

Dhaulagiri Circuit Trek



Trip Grade: Moderate
Duration: 15 Nights/16 Days
Max. Altitude: 5380M

Destination: Nepal
Region: Dhaulagiri
Activity: Trekking & Hiking
Theme: Tented Camp

WhatsApp
+977 984107075
Email us at:
info@trekkingexperts.com

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Overview

Mount Dhaulagiri (8167 meters) is seventh highest mountain in the world. Mount Dhaulagiri is rising above the deep cliff of Kali Gandaki Valley. Trekking Experts presents Round Dhaulagiri Trek which will bring you to the base camp of Mount Dhaulagiri. Trekking around Mount Dhaulagiri is one of the most beautiful trekking in the Himalaya. Dhaulagiri Round Trek is one of the challenging adventurous tented camp treks in Nepal which follows glaciers and crosses snowcapped passes such as the French pass (5380m) and the Thapa pass (5250m). The trip will take you through the pristine valley of Myagdi, lush terraced hillsides, traditional villages, rugged terrain of massif Dhaulagiri. You will also experience snow and glacier walking, enjoying spectacular views of Dhaulagiri, Thorong peak, Annapurna and Kali Gandaki River, the world deepest gorge; Kali Gandaki gorge. On the trail, you may also encounter semi-wild yak herds, mountain sheep in the remote valleys of this region. Besides wild nature, you also enjoy the lifestyle of Nepal's ethnic people such as Gurung, Chhetri, and Magar.

Dhaulagiri Round Trek begins from Beni Bazar, following Italian Base Camp, Japanese Base Camp, and French Pass during trekking. After descending from French pass, you'll enter the lonely but fascinating Hidden Valley, this place is one of the few true wilderness areas accessible in Nepal, the Hidden Valley stretches away to the north eventually narrowing to a rugged gorge which connects to Upper Dolpa and Upper Mustang. On the way back to Marpha, you have energy left and weather is favorable, you can climb Dhampus Peak.

Highlights

- ✓ **Cross adventurous passes- the French pass (5380m) and the Thapa pass (5250m)**
- ✓ **Follow the pristine valley of Myagdi**
- ✓ **Trekking in the deepest gorge in the world Kali Gandaki Gorge**
- ✓ **Spectacular views of Dhaulagiri, Thorong peak, Annapurna and Kali Gandaki River**
- ✓ **Look up closely world's seventh highest mountain; Mount Dhaulagiri (8167m)**
- ✓ **Explore the real nature and glaciers**
- ✓ **Trekking in fascinating Hidden Valley**
- ✓ **Climb Dhampus peak as bonus**

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu.

Day 02: Kathmandu -Darbang (alt. 1110m)

After early morning breakfast at hotel, you'll be picked up by our trekking guide and drive to Beni. You'll ascend to the confluence of Trishuli River with the Marsyangdi River and follow the Marsyangdi River upwards through terraced meadows and minor hill towns to the Seti River that leads you to Pokhara. The drive from Pokhara inclines through a twisting road up to Nayapool with views of Annapurna South (7219m) and Machhapuchhre (6997m). After further driving along the bank of Modi River and then Kali Gandaki River will lead you to Beni. And from Beni, you'll drive further following MyagdiKhola to Darbang. It will take about 8/9 hours' drive from Kathmandu.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 1110 meters

Day 03: Darbang- Sibang (alt. 1780m)

After breakfast at camp, you'll start first day of the trekking by heading towards Sibang ascending to the ridge-top village of Dharapani from where you can get a beautiful view of the Dhaulagiri massif, Gurja Himal (7193m), and Putha Hiunchuli (7246m). You'll continue your trek further along the ridge on the path above the river to reach Sibang.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walking **Altitude:** 1780 meters

Day 04: Sibang- Bagar (alt. 2080m)

After breakfast at camp, you'll continue your trekking to Bagar today. You'll descend to GattiKhola then climb up to the village of Muri where Myagdi and Dhara rivers meet. You'll continue to trek crossing the bridge over DholaKhola and descend through the terraced farm fields and sparse settlements before arriving in Naura village. From Naura Village, you'll trek further alongside the bank of MyagdiKhola through a grassy hill and a steep slope and you'll arrive in Bagar.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours Walking **Altitude:** 2080 meters

Day 05: Bagar- Dobhan (alt. 2520m)

After breakfast at camp, today you'll trek down to Dhoban. You'll descend through a forest to Jyordan before climbing uphill to Lipshe. And then you'll enter the forested area before ascending up to Dobhan.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5-6 Hours Walking **Altitude:** 2520 meters

Day 06: Dobhan- Italian Base Camp (alt. 3660m)

After breakfast camp, you'll trek to Italian Base Camp today. You'll pass through the forested trail filled with oaks, bamboo, and pines trees. As you move further and gain altitude, mountains start to surround us from all around. You can get the best view of Tukucho Peak (6920m), Dhaulagiri Range, and other mountains from Italian Base Camp.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours Walking **Altitude:** 3660 meters

Day 07: Italian Base Camp (alt. 3660m)

Today is full free day at Italian base camp for rest and acclimatize. You can explore the base camp area or spend the day relishing the spectacular view of surrounding mountains.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 3660 meters

Day 08: Italian Base Camp- Japanese Base Camp (alt. 3890m)

After breakfast at camp, you'll trek through the rocky area on a steep slope before crossing the glacial moraines. You then reach a wide grassy area in a shallow ablation valley known as "Japanese Base Camp". From here you'll have view of the west face of Dhaulagiri I (8167m) on one side and Tsauroabong Peak (6395m) on the other.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 4-5 Hours Walking **Altitude:** 3890 meters

Day 09: Japanese Base Camp-Dhaulagiri Base Camp (alt. 4750m)

After breakfast at camp, today you'll trek most challenging day out of your journey. You'll walk on the glacier, sometimes on the lateral moraine and undulating surface of the glacier itself, you carefully and responsibly make your way up to Dhaulagiri Base Camp. Upon reaching, you can see the stunning view of all the peaks of Dhaulagiri range along with an amazing icefall descending from the Dhaulagiri and Tukucho Peak ridgeline. From here you can look up at the impressive north face of Dhaulagiri I (8,167m) dominating the skyline to your right. To the west are peaks of Dhaulagiri II (7,751m), Dhaulagiri III (7,715m) and Dhaulagiri V (7,618m). In front of you is the impressive icefall that descends from the north-east col.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 4-5 Hours Walking
Altitude: 4750 meters

Day 10: Dhaulagiri Base Camp (alt. 4750m)

Keeping your health in mind, you'll take another day off at Dhaulagiri Base Camp to acclimatize. You can spend the day exploring the areas nearby the base camp. There's also an option of hiking up a little for the better view of the mountains.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4750 meters

Day 11: Dhaulagiri Base Camp-Hidden Valley (alt. 5140m)

After breakfast at camp, you'll climb the glacier on the north side of Chhondarban glacier and gradually climb the steep hillside above the glacier. Following the zin-zag trail across moraines, you'll climb French Pass (5360m). From the French Pass you will be able to see MukutHimal (6,328m), Tashi Kang (6,386m) and Sita Chuchura (6,611m) and all of which surround the Hidden Valley. To the south is Tukche Peak (6,920m) and beyond is the massive peak of Dhaulagiri I. From the French Pass you'll continue along the right edge of the Hidden valley losing a little altitude to the Thapa Pass (5,250m) between Tukche Peak and Thapa Peak (6,012m). Descending from the Thapa Pass you will make it to the camp at 5140m.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walking
Altitude: 5140 meters

Day 12: Hidden Valley- Yak Kharka (alt. 4200m)

After breakfast at camp, you'll head towards Yak Kharka crossing over Dhampus Pass (5244m). Relishing the beautiful view of Annapurna and Dhaulagiri ranges in the background, you'll descend steeply to Yak Kharka through avalanche prone slopes.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walking
Altitude: 4200 meters

Day 13: Yak Kharka-Jomsom (alt. 2720m)

After breakfast at camp, you'll make your last day of trekking. You'll continue to descend steeply from Yak Kharka towards Marpha which is also known as the apple capital of Nepal. Passing through the white-washed houses, paved streets, and following the flow of Kali Gandaki River, you'll move towards the windy town of Jomsom. Jomsom is the headquarter of Mustang district. You'll stay at lodge today and can celebrate your final day of trekking with trekking crew as from tomorrow you'll leave them there.

Accommodation: Lodge/Common Room **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 4-5 Hours
Altitude: 2720 meters

Day 14: Jomsom -Kathmandu (alt. 1310m)

After early breakfast, you'll say good bye your trekking crew here and you'll take flight to Pokhara. Once you reach Pokhara, you need to take connection flight to Kathmandu. Upon arrival in Kathmandu, Trekking Experts representative will receive you at the airport and drop to hotel. And then you'll free time to relax at hotel.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

Day 15: Kathmandu (alt. 1310 m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

Accommodation: Three Star Hotel **Meals:** Breakfast & Dinner **Walking Hours:** **Altitude:** 1310 meter

Day 16: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

What's Included

Meals & Accommodations

- 3 nights in Kathmandu at three star-hotels on twin sharing basis with bed & breakfast
- 1 night in Jomsom at lodge on twin sharing basis with full board (breakfast, lunch and dinner)
- 11 nights in tented camps during the trekking on twin sharing basis with full board (breakfast, lunch and dinner)

Transportations & Flights

All airport/hotel/airport transfers by private air-conditioned vehicle
Kathmandu-Beni- by private air-conditioned vehicles and Beni-Darbang by local jeep/bus with trekking
Jomsom-Pokhara and Pokhara-Kathmandu flight with airport taxes
18 kg baggage per person for trek and flights

Permits & Fees

Annapurna Conservation Fee
TIMS Fee
Travel Insurance for staff and HA Sherpa

Guide & Supporting Crew

1 English speaking experienced trekking guide and 1 HA Sherpa for climbing Dhampus Peak with his allowance, wages and insurance
1 experienced trekking cook with wages, food, transfers, insurance and bonus for high passes
Required kitchen team (kitchen helpers) with wages, food, transfers, insurance and bonus for high passes
1 assistant guide for every 5 members with wages, food, transfers, insurance and bonus for high passes
Required porters to carry personal baggage, camping equipment, kitchen utensils and trekking food with wages, food, transfers, insurance and bonus for high passes

Equipment

One 2-men sleeping tent for every two members
1 Foam mattress for every member
Dining Tents and kitchen tent
Required toilet tents
Required Shower tents
Required tables and chairs
Required kitchen utensils with fuel
Solar light for lighting purpose only

Value-Added Services

Comprehensive First Aid Kit
Comprehensive Trekking Map and Kathmandu Valley Map

What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Emergency helicopter rescue charges
- Main meals in Kathmandu (lunch and dinner)
- Tips for trekking crew

Required kitchen utensils with fuel
Solar light for lighting purpose only

