

Dhaulagiri Trek

Duration: 21 Days



Overview

Trip Grade: Strenuous	Max Altitude: 5,360m
Activity: Trekking	Group Size: 02-12 People
Arrival On: Kathmandu, Nepal	Departure From: Kathmandu, Nepal
Meals: All meals during trek & breakfast in kathmandu	Accommodation: Stone Built Houses (tea houses) during trek

“Travel rugged Himalayan terrains to get exceptional Himalayan perspectives of Mt. Dhaulagiri with us.” Located at an approximate altitude of 8,167 meters above sea level is the glorious **Mt. Dhaulagiri** which is truly one of the most beautiful mountains in the world. However, it has not been able to garner much attention from the outside world and is often left unexplored by many trekkers and tourists who visit Nepal. Trekking in this particular region can be a life-changing moment for any novice trekker who wants to experience something out of the ordinary. The word Dhaulagiri stands for “**White Mountain**” in Nepalese language. This largely due to the fact that its snowy summit reflects a very bi-wildering sight which cannot be unseen by travellers who are making their way into the fascinating region of Dhaulagiri. Starting off with a cherish-able drive away from the capital city of Kathmandu, we travel to Beni town which is a small community town situated in the western part of Nepal. Here onward, our arduous journey commences reaching Italian Base Camp and Dhaulagiri Base Camp. Not only that but, trekkers also get to cross the famous French Pass (5,360m) and Dhampus Pass (5,200m) which can be a daring task for trekkers with vertigo. As it is situated close to the famous Annapurna region and separated only the Kali Gandaki gorge, this region holds a great amount of promise for people who dare to leave the mostly trekked trails and go towards the wilderness areas that have an unimaginable quantity of natural and cultural biodiversity. Even though trekkers are just realizing the beauty of Dhaulagiri region, many consider a trek here to be very demanding and physically exhausting when compared to other popular regions like the Everest, [Annapurna](#), and Langtang regions. Geographically this area of Nepal tends to be more pristine preserved away from the external forces of modern development. This drastically alluring arena filled with soaring Himalayan peaks and the typically intriguing cultures of indigenous communities living here is some of the major highlights of the entire trek. To sum up, we end our trek by taking a flight to Pokhara from Jomsom airport and

lastly by driving back to Kathmandu city. Without a doubt, our 21 days Dhaulagiri Trek is bound to provide trekkers with a phenomenal mountaineering and cultural experiences with many extreme adventurous trekking trails which demand a high level of physical fitness throughout the trek. In general, we mostly prefer Mar-Apr-May and Sep-Oct-Nov as the best time to plan and go for this trek as this trek remains closed during winter seasons. Contact, **Himalayan Holyland Treks and Expedition** today and don't miss out on the chance to visit this spectacular region with our professionally trained trekking staffs.



Itinerary

Day 01: Arrive at Tribhuvan International Airport (TIA) Kathmandu(1350m)

You are welcomed by our team staff members and then transferred to the booked hotel. After a refreshment break, our representative will briefly explain the program. Overnight at hotel at B/B basis program.

Day 02: Kathmandu Valley full day Sightseeing

This is a day for sightseeing world heritage sites in the Kathmandu Valley including, Kathmandu Darbar Square, Swayambhunath Temple and Patan durbar square. Overnight at the hotel at same program. B/B

Day 03: Drive to Beni (850m) by bus - 8 hrs

After breakfast, you head to Beni by Local Bus. You'll find most of the scenery is very enjoyable along the countryside. Beni is the district headquarters and has a police check post where your trekking permits will be examined. The town is at the confluence of the Myagdi Khola and the Kali Gandaki. Overnight at tented camps. B/L/D

Day 04: Trek to Babiachor (950m) - 5 hrs

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 Babichor. Overnight at tented camps. B/L/D

Day 05: Trek to Dharapani (1,400m) - 6 hrs

The valley widens and terraced hills developed 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 camps. B/L/D

Day 06: Trek to Muri (1,850m) - 5 hrs

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(1,810m). 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 camps. B/L/D

Day 07: Trek to Boghara (2,080m) - 6 hrs

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 (6,465m). 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 (2,080m). Overnight at tented camps. B/L/D

Day 08: Trek to Dobang (2,520m) - 5 hrs

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 one single hut. The trail continues through a forest to Lapche Kharka and then climbs to the level area at Dobang. Overnight at tented camps. B/L/D

Day 09: Trek to ChoribanKhola (3,110m) - 5 hrs

After crossing a wooden bridge out of Dobang the trail ascends a forested area. Soon the west face of Dhaulagiri I (8,167m) 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 camps. B/L/D

Day 10: Trek to the Italian Base Camp (3,660m) - 7 hrs

Follow a trail to the terminal moraine of the Chhonbarban Glacier and enter the glacier from the right. Tukche Peak (6,837m) becomes visible straight ahead; at the far end while the impressive north flank of Dhaulagiri I (8,167m) dominates the skyline to your right. After a short while you will reach Italian Base Camp (3,660m), which is also the site of your camp for the night. To the west are the peaks of Dhaulagiri II (7,751m), Dhaulagiri III (7,715m) and Dhaulagiri V (7,618m). Overnight at tented camps. B/L/D

Day 11: Acclimatization and rest day

We will spend a day acclimatizing to the thinning of the air. It is recommended that your body acclimatizes to the high altitude and be adjusted for higher altitudes in the days to follow. Overnight at tented camps. B/L/D

Day 12: Trek to the Glacier Camp (4,210m) - 6 hrs

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 camps. B/L/D

Day 13: Trek to the Dhaulagiri Base Camp (4,740m) - 7 hrs

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 (8,167m) dominating the skyline to your right. To the west are peaks of Dhaulagiri II (7,751m), Dhaulagiri III (7,715m) and Dhaulagiri V (7,618m). In front of you is the impressive ice-fall that descends from the north-east col. Overnight at tented camps. B/L/D

Day 14: Another acclimatization and rest day

Another day to take some rest and more importantly, acclimatize to the lower air pressure. Views from this place are superb and there is plenty to explore. Overnight at tented camps. B/L/D

Day 15: Cross the French Pass (5,360m), then trek to the Hidden Valley (5,200m) - 6 hrs

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 (5,360m). A great vista opens up from the French Pass and you will be able to see Mukut Himal (6,328m), Tashi Kang (6,386m) and Sita Chuchura (6,611m), all of which surround the Hidden Valley. To the south is Tukche Peak (6,920m) and beyond is the massive peak of Dhaulagiri I. From the French Pass you continue along the right edge of the Hidden valley losing a little altitude to the Thapa Pass

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(5,250m) between Tukche Peak and Thapa Peak (6,012m). Descending from the Thapa Pass you will make it to the camp at 5,200m. Overnight at tented camps. B/L/D

Day 16: Cross Dhampus Pass (5,200m), and trek to Yak Kharka (3,680m) - 6 hrs

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 camps. B/L/D

Day 17: Trek to Jomsom (2,710m) - 5 hrs

Continue on to the village of Marpha, on the west bank of the Kali Gandaki River. Marpha is home to many apple orchards as well as all various food products made from the fruit. Don't forget to taste the local Apple Brandy a specialty from the region that you may be lucky enough to taste en route. Continue north, up the river valley to the town of Jomsom. Overnight at tented camps. B/L/D

Day 18: Morning flight to Pokhara - 30 mins

Sightseeing around Pokhara A 30-minute morning flight takes us to Pokhara from Jomsom. Once we arrive at Pokhara airport, we then drive to the hotel. In the afternoon we will have a sightseeing tour around Pokhara valley, which covers Fewa Lake, Devi's water fall, Museum, Tibetan refugee settlement and Gupteshower cave, etc. Overnight at a hotel. B/B

Day 19: Leisure day and sightseeing around Pokhara

Leisure day and sightseeing around Pokhara. It's also spare day in case of bad weather in Jomsom. Overnight at a hotel. B/B

Day 20: Drive back to Kathmandu (1,345m)

You will have a farewell dinner in a traditional Nepali restaurant in this evening. B/B

Day 21: Final departure day.

Our representative drop you at the international airport. B

Cost Includes

- => Airport pick up and drop.
- => All the ground transportation by car, van or bus depends on group size.
- => Hotel accommodation in Kathmandu hotels on B/B basis before trek.
- => Sightseeing in Kathmandu with expert guide and entry fee as well.
- => Tented camp in trekking.
- => Meals on full board (breakfast/Lunch/Dinner) with hot drinks tea and coffee.
- => Special permit.
- => All necessary camping gears like two men tent, dining tent, kitchen tent, Toilet tent, Shower tent, kitchen equipment, mattress.
- => An experienced guide and cook and porters.
- => Food and accommodation for staffs.
- => Insurance for staffs.
- => All the government taxes.
- => Hotel accommodation in Kathmandu hotels on BB plan after trek.
- => Sightseeing in Kathmandu with expert guide and entry fee as well.
- => Tented camp in trekking.
- => Meals on full board (breakfast/Lunch/Dinner) with hot drinks tea and coffee.
- => All necessary camping gears like two men tent, dining tent, kitchen tent, Toilet tent, Shower tent, kitchen equipment, mattress.
- => An experienced guide and cook and porters.
- => All the government taxes.
- => T-shirt from company.
- => Trekking map.
- => Trip completion certificate.

Cost Excludes

- => Lunch and dinner in Kathmandu.
- => Travel insurances.
- => Nepal entry visa.
- => Items of a personal nature such as alcoholic drinks, cold drinks, laundry.
- => Tips for guide, porters and driver.
- => Any expenses incurred during emergency evacuation due to any reason.
- => Personal expenses such as telephone & internet using.