



Dhaulagiri Circuit Trek

URL: <https://naatatravels.com/trip/dhaulagiri-circuit-trek/>

Duration

21 Days

Per Person Cost

USD 2450

Difficulty

Strenuous

Group Size

1-16

Maximum Elevation

5360 meters

Accommodation

3-star hotel in Kathmandu and Teahouses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and all meals during the trek

Departure

Kathmandu

Trip Route

Dhaulagiri

Dhaulagiri Circuit Trek Highlights

An adventure that circulates the seventh-highest mountain in the world.

Exploration of three major base camps: Dhaulagiri, Glacier, and the Italian base camp.

Crossing thrilling passes, namely, French pass and Dhampus pass.

Diverse and endangered flora and fauna.

Scenic and unaltered trail with scenic mountain views, waterfalls, fast-flowing rivers, and charming villages.

Diverse ethnic settlements include Gurungs, Magar, Chettri, and Thakali.

Splendid views of Dhaulagiri, Tukucho Peak, Annapurna, Dhampus Peak, and Gurja Himal, among many others.

Trip Overview

The Dhaulagiri circuit trek is for adventure enthusiasts who want to spend ample time in and around the Himalayas. This journey takes you to the base camp of the *world 7th seventh-tallest peak, Dhaulagiri I*. Also known as the white mountain, this is also the tallest mountain within the borders of a single country. When discovered in **1808**, *this mountain was considered the tallest mountain in the world for 30 years until Kanchenjunga was found, whose crown was later taken by Mt. Everest*.

This trek traverses across the remote and unaltered region of the Himalayas. This trek is best for those who wish for a bit of thrill in their expedition due to the involvement of several daunting Himalayan passes. *Considered one of Nepal's most **physically demanding** treks*, one has to go through the formidable French Pass (5,360 meters) and Thapa Pass. Furthermore, one reaches the Italian base camp, glacier camp, and Dhaulagiri base camp, which will surely enthrall this trek.

Our trip begins with a tour of **UNESCO World Heritage sites** in Kathmandu. Spanning across 180 km, this trip takes around three weeks to complete. The route follows the path alongside the Myagdi Khola River and passes through several villages such as Darbang, Muri, Boghara, Dobang, Italian base camp, and Dhaulagiri base camp, among others. We also reach the hidden valley after passing through the French pass, which gets its name after the circuit discovered by the French in the 50s. Moreover, the views from Yak Kharka are simply amazing, offering us views of Nilgiri Peak (6940 meters), Annapurna I Peak (8091 meters), Tilicho Peak (7134) meters, Thorong Peak (6144 meters) as well as Upper Mustang Valley.

Note: *If you want to discover more about Kanchenjunga, try our [Kanchenjunga Circuit Trek](#) package.*

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3- star hotel

Meals:

Dinner

Altitude:

1400 meters

Day : Guided sightseeing around Kathamandu

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara-style temples grouped around a fifty-five window palace of brick and wood. The attraction of the Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Accommodation

3- star hotel

Meals:

Breakfast

Altitude:

1400 meters

Day 7-8 hours: Drive to Beni

After having breakfast we head to Beni by local bus as tourist bus doesn't play there. The drive is enjoyable in itself as we drive through the countryside. Beni is a district headquarter which is situated in the junction of two rivers; Myagdi Khola and Kali Gandaki.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

850 meters

Day : Trek to Babiachour

We leave Kali Gandaki behind and start trekking west along the banks of Myagdi Khola through the village of Singa and reach Tatopani (hot springs). We then cross a bridge near the village of Simalchour and then we reach the village of Babichor.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

950 meters

Day : Trek to Dharapani

The valley widens from there on and we can see terraced hills on the sides of the river. The trail is fairly easy today and we come across the Duk Khola and walking through fields we arrive at Ratorunga. From here on the valley narrows and we reach the village of Dharapani.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1400 meters

Day : Trek to Muri

As we walk and leave Phedi the trail starts a steep climb until we arrive at a ridge. We come across the village of Muri and then to Sibang and Mattim. We then descend to Gatti Khola and reach Phalai Gaon (1810m). We cross the Dhara Khola and then climb a ridge to the large Magar village of Muri.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1850 meters

Day : Trek to Boghara

We descend a bit and cross a stream through terraced fields after which we climb a ridge to a pass. We descend to the Myagdi Khola and trek along the banks to the village of Naural. We walk through grassy fields, into a forest and reach Boghara (2080m) where we will stay the night.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2080 meters

Day : Trek to Dobhang

The trail first descends and passes through a forest to Jyardan which is one of the remotest settlements in this area. After some ups and down the trail leads to a forest and to Lapche Kharka and climbs to Dobang.

