



info@nepalbasecamptreks.com
[+977-9851111874](tel:+977-9851111874)

Dhaulagiri Round Trek

URL: <https://nepalbasecamptreks.com/trip/dhaulagiri-round-trek/>

Trip Code

NBT 016

Destination

Nepal

Start / End Point

Pokhara to Pokhara

Duration

14

Per Person From

USD 2,000

Accommodation

Tea House/Camping

Max. Altitude

5,360m

Nature Of Trek

Lodge to Lodge Trekking

Best Season

September, November, March, May

Activity Per Day

4-6hrs

Transportation

Tourist Bus & Local Bus

Tea House/Camping

Moderate/Adventure

Trip Overview

The Dhaulagiri Round Trekking, aka Dhaulagiri Circuit Trek, offers you a powerful and challenging adventure. The trek covers a round trip of 170 kilometers, which takes around 17 days to complete. Trekking through this trail, you will go from 850 meters in the low paddy fields to 5360 meters at the French Pass.

The trek starts from Beni and heads through the picturesque villages of the Magar people. You will pass through the remote and stunning Hidden Valley, culminating in the Dhaulagiri Base Camp. Throughout the trek, you will see spectacular views of the Dhaulagiri and Annapurna ranges.

This truly fascinating adventure offers you with great delights and excitement. You will be constantly surrounded by daily views of the world's seventh-highest peak, **Mt. Dhaulagiri**. It is also one of the massive peaks ranges, along with the Annapurna mountain range.

The Dhaulagiri Round Trekking & Hidden Valley is an exclusive adventure that spans two weeks on a scenic journey. During this time, you will find yourself amidst towering peaks, walking on glaciers and moraine for a few days in complete isolation and the wilderness of arctic temperatures, all between the giant mountains of Dhaulagiri.

Dhaulagiri Round Trek Itinerary

Day 01: Arrival in Kathmandu (1,327 m) and Transfer to Hotel

Upon arriving at Kathmandu International Airport, our Nepal Base Camp Treks guide or staff will warmly welcome you. We will then take a short drive to your hotel located in the heart of Kathmandu city. After checking into your rooms and refreshing, we will gather in the hotel lobby for a group briefing and orientation program.

During this session, our guide will provide information about the hotels, Nepali culture, and the Dhaulagiri Trekking. In the evening, we will enjoy a welcome dinner at an authentic Nepalese restaurant with a cultural program.

Highest Altitude:

1,327 m

Day 02: Sightseeing Tour in Kathmandu and Trek Preparations

After breakfast, our city guide will take us on a sightseeing tour around Kathmandu, focusing on world heritage sites. We will visit Pashupatinath, a sacred Hindu temple, Bouddhanath Stupa, a significant Buddhist pilgrimage site, Kathmandu Durbar Square, and the ancient Swayambhunath Stupa, which is over 2,500 years old. We will be free in the afternoon to prepare for the Around Dhaulagiri & Hidden Valley Trekking.

Day 03: Drive to Pokhara (820 m) - 6 Hours

We will embark on an exciting morning drive to Pokhara, traveling 220 kilometers. It takes around 6 hours by comfortable coach or private vehicle, depending on the group size. The journey takes us through low hills with views of Himalayan peaks and rolling green landscapes. We will pass through numerous farm villages and towns.

Upon reaching the scenic city of Pokhara, nestled in the shadow of the massive Annapurna range, we will check into a nice hotel. The afternoon allows us to explore the lakeside area and enjoy local restaurants.

(Alternatively, there is an option to fly from Kathmandu to Pokhara, a 30-minute scenic flight.)

Trek Duration

6 Hours

Highest Altitude:

820 m

Day 04: Drive to Darbang via Beni (900 m) - 4 Hours

From Pokhara, we will continue our journey with a drive to Beni town and onward to Darbang. It is a farming town that serves as the starting point for treks to Mt Dhaulagiri, Dhorpatan, and Dolpo. If time permits, we might walk for a few hours to an overnight stop by the river to make the next day's walk easier, or we will stay in Darbang at a local lodge.

Highest Altitude:

900 m

Day 05: Trek to Riverside (1,560 m) - 5 Hours

Our adventure begins with a trek starting from Darbang. We will climb over a steep ridge, pass through farm villages, and follow a pleasant trail along the Myagdi River, which we will follow to its glacier source at Dhaulagiri base camp. After a good day's walk, we will reach our first overnight camp by the river. The afternoon will be at leisure for rest or to cool off in the river.

Trek Duration

5 Hours

Highest Altitude:

1,560 m

Day 06: Trek to Bagar (2,375 m) - 6 Hours

In the morning, we will follow the river for a short while, reaching the farm village of Jugepani, where we may stop for lunch. After a rest, we will climb steeply above a ridge, enjoying panoramic views of the surrounding landscapes. We will then descend through a dense forest to reach our camp at Bagar, a farm village. Bagar will be the last village we encounter until we join the popular Kaligandaki route at Marpha.

Trek Duration

6 Hours

Highest Altitude:

2,375 m

Day 07: Trek to Dovan (2,600 m) - 6 Hours

Leaving the last of the farm fields at Bagar, we will walk into a forest for about an hour, surrounded by the serene sounds of nature. We will then climb through areas dense with bamboo, oak, and rhododendron trees, which may be in full bloom during the spring season. After the climb, we will

descend to reach Dovan, our overnight camp. Dovan is a small, temporary settlement with teahouses and shops.

Trek Duration

6 Hours

Highest Altitude:

2,600 m

Day 08: Trek to Chartare / Bhainsi Kharka (3,000 m) - 5 Hours

From Dovan, our morning walk takes us to an unstable wooden bridge over a stream where the Myagdi River meets. Crossing this bridge adds a bit of excitement to our journey. After crossing, we'll continue through a dense forest that's full of different kinds of plants and animals. Our destination for the night is Chartare, also called Bhainsi Kharka. This area is commonly used as a grazing ground for yaks and sheep.

Trek Duration

5 Hours

Highest Altitude:

3,000 m

Day 09: Trek to Pakhaban (Japanese Camp) (3,750 m) - 5 Hours

Today, after spending the night in the dense forest, our trek will lead us into complete wilderness, leaving the vegetation and tree lines behind for a few days. The morning walk brings us closer to the South Face flank of Mt. Dhaulagiri, with views of Putha Hiunchuli, Manapathi, and Dhaulagiri's south flank. After several hours of walking, we will reach a glaciated area called Italian Camp.

From here, the adventure starts to get even more brutal. We trek through glaciers and moraines, and climb over rocky ridges to reach Pakhaban, also called Japanese Camp. This camp offers superb views of the Southwest Face of Dhaulagiri, Manapathi, Putha Hiunchuli, and the massive ice wall of Tsaaurabong Peak.

Trek Duration

5 Hours

Highest Altitude:

3,750 m

Day 10: Trek to Dhaulagiri Base Camp (4,748 m) - 6 Hours

In the morning, we will follow the moraine and navigate through iceberg sections. This climb requires good teamwork with guides, porters, and fellow trekkers. After a challenging walk over the glacial terrain, we will reach a rocky open area where Dhaulagiri Base Camp is located. Our overnight camp will be set up here, offering close views of the world's 7th highest peak, Mt. Dhaulagiri I (8,167 m). We will also enjoy views of tumbling icefalls, glaciers, Tukucho Peak, and the western peaks of Dhaulagiri II (7,751 m), Dhaulagiri III (7,715 m), and Dhaulagiri IV (7,618 m).

Trek Duration

6 Hours

Highest Altitude:

4,748 m

Day 11: At Dhaulagiri Base Camp

Today is a rest day at Dhaulagiri Base Camp, which allows us to relax and acclimate to the high altitude. We can spend the day leisurely exploring the surroundings or take a short hike to marvel at the stunning views of Dhaulagiri's North West Face and the tumbling Ice Falls.

The base camp is in complete isolation. Upon reaching there, the towering snow-capped peaks and glaciers surround us. It offers a serene and awe-inspiring atmosphere. We can take a beautiful picture and capture these memories for a lifetime.

Day 12: Dhaulagiri Base Camp To Hidden Valley (5,140m) via French Pass (5,360m)

We will embark on a challenging trek to the Hidden Valley from the picturesque base camp. The morning walk will lead us to the highest point of our adventure, the French Pass, towering at 5,360 meters. After crossing this high pass, we will descend to a vast grassy meadow in the Hidden Valley for our overnight camp. This remote location offers panoramic views of peaks like Sita Chuchura, Mukut Himal, Tashi Kang, Tukche Peak, and the Dhaulagiri I.

Highest Altitude:

5,360m

Day 13: Trek to Yak Kharka (4,915m) via Thapa / Dhampus Pass (5,244m) - 5 Hours

After a rejuvenating rest in Hidden Valley, we will start the day on a gentle path. It gradually leads us to the last pass of our adventure, Thapa or Dhampus Pass, standing at 5,244 meters. From the pass, we are treated to rare and grand views of the Annapurna Himal, Nilgiris peaks, and surrounding landscapes. Descending from the pass, we reach Yak Kharka, where we will camp for the night amidst lush green vegetation of juniper, burberry, and rhododendron bushes.

Trek Duration

5 Hours

Highest Altitude:

5,244m

Day 14: Trek to Marpha 2,630 m - 04 hrs

The trail gently winds downhill through thick forests filled with fir, pine, and rhododendron trees. This creates a peaceful atmosphere with fresh mountain air all around. After a few hours of easy walking downhill, we reach the delightful village of Marpha.

Marpha is located in the Mustang district along the Kaligandaki River valley. It's known for its unique charm and beauty. The village stands out with its houses painted white, which shine in the sunlight. Marpha also boasts a captivating monastery that gives us a glimpse into local spiritual traditions. Upon arriving in Marpha, we will check into cozy lodges. Here, we can relax and enjoy the warm hospitality of this picturesque mountain village.

Trek Duration

04 hrs

Highest Altitude:

2,630 m

Day 15: Drive back to Pokhara via Beni

After an incredible adventure around Dhaulagiri Base Camp, we will start our journey back to Pokhara. We will hop on a Jeep or Bus for a scenic drive that lasts 6 to 7 hours. Along the way, we'll pass through many charming Thakali villages with apple orchards.

During the drive, we will enjoy views of the Nilgiris and Annapurna mountain ranges, including the East Face of Dhaulagiri. The route follows the Kaligandaki River, winding past warm rice fields and the town of Beni in the Mygdi district. From Beni, we will continue on a well-maintained road to reach beautiful Pokhara. There, we will spend the night in a comfortable hotel by the peaceful Lake Phewa.

(Alternatively, there is an option for an early morning flight from Jomsom to Pokhara, taking about 20 minutes.)

Day 16: Drive to Kathmandu - 6 Hours, Evening Farewell Dinner

After the memorable adventure of the Around Dhaulagiri Round Trekking, we will embark on a morning journey back to Kathmandu. The drive will include several rest stops for refreshments and lunch. This allows us to enjoy the scenic landscapes one last time.

After approximately 6 hours of travel, we will return to Kathmandu's bustling city life. In the evening, we will gather for a farewell dinner where we can reminisce about our incredible journey, share stories, and celebrate the achievements of our trekking adventure.

(For those preferring a quicker return, there is an option to take a 30-minute flight from Pokhara to Kathmandu.)

Day 17: Final International Departure Homeward Bound

Today concludes our incredible journey in Nepal, particularly the unforgettable Around Dhaulagiri &

Hidden Valley trekking experience. Our team will help you transfer to Kathmandu International Airport for your departure flight home or to your next destination. Wishing you a safe and pleasant journey. We look forward to welcoming you back soon for another adventure in Nepal. Namaste!

Group Discounts Available

No. of Persons	Price per Person
4 - 10	USD 2,000

Trekking Route For Dhaulagiri Circuit Trek

We will begin our journey from the historic city of Kathmandu. *It heads west towards the famous and popular touristic destination of Pokhara.* Pokhara is beneath green hills and the majestic Annapurna Himalayan range. It is renowned for its pristine lakes, Phewa and Begnas. Trekking in the Himalayas begins here.

Our adventure continues after Pokhara towards the warmer River valleys of Baglung and Beni. We then begin our adventure heading up hills through spread-out farm villages of Magar people. It is the hill tribe of Nepal that has an exciting culture. As we venture through alpine forests towards cooler regions, we will leave the last village of Bagar.

Our route then heads towards north past woodlands. *It gives way to the arctic landscapes of ice and glaciers beneath the towering peaks of Dhaulagiri.* Finally, making our way to Base Camp and making an overnight stay, we will lead towards the high French Pass. This pass will bring us to the beautiful, expansive Hidden Valley encircled by peaks.

From Hidden Valley, we will climb the last pass, Thapa / Dhampus Peak, to reach the Kaligandaki River valley and the charming village of Marpha. After an enjoyable time in Marpha, our trek concludes with an exciting drive back to the picturesque **Pokhara**. We will finally complete this incredible Around Dhaulagiri adventure back in Kathmandu.

A Typical Day In A Trek In Nepal

A typical day in the Dhaulagiri Round Trekking adventure begins early, with a hearty breakfast to fuel the day's journey. After packing up, you will start trekking around 7 or 8 am. The morning trek walk covers several hours of gradual ascent. We will pass through diverse landscapes like terraced fields and rugged terrain.

After **4 to 5 hours** of walking, we will finally make a stop at the midway for lunch. The break is usually in a scenic spot or a local teahouse. After having lunch and taking a short break, our journey towards

today's destination starts. The section here is a little more challenging compared to the morning trail.

We will reach today's final destination around **4 to 5 pm**. Upon reaching there, we will rest in the teahouses. The evening starts with dinner. After a meal, you can either get a good night's sleep or interact with other travelers and play games. Finally all the trekkers are in bed for a sound sleep at about 10 pm.

Culture and Wildlife Around Dhaulagiri Trek

You will experience the rich culture and diverse wildlife of Dhaulagiri Round Trek. *You will walk through villages where the Magar and Thakali people live.* Hus, this gives you the best chance to experience unique traditions and warm hospitality. Also, you can see the traditional houses, which reflect the history of the area. By interacting with them, you can also understand their way of life while immersing yourself in local festivals.

Furthermore, taking this trail, you will have a chance to see different species of flora and fauna. In the lower regions, you pass through subtropical forests filled with rhododendrons, oak, and pine trees. As you ascend, these give way to alpine meadows and, eventually, the arctic zone of snow and ice. You can also see a variety of birds, such as pheasants, eagles, and vultures. Considered home to various mammals, you can also see snow leopards, Himalayan tahr, blue sheep, and musk deer.

What Is The Best Time For Dhaulagiri Round Trekking?

The best time for Dhaulagiri Round Trekking is during the pre-monsoon (spring) season from March to May and the post-monsoon (autumn) season from September to November.

During spring, you can enjoy stable weather with clear skies and moderate temperatures. Furthermore, spring is the season of colors. You can witness the blooming rhododendrons and other wildflowers throughout the trail. *It gives extra layers of scenic beauty to the trail. Also, the season does not bring rainfall or clouds, so you can see the stunning surrounding views.*

In the autumn season, after the monsoon rains have cleared the atmosphere, the weather remains stable and dry. The skies are typically clear, providing panoramic views of the surrounding mountains. Daytime temperatures are comfortable, although it can be more relaxed at higher altitudes, especially towards the end of November. However, considering the peak season, you can see the trail entire of many trekkers.

Difficulty Of Dhaulagiri Round Trekking

The Dhaulagiri Round Trekking is a challenging trek. It is suitable for experienced trekkers and adventurers seeking remote and rugged terrain. On a grading scale, it would typically fall into a

“Difficult” trek, i.e., **4 out of 5**. Thus, to trek this trail, you must have prior trekking experience, good physical fitness, and the ability to cope with remote and demanding conditions.

Difficulty Level:

Terrain: The trek involves varied terrain, including steep ascents, descents, rocky paths, and potentially snowy or icy sections, especially at higher altitudes.

Altitude: Trekking to Dhaulagiri Base Camp reaches altitudes above 4,000 meters (13,123 feet), with passes exceeding 5,000 meters (16,404 feet).

Duration: The trek spans approximately 17 days. Thus, walking for several hours daily requires stamina and endurance over rugged terrain.

Trekking Permit

TIMS Card (Trekker’s Information Management System)

The TIMS Card is a crucial document for all trekkers in Nepal. It serves as a safety and monitoring tool. It ensures your welfare and manages trekking activities in the country. There are two types of TIMS Cards: one for organized trekkers and another for independent trekkers.

Organized trekkers with a registered trekking agency pay **10 USD per person** for the TIMS Card. Independent trekkers who trek without a trekking agency pay 20 USD each. It is obtainable through registered trekking agencies in Kathmandu or Pokhara.

Annapurna Conservation Area Permit (ACAP)

This permit is necessary because the Dhaulagiri Circuit Trekking route passes through parts of the Annapurna Conservation Area (ACA). This permit aims to preserve the region’s natural environment and cultural heritage. For each trekker, the ACAP fee is 3000 Nepalese Rupees (**approximately 30 USD**).

You can obtain the ACAP permit from the Nepal Tourism Board office in Kathmandu or Pokhara, as well as from the entry checkpoints along the trekking route. It’s important to obtain the ACAP permit before starting the trek.

Meals and Accommodation

During the Dhaulagiri Circuit Trekking, meals and accommodations are an integral part of the trekking experience. Accommodations typically range from teahouses or guesthouses in villages along the route to camping at higher altitudes. Teahouses provide basic but comfortable lodging with twin or dormitory-style rooms. It is often equipped with beds, blankets, and shared bathrooms. *In more remote areas, accommodations may be more basic with shared facilities, and you should prepare for colder temperatures at higher altitudes.*

As for meals, teahouses along the trekking route offer a variety of meals ranging from traditional Nepali dal bhat (rice, lentils, and vegetables) to international dishes like pasta, noodles, and pancakes. Meals are usually hearty and filling, providing the necessary energy for trekking. Tea and coffee are readily available, and you can purchase bottled water or purified water at most teahouses. You should also carry snacks and refillable water bottles to stay hydrated and maintain energy levels.

Travel Insurance

Travel insurance is highly recommended for anyone embarking on the Dhaulagiri Circuit Trekking or any trekking adventure in Nepal. It provides essential coverage for unforeseen events and emergencies during the trek. It includes:

- **Emergency Medical Expenses:** In case of illness or injury during the trek, travel Insurance ensures that you receive the necessary medical treatment.
- **Trip Cancellation or Interruption:** Travel insurance reimburses non-refundable costs if your trip is canceled or interrupted.
- **Baggage and Personal Belongings:** Coverage includes compensation for lost, damaged, or stolen luggage and personal belongings during the trek.
- **Emergency Evacuation:** In the event of serious injury or illness, travel insurance covers the expenses of helicopter rescue.

You can purchase travel insurance from various insurance companies in Nepal. However, if you are buying one, there are several things you should consider. Choosing a policy that specifically covers trekking activities at high altitudes is essential. This must include emergency medical evacuation in remote areas like the Himalayas. Many trekking agencies in Nepal can also assist in arranging suitable travel insurance policies tailored to trekking expeditions.

Frequently Asked Questions

Is the Dhaulagiri Circuit Trek safe?

Yes, the Dhaulagiri Circuit Trek is generally safe if trek with a reputable guide or trekking agency. If you are taking this trail, it is important to acclimatize properly to the altitude, stay hydrated, and be aware of weather conditions.

Should I hire a guide for the Dhaulagiri Circuit Trek?

Yes, hiring a guide is highly recommended for the Dhaulagiri Circuit Trek. The guide helps to enhance safety by providing navigation. They also help in assisting with permits, meals, and accommodations.

How difficult is the Dhaulagiri Circuit Trek?

The Dhaulagiri Circuit Trek is considered challenging. It involves steep ascents, descents, and high

altitude terrain. You should have prior trekking experience and good physical fitness to complete this trail.

Where can I find the best views on the Dhaulagiri Circuit Trek?

Some of the best views on the Dhaulagiri Circuit Trek include panoramic vistas of the Dhaulagiri and Annapurna mountain ranges. Highlights include:

- Dhaulagiri Base Camp
- French Pass (5,360m)
- Hidden Valley

How much does the Dhaulagiri Circuit Trek cost?

The cost of the Dhaulagiri Circuit Trek varies depending on factors such as trekking duration, group size, guide services, and accommodation preferences. On average, including permits, guide fees, meals, and accommodations, the trek can range from \$1200 to \$3500 per person.

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal