



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

GROUP SIZE

10

People

Expedition 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.

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

Trip 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	—	-	-	

Trekking Gear List

Travel Documents

- Valid Passport
- Debit/Credit Card
- PP Size Photos(4 Pieces)
- Insurance Paper/Certificate

Medicine / First Aid Kits

- Paracetamol 500 mg

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Heavy Down Jacket
- Cotton T-Shirt

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
- Climbing Boot -6000m
- Normal Socks
- Summit Socks

Foot Wear

- Trekking Shoes
- Summit Boot - 8000m
- Sport Shoes

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

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