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Dhaulagiri Round Trek Nepal



Tour Overview

The "Dhaulagiri Round" Trek takes you clockwise around the "White Mountain" and closer to the mighty mountain figure than any other eight-thousand meters. Fly to Pokhara and drive to Beni in the Kali Gandaki, the starting point of trekking and expeditions to Dhaulagiri. When walking through gurung villages, terraced rice fields the valley of the original Myangdi Khola we see continue the summit of Dhaulagiri Himal. By subtropical mountain forest you encounter before the "Italian Base Camp" and are suddenly under the mighty west face of Dhaulagiri. The Chonbarbang Glacier of the Dhaulagiri Base Camp is reached at 4740 meters

below the huge north wall.

We continue to follow on the glacier-free transition of the French-Col at 5360 meters and through the upper part of the Hidden Valley to Dhampus Pass at 5258m. The ascent of the technically easy six-thousand Dhampus Peak, 6012 m (also Thapa Peak) offers a magnificent view over the valley of the Kali Gandaki away to the Annapurna group. Dhaulagiri Circuit is a challenging and adventurous trek; it should be a suitable trek for someone who would like adventure at high altitude. A flight takes from Jomosom over Pokhara back to Kathmandu where you regenerate the centrally located Comfort Hotel and visit the shrines of the city.

Detailed Itinerary

Day 1: Arrive in Kathmandu and transfer to the hotel.

You will be met on arrival at Kathmandu airport and transfer to the hotel. A full trek briefing will be given in the afternoon. Overnight at Hotel Kathmandu Prince or Hotel Moonlight .

Day 2: Fly to Pokhara, drive to Beni and trek to Tatopani (870m)

Fly to Pokhara, drive to Beni and trek to Tatopani (870m)- 2 hours driving & 3 hours walking. On arrival to Pokhara airport we get into a minibus for the short drive to Beni where we meet the rest of our trek crew. After lunch we start walking, from Beni we leave the Kali Gandaki valley and head west along the bank of Myagdi Khola. We camp at Tatopani beyond the hot springs in a grassy area next to the river. Overnight camping (Meals: B,L,D).

Day 3: Trek to Dharapani (1,470m)- 6 to 7 hours walking.

The trail continues along the Myagdi Khola passing through several villages before reaching Darbang where we stop for lunch. After we cross the suspension bridge and soon after start the climb to Dharapani. This village is mainly gurung and chettri and has our first view of Dhaulagiri to the north. Overnight camping (Meals: B,L,D).

Day 4: Trek to Muri (1,850m)- 5 hours walking.

Trek to Muri (1,850m)- 5 hours walking. From Dharapani we walk through Takum and Sibang, these are prosperous villages with many terraced fields mainly growing rice and wheat. Today we pass classic Nepal scenery with traditional villages and mountain views. Many of the men in this area work overseas in the Middle East or in the British and Indian Ghurkhas. There are good views of Gurja Himal and Putha Hiunchuli to the west. After crossing Dhara Khola on a suspension bridge we continue to Muri, most of the people living in this village are magar. Overnight camping (Meals: B,L,D)

Day 5: Trek to Boghara (2,080m)- 7 hours walking

From Muri we descend steeply to the bridge crossing over the Muri Khola. After passing through dense bamboo stands the trail enters a number of clearings with fields and farmhouses. Further north the valley steepens and the trail is exposed in places. We camp in the grounds of the primary school in this village. Overnight camping (Meals: B,L,D).

Day 6: Trek to Dobang (2,350m)- 6 to 7 hours walking

Myagdi valley is usually wet as a result of its north to south orientation, as clouds approach from India they are forced up by Mount Dhaulagiri at the end of the valley causing precipitation. You should expect to get some rain in the afternoons although usually clears off again in the evening. It is for this reason that there lush sub-tropical forest in Myagdi valley up to Sallighari camp, be careful walking here as it is often slippery especially over tree roots. From Boghara the trail follows the west bank of Myagdi Khola through an undulating trail in forest. Look up to the cliffs high above the trail there are large bee’s nests where villagers collect honey. We stop for lunch at Lipshe at 2,080m then afterwards we continue walking in forest until we get to a clearing in the forest at Dobang with several teahouses and campsite. Overnight camping (Meals: B,L,D).

Day 7: Trek to Sallaghari (3,010m)- 5 hours walking.

The trail continues through dense, lush vegetation of ferns, bamboo and rhododendrons. We cross to the east bank of the Myagdi Khola on a new cantilever bridge and then camp at a clearing in the forest at Sallaghari. Overnight camping (Meals: B,L,D).

Day 8: Trek to Italian Base Camp (3,660m)- 3 to 4 hours walking.

From Sallaghari we walk through pine trees, rhododendron and birch and once above the tree line heather, juniper and azaleas. The trail traverses through forest and then climbs to a grassy area on the lateral moraine where Italian Base Camp is located. High above camp is the impressive west face of Dhaulagiri with Tsaurabong Peak visible on the other side of the valley. Overnight camping (Meals: B,L,D).

Day 9: Rest and acclimatization day.

Today we can go for a walk to explore around Italian Base Camp or relax in camp. This day is essential for acclimatization before ascending further in altitude towards main Dhaulagiri Base Camp. Overnight camping (Meals: B,L,D).

Day 10: Trek to Glacier Camp (4,200m)- 4 to 5 hours walking

Today is a shorter walk although essential for acclimatisation process unlike most other itineraries we believe in having two nights at Glacier Camp located between Italian Base Camp and main Dhaulagiri Base Camp (otherwise going from 3,660m to 4,740m will result in altitude sickness). From Italian Base Camp the trail descends steeply down lateral moraine to gain the glacier, in the past we have fixed a rope here to help the group and trek crew. We cross the glacier and then traverse along the moraine on the left side of Chonbarden gorge. We walk along talus in the impressively narrow Chonbarden gorge to the snout of the Chonbarden glacier and then continue for another hour to Glacier camp. There are a number of ledges levelled in the ice of the glacier for our tents. Overnight camping (Meals: B,L,D).

Day 11: Rest & acclimatisation day at Glacier Camp (4,200m).

Today is an essential acclimatisation day before walking to Base Camp tomorrow. There is an optional day walk up the glacier towards Base Camp to a large moraine ridge with views of Tukuche, little Eiger and icefall from NE Col plus valley heading towards French Pass. This morning walk takes four hours return. Overnight camping (Meals: B,L,D).

Day 12: Trek to Dhaulagiri Base Camp (4,740m)- 4 hours walking.

We follow a rough trail along the moraine covered glacier to Dhaulagiri Base Camp. From Base Camp the view is impressive with Dhaulagiri I, Tukuche Peak and Little Eiger and further to the west lies Dhaulagiri II (7,751m) and IV (7,618m). One can also see the start of the climbing route through the icefall. In season there are likely to be expeditions camped on the moraine strip at Base Camp. Overnight camping (Meals: B,L,D).

Day 13: Rest & acclimatisation day at Dhaulagiri Base Camp.

This is another essential day for acclimatisation before crossing French pass over to our campsite in Hidden Valley at 5,100m. In the past some in the group have enjoyed going for a short walk towards French Pass in the morning while others relaxing in camp enjoying the views. At some point today your western leader will organise a training session for those in the group who have no prior experience of using ice axe and crampons. These basic mountaineering skills will be required for crossing the high passes to Jomsom. Overnight camping (Meals: B,L,D).

Day 14: Trek via French col (5,360m) to above Hidden Valley (5,050m)- 7 hours walking

After an early breakfast we walk out of Base Camp along the moraine strip to cross over to the left hand side of the Upper Chonbarden glacier. A high lateral moraine ridge is visible further up the valley, we gain this by following a steep trail across the scree and talus. Once on the lateral moraine ridge there are superb views back down the valley to Dhaulagiri I and Tukuche Peak. At a large cairn on the lateral moraine ridge we turn off to make the final ascent to French pass .The approach to the pass is up easy angled snow slopes and as usual in Nepal the top is marked by Buddhist prayer flags and cairns. The view from the summit of the pass is superb with Sita Chuchura, the peaks of the Mukut Himal, Tashi Kang, Tukuche Peak and of course Dhaulagiri I. The descent from pass is on moderate snow slopes as we enter Hidden Valley. After a long descent you arrive to camp next to the river not far from the base of Dhampus Peak. You will notice once crossing into Hidden Valley there is only sparse vegetation of isolated patches of moss and grass as this area is now in an area affected by the rain shadow effect of Dhaulagiri. Overnight camping (Meals: B,L,D).

