Dhaulagiri Circuit Trek

Nepal / Kanchenjunga, Dhaulagiri Region | Trekking package



Your journey at a glance

Duration: 19 days

Trip grade: Medium to Hard

Maximum altitude: 5360 m

Best season: Autumn & Spring

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 2,500.00 per adult

Accommodation: Deluxe hotel in Kathmandu; lodges and tent camps during the trek

Transportation: Flight from Kathmandu to Pokhara; road transport to Darbang; flights from Jomsom to Pokhara and Pokhara to Kathmandu; trekking

Meals: Three meals per day during the trek, including tea and coffee; hotel breakfast as listed

Package overview

Dhaulagiri Mountain (elevation: 8,167 m / 26,795 ft), Nepal.

The Dhaulagiri Circuit Trek explores a wild, remote and off-the-beaten-track area of the Nepal Himalaya. The route begins in the farming villages of the Himalayan foothills, among terraced hillsides, and climbs through a series of climate zones into increasingly remote and wild landscapes.

This is an adventurous and demanding trek. The route follows the Myagdi Khola from Darbang through villages and forested valleys to Italian Base Camp, Japanese Camp and Dhaulagiri Base Camp. After acclimatization, the trail crosses French Pass into Hidden Valley and continues over Dhampus Pass before descending to Yak Kharka and Jomsom. The journey concludes with flights to Pokhara and Kathmandu.

The source itinerary describes the challenge as a combination of altitude and cold, with two acclimatization days and two nights above 5,000 m.

The package includes trekking transportation, meals during the trek, tent accommodation, trekking staff, staff insurance and the equipment and fees specified in the included-services list.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport and transfer to the hotel at approximately 1,350 m. In the evening, attend the trek briefing and a welcome dinner at a Nepali cultural restaurant.

Meals: Welcome dinner
Accommodation: Hotel in Kathmandu
Altitude: 1,350 m
Travel time: Airport transfer

Day 2 - Kathmandu sightseeing and trek preparation

After breakfast, visit Pashupatinath and Boudhanath temples. After lunch, make preparations for the trek.

Meals: Breakfast
Accommodation: Hotel in Kathmandu
Altitude: Kathmandu

Travel time: Sightseeing by vehicle

Day 3 - Kathmandu to Darbang

Fly from Kathmandu to Pokhara (approximately 25 minutes). From Pokhara, drive down into the Kali Gandaki Valley and up the tributary Myagdi Khola valley to Darbang, situated at approximately 1,100 m. Set up the first camp at Darbang.

Meals: Breakfast, lunch and dinner during the trek
Accommodation: Camp at Darbang
Altitude: 1,100 m
Travel time: Kathmandu–Pokhara flight; drive to Darbang

Day 4 - Trek to Sibang

Set off on the trek, passing through several villages en route to the ridge-top settlement of Dharapani. Stop for lunch, then continue via Takam to Sibang.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Sibang
Altitude: 1,770 m
Walking / trekking: 6–7 hours

Day 5 - Trek to Naura Bhir

Trek to the large village of Muri and stop for lunch. Continue ascending the Myagdi Khola valley to Naura Bhir.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Naura Bhir
Altitude: 1,450 m
Walking / trekking: 7–8 hours

Day 6 - Trek to Lapche Kharka

Continue northwards, following the Myagdi Khola to the village of Baghara. Descend to the river before climbing again to the herders’ camp at Lapche Kharka.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Lapche Kharka
Altitude: 2,000 m
Walking / trekking: 7–8 hours

Day 7 - Trek to Sallaghari

Continue climbing through forest to the open grazing area of Dobang. After lunch, continue to Sallaghari, where camp is set up.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Sallaghari
Altitude: 2,500 m
Walking / trekking: 6–7 hours

Day 8 - Trek to Italian Base Camp

Trek through a forested area and across moraine to the area known as Italian Base Camp. Set up camp below the west face of Dhaulagiri.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Italian Base Camp
Altitude: 3,660 m
Walking / trekking: 4–5 hours

Day 9 - Trek to Japanese Camp

Continue ascending the Myagdi Khola and make a short but steep climb to the next camp, known as Japanese Camp or Chhonbardan Glacier Camp. Enjoy views of the Dhaulagiri peaks.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Japanese Camp
Altitude: 4,200 m
Walking / trekking: 3–4 hours; approximately 4 km

