

# Dhaulagiri Circuit Trek



## Trip Overview

The trek named Dhaulagiri comes after the world's seventh-highest mountain Mt Dhaulagiri (8167 Mtr), which is located in the western part of Nepal. It is an extremely challenging adventure destination in Nepal Himalaya, however diverse culture, high alpine pastures, uninhabited valleys, high windswept passes, forests, and cultivated terraced hills, treading through different types of forest to treeless zones and getting as close as possible to peak like Dhaulagiri and dhampus peaks are great highlights of Dhaulagiri circuit trek. Dhaulagiri rises above the deepest gorge in the world, the Kali Gandaki, and the circuit route provides stunning views of the whole Dhaulagiri range and Tukucho Peak. The route of the circuit was discovered in the 1950s by a French team, hence the French pass, which leads into a lonely area known as Hidden Valley.

## Trip Itinerary

- Day 1 - Arrival in Kathmandu (1,400 Mtr/4592 Ft). transfer to hotel
- Day 2 - Sightseeing in Kathmandu and preparation for trek

- Day 3 - Drive to Beni (850 Mtr/2788 Ft)
- Day 4 - Trek to Babiachor (950 Mtr/3116 Ft)
- Day 5 - Trek to Dharapani (1,400 Mtr/4592 Ft)
- Day 6 - Trek to Muri (1,850 Mtr/6068 Ft)
- Day 7 - Trek to Boghara (2080 Mtr/6822 Ft)
- Day 8 - Trek to Dobang (2,520 Mtr/8265 Ft)
- Day 9 - Trek to Choriban Khola (3,110 Mtr/10200 Ft)
- Day 10 - Trek to Italian Base Camp (3,660 Mtr/12005 Ft)
- Day 11 - Acclimatization Day
- Day 12 - Trek to Glacier Camp (4,210 Mtr/13809 Ft)
- Day 13 - Trek to Dhaulagiri Base Camp (4,740 Mtr/15547 Ft)
- Day 14 - Acclimatization Day.
- Day 15 - Cross French Pass (5,360 Mtr/17580 Ft) and Trek to Hidden Valley (5,200 Mtr/17056 Ft)
- Day 16 - Cross Dhampus Pass (5,200 Mtr/17056 Ft) and Trek to Yak Kharka (3,680 Mtr/12070 Ft)
- Day 17 - Trek to Marpha(2665 Mtr/8741 Ft)
- Day 18 - Trek to Lete(2470 Mtr/8107 Ft)
- Day 20 - Trek to Gorepani (2775 Mtr/9102 Ft)
- Day 21 - Trek to Birethanti and drive to Pokhara
- Day 22 - Sightseeing in Pokhara
- Day 24 - Final Departure

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal
- Flight from Pokhara to Kathmandu
- All trekking permits, TIMS card, Government and local taxes for the trek
- All Meals (Breakfast , Lunch and Dinner ) During the trek
- 3 Star hotel accommodation in Kathmandu and Pokhara with breakfast
- All ground transportation on a comfortable vehicle as per the itinerary

- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit
- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accommodation and equipments

## **Excludes**

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city, extra night accommodation in Kathmandu and Pokhara in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itinerary
- Any rescue cost
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges ( can be carried only 15 Kg including in Airfare)

## **Gears and equipment**

- Head
  - Warm Hat
  - Cap
  - Face Mask / Muffler
- Upper Body
  - Wind stopper/Waterproof Jacket
  - Down Jacket

Fleece Jacket/ trousers  
Thermol  
T-shirts  
Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)  
Underwear  
Wind stopper/waterproof Pant  
Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks  
Sandals  
Trekking Boot  
Gaiters  
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)  
Small Day Pack  
Personal Medical Kit  
Chapstick/Sunscreen  
Water bottle  
Large Duffel bag  
Trekking Pole  
Spare batteries for Camera and Flash Light  
Hand Towel  
Head lamp with extra Batteries  
Sun Glasses with UV protection  
Suitcase (For stored in Kathmandu hotel for not needed items for trek)