Time:

4-5 hours

Accommodation

Tehouse

Meals:

Breakfast, lunch and dinner

Altitude:

2520 meters

Day : Trek to Choriban Khola

After crossing a wooden bridge out of Dobhan the trail ascends. From there on the west face of Dhaulagiri appears. We descend the Myagdi Khola and cross it via a wooden bridge and we reach Choriban Khola.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3110 meters

Day : Trek to Italian Base Camp

We follow a trail to Chhonbarban glacier and right away Tukche Peak (6,837) becomes visible straight ahead while further away Dhaulagiri(8,167m) looms over other mountains. After a short walk we reach the Italian Base camp (3,660m) which is the camp site for the night .

Time:

5-6 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

3660 meters

Day : Acclimatization day

We will spend a day acclimatizing to the thinning of the air. It is really important that the body gets time to acclimatize to the higher altitude. We can go on short walks around the area and explore the day today.

Accommodation

Tented Camp

Meals:

Breakfast, lunch and dinner

Altitude:

3660 meters

Day : Trek to Glacier Camp

We start walking early in the morning, the trail today passes through a narrow gorge and is quite tricky as it is susceptible to stone fall. We stay overnight near the glacier today.

Time:

5-6 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

4210 meters

Day : Trek to Dhaulagiri Base Camp

Today is the day we trek to Dhaulagiri base camp. From here the views we get of the north face of Dhaulagiri I(8,167m) and Dhaulagiri II(7,715m), Dhaulagiri III (7,715m) and Dhaulagiri V (7,618m) to the West will no doubt leave us stunned.

Time:

6-7 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

4740 meters

Day : Acclimatization Day

We take yet another day to acclimatize as we will gain altitude tomorrow. There is plenty to explore here and needless to say the views from this place is astounding.

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

4740 meters

Day : Cross French Pass and trek to Hidden Valley

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 (5,360 m). A great vista opens up from the French Pass and you will be able to see Mukut Himal (6,328 m), Tashi Kang (6,386 m) and Sita Chuchura (6,611 m), all of which surround the Hidden Valley. To the south is Tukche Peak (6,920 m) 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 (5,250 m) between Tukche Peak and Thapa Peak (6,012 m). Descending from the Thapa Pass you will make it to the camp at 5,200 m.

Time:

5-6 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

5360 meters

Day : Cross Dhampus Pass and Trek to Yak Khakra

Today we make a steep descend from the Hidden Valley to the Dhampus Pass and continue to Yak Kharka. There is a perfect campsite to enjoy the surroundings.

Time:

5-6 hours

Accommodation

Tented Camps

Meals:

Breakfast, lunch and dinner

Altitude:

5200 meters

Day : Trek to Jomsom

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.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2710 meters

Day : Morning flight to 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 waterfall, Museum, Tibetan refugee settlement and Gupteshower cave, etc.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

900 meters

Day : Guided Sightseeing in Pokhara

It's also spare day in case of bad weather in Jomsom. If you are in Pokhara, you will do some sightseeing today.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

900 meters

Day : Drive back to Kathmandu

We take a scenic drive to Kathmandu whilst driving along the Trishuli River most of the time.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1400 meters

Day : Departure

Today is the last day of our trip. Our office representative will drive you to the airport for your departure.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu and Pokhara with breakfast, Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- Kathmandu to Pokhara and vice versa in a tourist bus
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures's trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)
- All government and local taxes

Trip Excludes

- Nepalese visa fee
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and Rescue Insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled

water, shower, etc)

- All other not mentioned in cost includes section

Additional Information Of Dhaulagiri Circuit Trek

Best time for Dhaulagiri Circuit trek

Spring (March to May)

Spring is a delightful time to embark on the Dhaulagiri Circuit Trek. The weather during this season is generally mild, with temperatures gradually warming up as the days progress. Daytime temperatures at lower altitudes range from **10°C to 20°C (50°F to 68°F)**, while higher elevations can still be quite cold, especially at night.

One of the highlights of trekking in spring is the vibrant display of rhododendron forests in full bloom, painting the landscape in vivid red, pink, and white hues. This season also offers stable weather conditions, with clear skies and minimal precipitation, providing excellent visibility of the majestic Dhaulagiri and surrounding peaks. As this is a popular trekking season, you can expect a moderate number of fellow trekkers on the trails, adding a sense of camaraderie to the journey.