Day 10 - Acclimatization at Japanese Camp

Rest at Japanese Camp. As the camp is above 4,000 m and the next camp is at approximately 4,700 m, this day is set aside for acclimatization and rest.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Japanese Camp
Altitude: Approximately 4,200 m
Walking / trekking: Rest day

Day 11 - Trek to Dhaulagiri Base Camp

Trek across the moraine of the Dhaulagiri West Icefall to Dhaulagiri Base Camp. Set up camp in a location surrounded by Himalayan peaks.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Dhaulagiri Base Camp
Altitude: 4,748 m
Walking / trekking: 7–8 hours; approximately 8 km

Day 12 - Rest at Dhaulagiri Base Camp

Take a rest day at Dhaulagiri Base Camp after the recent altitude gain to support acclimatization.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Dhaulagiri Base Camp
Altitude: 4,748 m
Walking / trekking: Rest day

Day 13 - Trek to Hidden Valley via French Pass

Start early and cross the moraine to a ridge leading to the snow slopes up to French Pass (5,360 m). Cross the pass and continue to Hidden Valley, where camp is set up.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Hidden Valley
Altitude: French Pass: 5,360 m; Hidden Valley: 5,120 m
Walking / trekking: 6–7 hours; approximately 9 km

Day 14 - Acclimatization and exploration at Hidden Valley

Spend the day exploring Hidden Valley. This day also serves as a spare or contingency day in case of delays earlier in the trek.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Hidden Valley
Altitude: 5,120 m
Walking / trekking: Rest / exploration day

Day 15 - Trek to Yak Kharka via Dhampus Pass

Climb back towards the level of French Pass at the other end of the valley, then make the high traverse to Dhampus Pass (5,280 m). Descend steeply to Yak Kharka. The source gives the Yak Kharka elevation as 3,837 m in the day heading and 3,827 m in the description.

Meals: Breakfast, lunch and dinner
Accommodation: Camp at Yak Kharka
Altitude: Dhampus Pass: 5,280 m; Yak Kharka: 3,837 m (also stated as 3,827 m)
Walking / trekking: 8–9 hours; approximately 14 km

Day 16 - Trek to Jomsom

Descend approximately 1,000 m to the floor of the Kali Gandaki Valley and the village of Marpha (2,667 m). Continue with a short trek north to Jomsom, where the night is spent in a hotel.

Meals: Breakfast, lunch and dinner
Accommodation: Hotel in Jomsom
Altitude: Jomsom: 2,736 m; Marpha: 2,667 m
Walking / trekking: 4–5 hours; approximately 9 km

Day 17 - Jomsom to Pokhara

Take the flight from Jomsom to Pokhara. Check in at a hotel and spend the rest of the day exploring the lakeside town and enjoying views of the Annapurna range.

Meals: Meals as arranged
Accommodation: Hotel in Pokhara
Altitude: Pokhara
Travel time: Jomsom–Pokhara flight

Day 18 - Pokhara to Kathmandu

After breakfast at approximately 8:00 a.m., fly to Kathmandu (approximately 1,350 m) and transfer to the hotel. Spend the remaining time at leisure, with a farewell dinner in the evening.

Meals: Breakfast and farewell dinner
Accommodation: Hotel in Kathmandu
Altitude: Kathmandu: approximately 1,350 m
Travel time: Pokhara–Kathmandu flight

Day 19 - Departure from Kathmandu

After breakfast, transfer for your departure. The trip concludes.

Meals: Breakfast
Travel time: Airport transfer

What is included

- Transportation to and from the trekking starting and ending points as per the itinerary.

- Three meals per day (breakfast, lunch and dinner), including coffee and tea during the trek.

- Twin-sharing tent accommodation during the trek.

- Twin-sharing accommodation with breakfast in Kathmandu as per the itinerary.

- Licensed trekking guide and necessary porters, experienced cook and kitchen helpers.

- Insurance for all staff, including porters.

- Government and local taxes, tourist service charge, guide and porter insurance and salaries, general equipment, and national park and conservation area fees.

- Necessary trekking equipment, including tents, dining tents, toilet tents and kitchen equipment.

What is excluded

- International airfare.

- Lunch and dinner in Kathmandu.

- Personal expenses, including alcoholic beverages and drinks, phone calls and laundry.

- Nepal entry visa fee, available on arrival at Kathmandu airport.

- Rescue and travel insurance, trip cancellation costs, accidents or health emergencies, evacuation, and loss, theft or damage to baggage and personal effects.

- Tips for the guide and porters.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/dhaulagiri-circuit-trek