

# DHAULAGIRI CIRCUIT TREK (5416M)

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

Nepal

## ACTIVITY

Trekking

## ACCOMMODATION

Hotel, Lodge, Tea House, Tent

## WALKING

4-6 hours

## MAX ALTITUDE

5,416

m

## DURATION

16

Days

## DIFFICULTY

Hard

Difficult

## GROUP SIZE

5

People

## Expedition Overview

The Dhaulagiri Circuit Trek is a premier high-altitude trekking designed for fit, experienced trekkers seeking a true Himalayan challenge. This rigorous route circles Dhaulagiri (8,167m), the world's seventh-highest peak, offering a comprehensive journey through every trekking environment Nepal has to offer—from lush lowlands to the stark, frozen beauty of high-altitude glaciers. Rich in history and natural grandeur, the trek follows the legacy of the 1960 first-ascent pioneers. Starting from Takam, you will reach the Dhaulagiri Base Camp in six days before tackling the formidable French Col and Dhampus Pass. These high points provide stunning, panoramic views of the Annapurna and Nilgiri ranges. Combining remote wilderness with untamed landscapes, this circuit is the quintessential choice for those wanting to experience the most rugged and beautiful corners of the Himalayas.

## INCLUDES

- **1. ARRIVAL AND DEPARTURE** – Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- **2. HOTEL ACCOMMODATION IN KATHMANDU** – 4 nights hotel in Kathmandu (5-star category) - single room on bed and breakfast plan.
- **3. WELCOME DINNER** – One Welcome Dinner in a tourist standard restaurant in KATHMANDU with office staff.
- **4. CARGO CLEARANCE** – Assistance for cargo clearance in Nepal's customs, clearance cost is subject to a charge.
- **5. PERMIT** – All necessary paper works: Annapurna Conservation Area permit, TIMS permit & conservation entry fee.
- **6. INSURANCE** – Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek.
- **7. DUFFLE BAG** – One 120L 14 Peaks duffle bag (caps/neck warmer).
- **8. MEMBER TRANSPORTATION** – (Domestic Flight) Fly from Kathmandu – Pokhara and while returning Pokhara - Kathmandu, as per itinerary.
- **9. MEMBER LUGGAGE** – Up to 15 Kg per member for personal baggage during the trek to be carried by porters/yaks.
- **10. FOOD AND LODGING** – 3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek.
- **11. DRINKING** – Per day 2 Liters of boiled water per member to carry on the thermos.
- **12. PORTER** – Porters (1 porter:2 trekkers) during the trek.
- **13. WEATHER FORECAST** – Weather forecast report during the entire trekking.
- **14. GUIDE** – Local government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.
- **15. STAFF SALARY AND ALLOWANCE** – All Nepalese staff & porters' daily wages, salary, equipment, foods & clothing.
- **16. VALLEY SIGHT SEEING** – Sightseeing in Kathmandu Valley [Pashupatinath Temple, Swoyambu (Monkey temple), and Kathmandu Durbar Square] by a professional guide.
- **17. MEDICAL KIT** – Comprehensive medical kit for members and staff.
- **18. MAP** – Dhaulagiri region trekking map

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- **2. HOTEL ACCOMMODATION IN KATHMANDU** – 4 nights hotel in Kathmandu (5-star category) - single room on bed and breakfast plan.
- **3. LUNCH & DINNER** – Lunch & dinner during the stay in Kathmandu (also in case of early return from trekking than the scheduled itinerary).
- **4. EXTRA NIGHT IN KATHMANDU** – Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from trekking, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **5. INSURANCE POLICY** – Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) \*Mandatory (Send us a copy of your insurance policy- before your arrival.)
- **6. PERSONAL EXPENSES** – Telephone calls, internet, toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- **7. TOILETRIES** – Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **8. FILMING** – Special filming, camera, and Drone permit fee.
- **9. INTERNET SERVICE** – Not included during the trek and the trekking.
- **10. TIPS** – calculate some tips for guide minimum 250 USD & 100\$ for porters.
- **11. EXTRA** – Any other services or activities, which are not mentioned in the itinerary and not listed in the “Cost Includes” section.

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu & Transfer to the Hotel (1,400m)	-	Hotel	
2	Fly from Kathmandu to Pokhara	B	Hotel	
3	Drive from Pokhara to Takam	B/L/D	Lodge	
4	Trek from Takam to Muri (1,850m)	B/L/d	Tea House	
5	Trek from Muri to Bagar (2,080m)	B/L/D	Tea House	
6	Trek from Bagar to Dovan (2,520m)	B/L/D	Tea House	
7	Trek from Dovan to Italian Base Camp (3,660m)	B/L/D	Tea House	
8	Acclimatization at Italian Base Camp (Rest day)	B/L/D	Tea House	
9	Trek from Italian Base Camp to Dhaulagiri Base Camp (4,750m)	B/L/D	Tent	
10	Trek from Base Camp to Hidden Valley (5,050m) via French Col (5,360m)	B/L/D	Tent	
11	Trek from Hidden Valley to Yak Kharka (3,680m) via Dhampus Pass (5,240m)	B/L/D	Tent	
12	Trek from Yak Kharka to Jomsom (2,720m) Or Marpha	B/L/D	Lodge	
13	Fly / Drive to Pokhara and transfer to the Hotel	B/L/D	Hotel	
14	Fly from Pokhara to Kathmandu	B	Hotel	
15	Sightseeing around Kathmandu valley and stay at hotel.	B	Hotel	
16	Transfer to International Airport for final departure	B	-	

# Trekking Gear List

## Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate   Summit Down Suit – 8000M

## Medicine / First Aid Kits

Paracetamole

## Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

## Lower Body

Trouser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

## Foot Wear

Summit Boot - 8000m   Sport Shoes

## Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

## Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter  
Snow Goggles   Balaclava

## Eating & Drinking

Water bottle   Thermos

## Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

## Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera   GPS Tracker