

Dhaulagiri circuit with Dhampus peak climbing

The Dhaulagiri Circuit Trek and Dhampus peak climbing takes you around Mount Dhaulagiri, the seventh-highest peak in the world. You'll explore remote valleys, rugged terrains, and charming villages. The trek showcases the breathtaking Kali Gandaki River, lush green valleys, and beautiful wildflowers. The highlight is crossing the challenging French Pass, which offers stunning panoramic views.

Description

Dhaulagiri and Dhampus Peak Climbing is an exhilarating adventure in Nepal. The journey combines trekking around the stunning Dhaulagiri region and summitting Dhampus Peak at 6,012 meters. It offers breathtaking landscapes, challenging climbs, and rewarding views of the Himalayas. Experienced guides ensure safety and provide insights into local culture. A once-in-a-lifetime experience that leaves you with a profound sense of achievement and connection with nature.

After the trek, the real excitement begins as you climb Dhampus Peak at 6,012 meters. It's a thrilling challenge that involves steep climbs and icy slopes. But reaching the summit rewards you with incredible views of the Dhaulagiri and Annapurna ranges.

Throughout the journey, experienced guides and Sherpa climbers accompany you for safety and guidance. They also introduce you to the local culture, traditions, and unique wildlife. You'll have the chance to interact with the friendly locals and experience their warm hospitality.

The Dhaulagiri Circuit Trek with Dhampus Peak climbing is a challenging yet rewarding adventure that connects you with nature and leaves you with a sense of achievement. It's a once-in-a-lifetime experience, blending the grandeur of the Himalayas, untouched landscapes, and the thrill of mountaineering. Get ready to be captivated by the beauty of the Nepalese Himalayas on this extraordinary expedition!

Highlight

- An uncrowded and wild route
- French Pass 5,360m and Thapa Pass 5,250m
- 2 nights at Dhaulagiri Base Camp
- Ascent of Thapa Peak at 6,012 m

Included

- **ARRIVAL AND DEPARTURE** : Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- **HOTEL ACCOMMODATION IN KATHMANDU** : 3 nights hotel in Kathmandu With breakfast plan.
- **WELCOME DINNER** : One Welcome Dinner in a tourist standard restaurant in Kathmandu with Offices' Staff.
- **CARGO CLEARANCE** : Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
- **PERMITS** : Expedition Royalty and permits fee of Nepal Mountaineering Association (NMA) to climb Dhaulagiri peak and Annapurna conservation area project
- **GARBAGE MANAGEMENT** : Stool Shipment Transfer & Garbage Deposit fees.
- **INSURANCE** : Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- **MAP** : Trekking and climbing map.
- **DUFFLE BAG** : One Alpinist club Duffle Bag.
- **MEMBER TRANSPORTATION** : private jeep as per itinerary.
- **EXPEDITION STUFFS TRANSPORTATION** : All necessities' expedition equipment transportation for all Members and Staff from Kathmandu to Manang(by jeep cargo) and Base camp (by Porter/ mule) – While returning: Base camp to Kathmandu (by porters / jeep) .
- **MEMBER LUGGAGE** : Up to 25 Kg per member as personal baggage during the trek to be carried by porters.
- **FOOD AND LODGING** : 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tent during the trek and at the Basecamp and high camp.
- **PORTER** : Porters per member up to the Base camp and from the Basecamp (both ways).
- **HIGH ALTITUDE CLIMBING SHERPA** : 1 government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back.
- **ASSISTANCE** : Climbing Sherpa to assist in carrying your gear to the high camps.
- **CLIMBING SHERPA SALARY & ALLOWANCE** : Climbing Sherpas' Salary, Equipment, Food, and Clothing.
- **OXYGEN BOTTLE (O2)** : Oxygen bottles will be in stock at base camp in case of an emergency (with an appropriate charge).
- **OXYGEN MASK & REGULATOR** : 1 Set of Summit Oxygen masks will be in base camp in case of an emergency.
- **HIGH CAMP SERVICE INFRASTRUCTURE AND LOGISTICS** : High Altitude Tent, Lights, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews. Group climbing gears, fixed and dynamic rope during the climbing period as required.
- **HIGH ALTITUDE TENT** : Members will share tents in high camps (2 members: 1 tent).
- **WEATHER FORECAST** : Weather forecast report during the entire expedition.

- **GUIDE** : Local government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.
- **MEDICAL KIT** : Comprehensive Medical kit for members and staff.
- **CERTIFICATE** : Dhamphus t Peak climbing certificate issued by NMA (after climbing e peak successfully).

Excluded

- **AIR FARE** : International flight airfare (from and to Kathmandu).
- **NEPAL ENTRY VISA FEE** : Nepalese Visa fee is \$50 USD for 30 Days.
- **LUNCH & DINNER** : Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- **EXTRA NIGHTS IN KATHMANDU** : Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **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
- **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).
- **PERSONAL CLIMBING EQUIPMENT** : Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
- **TOILETRIES** : Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **FILMING** : Special Filming, Camera, and Drone permit fee.
- **INTERNET SERVICE** : Not included during the trek and the expedition.
- **SUMMIT BONUS** : Summit bonus for climbing Sherpa - Minimum 300 USD.
- **TIPS** : Calculate some tips for the high camp and other staff– Minimum 100 USD.
- **EXTRA** : Any other services or activities, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.

Notes: Costs may be subject to change in itinerary. So costs will be recalculated if the trekking/tour days get modified.

Note: For unforeseeable reasons at this stage of climatic hazards, form or deformity of the participants or others (state of the roads, traffic, case of unforeseeable, your guide or guide may have to adapt the program, if necessary for the smooth running of your trip. He remains the sole judge and guarantor of your safety. Walking times are given as an indication and may vary from one participant to another.

Trip Itinerary

- **Day 1 DAY 1: ARRIVE IN KATHMANDU**

- Upon your arrival in Kathmandu, our local team warmly welcomes you at the airport. You will then be escorted to the hotel, where you can enjoy some well-deserved relaxation. The itinerary includes a briefing about the trek's progress and presentation, followed by leisure time. If you arrive in the morning, you'll have the entire day at your disposal. This can be used for rest or for those interested, to explore the surroundings freely. It's an ideal chance to deeply experience Nepalese culture and indulge in the local culinary delights.

Transfer to hotel

Final altitude: approximately 1350 m

Meals: Dinner

Accommodation: night in the hotel

- **Day 2 DAY 2: KATHMANDU – PHOKARA**

- We leave Kathmandu by bus to reach Pokhara located 200 kilometers further west, in about 7 hours by road. The road offers magnificent views over the valley of the Trisuli River, then we cross superb tropical landscapes, before going up towards Pokhara and having a first vision of the Annapurnas and the Machhapuchhare.

Final altitude: 800m

Meals: breakfast – lunch – dinner

Accommodation: hotel

- **Day 3 DAY 3: POKHARA – DARBANG – DHARAPANI TREK**

- We take a track to Darbang, passing by Naudanda, then Kare (1,630 m) from where we have a splendid view of the Dhaulagiri, and Kusma, a large town at the confluence of the Modi Khola and the Kali Gandaki. The peaceful landscape of this valley, made of rice fields where farmers are busy, allows us to glimpse the Dhaulagiri, still very far away! Darbang is the last important village of our hike and we take the opportunity to make the last purchases. We start our trek here. We gain altitude, surrounded by a magnificent Himalayan pine forest, and the cultures change: millet gradually replaces rice and the inhabitants have a much more mountain look. Dharapani is a village of the Tamang ethnic group.

Final altitude: 1,500m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

- **Day 4 DAY 4: TREKKING FROM DHARAPANI TO MURI**

- The crops already have autumn colors and the green rivals the yellow of the stubble and the ochre of the millet fields. Very nice view of the Dhaulagiri massif and the Churen Himal.

Camp near the beautiful village of Muri.

6 hrs walking

Final altitude: 1,850m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

• **Day 5 DAY 5: TREKKING FORM MURI TO BOGHARA**

- We always climb slowly. A sudden soft climb allows you to admire splendid waterfalls on the Myagdi Khola. Canyons and steep paths follow one another until Boghara, the last permanently inhabited village, where 250 people live in virtual self-sufficiency.

7 hrs of walking

Final altitude: 2,100m

Meals: breakfast – lunch – dinner

Accommodation: tent

• **Day 6 DAY 6: TREKKING FROM BOGHARA TO DOBHAN**

- From climbs to descents, from clearings to forests, we go up the valley. A few basic huts remind us that the forest is inhabited by a few herders who come down as soon as the first cold weather hits. With a bit of luck, we will be able to see monkeys and admire the last orchids. Camp at the exit of the forest. Very beautiful sunset over the approaching Dhaulagiri.

6 hrs walking

Final altitude: 2,600m

Meals: breakfast – lunch – dinner

Accommodation: tent

• **Day 7 DAY 7: TREKKING FROM DOBHAN TO FOREST CAMP**

- We climb slowly, the altitude begins to be felt. Crossing the river on a suspension bridge, to continue our climb facing Dhaulagiri, in a beautiful pine forest. The mountains surround us: Dhaulagiri I, III, V, and VI, the Manapati (6,380 m) just above us, and the Tsaurabong (6,395 m) on the other side of the valley. Camp in the pines.

6 hrs walking

Final altitude: 3,200m

Meals: breakfast – lunch – dinner

Accommodation: tent

• **Day 8 DAY 8: TREKKING FROM CAMP TO ITALIAN CAMP**

- A fairly steep climb at the foot of Manapati (6,380 m) allows us to cross a forest of rhododendrons to arrive against the Dhaulagiri which dominates us in a spectacular way. We have to walk slowly in order to acclimatize ourselves properly. Beautiful camp at the limit of the vegetation.

4 hrs of walking

Final altitude: 3,600m

Meals: breakfast – lunch – dinner

Accommodation: tent

• **Day 9 DAY 9: ITALIAN CAMP**

- Acclimatization day at the Italian camp. We go to a small Belvedere at 4,300 meters with magnificent views of Dhaulagiri II and III. This is the perfect time to take a day off and enjoy the camp, for those who want to land.

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

• **Day 10 DAY 10: TREKKING FROM ITALIAN CAMP TO JAPANESE BASE CAMP**

- After crossing a glacier tongue, we progress slowly into a deep gorge at the foot of the Chonbardan glacier which we go up, a sort of corridor between the mountains. In front of us stands Sita Chuchura at 6,600 meters and the north face of Dhaulagiri.

5 hrs of walk

Final altitude: 4,300m

Meals: breakfast – lunch – dinner

Accommodation: tent

• **Day 11 DAY 11: TREKKING FROM JAPANESE CLIMB TO DHAULAGIRI I BASE CAMP**

- We continue the climb towards the base camp of Dhaulagiri, we see the Tukucho Peak at almost 7,000 meters above sea level. It is at the last moment that we discover the pass of the base camp of Dhaulagiri, in front of its formidable north face.

5 hrs walk

final altitude 4,600m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

- **Day 12 DAY 12: ACCLIMATIZATION AT DHAULAGIRI I BASE CAMP**

- We acclimatize at Dhaulagiri base camp, facing its impressive north face. It is important to rest to acclimatize well.

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

- **Day 13 DAY 13: DHAULAGIRI BASE CAMP– FRENCH PASS 5 360 M – HIDDEN VALLEY**

- After a steep climb in a moraine, we find the wide open spaces: the “Col des Français” at 5,360 meters is very vast. The view is exceptional on the Dhaulagiri. We descend slowly towards the Hidden Valley dominated by several peaks between 6,000 and 7,000 meters (Sita Chuchura, 6,611 m, Hongde 6,556 m, Dhampus Peak 6,035 m and Tukuche Peak 6,920 m).

6 hrs

Final altitude: 5,050m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

- **Day 14 DAY 14: HIDDEN VALLEY – ASCENT OF THAPA PEAK AT 6012 M**

- We are in the very wild Hidden Valley with beautiful views to the peaks of Dolpo. We attempt the ascent of Thapa Peak at 6,012 meters via the south-west face. It is a not very technical climb, the only difficulty may be the thickness of the snow with the trace to be made. We follow the trail to Thapa Pass. Then, you evolve on a fairly wide ridge and then you reach a "chimney" which you take by following the final slope. From the summit at 6,012 meters, the panorama is magnificent over the Annapurnas, the Manaslu, the Gangapurna, the Dhaulagiris, the Tilicho, the Nilgiri...

NB: for those who do not wish to attempt the ascent, it is possible to discover the Hidden Valley in a short day's walk.

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

- **Day 15 DAY 15: HIDDEN VALLEY – THAPA PASS 5,250 M – YAK KHARKA**

- After crossing the Thapa pass (5,250 m), we leave this high mountain atmosphere to begin our descent towards the Kali Gandaki valley, dominated by the superb Annapurna massif.

Some crossing passages can be tricky in bad weather.

6 hrs walking

final altitude: 3,680m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

- **Day 16 DAY 16: YAK KHARKA – MARPHA**

- We descend while losing altitude and all day we admire the Annapurnas facing us. Marpha is a very beautiful village of the Takali ethnic group surrounded by orchards, where there are many shops. This village is known for Marpha Brandy and Mustang Coffee! At the top of the village, stands a very beautiful Buddhist monastery which regulates the religious life of the inhabitants.

5hrs walking

final altitude: 2,700m

Meals: breakfast – lunch – dinner

Accommodation: night in a Lodge

- **Day 17 DAY 17: MARPHA – POKHARA**

- An uncomfortable track day along the Kali Gandaki. This saves us from taking the Jomosom-Pokhara flight which is regularly cancelled.

in a private vehicle 8 hrs drive

Meals: breakfast – lunch – dinner

Accommodation: overnight at the hotel

- **Day 18 DAY 18: FLIGHT POKHARA – KATHMANDU**

- Flight from Pokhara to Kathmandu. Free day in Pokhara and/or Kathmandu

35 minutes flight

Meals: breakfast

Accommodation: overnight at the hotel

- **Day 19 DAY 19: FINAL DEPARTURE TO INTERNATIONAL AIRPORT**

- free time depending on the departure time of your flight and our representative will drop you at the airport, ending your journey in Nepal. We hope to be of service to you again. Thank you and safe travels.

Trip Features

Duration	Grading	Group Size	Transport	
19	moderate	10	private vehicle / Domestic flight	
Food		Accommodation	Activities	Trip Price
Breakfast - Lunch - Dinner		Hotel- Tent	Expedition	5100 / Per Person

Why Choose Alpinistclub ?

- * Buffet breakfast as per the Itinerary
- * Visit eight villages showcasing Polynesian culture
- * Complimentary Camel safari, Bonfire,
- * All toll tax, parking, fuel, and driver allowances
- * Comfortable and hygienic vehicle

THANK YOU

<https://alpinistclub.com/> T:016-18192302 rtiemps@gmail.com