Dhampus Peak Climbing

Duration: 20 Days 19 Night | Location: Dhampus, Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Dhampus, Nepal

Duration: 20 Days 19 Night

Difficulty: 4/10

Trip Style: Trekking & Hiking

Best Time: Apr-Jun / Sep – Nov Dec

Accommodation: Camping

Max Altitude: 6012m

Group: Min. 1- Max.12

Summary

Dhampus Peak Climbing/The Dhampus Peak lies beautiful challenging trekking peak of Dhampus Peak/ Dhaulagiri round Trek/Lower mustang trek Nepal Trip cost /

Overview

Trip Introduction

The Dhampus Peak lies beautiful challenging trekking peak of Dhampus Peak. you need a special permit and experienced climbing guide though previous skill is not compulsory to climb this Trekking pea Dhampus Peak lies northeast of big Dhaulagiri massif. It is in terms of climbing technicalities an easy mountain to ascent. Mardi Himal Trek

The overwhelming altitude differenced between Annapurna and Dhaulagiri range makes Dhampus peak a very exposed spot to observe the scenery from which you can enjoy with Dhaulagiri (8167 m), Tucuche Peak (6920 m) and others mountains. The biggest mountain ranges in the world with an uninterrupted height between seven 7 and 8 thousand meters. Containing Annapurna 1,2,3,4, Annapurna south, the Nilgiris and Tilicho Peak tower above the horizon in the south. Ghorepani Poon Hill Trek

The 3500m ascent from Tukuche, where our climb starts, makes you feel having gone really high.The normal peak to Dhampus peak follows the west ridge, which connects Dhampus Pass (5200m), where our highest camp is placed with the summit. The expedition exceeds the 6000m frontier; no technical climbing skills are required. The use of crampons depends on snow conditions. Annapurna Circuit Trek

Day by day itinerary

Trip Itinerary

Day 01: Arrival in Kathmandu and met our staff and transfer to hotel.

Day 02: A free day in Kathmandu.

Day 03: Kathmandu – Pokhara by car or tourist bus.

Day 04: Drive to Nayapul (1070m) and trek to Tikhedhunga (1480m.)

Day 05: Trek to Ghorepani (2800m).

Day 06: Trek to Tatopani (1190m), After excursion of Poon Hill (3200m).

Day 07: Trek to Ghasa (2010m).

Day 08: Trek to Larjung (2550m).

Day 09: Trek to Marpha (2670m).

Day 10: Trek to Yak Kharka (3680m).

Day 11: Trek to Dhampus Base Camp (5100m).

Day 12: Trek to High Camp (5600m).

Day 13: Summit to Dhampus Peak (6012m) and back to Base Camp.

Day 14: Reserve day.

Day 15: Trek to Yak Kharka (3680m).

Day 16: Trek to Marpha (2670m).

Day 17: Trek to Jomsom (2710m).

Day 18: Fly to Pokhara overnight at hotel.

Day 19: Drive back to Kathmandu.

Day 20: Transfer to Airport to return home.

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 on 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

Duration: 20 Days.

Activities: Peak Climbing.

Accommodation: Camping.

Region: Dhampus.

Grade: Medium.

Group size: Min. 1- Max.12.

Season: Apr-Jun / Sep – Nov Dec.

Max. Altitude: 6012m.

Transport: Fly in -Fly Out.

Departure

Departure

Review

Trip gallery

View photo on the trip page

View photo on the trip page



Dhampus Peak Climbing - photo 3

Plan your journey with our team

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