14 PEAKS EXPEDITION

DHAULAGIRI CIRCUIT TREK (5416M)

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY
Nepal

ACTIVITY
Trekking

ACCOMMODATION
Hotel, Lodge, Tea House, Tent

WALKING
4-6 hours

MAX ALTITUDE
5,416
m

DURATION
16
Days

DIFFICULTY
Hard
Difficult

BEST SEASON

Overview

The Dhaulagiri Circuit Trek is a premier high-altitude trekking designed for fit, experienced trekkers seeking a true Himalayan challenge. This rigorous route circles Dhaulagiri (8,167m), the world's seventh-highest peak, offering a comprehensive journey through every trekking environment Nepal has to offer—from lush lowlands to the stark, frozen beauty of high-altitude glaciers.

Rich in history and natural grandeur, the trek follows the legacy of the 1960 first-ascent pioneers. Starting from Takam, you will reach the Dhaulagiri Base Camp in six days before tackling the formidable French Col and Dhampus Pass. These high points provide stunning, panoramic views of the Annapurna and Nilgiri ranges. Combining remote wilderness with untamed landscapes, this circuit is the quintessential choice for those wanting to experience the most rugged and beautiful corners of the Himalayas.

Services

INCLUDES

- **1. ARRIVAL AND DEPARTURE** – Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- **2. HOTEL ACCOMMODATION IN KATHMANDU** – 4 nights hotel in Kathmandu (5-star category) - single room on bed and breakfast plan.
- **3. WELCOME DINNER** – One Welcome Dinner in a tourist standard restaurant in KATHMANDU with office staff.
- **4. CARGO CLEARANCE** – Assistance for cargo clearance in Nepal's customs, clearance cost is subject to a charge.
- **5. PERMIT** – All necessary paper works: Annapurna Conservation Area permit, TIMS permit & conservation entry fee.
- **6. INSURANCE** – Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek.
- **7. DUFFLE BAG** – One 120L 14 Peaks duffle bag (caps/neck warmer).
- **8. MEMBER TRANSPORTATION** – (Domestic Flight) Fly from Kathmandu – Pokhara and while returning Pokhara - Kathmandu, as per itinerary.
- **9. MEMBER LUGGAGE** – Up to 15 Kg per member for personal baggage during the trek to be carried by porters/yaks.

- **10. FOOD AND LODGING** – 3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek.
- **11. DRINKING** – Per day 2 Liters of boiled water per member to carry on the thermos.
- **12. PORTER** – Porters (1 porter:2 trekkers) during the trek.
- **13. WEATHER FORECAST** – Weather forecast report during the entire trekking.
- **14. GUIDE** – Local government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.
- **15. STAFF SALARY AND ALLOWANCE** – All Nepalese staff & porters' daily wages, salary, equipment, foods & clothing.
- **16. VALLEY SIGHT SEEING** – Sightseeing in Kathmandu Valley [Pashupatinath Temple, Swoyambu (Monkey temple), and Kathmandu Durbar Square] by a professional guide.
- **17. MEDICAL KIT** – Comprehensive medical kit for members and staff.
- **18. MAP** – Dhaulagiri region trekking map

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- **3. LUNCH & DINNER** – Lunch & dinner during the stay in Kathmandu (also in case of early return from trekking than the scheduled itinerary).
- **4. EXTRA NIGHT IN KATHMANDU** – Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from trekking, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **5. INSURANCE POLICY** – Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) *Mandatory (Send us a copy of your insurance policy- before your arrival.)
- **6. PERSONAL EXPENSES** – Telephone calls, internet, toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- **7. TOILETRIES** – Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **8. FILMING** – Special filming, camera, and Drone permit fee.
- **9. INTERNET SERVICE** – Not included during the trek and the trekking.
- **10. TIPS** – alculate some tips for guide minimum 250 USD & 100$ for porters.
- **11. EXTRA** – Any other services or activities, which are not mentioned in the itinerary and not listed in the "Cost Includes" section.

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	20 Sept, 2026	Arrival in Kathmandu & Transfer to the Hotel (1,400m)	1,400 m	-	Hotel	
2	21 Sept, 2026	Fly from Kathmandu to Pokhara	822 m	B	Hotel	

