Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Dhampus Sarangkot Trek

Duration: 8 Days

Itinerary (Plan)

Day 1 Arrival Kathmandu and transfer to Hotel

- Time : na
- Max Altitude : 1350m

Accommodation: Hotel in Kathmandu

Meal: na

Meet at greet at the airport then Drive to Hotel. After arrive Hotel we will discuss about the programs. Over night at Kathmandu.

Day 2 Full Day sightseeing Around Kathmandu valley with World Heritage sites.

- Time : 6-8 hrs
- Max Altitude : 1350m

Accommodation: Hotel in Kathmandu

Meal: B

Kathmandu Valley Sightseeing: Kathmandu Valley is a cultural and historical treasure trove, home to ancient temples, stupas, and vibrant traditions that date back centuries. The valley includes several UNESCO World Heritage Sites, making it a must-visit destination for anyone interested in the rich heritage of Nepal. Among the many historical landmarks, four prominent sites that stand out are Swoyambhunath, Kathmandu Durbar Square, Pashupatinath, and Bouddhanath. 1. Swoyambhunath (Monkey Temple) Location: On a hilltop to the west of Kathmandu Valley. Significance: Known as the Monkey Temple, Swoyambhunath is one of Nepal's oldest and most important religious sites. The stupa is a symbol of the Buddhist philosophy, and it is also a place where both Buddhists and Hindus come to pay respects. It’s an iconic site that offers panoramic views of the Kathmandu Valley. Highlights: The stupa is adorned with golden images and statues. The site is famous for its monkey population, hence the name. Visitors can also explore the surrounding temples, shrines, and the small museum. Cultural Importance: This ancient site is a spiritual center, offering deep insight into Nepal’s religious harmony, with influences of both Buddhism and Hinduism seen throughout the site. 2. Kathmandu Durbar Square Location: Located at the heart of the old city in Kathmandu. Significance:

Kathmandu Durbar Square was once the royal palace complex, where the kings of Nepal were crowned. It stands as a historical landmark, showcasing Nepal’s glorious history, architecture, and artistry. Highlights: The square features stunning Malla-era architecture, including the Hanuman Dhoka Palace, Kasthamandap, and various temples dedicated to Hindu deities. It is a vibrant hub where visitors can experience the bustling life of Kathmandu. Don't miss the intricate wooden carvings and the Kumari Ghar, home to the living goddess of Nepal. Cultural Importance: Kathmandu Durbar Square reflects the artistic achievements of the Kathmandu Valley. It is a major gathering place for festivals and local cultural events. 3. Pashupatinath Temple Location: Situated on the banks of the Bagmati River, around 5 km east of Kathmandu. Significance: Pashupatinath is one of the holiest Hindu temples in the world, dedicated to Lord Shiva, and is considered a vital pilgrimage site for Hindus. It is a UNESCO World Heritage Site and a symbol of Hindu devotion. Highlights: The temple complex consists of numerous shrines, ghats for cremation rituals, and beautifully crafted pagoda-style architecture. The main temple, with its golden roof and silver doors, is the focal point. Visitors can also witness the sacred cremation rituals at the Arya Ghat along the Bagmati River. Cultural Importance: The temple attracts thousands of pilgrims every year, making it a vital center for religious practices. It’s a spiritual place where the circle of life and death is poignantly represented through rituals and ceremonies. 4. Bouddhanath Stupa Location: Situated in the eastern part of Kathmandu, approximately 7 km from the city center. Significance: Bouddhanath Stupa is one of the largest and most important Tibetan Buddhist stupas in the world. It is a focal point of Tibetan culture and religion in Nepal and a UNESCO World Heritage Site. Highlights: The stupa features an enormous mandala and is surrounded by monasteries and shrines. The eyes of Buddha, painted on the stupa’s tower, are a symbol of omniscience, watching over the surrounding area. Visitors can explore the surrounding area known as the Bouddha area, filled with vibrant Tibetan shops, monasteries, and restaurants. Cultural Importance: Bouddhanath is an important pilgrimage site for Tibetan Buddhists. It is also a place of cultural exchange, where visitors can experience the unique Tibetan way of life, along with rituals, prayers, and festivals. Summary: These four landmarks—Swoyambhunath, Kathmandu Durbar Square, Pashupatinath, and Bouddhanath—serve as the spiritual and cultural pillars of the Kathmandu Valley. Each of them represents a distinct aspect of Nepal's rich history and religious traditions, making them essential for anyone looking to immerse themselves in the heart of Kathmandu’s vibrant culture and heritage. Whether you're a history enthusiast, a spiritual seeker, or a curious traveler, these sites provide a window into the soul of Nepal, filled with beauty, meaning, and lasting memories.

