Around Dhaulagiri Trekking

Duration: 23 Days | Location: Around Dhaulagiri, Nepal



Trip at a glance

Category: Annapurna region

Location: Around Dhaulagiri, Nepal

Duration: 23 Days

Difficulty: 6/10

Trip Style: Around Dhaulagiri Trekking

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 5360 m

Group: Min-1, Max 20

Summary

Around Dhaulagiri Trekking/Dhaulagiri Trekking through the Dhaulagiri region is a trek for the experienced hikeWhite Mountain located in north central Nepal

Overview

Trip Introduction

Dhaulagiri Trekking is located part of the Western Mustang district Nepal. Mountains that you can see from this area Lilgiri Himal are as Dhampus peak and Tukuche Peak ETC. Dhaulagiri Trekking through the Dhaulagiri region is a trek for the experienced hikers only. Upper Mustang trek

The trails lead through the difficult and remote area with feral landscapes and pass in their natural habitat. The remoteness of this area has left the independent on natural course for survival as the sector is still to reap the benefit of development progression into this region. located in north central Nepal, with its crest stretching over thirty miles, the lending structure of twisting ridges, glaciers, and ice fall. The areas through the Dhaulagiri region are noticeable with fantastic views of both majestic Himalayan peaks and white-water rivers. This region inhabits several ethnic minorities such as Magars, Thakalis and Gurungs who speak their own languages and still adhere to local customs.

Dhaulagiri is also referred to as the White Mountain l Annapurna Circuit Trek

The area offers a diversity of cultural, scenery and natural history as varied as the mountain. You may also like to visit this link for more option to trek in Annapurna site. Dhaulagiri circuit trekking include two passes French pass 5360 m & Dhampus pass 5234 m & good physical fitness is required for this trekking. Trekking in Dhaulagiri base camp is amazing life time experience with vast massif screens the hidden lands of Dolpo to its north, and to the west of it are Nepal's far western hills. Mt. Dhualagiri base camp trekking is virtue trekking for those who love nature, mountain views & challenging pass. Ghorepni Poon Hill Trek

Day by day itinerary

Trip Itinerary

Day 01: Arrive in Kathmandu (1300m).

Upon arrival at Kathmandu airport, we receive you there and drive to the hotel. Free day in the

afternoon and tour briefing in the afternoon.

Day 02: Kathmandu to Pokhara (7/8 hrs).

Kathmandu to Pokhara by Tourist bus is the best way to transport to travel Pokhara by overland.

Day 03: Pokhara to Darbang (1110m).

Pokhara, then drive down into the Kali Gandaki Valley and up the tributary Myagdi Khola valley as far as Darbang situated at an altitude of approximately 1100 meters. We set up the first camp of the trip at Darbang.

Day 04: Trek To Dharapani (1560m, 5/6 Hours).

We set off trekking, passing through several villages route to the ridge-top settlement of Dharapani.

Day 05: Trek to Sabang (1780m, 6/7 hours).

We set off trekking, passing through several villages route to the ridge-top settlement of Takam. We have lunch here, then continue our trek via Takam to Sabang (1770m).

Day 06: Trek to Juge Khola (1450m,7/8 hours).

Today, we trek to the large village of Muri where we stop for lunch, before continuing our the ascent of the Myagdi Khola valley to Naura Bhir (1450m).

Day 07: Trek to Bagar (2080m, 7/8 hours).

We trek northwards, still following the Myagdi Khola, to the village of Baghara. We descend to the river before climbing again to the herders camp at Lapche Kharka (2000m).

Day 08: Trek to Sallaghari (2510m, 6/7 hours).

The trail continues climbing through forest to the open grazing area of Dobang. After lunch, continue to Sallaghari (2500m) where we make camp.

Day 09: Trek to Italian Base Camp (3660m, 4/5 hours).

Today, we trek through a forested area and across moraine to reach the area known as the ' Italian Base camp' (3660m) where we make our camp below the stupendous west face of

Dhaulagiri.

Day 10: Trek to Japanese Camp (38900m, 3/4 hours).

Continuing our ascent of the Myangdi Khola, we make the short but steep climb to our next camp known as ' Japanese Camp' or Chhonbardan Glacier Camp (4200m). There are great

views of the Dhaulagiri peaks.

Day 11: Rest Day at Japanese Camp.

We are now around 4,000 meters and our next camp will be at 4700 meters so it is important that we include an acclimatization day prior to going higher. A good day for resting and catching up with the laundry.

Day 12: Trek to Dhaulagiri Base Camp (4748m, 7/8 hours).

Today, we trek across moraine of the Dhaulagiri West Icefall to reach Dhaulagiri Base camp(4748m) which we should reach in time for lunch. We set up camp here in a fantastic location completely surrounded by Himalayan peaks.

Day 13: Trek to Hidden Valley (5140m, 6/7 hours) via French Pass(5360m).

An early start, crossing moraine to eventually reach a ridge that takes us up to the easy-angled snow slopes leading to the French Pass (5360m). We cross the pass to reach the ' Hidden Valley' behind Dhaulagiri where we make camp at 5120 meters.

Day 14: Trek to Dhampus Pass (5244m, 5/6 hours) via Dhampus Pass.

We climb back up to the level of the French Pass at the other end of the valley and then make the high traverse across to the slightly lower Dhampus Pass (5280m). Once over the pass, we descend steeply to our camp at Kalapani (4430m).

Day 15: Trek to Kalapani (4430m, 9km, 4/5 hours).

We see there nice Mountains,look like sky.

Day 16: Trek to Alu Bari (3900m,5/6 hours).

Alu bari we see Nilgir Mountains,Marpha village and Jomsom Airport .

Day 17: Trek to Jomsom (2720m,5/7 hours).

Today we descend 1180 meters to the floor of the Kali Gandaki Valley and the pretty village of Marpha (2667m) on the Annapurna Circuit. A short trek north then takes us to Jomsom (2720m), where we stay in a lodge.

Day 18: Trek to Muktinath (3800m,5/6 hours) Tea house.

Day 19: Trek to Muktinath Phedi (3980m,3/4 hours) Tea house .

Day 20: Trek to Thorung La High Camp, we will have a track that turns slender and moves crossways from side to side with a shaky incline and after that walk down to Thorung La Pass lying at 5416m.

Day 20: Trek to Manang (3440m, 5/6 hours) Tea house.

Day 21: Trek to Chame (2670m, 5/6 hours) Tea house.

Day 22: Chame to Besisharar By public Jeep (820m, 3/4 hours).

Day 23: Beshara to Kathmandu by Public bus (6/7 hours).

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- All land transfer, arrival, and departure as per the itinerary.
- Hotel accommodation with bed and breakfast Twin sharing basis as per the itinerary.
- Food during the trek 3 meals a day (breakfast, lunch, and dinner) in specified local lodges or prepared by our cook.
- English speaking experienced & professional trekking guide licenses holde.

- Porters (1 porter carries the luggage up to 25 kgs of 2 participants during the trek).
- City tours as mentioned in the itinerary with English speaking guide and all land transportation with private car/jeep/van.
- All necessary trekking and climbing related permit including TIMS, National Park Entrance fee, and ACAP Fee.
- Insurance, proper warm clothing, shoes, sunglass and daily wages for guide and porter.
- Camping Trek daily wages, Guide, Sherpa helpers, Cook, Kitchen Boys, Porters, with food allowance while trekking.
- Accommodation in 2 men Tents during Trek supported with a dining tent, Kitchen tent, Toilet tent, Shower tent, Table, chairs and Mattress.
- Necessary kitchen utensils.

Exclusions

- Lunch and dinner while in Kathmandu or in Pokhara stay.
- Personal gears and expenses of personal nature and Personal medical and travel insurance emergency evacuation.
- Hard and any form of soft drinks.
- All confectionary and snacks, Charges for desserts including shower and boiled drinking water, Phone calls, Laundry and Alcoholic beverages etc.
- Any airfare: Domestic International departure taxes and any excess baggage charges.
- Tips and Gratitude for Guides and Porters according to the custom of trekking in Nepal.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 23 Days.

Group Size: Min-1, Max 20.

Trekking Region: Around Dhaulagiri.

Trip Type Name: Around Dhaulagiri Trekking.

Highest Altitude of the trek: 5360 m.

Highest Point: Around Dhaulagiri Trekking (5360 m)

Grade: Challenging.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Departure

Departure

Review

Trip gallery

View photo on the trip page

View photo on the trip page



Around Dhaulagiri Trekking - photo 3

Plan your journey with our team

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