Days	Date	Program	Altitude	Meals	Accommodation	Description
3	22 Sept, 2026	Drive from Pokhara to Takam	1,500 m	B/L/D	Lodge	
4	23 sept, 2026	Trek from Takam to Muri (1,850m)	1,850 m	B/L/D	Tea House	
5	24 Sept, 2026	Trek from Muri to Bagar (2,080m)	2,080 m	B/L/D	Tea House	
6	25 Sept, 2026	Trek from Bagar to Dovan (2,520m)	2,520 m	B/L/D	Tea House	
7	26 Sept, 2026	Trek from Dovan to Italian Base Camp (3,660m)	3,660 m	B/L/D	Tea House	
8	27 Sept, 2026	Acclimatization at Italian Base Camp (Rest day)	3,660 m	B/L/D	Tea House	
9	28 Sept, 2026	Trek from Italian Base Camp to Dhaulagiri Base Camp (4,750m)	4,750 m	B/L/D	Tent	
10	29 Sept, 2026	Trek from Base Camp to Hidden Valley (5,050m) via French Col (5,360m)	5,050 m	B/L/D	Tent	
11	30 Sept, 2026	Trek from Hidden Valley to Yak Kharka (3,680m) via Dhampus Pass (5,240m)	3,680 m	B/L/D	Tent	
12	1 Oct, 206	Trek from Yak Kharka to Jomsom (2,720m) Or Marpha	2,720 m	B/L/D	Lodge	
13	2 Oct, 2026	Fly / Drive to Pokhara and transfer to the Hotel	822 m	B/L/D	Hotel	
14	3 Oct, 2026	Fly from Pokhara to Kathmandu	1,400 m	B	Hotel	
15	4 Oct, 2026	Sightseeing around Kathmandu valley and stay at hotel.	1,400 m	B	Hotel	
16	5 Oct, 2026	Transfer to International Airport for final departure	-	B	-	

Gear List

Travel Documents
Valid Passport | Debit/Credit Card | PP Size Photos(4 Pieces) | Insurance Paper/Certificate | Emergency Contact Details

Medicine / First Aid Kits
Paracetamol 500 mg | Ibuprofen 400mg | Oral Rehydration Salts (ORS) | Loperamide | Electrolyte tablets | Cetirizine | Omeprazole | Antacid Tablets | Cough Lozenges | Lubricating Eye Drops | Antiseptic Wipes | Blister Plasters | Acetazolamide (Diamox) 250 mg | Ondansetron 4 mg | Aspirin 300mg | Nifedipine 30mg | Dexamethasone 4 mg

Upper Body
Thermal Base Layer | Fleece Jacket | Gore Tex Jacket | Warm Jacket | Wind Proof Jacket | Heavy Down Jacket | Cotton T-Shirt | Dry-Fit Tshirt | Light Down Jacket

Head
Glacier Glasses (Polarized UV Protection) | Snow Goggles (UV Protection) | Balaclava | Sun Cap | Desert Cap | Fleece Hat/Warm Hat | Neck Gaiter

Lower Body
Thermal Base Layer | Fleece Trouser | Gore Tex Pant | Heavy Weight Pant | Mid Weight Pant | Trekking Pant | Under Wear | Down Pant | Gaiters for Trekking Boots

Foot Wear
Normal Socks | Trekking Shoes | Sport Shoes | Slippers

Hand
Thin Fleece Gloves | Wind Stopper Gloves | Heavy Gloves(Guide) | Summit Gloves

Eating & Drinking
Water bottle | Thermos

Bag Packs
Rucksack 35L-50L | Duffle Bag | Dry Bags

Climbing Equipment
Trekking Pole | Unlock Carabiner | Head Light | Tape Sling

Miscellaneous
Pocket Knife | Nail Cutter | Umbrella/Rain Coat | Hot Water Bag | Pee Bottle | Tenacious Tape Repair | Altimeter Watch | Satellite Phone(Optional) | GPS Tracker | Power Bank | Camera

Sun Stuff
Sunscreen | Lip Guard (SPF) | Moisturizer

Toiletries
Toothbrush | Towel | Wet Wipes | Toothbrush | Shampoo | Body Lotion

Sleeping Stuffs
Sleeping Bag | Sleeping Bag Liner | Inflatable Pillow

FAQs

When is the best time for this trek?
Spring and autumn — these seasons offer the best weather and trekking conditions in the high mountains.

Do I need previous trekking experience?
Yes. This is a remote and demanding route with high mountain passes, so previous high-altitude trekking experience is strongly recommended.

How do we get to Dhaulagiri Base Camp?
You'll fly from Kathmandu to Pokhara, drive to Takam, then trek through Muri, Bagar, Dovan, and Italian Base Camp before reaching Dhaulagiri Base Camp.

Is a guide provided?
Yes. You'll have a licensed English-speaking local guide throughout the trek, plus porter support.

Is there an acclimatization day built into the itinerary?
A common concern for anyone researching high-altitude treks — good to confirm there's a rest/acclimatization day at Italian Base Camp before pushing higher.

How do I book the Everest Expedition?
Just contact 14 Peaks Expedition — our team will guide you through availability, requirements, and booking.

Is medical and emergency support available?
Yes. A comprehensive medical kit is provided, and insurance for Nepalese staff is included. Trekkers must arrange their own insurance covering high-altitude rescue and evacuation.

What are the main challenges of the trek?
The main challenges include long trekking days, high altitude, steep terrain, cold weather, remote trails, and crossing high mountain passes.

What is Dhampus Pass?
Dhampus Pass is another high point on the circuit, reached at approximately 5,240m, before descending toward Yak Kharka.

Is insurance required?
Yes. Trekkers must have insurance covering medical treatment, high-altitude rescue, evacuation, trip interruption, and repatriation.