

Dhaulagiri Circuit Trek

URL: <https://himalaya-discovery.com/trip/dhaulagiri-circuit-trek/>

Destination	Activity	Start / End Point
Nepal	Trekking in Nepal	Kathmandu / Kathmandu
Duration	Region	Max. Altitude
19	Remote area	5,360m
Best Season	Activity Per Day	Group Size
March to June, September to November	5 to 7 hours	2 - 8

Demanding

Trip Overview

Dhaulagiri Circuit Trek provides massive mountains range of Dhaulagiri consisting of fifteen 7000 meters peaks is magnificent. Trekking of the main paths is not only possible, but can be immensely rewarding, though you do need a sense of adventure and an increased ability to deal with unexpected. Geographically, it is a land of dramatic contrast.

Trekking around the giant Himalayan [Peak Dhaulagiri](#) (8th highest Himalayan Peaks of the world) is one of the most challenging treks. The Dhaulagiri Circuit Trek goes through big challenging mountain passes, crossing over French pass (5360 meters) and Thapa Pass (5200 meters); It's an icy path challenging walk.

Dhaulagiri's massive mountain range of fifteen 7000 meter peaks is magnificent. Trekking off the main trails is not only possible, but it can also be tremendously rewarding, although you need a sense of adventure and an increased ability to deal with unexpected things. It is a country of dramatic contrast, geographically.

Trekking in this area means exploring the wild. This exciting region recently reopened shows its long-preserved secrets, like the Gandaki Gorge, the world's deepest gorge! Dhaulagiri means "white mountain" although many mountains around the world have names that translate into the white mountain, this is without doubt the most astonishing one.

Dhaulagiri Circuit Trek Difficulty

The Dhaulagiri Circuit is a challenging trek, one of Nepal's toughest — suits for trekkers with prior trekking experience at elevations above 5000 m. The optional Dhampus Peak climb (6060 m) requires basic skills in mountaineering, such as knowledge of ice axes and crampons use.

Trekking over snow above 5000m is spent three days in a row without an easy way down. The cold is added to the challenge— because this is a camping trek, there are no cozy lodges to retreat at night.

For beginner trekkers or first-time visitors to Nepal, the Dhaulagiri Circuit trek is not one, but those with more experience will find the rewards high.

Getting to and from Dhaulagiri Circuit Trek

This trek starts in Beni, from [Pokhara](#) about 2-3 hours drive. The road to Beni is winding, but otherwise reasonably well maintained through the mountains. Many treks begin or pass in the [Annapurna region](#), Beni.

In Jomsom, the trek ends. While from Jomsom (part of the classic [Annapurna Circuit Trek](#)) it is possible to extend the trek and walk back to Pokhara, road construction has made this a dusty and definitely unattractive option over the past few years. Moreover, this is a challenging trek and due to tiredness, most trekkers won't want to extend it.

It is recommended that you fly back to Pokhara from Jomsom. This is a short, spectacular flight, but it may be delayed sometimes due to bad weather.

Itinerary

Day 01: Arrive in Kathmandu.

Upon your arrival in the Kathmandu airport after completing your custom formalities Visa, etc. pick up your luggage and look for our airport representative from Himalaya Discovery, who will display your name on the board at the arrival gate. You will be greeted by our representative and transferred to the hotel.

Highest Altitude:

1400m

Day 02: Free in Kathmandu for sightseeing and pre trip briefing and gear check.

Today is free for sightseeing in Kathmandu. You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving is located. The whole area is a maze of

temples and images.

Leading away from the square in all directions are narrow alleys, full of the most amazing variety of shops and stalls. Some of these landmarks are considered World Heritage Sites including the historic Bhaktapur Durbar Square, the famous 'Monkey Temple' Swayambhunath and Buddhists shrine Buddhanath which is one of the largest Stupas in the world.

There will also be a full trip briefing today with gear check. In case you need to hire or buy equipment locally there will be time to do this today. Overnight in Kathmandu.

Day 03: Drive to Babiachor via Beni by bus.

After your breakfast, you drive to Babiachor via Beni. The drive should take 10-11 hours and you'll find most of the scenery very enjoyable. Beni is the district headquarters and has a police check post where your trekking permits will be examined.

Continuing drive Crossing the bridge beyond the village to the south bank of the river, the trail makes a little half loop before crossing another bridge, near the village of Simalchour, then we arrived at Babiachor after long bus journey, Overnight at tented camp.

Trek Duration

10 - 11 hrs

Day 04: Trek to Dharapani.

The valley widens and terraced hills develop on both sides of the river. The trail is fairly level and you pass the village of Shahashradhara, cross the Duk Khola and walk through fields arriving at Ratorunga. From here the valley narrows again and terraces disappear on either side of the river. Continue to the village of Dharapani. Overnight at tented camp.

Trek Duration

6 hrs

Highest Altitude:

1400m

Day 05: Trek to Muri.

After crossing the river to its West Bank as you leave Phedi the trail starts climbing in earnest and there will be many switch-backs until you arrive at the ridge and the angle of ascent eases. Again the trail climbs steeply to the villages of Muri. Continue your trek to Sibang and Mattim.

From here you continue up an incline to the snout of the ridge, descend to the Gatti Khola and reach Phalai Gaon (1810meters). Cross the Dhara Khola to once again emerge on the west bank of the Myagdi Khola and then climb a ridge to the large Magar village of Muri. Overnight at tented camp.

Trek Duration

5 hrs

Highest Altitude:

1850m

Day 06: Trek to Boghara.

Descend a little, cross a stream and continue through terraced fields before climbing a ridge to reach the pass from where you can see Mt. Ghustung South (6465 meters). Descend to the Myagdi Khola and trek along its West Bank to the village of Naura from where you will climb a little before traversing a grassy hill and climbing a steep slope with switch-backs, then descend through a forest and terraced fields to Boghara (2080meters) Overnight at tented camp.

Trek Duration

6 hrs

Highest Altitude:

2080m

Day 07: Trek to Dobang.

The trail first descends through terraced fields to a small ridge, then through a forest to Jyardan which is the most remote permanent settlement in this part.

After the settlement a high winding path crosses a rocky area which then descends before climbing again to Lipshe where there is on single hut. The trail continues through a forest to Lapche Kharka and then climbs to the level area at Dobang. Overnight at tented camp.

Trek Duration

5 hrs

Highest Altitude:

2520m

Day 08: Trek to Choriban Khola.

After crossing a wooden bridge out of Dobang the trail ascends a forested area. Soon the west face of Dhaulagiri I (8167 meters) becomes visible through breaks in the trees.

Descend to the Myagdi Khola and cross via a wooden bridge to the east bank continue to Chartare. Passing through forests again, you cut across a rocky area and cross a stream to Choriban Khola. Overnight at tented camp.

Trek Duration

5 hrs

Highest Altitude:

3110m

Day 09: Trek to Italian Base Camp.

Follow a trail to the terminal moraine of the Chhonbarban Glacier and enter the glacier from the right. Tukche Peak (6837 meters) becomes visible straight on; at the far end while the impressive north flank of Dhaulagiri I (8167 meters) dominates the skyline to your right.

After a short while you will reach Italian Base Camp (3660 meters), which is also the site of your camp for the night. To the west are the peaks of Dhaulagiri II (7751meters), Dhaulagiri III (7715 meters) and Dhaulagiri V (7618 meters). Overnight at tented camp.

Trek Duration	Highest Altitude:
7 hrs	3660m

Day 10: Acclimatization and rest day.

We will spend a day here in order to acclimatize and adjust to the thinning of the air. It is recommended that your body acclimatizes to the high altitude and be “tuned” for the even higher altitudes to come. Overnight at tented camp.

Day 11: Trek to Glacier Camp.

Set up early in the morning when the weather is expected to be clear. This Trail is prone to stone fall, which passes through a narrow gorge. Today we stay overnight near at glacier. Overnight at tented camp.

Trek Duration	Highest Altitude:
6 hrs	4210m

Day 12: Trek to Dhaulagiri Base Camp.

This is one of our adventurous days to Dhaulagiri base camp. From here you can look up at the impressive north face of Dhaulagiri I (8167 meters) dominating the skyline to your right.

To the west are peaks of Dhaulagiri II (7751meters), Dhaulagiri III (7715 meters) and Dhaulagiri V (7618 meters). In front of you is the impressive icefall that descends from the north east col. Overnight at tented camp.

Trek Duration	Highest Altitude:
7 hrs	4740m

Day 13: Another acclimatization and Rest Day.

Another rest day, but very important for the acclimatization. Views from this place are superb and there is plenty to explore. Overnight at tented camp.

Day 14: Cross French Pass then trek to Hidden Valley.

After the glacier you climb two terraced hills, the first of which runs along the glacier, then cuts across the mountain flank and the moraine you enter a gentle incline on the left from an ablation valley. Climb this gentle slope to the French Pass (5360 meters). A great vista opens up from the French Pass and you will be able to see Mukut Himal (6328 meters), Tashi Kang (6386 meters) and Sita Chuchura (6611 meters), all of which surround the Hidden Valley. To the south is Tukche Peak (6920 meters) and beyond is the massive peak of Dhaulagiri I.

From French Pass you continue along the right edge of the Hidden valley losing a little altitude to Thapa Pass (5250meters) between Tukche Peak and Thapa Peak (6,012 meters). Descending from Thapa Pass you will make it to camp at 5200 meters. Overnight at tented camp.

Trek Duration	Highest Altitude:
6 hrs	5200m

Day 15: Cross Dhampus pass and trek to Yak Kharka.

Descend from the hidden valley to the Dhampus Pass and continue to Yak Kharka. There is a perfect camp site to enjoy the surroundings. Overnight at tented camp.

Trek Duration	Highest Altitude:
6 hrs	3680m

Day 16: Trek to Jomsom.

Descend to the village of Marpha, on the west bank of the Kali Gandaki River. Marpha is home to many apple orchids as well as all the various food products made from fruit. Apple Brandy is a local specialty that you may be lucky enough to taste en route. Continue north, up the river valley to the town of Jomsom. Overnight at tented camp.

Trek Duration	Highest Altitude:
5 hrs	2710m

Day 17: Fly to Pokhara.

Today 25 minutes morning flight takes us to Pokhara from Jomsom. Once we arrived at Pokhara airport, we then drive to hotel. The rest of the day will be free and relax. Take a sightseeing tour around Pokhara valley if you are interested. Overnight at hotel in Pokhara.

Trek Duration

850m

Day 18: Drive back to Kathmandu.

We depart at approximately 7.30am for Kathmandu by tourist bus. We arrive back in Kathmandu at around 2-3.00 pm. Overnight in Kathmandu.

Highest Altitude:

1400m

Day 19: Free day and farewell dinner in Kathmandu.

Today is rest and relax throughout the day. If you get interested to take some gifts from Nepal for friends and relatives, visit to some nearby shops or go out in Thamel for typical Nepalese goods.

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances. Overnight in Kathmandu.

Day 20: Fly to home.

The trip concludes, our airport representative will drop you to the Kathmandu International Airport for your flight departure from Nepal.

Price Includes

- Airport transfers pickup and drop-off.
- 2-nights hotel accommodation in Pokhara.
- Full board meal during camping, prepared by our cook with Tea & coffee hot milk, hot chocolate.
- Tented accommodation and equipment during the trek. (We will provide fully water proof two men tents, dining tents, kitchen gear, dining table, chairs, toilet tents, shower tent.)
- A government licensed english speaking guide during the trek.
- Boiled and purify drinking water for the trek.
- All trekking permits & fees.

- Trekking information management system (Tims) permit.
- From (Kathmandu - Pokhara - Kathmandu) by deluxe tourist bus.
- Airfare from (Pokhara - Jomsom - Pokhara) including airport departure tax.
- The required number of staff and Porters to carry your luggage during the trek. (1 porter for 2 trekkers)
- Accommodation / salary / food / drinks / insurance / equipment / medicine and transport for all staff.
- Medical supplies (first aid kit will be available)
- Sleeping bag and walking stick (if it is required)
- All government taxes.
- Himalaya Discovery duffel bag.
- Farewell dinner with culture show.

Price Excludes

- International airfare and Nepal entry visa.
- Tips for guide / porters (tipping is expected)
- Travel insurance which covers emergency Rescue and Evacuation.
- Any others expenses which are not mentioned on the Price Includes section.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal