

Dhaulagiri Trek

Duration: 20 Days

Starts At: Kathmandu

Grade: Challenging

Accommodation: Hotels, Lodges, Tents

Transport: Airplane, Bus, Jeep, Car

Altitude: 5,360m

Ends At: Kathmandu

Group Size: Min 2 Pax

Meals: Breakfast, Lunch, Dinner

Highlights

- Experiencing the perfect camping treks towards the remotest mountain region of Nepal.
- Superb views of the majestic Dhaulagiri peak which is the seventh highest peak in the world.
- Crossing two challenges pass i.e. French Pass (5,360m) and Dhampus Pass (5,200m).
- A scenic road drives from Kathmandu to Beni which goes along the bank of the Trishuli and Marshyangdi River.
- Cultural heritage sites tour in Kathmandu.

Overview

The Dhaulagiri trek is known as a long and strenuous trek across an off beaten snow trail, which involves walking across snow ice with mountains. However, the experience of our guides and support staff will ensure that you complete this trek successfully. The Dhaulagiri Region is home to the gigantic Mt. Dhaulagiri-(8,167m), which is the seventh-highest peak in the world and is also known as The White Mountain. This trek takes us around the majestic snow massif. Dhaulagiri trek offers you a great opportunity in your life including beautiful mountains view, wild animals such as Himalaya Thar, musk deer, leopards and different species of birds. The best season for this trek is from March to May and the third week of September to the second week of December. A few travelers visited this area for a whole year. So, it is also a non-touristic area of Nepal. It is one of the famous trekking trails in Nepal.

In between this trek, we cross the famous French Pass (5360m) and Dhampus Pass (5200m). However, we take you across these high challenging mountain passes only after giving you enough time for acclimatization. Besides snow and ice, the trek also passes through forests of oak, juniper and rhododendron, which rewards us for the physically demanding hike. Kali Gandaki river, which is the deepest gorge in the world

also lies in this region. In this trek, you will get a chance to explore the local lifestyles of Gurung and Magar and other communities with their culture.

The trek begins with a drive from Kathmandu to Beni and we start the trek passes with cultivated fields and mountains.

Check out our fixed itinerary for Dhaulagiri Trek or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

Itinerary

Day 01 : Arrival in Kathmandu and transfer to the hotel. (1400m)

Welcome to Kathmandu. Once you reach the airport in Kathmandu, you will be warmly received by our airport representative who will help you with the transfer to the hotel in a private car, jeep, or van. After checking into your hotel (we usually book rooms at Hotel Thamel Park, Kathmandu Eco Hotel, or Kathmandu Sweet Home), you can either rest or stroll around to explore your vibrant surrounding at your convenience.

Day 02 : Kathmandu sightseeing and trip preparation

You will have a guided tour of World Heritage Sites today. After stuffing oneself breakfast, you will be on a private vehicle/tourist bus, then we shall move towards different cultural, historical, and religious sites of the valley including Swyambhunath, Boudhanath, Pasupatinath and Kathmandu Durbar Square.

After sightseeing, you will meet your trekking guide. He/she will do small pre-meeting and briefing with you suggesting the needed gears throughout the journey. In the evening, you can pack your duffle bags and get ready for the journey. Stay overnight at the same hotel, Kathmandu.

Day 03 : Drive from Kathmandu to Beni (850m) - 9 hrs drive

Our journey begins today. We take our early meal and start our journey by getting into the vehicle. On the way there, we shall have the panoramic views of lavish hills, lush forests, terrains, rivers, and several hamlets of different casts and ethnic groups. After the long drive around 8-9 hours, we land at Beni, the headquarter of the Magdi district. We spend overnight at a guest house in Beni. Included meals: B, L, D.

Day 04 : Trek from Beni to Babia Chaur (950m) - 5 hrs walk

Leaving Beni and Kali Gandaki the trek heads west along the north bank of the Myagdi Khola through the village of Beni Mangalghat to Singa and Tatopani (hot springs). 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, back to the north bank from where it continues to the village of Babiachor. Overnight at tented camp, full board meals included.

Day 05 : Trek from Babia Chaur to Dharapani (1400m) - 6 hrs walk

This day our journey begins passing some plateau hills and the valley on the banks of the river. Enduring the journey, we reach the village named Shahasradhara and pass it. After the subsequent walk, we cross the Duk Khola. Walking through the terrains, we reach at Ratourunga. Further marching from there, we reach Dharapani village eventually and spend our overnight at a tented camp there. Included meals: B, L, D.

Day 06 : Trek from Dharapani to Muri (1850m) - 5 hrs walk

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. We Continue 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, full board meals included.

Day 07 : Trek from Muri to Boghara (2085m) - 6 hrs walk

From Muri, we descend for a short while, cross a stream and pass through terraced fields before climbing a ridge and reaching a pass. From the pass, we can see glorious Mt. Ghustung South (6465 m.). We descend to the west bank of Myagdi Khola and move to Naura village. Then we climb a little, traverse a hill, and climb another steep hill with zigzag trails. Then we cross a forest and terraced fields to finally reach Boghara. Overnight at tented camp with full board meals.

Day 08 : Trek from Boghara to Dobang (2520m) - 5 hrs walk

After having the first meal at Boghara, we head towards Dobang. At first, we head downhill steeply. Following the riverside, passing the thick forest, we reach at Jyardan. Subsequently, we follow a rocky trail and stormy way. Passing these ups and downs, boulders, we reach Lipshe. Further marching from there, we reach Lapche Kharka encountering some lush forests on the way. Then we climb for Dobang-our final destination of the day. Stay overnight at Boghara on a tented camp. Included meals: B, L, D.

Day 09 : Trek from Dobang to Choriban Khola (3110m) - 6 hrs walk

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 to continue to Chartare. Passing through forests again, you cut across a rocky area and cross a stream to Choriban Khola. Overnight at tented camp, full board meals included.

Day 10 : Trek from Choriban Khola to Italian base camp (3660) - 7 hrs walk

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 the 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, full board meals included.

Day 11 : Acclimatization day

We take the day off to rest and acclimatize to the thinning air of the high altitude. We roam around the camp with other trekkers and enjoy the jaw-dropping views of the snow-capped mountains. The rest is supposed to help ease the trekking days to come. Overnight at tented camp with full board meals.

Day 12 : Trek from Italian Base Camp to Glacier Camp (4210m) - 6 hrs walk

The trek starts early in the morning with good weather to avoid the stone falls that the area is prone to. We pass through a narrow gorge and then reach the Glacier camp. Overnight at tented camp with full board meals.

Day 13 : Trek from Glacier Camp to Dhaulagiri Base Camp (4740m) - 7 hrs walk

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, full board meals included.

Day 14 : Acclimatization day

As we are hiking in the higher elevation, we need more time to be adjusted ourselves in the thin air. To be prevented ourselves from Acute Mountain Sickness, and to explore Dhaulagiri Base camp therearound, we take rest there.

We can enjoy the first rays of the sun in the Mountain peaks such as Dhaulagiri I, II, III, V and Tukucho. In the noon we go around the camp and explore it as well. Stay overnight at Dhaulagiri Base Camp. Included meals: B, L, D.

Day 15 : Trek to Hidden Valley (5200m) via French Pass (5360m) - 7 hrs walk

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 (5250m) between Tukche Peak and Thapa Peak (6012m). Descending from Thapa Pass you will make it to camp at 5200 meters. Overnight at tented camp, full board meals included.

Day 16 : Trek to Yak Kharka (3680m) via Dhampus Pass (5200m) - 6 hrs walk

We have another easy pass today. After having our early meal at our tent, we hike towards Dhampus Pass. After the pass, we keep Dhaulagiri massif in the background and head downhill for Yak Kharka. We shall have the sloppy steep descend today. So,

we should have a careful walk this day as well. Stay overnight at Yak Kharka on tented camp. Included meals: B, L, D.

Day 17 : Trek from Yak Kharka to Jomsom (2710m) - 5 hrs walk

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, full board meals included.

Day 18 : Fly from Jomsom to Pokhara - 25 minutes flight

Catching the early flight, we fly to Jomsom in the morning. From the aircraft, you shall have the astonishing views of Annapurna ranges, Machhapuchre (Fishtail), and several lush hills and snow-clad peaks. You will fly over the deepest gorge of the world as well. As you land at Pokhara airport, you will be transferred to the hotel. In the day time, you can enjoy the city of lakes-Pokhara. Stay overnight at Pokhara in the hotel. Included meals breakfast only.

Day 19 : Drive from Pokhara to Kathmandu (1400m) - 7 hrs drive

Having an early meal at the hotel, we move to the bus park to catch the bus for Kathmandu. Around 7 hours of drive, we reach at Kathmandu. As you reach there, you shall be transferred to your hotel. In the evening, you can visit Thamel to buy some souvenirs for your beloved ones. You can pack your bags in the evening after dinner organized by our company. Stay overnight at Kathmandu. Included meals: Breakfast and dinner.

Day 20 : Departure from Nepal

It is finally time to bid farewell to this amazing country. Our representative will transfer you to the airport from where you will catch your flight. Bid goodbye to this beautiful nation as you fly to your next destination.

Trip Includes:

- All the airport and hotel transfers by private vehicles as per the itinerary.
- 1-day Kathmandu sightseeing around world heritage sites.
- All the long-range transports by local and tourist buses. (Kathmandu to Beni and Pokhara to Kathmandu)
- All the essential trekking permits and local taxes for the trek.
- All the essential camping equipments such as mattresses, tents, and kitchen utensils etc.
- Highly experienced English speaking trekking guide for the trek.
- Required porters and mules to carry your foods, luggage, and camping gears.

- An expert trekking cook to prepared your foods during the trek.
- All the trekking staffs insurance, wages, foods, accommodations and equipments.
- Full board meals while on the trek (Breakfast, Lunch & Dinner).
- Twin sharing or single tented camp accommodation while on the trek.
- A first-aid medical kit.
- Company duffel bags and sleeping bags to use for the trek.
- First aid medicine for the trek.
- Farewell dinner party at a typical Nepali restaurant after trip completion.

Trip Exclude:

- International airfares and Nepal's travel visa.
- All cold drinks such as alcoholic beverages, mineral water, Coke, Fanta, juice, etc.
- Travel insurance (We strongly recommend you to have travel insurance for this trip)
- Extra night hotel due to bad weather and earlier back to Kathmandu.
- Entrance fees for Kathmandu sightseeing.
- Gratitude for the trekking staffs.