Day 15: Exploration walk around Hidden Valley

Option 1: Exploration walk around Hidden Valley. Please note that we will only cross French Pass on Day 14 if everyone in the group is sufficiently acclimatized, if anyone needs more time then we will delay by a day and cross today instead. There are a number of options for day walks around Hidden Valley, one of the best is to walk up a ridge on western side with views of Dhaulagiri, Nilgiris, Annapurnas and down Hidden Valley.

Option 2: Climb Dhampus Peak (6,060m). There is an option to climb Dhampus Peak at an altitude of 6,060m for those with previous mountaineering experience. If you like to climb Dhampus Peak there is an extra cost to cover the climbing permit. An early start is required for climbing Dhampus Peak as this day entails over 1,000m ascent from Hidden Valley at 5,050m to the summit at 6,060m. Depending on the current conditions the route ascends on moderate snow slopes and scree along a ridge to the summit. The view is sensational with views to Annapurnas and into Mustang. This is optional climb is only suitable for those with previous mountaineering experience using iceaxe and crampons.

Day 16: Trek over Dhampus pass (5,240m) to Yak Kharka (3,680m)- 9 to 10 hours trekking.

This is a long day and by far the toughest on Dhaulagiri Circuit trek. After an early start from camp we start the climb up a moderate snow slope to gain Dhampus pass. There are fine views of Dhampus Peak to the left of the pass and to the right the beautiful ice flutings of Tukuche Peak. From the summit of the pass the trail descend pass for about 100m before start to traverse left into Kali Gandaki valley. Depending on the snow and ice conditions crampons may be needed for group & porters at this point. There is a very long traverse on snow usually taking about four hours before starting the steep descent to Yak Kharka. Throughout this traverse there are stunning views of Nilgiri and the western end of the Annapurna Massif. Overnight camping (Meals: B,L,D).

Day 17: Trek to Jomsom (2,670m)- 4 to 5 hours walking

There is a long descent today to the village of Marpha located in the Kali Gandaki valley. Marpha village has a Buddhist monastery, Tibetan whitewashed houses and paved streets. It is also famous for its apple orchards so well worth stopping here to get a glass of apple juice at one of the lodges. In Jomsom we stay at one of the lodges located near the airport. After hot showers you can explore Jomsom, check emails then in the evening the cooks will produce a special last meal together. Later on we will hand out tips to our crew as a thank you for all their hard work throughout the trek. Overnight teahouse lodge (Meals: B,L,D).

Day 18: Fly to Pokhara

We take an early morning flight to Pokhara.This afternoon go for amazingly boating at Fewa Lake with majestic view of Mt.Machhpuchhare(Fishtail), Annapurnas.Overnight at Hotel. (Meals: B).

Day 19: Fly to Kathmandu

It's your day for shopping and farewell dinner at one of the best restaurant in Thamel.

Pricing Information

Price Details

Price from Kathmandu $ 3,295p/p. [Price basis on minimum 2 people and fully camping/tented trek]
Minimum group size 2 people.
Dhampus Peak Permit is extra cost if you want to climb.
Single Supplement is available: Single room supplement US$250, Single tent supplement US$300. Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself.

Price Includes

• All internal transport and transfers including airport collections.
• Internal flight from Kathmandu to Pokhara and at the end of the trek from Jomsom to Pokhara & Kathmandu.
• One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
• Twin share room at Hotel Moonlight and Hotel Kathmandu prince in Kathmandu.
• Breakfast only in Kathmandu, all meals included while on trek.
• Twin share tents while on trek.
• All trekking arrangements including permits and fees, tents, and Sherpa guides, porters and cook.
• Thuraya satellite phone for organising logistics and medical evacuations, it can also be also used for personal calls.
• Dhaulagiri Circuit trekking map given to you on arrival to Kathmandu. Welfare Dinner.

Price Excludes

• International flight to/from Kathmandu.
• Travel & trekking insurance.
• Nepal visa for 30 days.
• Lunch and evening meals in Kathmandu.
• If you like to climb Dhampus Peak there is an extra charge to cover the cost of climbing permit.
• Personal clothing & equipment,
• Tips