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TRAVEL

五洲旅行社

7 Days 6 Nights Nepal Trek Adventure "Dhampus" Trek

Welcome to Nepal Mountain Trekking!!!

Nepal is a never-ending outdoor adventure play-ground. The best way to experience Nepal's unbeatable combination of natural beauty and cultural riches is to walk through them.

"Nepal Mountain Trekking" is proud to share nature & century old cultures, and many years of experience in this field with you and give you an excellent unforgettable beautiful Nepal



Trip Facts

Trek days: 2 Days

Max Altitude: 1,700m

Trekking grade: Easy

Per Day Walking: 4 - 6 Hours

Accommodation: Hotel / Trekkers

Lodge (Teahouse/Guesthouse)

Best Season: September - May



DAY 1: ARRIVE IN KATHMANDU

Arrive at Kathmandu airport, you will be met and greeted by our local tour representative and transferred to the hotel. After check-in at hotel, rest of the day is free at own leisure.

DAY 2: KATHMANDU (B)

Morning after breakfast, depart for visit to **City Dubar Square**, it's a cluster of ancient temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. The square is known to be the social, religious and urban focal point of the Capital City. Continue visit to **Swayambhunath Temple**, said to be 2500 years stupa on a hillock, which offers a breath-taking view of Kathmandu City. After lunch, proceed to Padan, the ancient city, once a kingdom in itself, is situated across the Bagmati River to the south of Kathmandu. **Patan Durbar Square** offers the finest display of Newari urban architecture in Nepal. There are temples devoted to Shiva, Krishna, Ganesh and Vishnu all actively visited by residents and visitors.

DAY 3: KATHMANDU – POKHARA (B)

Check-out from hotel and be prepared for long journey drive about 6 hours with distance of 210km to Pokhara. Pokhara is a place of remarkable natural beauty. This enchanting city has several beautiful lakes and offers stunning panoramic views of Himalayan peaks. The serenity of the lakes and the magnificence of the Himalaya rising behind them create the ambience that has made Pokhara such a popular place to relax and enjoy the beauty of nature. Arrive in Pokhara, 1st visit to **Davi's Fall**, an Awesome Waterfall Lying about 2 Km South West of Pokhara airport on the Highway to Tansen. There is a legend: *A trekker (Devin, David) was washed away by the Phardi Khola and disappeared down into an underground passage beneath the fall.* Tour continues to **Gupteshwor Cave**, a sacred cave; it has some big hall-size rooms and some passages where you have to crawl on all fours. This cave holds special value for Hindus since a phallic symbol of Lord Shiva is preserved here in the condition it was discovered. Last, visit to **Bindabasini Temple**, it's a Pokhara's most popular temple, Bindabasini lies on top of a small hill North of downtown. The temple is dedicated to Goddess Durga in her Binda Basini Bhagwati manifestation.



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DAY 4: POKHARA – PHEDI – DHAMPUS (1650M) (B, L, D)

Leave Pokhara by taking a ½ hour drive with distance of 20km via Baglung highway to Phedi, above sea level 1130m. On arrival in Phedi, take the right hand track the normal way to Dhampus is gravel that will take about 3 hours to reach 1650m above sea level. The way is gradual ascent through thin forest. It takes another 15 minutes to reach Dhampus by Jeep. If weather is clear you can see the spectacular view of snow-clad mountains of Annapuran ranges (Annapurna South, 7219 m, Annapurna I, 8091 m, Annapurna III, 7555 m, Annapurna IV, 7525 m, Annapurna II, 7939), Hiunchuli (6441 m), Fish Tail (6993) Lamjung Himal (6932 m), Manaslu (8163) etc. Lunch will be here at Dhampus. We can walk around the village in the afternoon free time. Stay a night in a lodge.

DAY 5: DHAMPUS – PHEDI – POKHARA (B, L)

Before dawn, enjoy your Sunrise trip and Mountain View; enjoy panoramic view of Annapurna, Macchapuchure and Manasalu. In the morning very attractive view of Machapuchure and Annapurna I, II, III and IV can be seen. After which, trek back to Phedi (3 hours) and you will be transferred to Pokhara.



DAY 6: POKHARA – KATHMANDU (B)

Today, return to Kathmandu by long drive journey. Arrive in Kathmandu, check-in at hotel and the rest of the time is free.

DAY 7: DEPART FROM KATHMANDU (B)

At scheduled time, transfer to airport to catch your homebound or onward flight. Home Sweet Home!



What to Bring for Trek?

The following is a list of suggested items that you should bring with you on any trek to ensure your own comfort and protection from the elements - particularly at altitude. It is not however exhaustive, and please feel free to contact us for further advice.

For Head

- *Cap for sun protection during trek
- *Sunglasses
- *Sunscreen lotion/sun balm

For Body

- *T-shirts and long sleeved shirts /down jacket
- *Fleece/jumper/sweaters
- *Wind/water proof outer garment

For Leg and Hand

- *Water proof trouser
- *Hand gloves
- *Thermal legging for colder areas

For Foot

- *Woolen and cotton socks
- *Waterproof hiking boot
- *Trainer or casual shoes
- *Gaiter for rain and snow