

# 8848 Nepal

## Dhaulagiri Circuit Trek

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### Trip Facts

**Trip Duration:** 17 Days

**Difficulty Level:** Challenging

**Trip Area:** Dhaulagiri Region

**Maximum Altitude:** 5360m/17,585.30ft-French Pass

**Best Season:** Spring & Autumn

**Meals:** Full Board

**Accommodation:** Teahouses/Guesthouses/Lodges

**Transportation:** Flight/Jeep/Bus

**Trip Start:** Kathmandu/

**Trip End:** Kathmandu

### Itinerary Highlights

- Dhaulagiri I
- Tukucho Peak, Nilgiri, Annapurna range
- French Pass
- Dhampus Pass
- Remote Alpine Valley
- Glacial Moraines and Icefalls
- Camping Experience
- Varied Terrains
- Myagdi Kholu Valley
- Ethnic Villages
- Monasteries and Chortens
- Off-the-Beaten-Path
- Thakali Culture

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- Gateway to Jomsom

### Trip Overview

The Dhaulagiri Circuit Trek is one of Nepal's most challenging and rewarding treks, taking adventurers through remote and rugged landscapes in the western region of the country. Spanning 17 days, this trek offers a unique blend of spectacular mountain views, diverse terrains, and rich cultural experiences. Starting from the bustling town of Beni, the trek winds through lush valleys, dense forests, and traditional villages, gradually ascending to high-altitude environments dominated by glaciers and towering peaks. The journey begins with a drive from Kathmandu to Beni, from where the trek officially starts. The initial days involve trekking through charming villages like Babichaur, Dharapani, and Muri, where trekkers can experience the warm hospitality of the local Gurung, Thakali, and Magar communities. As the trail progresses, the scenery transforms from terraced farmlands to dense forests and eventually to alpine meadows. The ascent to Italian Base Camp marks the beginning of the more demanding section of the trek, offering stunning views of Dhaulagiri and other surrounding peaks. Reaching Dhaulagiri Base Camp is a highlight of the trek, situated amidst a dramatic landscape of glaciers and icefalls. This part of the trek requires careful acclimatization due to the significant altitude gain. From here, trekkers cross the formidable French Pass (5,360 meters), the highest point of the trek, which provides panoramic vistas of the Dhaulagiri massif. Descending into the Hidden Valley, a remote and serene high-altitude basin, offers a sense of isolation and pristine natural beauty. Another major milestone is the crossing of Dhampus Pass (5,240 meters), which involves navigating steep and potentially snowy terrains. The final stages of the trek lead to the picturesque village of Marpha, known for its apple orchards and traditional Thakali culture. This descent brings a gradual return to lower altitudes and a transition back to more temperate climates. The trek concludes with a drive from Jomsom to Pokhara and then a flight back to Kathmandu. Throughout the journey, trekkers are rewarded with unparalleled views, challenging terrains, and a deep sense of accomplishment. Overall, the Dhaulagiri Circuit Trek is an extraordinary adventure that requires good physical fitness and a spirit of adventure. It offers an off-the-beaten-path experience, away from the crowded trails of more popular treks, making it ideal for those seeking solitude and a deeper connection with the majestic Himalayan landscape.

### Detail Itinerary

#### Day 01: Kathmandu arrival, transfer to hotel

The representative from 8848 Nepal welcomes you upon your arrival at the International Airport in Kathmandu. Complete all the customs formalities, and transfer to the hotel for an overnight stay.

#### Day 02: Drive from Kathmandu to Pokhara (840m)

A scenic ride to Pokhara on a tourist bus. The countryside views, lovely green hills, terraced fields, village settlements, and snow-capped mountains en route are fascinating. Transfer to

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the hotel upon reaching Pokhara. Overnight in a hotel.

### **Day 03: Drive from Pokhara to Darbang, trek to Dharapani (1560m)**

After breakfast, with the guide take a drive to Darbang. From Darbang, the trekking journey starts. Cross a suspension bridge and slowly climb uphill admiring the picturesque sceneries. Arrive at Dharapani and stay overnight in a tented camp.

### **Day 04: Trek from Dharapani to Muri (1850m)**

Pass through the traditional settlements and get views of various crops grown in terraced fields. Cross a bridge over Dhara Khola and on the way get a glimpse of Gurja Himal. Arrive at Muri village inhabited by Magar ethnics. Stay overnight in a tented camp.

### **Day 05: Trek from Muri to Bolghara (2080m)**

Walk downhill from Muri passing through the bamboo forest. Cross a bridge over Muri Khola and walk on the zigzag trail further. Reach Bolghara and set up a tent camp for an overnight stay.

### **Day 06: Trek from Bolghara to Dobang (2520m)**

Walk along the west bank of Myagdi Khola and pass through the lovely forest. Enjoying the surrounding views arrive at Dobang. Stay overnight in a tented camp.

### **Day 07: Trek from Dobang to Italian Base Camp (3660m)**

Reach Sallaghari after walking through the lovely forest of pine, birch, and rhododendron trees. From there, ascend the trail and pass through the moraine. Arrive at Italian Base Camp for an overnight stay in a tented camp.

### **Day 08: Rest Day**

The altitude is increasing, thus the much-needed rest day to acclimatize properly and prevent altitude sickness is scheduled. The rest day is spent taking a short walk to nearby places and interacting with fellow trekkers, and team members. Stay overnight in a tented camp.

### **Day 09: Trek from Italian Base Camp to Glacier Camp (3730m)**

After much-needed acclimatization rest, head towards Glacier Camp. Walk on a steeply ascending trail but slowly. Reach Glacier Camp for an overnight stay.

### **Day 10: Trek from Glacier Camp to Dhaulagiri Base Camp (4750m)**

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The trail is rough but keeps on moving and passing the moraine toward Dhaulagiri Base Camp. The sight of Dhaulagiri I, and other surrounding mountains are delightful. Arrive at the base camp adoring the spectacular views. Stay overnight in a tented camp.

### **Day 11: Rest Day**

The second rest day to properly acclimatize and much-needed rest for the following trekking days. Spend the day hiking to nearby places. Later take training on the proper use of gears, rope fastening, and some mountaineering skills from our experts. Stay overnight in a tented camp.

### **Day 12: Trek from Dhaulagiri Base Camp to Hidden Valley via French Pass (5360m)**

One of the longest and tough trek days. Walk along the moraine strip and cross left toward the massive glacier. Pass the glacier and reach French Pass. The highest pass of the trek (5360m) and the view from the summit are breathtaking. The snow-capped Dhaulagiri, Tukucho Peak, Mukut Himal, and others are astounding. Walk downhill carefully and arrive at Hidden valley. Stay overnight in a tented camp.

### **Day 13: Trek from French Pass to Yak Kharka via Dhampus Pass (5250m)**

The second longest and tough day of the trek. With the same enthusiasm and positive mindset while passing French Pass, get ready to trek to Yak Kharka via Dhampus Pass (5250m). The trails are sloppy so, walk slowly and carefully. On the way, adore the amazing views of Dhampus Peak, and Tukucho Peak on the left and right respectively. Descend gradually and admire the stunning Mt. Nilgiri, and Annapurna. Keep walking until Yak Kharka. Stay overnight in a tented camp.

### **Day 14: Trek from Dhampus Pass to Jomsom (2743m)**

A long day to walk but a little more comfortable than previous days. Enjoying the natural beauty of the region, keep on descending. Traverse beautiful Marpha village and reach Jomsom. Stay overnight in a teahouse.

### **Day 15: Jomsom to Pokhara (Flight)**

From Jomsom, take a short flight to Pokhara. Then, transfer to a hotel upon reaching Pokhara. Spend the day taking a rest, or exploring beautiful Pokhara city. Stay overnight in a hotel.

### **Day 16: Pokhara to Kathmandu (Drive)**

Take a tourist bus ride from Pokhara to Kathmandu. Transfer to a hotel. Spend the day on your own. Also, arrange a backpack for your departure the following day. Stay overnight in a hotel

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### Day 17: Final Departure

An amazing Dhaulagiri Trek comes to an end. The time for the final departure. As your scheduled flight, our representative receives you from the hotel and transfer you to the airport. A final goodbye with a hope to see you again.

### Cost Includes

- All land transportation and domestic flights as required for the trip itinerary
- Pick-ups and Drop-offs in a private vehicle at the airport (Arrival & Departure)
- Hotel Accommodations (Bed & Breakfast) in the city
- 3-course meal (Breakfast, Lunch, & Dinner) during the entire trek
- Accommodations in teahouses/guesthouses/lodges and tented camps as per the nature of the trek
- Necessary trek permits, national parks, and restricted areas entrance fees
- Tent camps equipment, kitchen equipment for camping treks
- First-aid Medical Kits
- Experienced and government license holder English-speaking trekking guides
- Porters (2 trekkers: 1 porter), supporting crews, cooks, & asst. cooks (depending on the nature of the trek)
- Allowances for crew staff including insurance on medical grounds
- All government taxes, official charges

### Cost Includes

- International Airfare
- Nepal Entry Visa Fees
- Airport taxes at the time of departure
- Personal Expenses
- Additional charges in the tea/guesthouses (Wi-Fi, electricity charge, hot shower, laundry, boiled water)
- Meals (Lunch & Dinner) in Kathmandu
- Extra night's stay accommodation and meals in Kathmandu
- All kinds of Alcoholic & Non-alcoholic Beverages, Mineral Water
- Personal Trekking Gears
- Emergency Rescue cost & Travel Insurance cost
- Tips to the supporting crew members (guides, porters, drivers) after the trip completion
- Unforeseen events

### Guidelines / Information

#### Physical Preparation

- **Fitness Level:** Ensure you are in good physical condition. Regular cardiovascular and strength training exercises are recommended.

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- **Trekking Experience:** Previous high-altitude trekking experience is beneficial due to the trek's difficulty and altitude.
- **Acclimatization:** Incorporate acclimatization days to adapt to the high altitude and reduce the risk of altitude sickness.

### Health and Safety

- **Medical Check-up:** Get a thorough medical check-up before the trek to ensure you are fit for high-altitude trekking.
- **Altitude Sickness Awareness:** Learn about the symptoms of altitude sickness (AMS, HAPE, HACE) and how to respond if they occur.
- **First Aid Kit:** Carry a comprehensive first aid kit, including medications for common issues like headaches, diarrhea, and altitude sickness.

### Gear and Equipment

- **Clothing:** Layered clothing system to handle varying temperatures. Include thermal base layers, fleece jackets, down jackets, waterproof and windproof outer layers.
- **Footwear:** Sturdy, waterproof trekking boots with good ankle support. Break them in before the trek.
- **Camping Gear:** High-quality sleeping bag (rated for -20°C or lower), insulated sleeping mat, and a reliable tent (if not provided by the trekking agency).
- **Accessories:** Trekking poles, gloves, hats, sunglasses, and a headlamp with extra batteries.

### Documentation and Permits

- **Permits:** Ensure you have all necessary permits, including the Annapurna Conservation Area Permit (ACAP), Trekkers' Information Management System (TIMS) card, and Dhaulagiri Restricted Area Permit (if applicable).
- **Passport and Visa:** Valid passport and visa for Nepal. Keep photocopies of important documents.

### Packing List

- **Essentials:** Passport, permits, trekking map, and itinerary.
- **Clothing:** Base layers, trekking pants, waterproof jacket and pants, down jacket, hats, gloves, and socks.
- **Footwear:** Trekking boots, camp shoes, and extra laces.
- **Accessories:** Sunglasses, sunscreen, lip balm, water bottles or hydration bladder, and snacks.
- **Personal Items:** Toiletries, personal medications, and a camera.

### Environmental Responsibility

- **Leave No Trace:** Follow the principles of Leave No Trace. Do not litter, and carry all waste with you until you can dispose of it properly.

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- **Respect Wildlife:** Observe wildlife from a distance and do not disturb their natural habitat.
- **Water Purification:** Use water purification tablets or filters to treat water from streams and avoid plastic bottled water.

### Cultural Sensitivity

- **Local Customs:** Respect local customs and traditions. Dress modestly and ask for permission before photographing people.
- **Interaction:** Learn a few basic phrases in Nepali to communicate with locals. Greet with “Namaste” and show respect to elders.

### Trekking Guidelines

- **Pace Yourself:** Walk at a steady pace and avoid rushing. Allow your body time to acclimatize.
- **Hydration:** Drink plenty of water to stay hydrated, especially at high altitudes.
- **Meals:** Eat nutritious meals to maintain energy levels. Be cautious with unfamiliar foods to avoid digestive issues.

### Emergency Preparedness

- **Emergency Contact:** Have a reliable means of communication (satellite phone) and emergency contacts readily available.
- **Evacuation Plan:** Familiarize yourself with the evacuation plan in case of severe altitude sickness or injury.
- **Insurance:** Ensure your travel insurance covers high-altitude trekking and emergency evacuation.

### Group Travel

- **Stay Together:** Stick with your trekking group and guide. Do not wander off alone, especially in remote areas.
- **Listen to Your Guide:** Follow the instructions and advice of your guide. They are experienced and knowledgeable about the terrain and conditions.