Day 3 Drive to Pokhara by tourist bus

- Time : 8-9hrs
- Max Altitude : 1350m

Accommodation: Hotel in Pokhara

Meal: B

Early morning after breakfast Drive to bus station or private car or van will pick up from Hotel. As per our agreement. Over night at Pokhara. Flight option available

Day 4 Drive to Dhampus Phedi and Trek to Dhampus

- Time : 4-5hrs
- Max Altitude : 1650

Accommodation: Teahouse & Local Lodge

Meal: Breakfast + Lunch + Dinner

After breakfast drive about half an hour to Dhampus Phedi and trek to Dhampus 3hrs. Over night at Dhampus. enjoy beautiful mountain views.

Day 5 Dhampus to Sarangkot

- Time : 5-6 Hours
- Max Altitude : 1600m

Accommodation: Teahouse & Local Lodge

Meal: Breakfast + Lunch + Dinner

After breakfast at beautiful dhampus village we start trek to Sarangkot. Its beautiful trail but sunny day it will be warm. Over night at Sarangkot.

Day 6 Sarankot to Pokhara then Sightseeing around Pokhara.

- Time : 5-6 Hours
- Max Altitude : 1600m

Accommodation: Hotel in Pokhara

Meal: B

After beautiful sunrise from Sarangkot we will enjoy breakfast then Drive to Pokhara Hotel. Check in and ready for Pokhara sightseeing. Over night at Pokhara

Day 7 Drive back to Kathmandu from Pokhara

- Time : 8-9hrs
- Max Altitude : 1350m

Accommodation: Hotel in Kathmandu

Meal: Breakfast

After breakfast get ready for Drive to Kathmandu. 8-9 hours. Over night at Kathmandu. Evening Nepali Cultural Dance, Farewell dinner. Flight option available

Day 8 Departure or extend the Trip

- Time : N/A
- Max Altitude : 1350m

Accommodation: na

Meal: B

As per departure time we will transfer to international airport or Extend the trip

Cost Include

- Airport pick-up and drop-off private transfer
- Drop to Phedi and pick up from Sarangkot
- Hotel in Pokhara and Kathmandu. Category 2-3 star
- Farewell Dinner by Company
- Trekking Accommodation, Twin Sharing in Basic Tea-house
- English-speaking guides/ Who has excellent knowledge.
- Porters for 2 guest one porter
- All meals(Breakfast, Lunch & Dinner) with tea and coffee
- Fresh Fruits after dinner every evening.
- Transportation to and from the trail head
- All necessary documents and permits for trekking
- Trekking equipment including sleeping bags
- Staff insurance, medication and equipment
- All Govt. and Local Taxes, First Aid Kit
- Trekking Certificate by Destination Unlimited.

Equipment List & Gear Guide

Must-Have Trekking Essentials

Clothing

- Base layers (top & bottom, moisture-wicking)
- Fleece or down jacket (for warmth)
- Waterproof outer shell jacket
- Trekking pants (2 pairs)
- Gloves (inner + warm outer)
- Warm hat & sun hat
- Buff or neck gaiter

Footwear

- Comfortable, broken-in hiking boots
- Camp sandals/shoes
- 3–4 pairs of trekking socks

Gear

- Backpack (30–50L with rain cover)
- Sleeping bag (good to -10°C)
- Trekking poles

- Headlamp with spare batteries
- Water bottles (2L) or hydration bladder
- Water purifier (tabs or filter)

Toiletries & Health

- Sunscreen & SPF lip balm
- Wet wipes & hand sanitizer
- Toothbrush + paste
- Toilet paper
- Basic first aid kit
- Any personal meds

Docs & Cash

- Passport copy & permit photos
- ACAP & TIMS permits
- Travel insurance
- NPR cash (small notes)

Cost Exclude

- International airfares, Kathmandu sightseeing and entrance fees
- Travel/trekking insurance/ Nepal entry visa fees
- Bottled drinks on trek (cold and alcoholic) and hot drinks
- Lunches and dinners in Kathmandu and Pokhara
- Additional food or drink on trek in addition to three standard meals
- Personal expenses, Emergency Expenses, road blocked, snakes, desert.etc
- Which is not mention in email
- Tips(Tipping are expected)
