Annapurna Panorama Dhampus to Sarankot Trekking : Easy Trek for Women

Annapurna Region

Trip Facts

REGION	DURATION
Annapurna	**8 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking**
MAX. ALTITUDE	BEST SEASON
1650m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
Approx. 27 km / 16.5 miles	**Private vehicle**

Group Prices and Discounts

USD 800 per person

No. of travellers	Price per person
1–25 Pax	USD 800

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**.

Highlights

- Head on an empowering journey to Annapurna Panorama Dhampus to Sarankot Trekking with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions through our experienced **female trekking guide agency**.
- Enjoy the glorious views of the Annapurna Himalayas on daily scenic walks.
- Stunning panorama of Annapurna, Manaslu with majestic Machhapuchare Himal.
- Striking sunrise over the white Himalayan peaks from **Dhampus Village Trek** and **Sarankot Trekking** hills.
- Walk into cool shade of serene woodland of pine, rhododendrons and oaks trees.
- Explore the high hill villages adorned with old traditional heritage and cultures on your **Nepal trekking** adventure.

Route Overview

Trekkers planning to join for **Annapurna Panorama Dhampus Sarangkot Trekking** or other Nepal trekking packages adventures around the Nepal Himalayas should be aware that Nepal is a country of high land of mid-hill to higher mountainous landscapes and terrains.

The trek involves a lot of uphill and downhill sections, with only a few gradual paths to enjoy along the way. The only flatland is the low sub-tropical Terai belt around southern Nepal.

Dhampus village is located on a high ridge, and the path to Dhampus starts with steep ups for some hours. From the Dhampus the trail is down and up to Nau Danda and then on a gradual winding path. On the return route back to Pokhara Lakeside, the trek concludes with a visit to the scenic hill of Sarangkot.

This scenic and short **Annapurna Panorama Trek** offers incredible views, cultural insights, and rewarding experiences, making it one of the most accessible and fulfilling **Nepal trekking tours** for all skill levels. Whether you travel solo or in a group, our **women trekking guide agency** ensures safety, authenticity, and an unforgettable Himalayan journey.

Ready for adventure? **Join the Annapurna Panorama Trek 8 Days** and explore the Himalayas with a trusted **women trekking guide agency in Nepal**.

Itineraries

Day 01: 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 02: 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 03: 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 04: 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 05: 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 06: 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 07: 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 08: 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.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

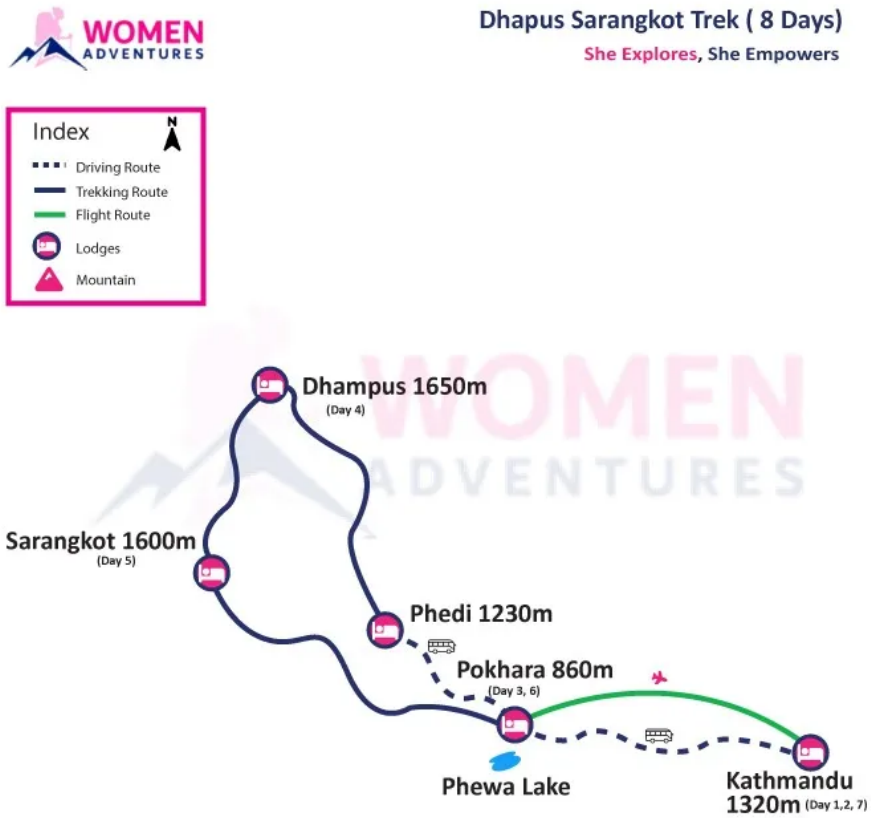
- Airport Pick up and Drop with friendly representative
- 3 star standard hotels with breakfast in Kathmandu
- 3 star standard hotels with breakfast in Pokhara (Nepal's 3 star hotel can be bit different than other international standard)
- Tea house (Lodge) accommodation during the trekking on a twin-sharing 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

Cost Excludes

- 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

Trip Map



Food and Culture

Food and accommodation are important factors, besides choosing the best seasons for trekking to Annapurna Panorama Trekking. After staying in a nice tourist standard hotel in Pokhara, the food and lodge accommodations around villages are good. Trekkers will experience simply the best, with fewer facilities due to its location on the high hills. En route to designated overnight stops in main villages like Dhampus Village Nepal and Sarankot, the lodge accommodation is nice, with a comprehensive food menu to enjoy the various items of food served upon request.

In Nepal, the favorite and common meal is Nepali Dal Bhat, boiled or steamed rice. It is served with mild seasonal vegetable curry, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists everything from breakfast, lunch, and dinner to snack items.

Breakfast from oats porridge, and cereals to cornflakes with toast/ chapattis, and pancakes includes a choice of egg variation. Lunch and dinner options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups.

The lodge accommodation and food are best in Dhampus Trek and Sarankot with nice and cozy rooms. Private or single-room supplements are available, depending on the flow of trekkers. All lodges have electricity to light the large dining room powered by local hydro or solar power. Trekkers can charge electronic items at an extra cost per hour for each gadget. **Internet and Wi-Fi** are available, but slow and disturbing in some places due to weather and conditions of landscape terrains.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the Annapurna Himalayas and Mid-West Nepal are the Magars and Gurung, a hill tribe. The Gurung are the inhabitants of the southern hills of the Annapurna Himalayas. On treks, you will visit the main villages of Dhampus, Nau-Danda, and Kaski Kot with Sarankot. The Gurung peoples follow **Buddhist religion** and culture, and as well as the Bon sect of pre-Buddhism, who are also worshippers of nature and mountain spirits. Every house is adorned with Buddhist prayer flags of white, blue, red, green, and brown. All these colorful flags represent the five main elements of Earth.

The Gurung also practices Shamanism, an ancient religion characterized by the belief in an unseen world of gods, demons, and ancestral spirits. Gurung also celebrates Hindu festivals, but their main event is called Tamu Losar. New Year is based on animal and bird cycles which falls in December or January that is similar to Tibetan and Chinese New Year but with different months. From Nau Danda to Sarankot the villages are populated by mixed tribes of hill people mostly with Hindu Brahmin, Chettries, and Dalits of Aryan and Dravidian origin, interwoven with strong Hindu religion.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

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