Summer/Monsoon (June to August)

The summer months coincide with the monsoon season in Nepal, making it the least favorable time for the Dhaulagiri Circuit Trek. Heavy rainfall is a common occurrence, leading to wet and slippery trails that can be hazardous. The daytime temperatures range from **15°C to 25°C (59°F to 77°F)** at lower elevations, while higher altitudes remain cooler. Monsoon clouds often obscure the mountain views, and the lush greenery is shrouded in mist, reducing visibility.

Trekkers also need to be cautious of leech infestations and the risk of landslides in certain areas. Additionally, swollen rivers can make stream crossings more challenging. While the monsoon season brings the landscape to life with lush vegetation, the overall trekking experience can be hampered by adverse weather conditions and associated risks.

Autumn (September to November)

*Autumn is considered the **best time** for the Dhaulagiri Circuit Trek*, offering near-perfect trekking conditions. Following the monsoon, the air is crisp and clean, and the skies are usually clear, providing stunning and uninterrupted views of the towering peaks. Daytime temperatures range from **10°C to 20°C (50°F to 68°F)** at lower elevations, with cooler temperatures at higher altitudes.

The post-monsoon period ensures the landscape is lush and vibrant, with the harvest season adding a touch of golden hues to the fields. The trails are bustling with trekkers worldwide, as this is the peak season for trekking in Nepal. The favorable weather, breathtaking scenery, and vibrant cultural experiences make autumn an ideal time to undertake the Dhaulagiri Circuit Trek.

Winter (December to February)

Winter brings a **more challenging and serene** trekking experience to the Dhaulagiri Circuit. The temperatures during this season can drop significantly, especially at higher altitudes, with daytime temperatures ranging from **0°C to 10°C (32°F to 50°F)** at lower elevations and well below freezing at higher altitudes. The trails and high passes are often covered in snow, making trekking more strenuous, requiring proper winter gear and experience handling extreme cold.

The clear skies offer stunning views of the snow-covered peaks against a bright blue backdrop. However, the shorter daylight hours and the potential for harsh weather conditions can pose additional challenges. The winter season sees fewer trekkers on the trails, providing a sense of solitude and tranquility. Still, it is best suited for experienced trekkers well-prepared for the cold and demanding conditions.

Permit for Dhaulagiri Circuit Trek

For the Dhaulagiri Circuit Trek, you will need:

- **Dhaulagiri Restricted Area Permit (RAP):** \$70-\$100 per person per week. This permit is required to trek in the restricted area around Dhaulagiri.
- **TIMS Card:** \$7 for group trekkers and \$10 for individual trekkers. This card helps manage trekker information and safety.
- **Annapurna Conservation Area Permit (ACAP):** \$30 per person. Needed because part of the trek falls within the Annapurna Conservation Area.

These permits are usually arranged through trekking agencies, which handle the paperwork and ensure you have the necessary documentation for your trek.

Trek Difficulty

The Dhaulagiri Circuit Trek is generally considered **challenging**, but it is best for those who have already experienced trekkers and have good physical fitness. This trekking is somewhat demanding because it crosses several high-altitude passes, such as the French Pass and Dhampus Pass. Therefore, the trekkers are prone to attacks of high altitude sickness.

It ranges from **18 to 21 days** and passes through different terrains, including forests, rocks, and glacial moraine. The trekkers are exposed to varying weather patterns, including freezing climates with the possibility of snow to support the challenging demands of the trek. The road passes through some very lonely areas; for these reasons, it is crucial to be self-contained and ready.

One has to be in good physical health since there is a lot of walking involved in each day of trekking under challenging terrains. In conclusion, the Dhaulagiri Circuit is a very satisfying route for anyone ready to face and overcome the physical and logistic obstacles of the mountains.

Accommodations during the Trek

Accommodations during the Dhaulagiri Circuit Trek vary significantly *depending on the altitude and remoteness of the location*. In the lower regions, trekkers can find teahouses and lodges that offer basic amenities, including simple rooms with twin beds or dormitory-style arrangements, shared bathrooms,

and meals that range from traditional Nepali dishes to some Western options.

As you ascend to higher altitudes, the availability of such accommodations decreases, and conditions become more basic, with fewer teahouses offering smaller rooms and limited facilities. *Camping becomes necessary in the most remote and high-altitude sections of the trek.* Organized trekking groups typically include camping in their itineraries, providing high-quality tents for sleeping, dining, and kitchen purposes.

Throughout the trek, accommodations are designed to meet the essential needs of trekkers while ensuring they have a place to rest and refuel for the journey ahead.

Meals during trek

Meals during the Dhaulagiri Circuit Trek are designed to meet the nutritional needs of trekkers and vary based on altitude and remoteness. *In lower regions, teahouses and lodges offer diverse options like porridge, pancakes, toast, eggs, Tibetan bread, dal bhat (lentil soup with rice), noodle dishes, soups, fried rice, momos, and occasionally pasta or pizza.* Snacks such as biscuits and chocolate bars are also available, though pricier at higher altitudes.

At higher elevations, meal options become simpler, focusing on high-energy foods like dal bhat, noodles, and soups. During camping, trekking support staff prepare meals that include local and international dishes, using fresh produce as much as possible. Trekkers should carry high-energy snacks and stay hydrated with boiled or purified water. Vegetarian options are standard, and informing guides of dietary restrictions in advance is recommended.

Historical and Cultural Significance of the Dhaulagiri Region

The Dhaulagiri region, the *seventh tallest mountain in the World*, has depths in history and cultural background. Dhaulagiri, with a height of **8167m**, was climbed in 1960, and the hill is very steep. The nearby places have ethnic groups such as the Gurungs, Thaklis, and Magars, who have their own culture and customs and practice their festivals. The native locals can celebrate festivals like Lhosar, and even trekkers can taste delicious local dishes and watch the native dances.

It also passes through several monastic hermitages and temples since this area has immense religious significance to the locals. Some tourist attractions are the facilities of Marpha, the Tibetan Buddhist monastery, and Tsarang, the Bonpo monastery, which has a beautiful deep of colored prayer flags and unique paintings. These sites, accompanied by other shrines on the way, provide the trekkers with ideas on the religious beliefs and spiritual life of the people in the region, thus diversifying the trekking experience in this part of the Himalayan range.

Frequently Asked Questions

How much does it cost to go to Dhaulagiri?

Traveling to Dhaulagiri typically costs between \$2,500 and \$4,000, covering trekking permits, guide and porter fees, transportation, accommodation, and meals. The remote location and logistical challenges

contribute to the higher expenses.

What is the success rate of Dhaulagiri?

The success rate for climbing Dhaulagiri is relatively low, around 30% to 40%. The high altitude, technical difficulty, and severe weather conditions contribute to the challenges and risks of summiting.

Is Dhaulagiri visible from Pokhara?

Dhaulagiri is generally not visible from Pokhara due to its distance and the terrain blocking the view. Clear visibility may occur from higher viewpoints or during specific weather conditions, but it is uncommon in the city.

What kind of wildlife might trekkers see on the Dhaulagiri Circuit?

Trekkers on the Dhaulagiri Circuit might encounter wildlife such as the Himalayan tahr, blue sheep, and various bird species like the Himalayan griffon. The diverse flora includes alpine shrubs and rare medicinal plants.

How does the Dhaulagiri Circuit Trek compare to other high-altitude treks?

The Dhaulagiri Circuit Trek is more challenging than many high-altitude treks due to its rugged terrain, high passes, and severe weather conditions. It requires advanced trekking experience and physical fitness compared to treks like Annapurna or Everest Base Camp.

Are there any specific health precautions for the Dhaulagiri Trek?

Trekkers should be cautious of altitude sickness, which can be severe due to the trek's high elevations. Proper acclimatization, hydration, and having medications for altitude sickness are critical. Regular health check-ups and fitness training are also recommended.

What are the transportation options to reach the start of the Dhaulagiri Circuit Trek?

To reach the start of the Dhaulagiri Circuit Trek, trekkers typically fly to Pokhara from Kathmandu and then take a domestic flight to Jomsom or drive to Beni. From Beni, the trek starts with a hike to the trailhead.

Can trekkers do the Dhaulagiri Circuit independently?

While it is technically possible to do the Dhaulagiri Circuit independently, it is highly recommended to join a guided trek due to the region's remoteness, complex routes, and the need for local knowledge and support for safety and navigation.

What type of insurance is recommended for the Dhaulagiri Circuit Trek?

Comprehensive travel insurance covering high-altitude trekking, emergency evacuation, and medical expenses is essential. Ensure the policy includes explicit coverage for altitude sickness and potential

evacuation from remote areas.

What are the emergency evacuation procedures on the Dhaulagiri Circuit Trek?

In an emergency, evacuation procedures include arranging for helicopter rescue, which can be costly and require pre-arranged insurance coverage. Local guides and agencies typically coordinate emergencies, ensuring trekkers receive prompt assistance.

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal