

## Dhaulagiri Circuit Trek - 20 Days

Dhaulagiri circuit trek redefines the experience of adventure and thrill at the utmost level. Standing tall at an altitude of 8167m Dhaulagiri is ranked 7th among the highest mountains in the world. It is an arduous trek through alpine grasslands, towering passes and in the unsettlement areas. Dhaulagiri is located at the western part of Nepal and is considered as the perfect site for isolated and adventurous tented camp trekking in Nepal. Well, it is also the place where many dynamic snow-capped mountain peaks resides.

We embark in our Dhaulagiri adventure trekking after driving 8 hours from Kathmandu to Beni, after arrival at Beni we ascend towards a north-western direction following the villages of Babichour, Darapani and Muri. Mainly Thakali, Magar and Gurung are the locals in Muri and it is the last major settlement in this trail. Leaving the Muri behind, we ascend upwards along the Myagdi Khola following the villages of Baghara, Dobang and Chartare to Pakoban. The permanent settlements are hard to find beyond the Pakoban. Further moving upwards we pass the edge of the Chhanbardan Glacier reaching the Dhaulagiri base camp which offers the spectacular view of snow-capped mountains in front of our very eyes. We take a day rest for acclimatization. Then we climb through steep upwards way to reach the French pass from where the Himalayas like Tukche peak, Dhaulagiri I, Dhaulagiri II, Dhaulagiri III and Dhaulagiri V can be seen. Now we head east and trek towards the Hidden Valley and from this place we descend steep downwards passing Dhampus village to reach Yak Kharka. Following the trails on the bank of Kali Gandaki River, we head towards Marpha. This place is famous for its apple products out of which taking the sip of apple brandy would fantasize you. We trek downwards further to reach Jomsom and after reaching here we take a 20 minute mountain flight to reach Pokhara. Finally we end our adventurous Dhaulagiri trek by driving back to Kathmandu and take a rest next day at your hotel.

Dhaulagiri circuit trek is the most challenging and comparatively long trek so previous trekking experience is required along with good level of physical fitness. Regular exercising, jogging, skipping is recommended before going for this trek to increase your stamina that will certainly help you during trekking in these challenging conditions.

## ITINERARY IN DETAIL

### Day 1: Welcome to Kathmandu (1,338m)

As you land at Tribhuvan International Airport, Kathmandu, one of the legislatures of Icicles Adventure Treks will be standing with your name plate. After meeting you, he/she will transfer you to your respective hotel. Be refreshed your long jetlagged. In the evening you can promenade around Thamel Bazaar. Stay overnight at Kathmandu. Included meals: D

### Day 2: A full day Sightseeing Tour and Trek Preparation

You will have a guided tour of World Heritage Sites today. After stuffing oneself breakfast, you will be in a private vehicle/tourist bus, then we shall move towards different cultural, historical and religious sites of the valley including Swyambhunath, Boudhanath, Pasupatinath and Kathmandu Durbar Square.

After the sightseeing, you will meet your trekking guide. He/she will do small pre-meeting and briefing with you suggesting the needed gears throughout the journey. In the evening, you can pack your duffle bags and get ready for the journey. Stay overnight at same hotel, Kathmandu. Included meals: B, D

### Day 3: Drive to Beni (8,50m) 8-9 hours' drive

Our journey begins today. We take our early meal and start our journey by getting in the vehicle. On the way there, we shall have the panoramic views of lavish hills, lush forests, terrains, rivers, and several hamlets of different casts and ethnic groups. After the long drive around 8-9 hours we land at Bensishahar, the headquarter of the Magdi district. We spend overnight there. Included meals: B, L, D.

### Day 4: Beni to Babiachor (9,50m) 5-6 hours trek

Our trek 'Dhaulagiri Circuit Trek' commences from this day. Following the Kaligandaki river, we head towards Babiachor after having an early meal. Exploring the typical Nepalese settlements, passing the lush hills and forests, we reach natural hot spring named Tatopani. Continuing the trek through the ridge, crossing some bridges and springs, we reach the village of Simalchaur then to Babiachor. Stay overnight at Babiachor. Included meals: B, L, D

### Day 5: Babiachor to Dharapani (1,400m) 6-7 hours trek

This day our journey begins passing some plateau hills and the valley on the banks of the river. Enduring the journey, we reach the village named Shahasradhara and pass it. After the subsequent walk, we cross the Duk Khola. Walking through the terrains, we reach at Ratourunga. Further marching from there, we reach at Dharapani village eventually and spend our overnight there. Included meals: B, L, D.

### Day 6: Dharapani to Muri (1,850m) 5-6 hours trek

We shall reach large Magar village Muri this day. For this we should cross several ups and downs. Somewhere, there is steep uphill walk. After crossing some rivers such as Ghatti Khola and Dhara Khola and Myagdi Khola, some villages like Takum and Sibang and encountering many ascends and descends, we reach the settlements of Muri today. Stay overnight at Muri. Included meals: B, L, D.

### Day 7: Muri to Boghara (2,080m) 6-7 hours trek

Our journey descends a little till crossing the river. After crossing the Muri Khola, we transverse through the forest. Passing the forests, terrains, farmlands and pasturelands, we climb again to reach the village of Boghara. On the way, we shall have the picturesque views of Mt. Ghustung South and several other snow-clad peaks. The way is quite narrow, steep and should pass through lush forest somewhere. Stay overnight at Boghara. Included meals: B, L, D.

#### **Day 8: Boghara to Dobang (2,520m) 5-6 hours trek**

After having the first meal at Boghara, we head towards Dobang. At first, we head downhill steeply. Following the riverside, passing the thick forest, we reach at Jyardan.

Subsequently, we follow a rocky trail and stormy way. Passing these ups and downs, boulders, we reach Lipshe. Further marching from there, we reach Lapche Kharka encountering some lush forests on the way. Then we climb for Dobang-our final destination of the day. Stay overnight at Boghara. Included meals: B, L, D.

#### **Day 9: Dobang to Choriban Khola (3,110m) 5-6 hours trek**

Our excursion lead towards Choriban Khola today. At first, we cross a river and hike upwards through the jungle. On the way we can have picturesque views of Dhaulagiri I. Then, we hike again for Myagdi Khola. As we reach the bank of it, we encounter a timber bridge and pass it. From the eastern side of the river, we continue our hiking for Chartare. Subsequently, we enter inside the forest again. Passing some stony area and some streams, we reach to Choriban Khola at the end of the day and stay a night there. Stay overnight at Choriban Khola. Included meals: B, L, D.

#### **Day 10: Choriban Khola to Italian Base Camp (3,660m) 7-8 hours trek**

We shall reach at Italian Base camp today. For this, we follow the trail of glacial deposit of Chhonbarban Glacier passing the arboreal trail covered by bamboos, pines and oaks. Gradually, we found ourselves surrounded by the Himalayas. We shall have the magnificent views of Dhaulagiri massif and Tukuchen from this place. Stay overnight at Italian Base Camp. Included meals: B, L, D.

#### **Day 11: Italian Base Camp: acclimatize to the surroundings and ease off**

Trekking in the Himalayas is not a race. We should be well acclimatized for the successful trek. After the long days' trek, this day is scheduled as an acclimatization day. Next, we shall have ample opportunity to explore base camp area viewing picturesque views of the peaks around. Stay overnight at Italian Base Camp. Included meals: B, L, D.

#### **Day 12: Italian Base Camp to Glacier Camp (4,210m) 6-7 hours trek**

Hoping the perfect weather, passing rocky trail, stone falling area, and narrow canyon, we reach Glacier Camp today. We shall face more challenging way today such as glaciers, steep ups and downs etc. Stay overnight at Glacier Camp. Included meals: B, L, D.

#### **Day 13: Glacier Camp to Dhaulagiri Base Camp (4,740m) 7-8 hours trek**

One of the most adventures day is ahead. We have to cross the glacier, moraine following the snowy and rocky trail. Encountering some challenges, moving carefully, we reach at Dhaulagiri Base camp eventually. Stay overnight at Dhaulagiri Base Camp. Included meals: B, L, D.

#### **Day 14: Dhaulagiri Base Camp: Acquire rest, acclimatize and explore the outlandish terrain**

As we are hiking in the higher elevation, we need more time to be adjusted ourselves in the thin air. To be prevented ourselves from Acute Mountain Sickness, and to explore Dhaulagiri Base camp therearound, we take rest there.

We can enjoy the first rays of the sun in the Mountain peaks such as Dhaulagiri I, II, III, V and Tukucho. In the noon we go around the camp and explore it as well. Stay overnight at Dhaulagiri Base Camp. Included meals: B, L, D.

### **Day 15: Dhaulagiri Base Camp to French Pass (5,360m) trek then advance to Hidden Valley (5,200m) 6-7 hours**

Passing the glacier, you climb to the hills to French Camp today. Gradually climbing above, we wind up at French Pass which is elevated at 5360 meters above of the sea level. Once you reach there, you will get the magnificent views of the different snow-clad peaks including Tashi Kang, Chuchura, Mukut Himal, southern part of Tukucho Peak and Dhaulagiri I itself.

Having the 360-degree views of the snow-clad mountains, we descend gradually towards the Hidden Valley and finally reach there for our overnight stay. Stay overnight at French Base Camp. Included meals: B, L, D.

### **Day 16: Traverse Dhampus Pass (5,200m) then continue to Yak Kharka (3,680m) 6-7 hours trek**

We have another easy pass today. After having our early meal at our tent, we hike towards Dhampus Pass. After the pass we keep Dhaulagiri massif in the background and head downhill for Yak Kharka. We shall have the sloppy steep descend today. So, we should have careful walk this day as well. Stay overnight at Yak Kharka. Included meals: B, L, D.

### **Day 17: Yak Kharka to Jomsom (2,710m) 5-6 hours trek**

We transverse downhill following the steep way. Following this way, we reach Marpha-the center of several homemade products as well as apples. Along the Kali Gandaki river we head west reaching Jomsom-the headquarter of Mustang and breezy civic. Stay overnight at Jomsom. Included meals: B, L, D.

### **Day 18: Flight to Pokhara (8,27m); sightseeing rest of the day**

Catching the early flight, we fly to Jomsom in the morning. From the aircraft, you shall have the astonishing views of Annapurna ranges, Machhapuchre (Fish tail) and several lush hills and snow-clad peaks. You will fly over the deepest gorge of the world as well.

As you land at Pokhara airport, you will be transferred to the hotel. In the day time you can enjoy the city of lakes-Pokhara. Stay overnight at Pokhara. Included meals: B, L, D.

### **Day 19: Bus ride to Kathmandu 6-7 hours**

Having early meal at hotel, we move to bus park to catch the bus for Kathmandu. Around 7 hours of drive we reach at Kathmandu. As you reach there, you shall be transferred to your hotel. In the evening, you can visit Thamel to buy some souvenirs for your beloved ones. You can pack your bags in the evening after dinner organized by our company. Stay overnight at Kathmandu. Included meals: B, L, D.

### **Day 20: Departure**

You are leaving this magnificent country today!!!! Taking the amazing experience of adventurous Dhaulagiri Circuit Trek, you are flying back to your country.

You will be transported to the Tribhuvan International Airport via private vehicle/tourist bus 3 hours prior of your scheduled flight.

Hoping the affirmative recommendations, we bade a farewell. See you again!!!!!! Included meals: B, L, D.

