



# Dhaulagiri Circuit Trek

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

## COUNTRY

Nepal

## ACTIVITY

Trekking

## ACCOMMODATION

Hotel|Lodge|Tent

## WALKING

5-7 hrs

## MAX ALTITUDE

5,360

m

## DURATION

18

Days

## DIFFICULTY

Moderate

Difficult

## BEST SEASON

Spring, Autumn

## Overview

The **Dhaulagiri Circuit Trek** is one of Nepal's most demanding and rewarding wilderness adventures, located in the **Dhaulagiri Region of western Nepal**. This challenging trek circles the majestic **Mount Dhaulagiri (8,167m)**, the world's seventh-highest peak, taking trekkers through remote villages, dense forests, alpine meadows, glacial valleys, and some of the most dramatic mountain landscapes in the Himalayas. The journey includes crossing the spectacular **French Pass (5,360m)** and **Dhampus Pass (5,244m)**, offering breathtaking panoramic views of Dhaulagiri, Tukucho Peak, Nilgiri, and Annapurna. Far from the crowded trekking routes, this expedition provides an authentic wilderness experience, combining rugged terrain, high-altitude adventure, and rich local culture. It is an ideal choice for experienced trekkers seeking solitude, physical challenge, and an unforgettable Himalayan journey.

## Services

### INCLUDES

- **1. Airport Transfers** – Private airport transfers (arrival & departure) Meet and greet service by the 14 Peaks Expedition team
- **2. Accommodation & Meals** – 4 nights in a 5-star hotel in Kathmandu (Bed & Breakfast) Welcome dinner with the expedition team Three meals daily during the trek (Breakfast, Lunch & Dinner) Tea or coffee with meals Tea house or mountain lodge accommodation Seasonal fruits (where available) Safe drinking water at overnight stops
- **3. Transportation & Logistics** – Domestic flights (where applicable) Airport transfers Ground transportation as per itinerary Porter service (20–25 kg shared between two trekkers) Duffel bag transportation throughout the trek
- **4. Permits & Entry Fees** – National Park Entry Permit Conservation Area Permit (where applicable) Local Municipality Permit TIMS Card (where applicable)
- **5. Trekking Crew** – Licensed English-speaking trekking guide Assistant guide (group size dependent) Experienced porters Staff salary, insurance, accommodation, meals & transportation
- **6. Safety & Support** – First aid medical kit Emergency evacuation coordination 24/7 operational support from Kathmandu
- **7. Trekking Equipment** – 14 Peaks Expedition duffel bag Trekking route map
- **8. Documentation** – Official Trek Completion Certificate

## EXCLUDES

- **1. Travel & Visa** – International airfare Nepal entry visa
- **2. Meals in Kathmandu** – Lunch and dinner in Kathmandu
- **3. Insurance** – Personal travel insurance Helicopter evacuation coverage
- **4. Personal Equipment** – Personal trekking gear and clothing
- **5. Personal Expenses** – Wi-Fi & internet Hot showers Laundry services Drinks, snacks & alcoholic beverages Charging electronic devices Personal medical expenses
- **6. Tips & Gratuities** – Tips for guides and porters
- **7. Additional Costs** – Extra accommodation due to flight delays or itinerary changes Any services not listed under Cost Includes

## Itinerary

| Days | Date | Program                                                                       | Altitude | Meals | Accommodation | Description |
|------|------|-------------------------------------------------------------------------------|----------|-------|---------------|-------------|
| 1    | —    | Arrival in Kathmandu (1,400m) & Transfer to Hotel                             | —        | B     | Hotel         |             |
| 2    | —    | Drive from Kathmandu to Pokhara                                               | —        | B     | Lodge         |             |
| 3    | —    | Drive from Pokhara to Darbang                                                 | —        | B L D | Lodge         |             |
| 4    | —    | Trek from Darbang to Muri (1,850m)                                            | —        | B L D | Lodge         |             |
| 5    | —    | Trek from Muri to Boghara (2,080m)                                            | —        | B L D | Lodge         |             |
| 6    | —    | Trek from Boghara to Dobang (2,520m).                                         | —        | B L D | Lodge         |             |
| 7    | —    | Trek from Dobang to Sallaghari (3,110m)                                       | —        | B L D | Lodge         |             |
| 8    | —    | Trek from Sallaghari to Italian Base Camp (3,660m)                            | —        | B L D | Tent          |             |
| 9    | —    | Acclimatization day at Italian Base Camp with a short hike to higher altitude | —        | B L D | Tent          |             |
| 10   | —    | Trek from Italian Base Camp to Glacier Camp (4,210m)                          | —        | B L D | Tent          |             |
| 11   | —    | Trek from Glacier Camp to Dhaulagiri Base Camp                                | —        | B L D | Tent          |             |
| 12   | —    | Acclimatization day at Dhaulagiri Base Camp and glacier exploration           | —        | B L D | Tent          |             |
| 13   | —    | Cross French Pass (5,360m) and descend to Hidden Valley                       | —        | B L D | Tent          |             |
| 14   | —    | Cross Dhampus Pass (5,240m) and descend to Yak Kharka                         | —        | B L D | Tent          |             |
| 15   | —    | Trek from Yak Kharka to Marpha                                                | —        | B L D | Lodge         |             |
| 16   | —    | Drive from Marpha to Pokhara.                                                 | —        | B L D | Lodge         |             |
| 17   | —    | Drive or fly from Pokhara to Kathmandu                                        | —        | B     | Hotel         |             |
| 18   | —    | Final departure from Kathmandu                                                | —        | -     | -             |             |

# 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
- Cetirizine
- Antiseptic Wipes
- Lubricating Eye Drops
- Cough Lozenges
- Antacid Tablets
- Omeprazole
- Blister Plasters
- Acetazolamide (Diamox) 250 mg
- Aspirin 300mg
- Ondansetron 4 mg

## Upper Body

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

## Lower Body

- Thermal Base Layer
- Fleece Trouser
- Gore Tex 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

## Head

- Sun Cap
- Fleece Hat/Warm Hat
- Neck Gaiter

## Eating & Drinking

- Water bottle
- Thermos

## Bag Packs

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

## Climbing Equipment

- Trekking Pole
- Unclasp Carabiner
- Head Light

## Miscellaneous

- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Tenacious Tape Repair
- 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