163m/26,781 feet, and Mt. Annapurna-I at 8,091 m/ 26,545 feet, along with an array of snow peaks and the majestic Machhapuchare Himal. The views of Himalayan peaks follow from the beginning of trekking till the end of the trek to the beautiful Pokhara. Explore the local lifestyle of the women in the region and learn about their significant impact on **women's empowerment** through the guidance of our **women trekking guide in Nepal**.

The trek is an enjoyable and rejoicing country walk exploring rural farm villages and towns in harmony of impressive local cultures. The trek starts with a climb to the Dhampus high ridges facing the magnificent panorama of the Snow Mountains. The walk then leads to scenic Sarankot, a famous viewpoint hill for an alluring view of sunrise over the chain of peaks. Sarankot is a renowned tourist hill destination for its splendor scenery as well as a popular adventure for Paragliding and Zip-Line. After exciting, delightful, and enjoyable moments, then head back to Pokhara by the serene lakeside. Our wonderful experience on the Annapurna Panorama of **Dhampus and Sarankot 8 Days Trek** concludes in Pokhara, where we enjoy the great services of the **female trekking guide agency** and dedicated staff from **Woman Adventures**.

ITINERARY

Day 1: Arrival in Kathmandu 1,340 m and transfer to hotel.

Upon arrival at Kathmandu's Nepal International Airport, you will be welcomed by our team of female staff and guides. A short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, getting refreshed from the Jet Lag. Later, join with other members of the Annapurna Panorama Trek at meeting room for briefing. Our female guide or group leader will provide information about the treks, local

lodges, and food options. The briefing will includes a wide range of information to make your holiday meaningful and enjoyable. Overnight at Hotel.

Day 2: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 3: Fly to Pokhara 860 m (30 mins by air) and transfer to hotel.

In the morning, after breakfast, our Women Adventures staff and guide will meet you for a short drive to the airport for your flight to Pokhara. On reaching Kathmandu Domestic Airport Terminal, after checking in, then get on board in a moderate size aircraft.A sweeping flight of 30 minutes, overlooking astounding panorama of Himalayan Peaks will take you to Pokhara. On landing at Pokhara Airport, get organized with the baggage, and a short drive takes you to your hotels which is located near Phewa Lake Side, a lovely place to enjoy. Overnights in Pokhara, a city blessed with natural beauty of mountains and lakes. You will have time for stroll around the Lakeside, the streets are lined with best restaurants, shops and stores. The distance from Kathmandu to Pokhara is approx.220 km/137 miles driving distance but with a flight, it just takes about 30 minutes scenic flight.

Day 4: Drive to Dhampus Phedi 1,230 m, trek to Dhampus village 1,650 m, an hour drive with 2 hours walks uphill.

The morning after breakfast, a short drive of less than an hour leads you beyond Pokhara and Baglung Highway, along with glorious views of snow peaks of Annapurna Himalayas. Upon reaching Dhampus Phedi, meaning the base of a hill, the walk starts with short steep climb. You will have plenty of time for rest to enjoy the surrounding views within a farm village. The

walk then leads on gradual slow uphill to Dhampus village for an overnight stop, in the comfort of a nice mountain lodge with views of Annapurna peaks. You can also enjoy the striking sunset as the color of white snow peaks turns to golden colors. Discover the lifestyle of the women in Dhampus Village, learning about their daily routines, cultural practices, and contributions to their community. The distance is approx. 20 km/ 12.5 miles driving distance to Dhampus Phedi and 7 km /4.5 miles, walk's to Dhampus Village.

Day 5: In the morning enjoy the sunrise from Dhampus and walk to Sarankot 1,600 m. -06 hrs.

Enjoy the morning glorious views of the Annapurna Himalayas with majestic Machhapuchare Himal, the Fish Tail Peak. You will witness the stunning sunrise over the Himalayan white peaks. Enjoy a delightful breakfast at Dhampus lodge, and start the day treks to Sarankot. Sarankot is another scenic viewpoint spot for overnight stops. The walk follows off the main path to enter a dense forest and lush vegetation. The trail leads through nice traditional hill villages with a long descent to a small stream within a gorge. From here climb on a small path to reach Nau Danda, a farm village slowly developing into a town. Nau Danda is the junction to Beni, Baglung, Pokhara, Panchase Hill, and towards Sarankot. It is a possible lunch stop with superb views of the Annapurna Himalayas.

In the afternoon, a few hours' walk on a wide trail takes you through many nice rural farm villages then reaching a large village of Kaski Kot. From here the path is gradually ascend on a winding uphill to Sarankot for last overnight around the mid-hills of Annapurna Himalayas. Sarankot is famous and popular viewpoint for sunrise and panorama of the mid-western Himalayan peaks. It is a vantage point for some adventure sports activities like Paragliding and Zip Line or Flyer. Enjoy paragliding with female paragliders, who embody the spirit of adventure and inspire other women to participate in thrilling activities. It takes approx. 14 km/8.5 miles walking distance via Nau-Danda to reach Sarankot.

Day 6: Enjoy the sunrise views and Himalayan Panorama and trek downhill to the Phewa Lake side at Pokhara-03 hrs. (6 km / 04 miles)

We hope you have a pleasant overnight stay in Sarankot. We woke up early to catch the captivating sunrise views, as it reflected on the white snow peaks turning them to golden colors. After refreshing morning views, you will have your breakfast. You then enjoy the last day of trekking, a few hours downhill, reaching by Phewa Lakeside. A slow and pleasant walk

of short distances takes you to your hotel for lunch and overnight stop. In the afternoon, you can enjoy exploring the Phewa Lake side streets, an exciting place to browse and shop around. It is approx. 6 km / 04 miles from Sarankot to Phewa Lake side and the hotel, taking a few hours of walking downhill.

Day 7: Fly to Kathmandu and transfer to hotel.

As time for short scenic flight to Kathmandu from Pokhara, you will depart from the hotel. It takes about 30 minutes drive to reach Pokhara airport. After checking in through security then get on board in a moderate size aircraft for sweeping panoramic flight back to Kathmandu. On arrival, you will transfer to your hotels, rest of the day at leisure.

Day 8: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around Annapurna Panorama Dhampus Sarankot trek and the Annapurna Himalayas. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to next port of call.

*** Please note that the schedule is subject to change due to weather conditions and other unforeseen circumstances.**

INCLUDED SERVICES

- Airport Pick up and Drop with friendly representative
- 3 star standard hotels with breakfast in Kathmandu
- 3 star standard hotels with breakfast in Pokhara (Nepal's 3 star hotel can be bit different than other international standard)
- Tea house (Lodge) accommodation during the trekking on a twin-sharing basis
- All meals (Breakfast, Lunch & Dinner) during the trekking
- Tea and coffee (3 times a day)
- A professional trekking guide, porter (helper), and assistant guide above 5 pax.
- Air ticket (Kathmandu-Pokhara) if you choose to fly.
- All food, drinks, lodge, salary, insurance, medical equipment, and all transport for trekking staff.
- Private transfer (Pokhara - Nayapul-Pokhara)

- Transfer from Kathmandu to Pokhara to Kathmandu
- Kathmandu cultural and historical sightseeing with a tour guide, private transportation, and entrance fee.
- Trekking Permit (TIMS).
- Annapurna Conservation Area Permit (ACAP).
- Down jacket, a sleeping bag, a fleece liner, and a duffel bag.
- All government taxes

EXCLUDED SERVICES

- Any bar bills (alcoholic drinks, mineral water, or cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses
- Lunch and Dinner in Kathmandu and Pokhara
- Tips for Guide, Porter, and Driver (tips not mandatory but highly expected.)
- Travel insurance that should cover emergency evacuation in case of need
- Anything that is not mentioned in Inclusion

For for information regarding this package, please click on this link. You can also give us a call at +977 9747508926 or email us at info@womanadventures.com for further information.

Privacy Policy | Terms and Conditions
Copyright © 2026 Women Adventures. All rights reserved.