

Trip Name : Dhaulagiri Circuit Trek

Starting Point	Drive in KTM-Beni
Ending Point	Fly out Jomsom-Pokhara
Type	Fully Camping Trek
Grade	Hard
Duration	17 Days
Daily Walk	6-7 hours
People in Group	Minimum 2 and Maximum 12
Best Time	April to May and September to mid-November
Max. Elevation	5360 mt.

Trip Highlights:

- The enchanting Mt. Dhaulagiri view
- The adventurous French and Dhampus Passes
- The views of Dhaulagiri Ice-fall
- Scenic Mountain views along the route
- The green lush and rhododendron forest
- Terrace farming en-route

Trip Details:

Mount Dhaulagiri (8,167m/26,796ft) is the 7th highest mountain in the world. Dhaulagiri gets its name from the Sanskrit word 'Dhaval' which means 'White' and 'Giri' which means 'Mountain'. The Dhaulagiri Circuit trek is physically a demanding and off-the-beaten path trek. The Kali Gandaki River Gorge, the deepest gorge in the world separates Dhaulagiri and Annapurna regions. It is a classic adventure trek and demands a well-equipped and fully self-sufficient experienced group of trekkers to complete the circuit of Mt. Dhaulagiri massif. The Dhaulagiri Circuit trek starts at Beni, about 3-hour drive from Pokhara. Magar ethnic group heavily settle in this area. The Dhaulagiri trail follows the Myagdi Khola. While passing through the settlements of Darbang and Muri, the country is still quite heavily populated with scattered villages. The trail passes through one of the wildest and remote areas of Nepal with the most outstanding dramatic scenery offering views of fifteen peaks which are above 7,000 meters and undoubtedly the best views of the Mt. Dhaulagiri Himalayan range. Because of the snow and ice conditions in winter and spring, the Dhaulagiri Circuit trek is best possible in late spring and autumn only. The main highlight of this trek is the French Pass (5,360m/17,586ft). After crossing the French Pass, we arrive at the snow valley, the 'Hidden Valley' which is a good place to rest before continuing to the Dhampus Pass (5,250m/17,225ft). Dhampus Pass is situated between Tukuhe Peak and Thapa Peak. This is yet another experience of this thrilling region which has shown its long kept secrets since reopened the places like the Kali Gandaki Gorge. The trail then meets at Marpha of Annapurna Circuit route.

Best time for Dhaulagiri Trek:

Trekking in Dhaulagiri region is the best in spring (April-May) and autumn (Sept to mid Nov). The days are sunny and warm but the nights are cold and can fall to freezing in higher elevations. The high passes are closed in winter and early spring.

High Altitude Warning:

Altitude sickness is a serious concern in the Dhaulagiri Circuit trek that can affect even young and healthy

people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath. We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Dhaulagiri Circuit trekking as hard trek and are suitable for passionate trekkers who have courage to walk at least 6-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Dhaulagiri Circuit trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Annapurna Conservation Area (ACAP) permit and TIMS (Trekking Information Management System)
- A City Hotel in Pokhara for one night
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- An experienced English-speaking local leader
- Cook, kitchen helper and necessary porters
- Necessary equipment including high mountain Tents, Ropes, Mattresses, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Beni overland transfer by public bus and Pokhara-Kathmandu transfer by Tourist bus [*Private vehicle or flight Kathmandu-Pokhara-Kathmandu available on request and extra*]
- Regular flight for Jomsom to Pokhara and ground transfers
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu, meals in Pokhara
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal equipment that may require for high passes such as Ice-axe, Crampons, etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Drive from Kathmandu to Beni (830m/2,723ft) via Pokhara.

Day 02 : Trek Beni to Babiyachaur (990m/3,248ft).

Day 03 : Trek Babiyachaur to Darbang (1,100m/3,609ft).

Day 04 : Trek Darbang to Takum (1,670m/5,480ft).

Day 05 : Trek Takum to Muri (1,840m/6,037ft).

Day 06 : Trek Muri to Boghara (2,080m/6,824ft).

Day 07 : Trek Boghara to Dobang (2,550m/8,366ft).

Day 08 : Trek Dobang to Sallaghari (3,050m/10,007ft).

Day 09 : Trek Sallaghari to Italian Base Camp (3,660m/12,008ft).

Day 10 : Rest day at Italian Base Camp for acclimatization.

Day 11 : Trek Italian Base Camp to Dhaulagiri Base Camp (4,750m/15,585ft).

Day 12 : Another acclimatization day at Dhaulagiri BC before crossing into the Hidden Valley.

Day 13 : Trek Dhaulagiri BC to Hidden Valley (5,200m/17,061ft) crossing over French pass (5,360m/17,586ft).

Day 14 : Trek Hidden Valley to Yak Kharka (4,000m/13,124ft) crossing over Dhampus pass (5,250m/17,225ft).

Day 15 : Trek Yak Kharka to Marpha (2,670m/8,760ft) and Jomsom (2,720m/8,924ft).

Day 16 : Fly Jomsom to Pokhara. Free time in Pokhara.

Day 17 : Drive (200km)/fly from Pokhara to Kathmandu.