**Lama Adventures Pvt. Ltd.**

# Dhaulagiri Round Trek

| Difficulty | Duration | Region | Max. Altitude | Type | Group Size | Accomodation |
|---|---|---|---|---|---|---|
| Moderate | 19 Days | Annapurna | 5360m | Trekking | 2-14 pax | Tea House, Hotels and Camp |

## Overview

Get ready for one of the most challenging and remote treks Nepal has to offer. Trekking around the giant Himalayan peak Dhaulagiri, the 7th highest peak in the world, is immensely rewarding in terms of adventure and unparalleled scenery. The Dhaulagiri region is a land of dramatic contrast. This is really a trek into the wild which contains the world's deepest river gorge and some very interesting indigenous people. Mountain sides of rhododendron shine with color in the spring, and other flowers are abundant on the trail. This is an adventure ideal for those that thrive on rugged and remote trails.

The Round Dhaulagiri trek starts from Baglung, which is a 3 hour drive accessible from Pokhara. The trail is set in a beautiful virgin forest and then changes into a very rough terrain as it proceeds to the alpine grasses of Italy base Camp. After this, you have to cross a difficult rubble-covered glacier, being aware of potential danger of constant rock fall. From here, the trail climbs onto the main glacier so it is recommended to walk really carefully as any mistakes while walking could mean a loss of life. The trail is a bit easier after Army Base Camp heading up to French Col and pas the Hidden Valley which opens up into a landscape filled with rich hued rocks.

This is a really high altitude trek so there is constant risk of acute mountain sickness. It is first recommended to do other low-altitude treks such as Annapurna Base Camp or Poon Hill Trek for proper acclimatization before attempting the Round Dhaulagiri Trek.

The best time to do this trek is from March-May (spring season) and September-November (autumn season) as the skies are more clear and the trail is ideal for walking.

## Itinerary

**Days 1: Arrival in Kathmandu**

On your arrival in Kathmandu, Tribhuwan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

**Days 2: Sightseeing around Kathmandu**

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

**Day 03: Fly to Pokhara**

After breakfast, if you decide to take a bus to Pokhara, you will start off for a 7-hour journey to Pokhara. You can enjoy the beautiful hills, gorges, rivers, villages along the way. If you choose to fly, then it will be a picturesque one with beautiful hills and towering peaks. Once in Pokhara, you can either choose to explore Pokhara or rest at your hotel. You will be staying overnight at the beautiful lake city of Pokhara.

**Day 04: Drive to Darbang**

The drive from Pokhara inclines through a twisting road up to Nayapul with views of Annapurna South (7219m) and Machhapuchhre (6997m). To reach Beni, we drive along the bank of Modi River and then Kali Gandaki River. After crossing Tatopani, we gradually ascend passing through forests with diversities of oaks, rhododendron, and so on. The path goes through the damp road alongside small villages. We cross many bridges over Myagdi Khola to reach the village of Darbang. Overnight in Darbang.

**Day 05: Trek to Dharapani**

After breakfast at Darbang, our trek to Dharapani starts. Despite today's trek being a really short one, the trail is full of picturesque scenery and waterfalls. Overnight in Dharapani.

**Day 06: Trek to Muri**

We head out early today as it is a long walk to Muri from Dharapani. Don’t worry the trail is not that strenuous. After leaving Dharapani behind, we descend and walk through settlements, cross a suspension bridge over the river and walk uphill. The moderate ascending trail continues through villages, thick forests, and picturesque terraces to reach another ridge. Trek gently over a traditional trail until you reach Muri, a small village of Magar community. If the weather is clear, we can get a sight of Manapathi Himal (6380m) and the whole Dhaulagiri range. Stay overnight in Muri.

**Day 07: Trek to Bagar**

From Muri, we have to walk down and cross a river and then walk past terraced fields. Descend to Myagdi Khola and trek alongside its west bank until we reach the village of Naura. Ascend, cross a lush hill, and climb a steep slope where the trails are zigzag and then descend through the forest and meadows to reach Bagar. Overnight in Bagar.

**Day 08: Trek to Dovan**

After breakfast at Bagar, we descend through adjoining meadows passing a small ridge. Then, we arrive at a forest region to reach Jyardan. After that, a tall, winding trail leads to a stony area and we reach Lipshe, where there are little to no settlements. The track goes through a forest to Lapche Kharka and then ascends to Dovan through some tough trails. Overnight in Dovan.

**Day 09: Trek to Sallaghari Camp**

We leave from Dovan early in the morning today. The first part of the trek requires a moderate ascending through the forest of bamboo, pine, and rhododendron. After, the trail goes uphill and downhill until we reach Sallaghari. Our camping spot lies in between the forest, surrounded by pine trees on the bank of Myagdi River. Stay overnight in Sallaghari.

**Day 10: Trek to Italy Camp**

The trail after Sallaghari Camp is fully surrounded by bamboo forest all the way to Italian Camp at 3660m. In some places, we cross small bridges and forests which make our walk quite active, difficult, and sometimes risky. At Italian Camp, there are only two small tea houses available that deliver a nominal quantity of basic items. At this camp, we get to see wonderful views of the Dhaulagiri range, Manapathi Peak (6380m), Dhaulagiri II (7751m), and other snow-covered mountains. Overnight in Italy Camp.

**Day 11: Trek to Swiss Camp**

After breakfast, we start our trek to Swiss Camp also known as Glacier Camp and cross the first glacier using ropes. We climb onto the main glacier, where the surroundings are outstanding amid the rough and unsteady trail. This is a tough day where the trail gets more difficult as we go further, for the trail is covered in icy moraines of Dhaulagiri Glacier. Overnight in Glacier Camp.

**Day 12: Trek to Dhaulagiri BC**

We begin our trek today through the bumpy trails on the flat ice of the snow-white glacier. We will climb gradually to the course and chilling yet remarkable Dhaulagiri Base Camp. The views from here are fabulous, could literally stop your breath for a few seconds. Get your cameras ready! You will experience the best view of Dhaulagiri I (8167m), II (7751m), III (7715m) and IV (7661m). Stay overnight at Dhaulagiri Base Camp.

**Day 13: Trek to Hidden Valley over French Pass**

Leaving the Dhaulagiri Base Camp behind, we move off the glacier and it often involves a proper use of rope. After climbing the vertical moraine walls, we reach a relatively easier trail. As we reach the top of French Col (5300m), there are astonishing views of the Annapurna and Dhaulagiri mountain ranges. After a breathless climb to the top of French Col (5300m), the views of Hidden Valley open out. The valley is evocative of Tibet and Ladakh and so are the temperatures. Overnight in Hidden Valley.

**Day 14: Trek to Aalu Bari**

On this day, we will climb across Thapa Pass (5200m), pass through swamped slopes, and then descend sharply to reach Aalu Bari. The Thapa Pass (5200m), also known as Dhampus Pass, is situated between Tukuche peak (6920m) and Thapa Peak (6012m) and hosts alluring views of the Annapurna range. Overnight in Aalu Bari.

**Day 15: Trek to Jomsom**

Descend to the magnificent Kali Gandaki Valley, which is the deepest valley in the world. Pass a gorge floor and head towards Jomsom. Jomsom is renowned for its apple orchards and the culture and food of the Thakali people living there for agesl. Enjoy a delicious Thakali meal in Jomsom. Overnight in Jomsom.

**Day 16: Back to Pokhara**

After breakfast at Jomsom, we take a picturesque flight back to Pokhara with mountain views omnipresent and green lush valleys. After getting off the plane at Pokhara, celebrate your success with drinks and a sumptuous dinner. Overnight in Pokhara.

**Day 17: Back to Kathmandu**

After breakfast, we say goodbye to the beautiful lake city of Pokhara and drive towards Kathmandu. After reaching Kathmandu, we have the rest of the day off to rest or do some souvenir shopping. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening. Overnight in Kathmandu.

**Day 18: Free Day**

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

**Day 19: Final Departure**

It’s time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuwan International airport for your final departure to your destination.

# Inclusion / Exclusion

## Cost Includes

Arrival in International Airport and Departure.
Hotel in Kathmandu with Bed & Breakfast.
Sightseeing in Kathmandu Valley with Guide.
Entrance fees.
Conservation Fee.
Peak Permit and Climbing Guide.
Round Domestic Flight Ticket.
Local Transfer.
Domestic airport departure taxes.
Tea House Accomodation, brekfast and dinner.
All camping Equipment, two men tents, Dining tent, Kitchen Tent, Toilet Tent, Table & chairs.
Breakfast, lunch, dinner in trekking and climbing period.
Guide, Cook, sherpa, Kitchen staffs and porters.
Insurance for trekking staff and Equipments.

## Cost Excludes

Personal equipment for Trekking & Peak climbing.
Personal travel Insurance.
Lunch & dinner in Kathmandu.
Emergency Rescue evacuation.
Personal expenses/Bar bills.
Tipping for trekking staff.