



## Dhaulagiri circuit trek - 22 Days

### Dhaulagiri circuit trek

The Dhaulagiri circuit trek is an adventurous and remote trekking route in the Dhaulagiri region of Nepal that takes you around the **Dhaulagiri massif**, the 7th highest mountain in the world, and offers incredible views of some of the tallest peaks in the Himalayas, as well as an opportunity to explore remote villages, pristine natural landscapes, and the **high Mountain passes**. This trek is known for its breathtaking scenery, rugged terrain, and lower levels of tourist traffic compared to more popular trekking routes like the **Annapurna and Everest regions**.

Dhaulagiri means “**White Mountain**” in Sanskrit. Its prominence in the region and its challenging terrain make it a significant and sought- after peak for mountaineers and trekkers. The trek begins and ends in the town of Beni, which is accessible by road from Pokhara. Along the way, you will have a chance to interact with local communities, including Gurungs, Magars, Chhetris & Brahmins, Thakalis, and other ethnic groups, and experience their unique culture, traditions, hospitality, and gain insight into their daily lives. You can also enjoy local dishes and get a taste of the region’s culinary traditions. For those who prefer not to climb the mountain, still wish to experience its beauty, the Dhaulagiri circuit trek is an excellent alternative that provides stunning views of this iconic Himalayan giant.

The Dhaulagiri circuit trek, as mentioned above, is a popular trekking route that encircles the Dhaulagiri massif. While it does not involve reaching the summit of Dhaulagiri itself but offers you alluring views of the mountain which includes several peaks over 7000 meters and the surrounding region. It has several notable subsidiary peaks, including Dhaulagiri I (7751 m), Dhaulagiri II (7715 m), Dhaulagiri III (7661 m), and Dhaulagiri IV (7618 m). You will also encounter pristine alpine forests, traditional villages, and terraced fields. Moreover, this trek is considered to be a strenuous and challenging trekking. You will need to cross several high mountain passes, including the challenging **French Pass (5360 m) and Dhampus Pass (5182 m)**.

Mount Dhaulagiri stands at a stunning altitude of 8167 meters above sea level, in the western part of Nepal, near the border with Tibet (China), in the Annapurna region, and it encircles the Dhaulagiri massif. It is one of the “eight-thousander,” which are mountains that exceed 8000 m in height. The **mountain** is known for its complex terrain, high altitudes, steep slopes, and potentially harsh weather conditions, making it technically challenging climbs among the eight- thousanders. In 1960, the first successful ascent of Dhaulagiri was made by Swiss- Austrian team led by Max Eiselin and this expedition is notable for being the first successful ascent of an eight- thousander.



## **PRICE INCLUDES**

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

## **PRICE EXCLUDES**

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## **ITINERARY IN DETAIL**

- Day 1: Arrival in Kathmandu then transfer to hotel**
- Day 2: Kathmandu sightseeing on car/ van/ preparing for trekking**
- Day 3: Drive to Beni from Kathmandu**
- Day 4: Beni to Babiyachaur (950 m)**
- Day 5: Babiyachaur to Phedi (1100 m)**
- Day 6: Phedi to Sibang (1800 m)**
- Day 7: Sibang to Jugepani (1500 m)**
- Day 8: Jugepani to Bagar (2000 m)**
- Day 9: Bagar to Dovan (2500 m)**
- Day 10: Dovan to Sallaghari (3100 m)**
- Day 11: Sallaghari to Italiyan Base Camp (3500 m)**
- Day 12: Rest day/ Italiyan Base Camp**
- Day 13: Italiyan Base Camp to Japanese Base Camp (4000 m)**
- Day 14: Japanese Base Camp to Dhaulagiri base camp (4700 m)**
- Day 15: Dhaulagiri Base Camp to Hidden valley (5166 m)**
- Day 16: Hidden valley to Kalopani (4900 m)**
- Day 17: Kalopani to Yak Kharka (3500 m)**
- Day 18: Yak Kharka to Marpha (2600 m)**
- Day 19: Marpha to Jomsom (2675 m)**
- Day 20: Fly from Jomsom to Pokhara by flight**
- Day 21: Drive from Pokhara to Kathmandu**
- Day 22: Departure to International airport**