

Round Dhaulagiri Trek



Trip Overview

The Round Dhaulagiri Trek is a remote Himalayan circuit that encircles the majestic Dhaulagiri massif, combining high-altitude adventure, cultural immersion, and panoramic mountain vistas. Trekking through traditional Magar, Thakali, and Tibetan-style villages, alpine pastures, and glacier-fed valleys, adventurers cross challenging passes such as French Pass (5,360 m) and Dhampus La (5,240 m). The trek offers spectacular views of Dhaulagiri, Annapurna, Nilgiri, Tukucho, and Mukut Himal, while wildlife sightings include blue sheep and Himalayan birds. Fully camping along the route, trekkers experience nights under pristine alpine skies and the rich cultural heritage of remote settlements.

Total Trip Days: 22 DAYS

Region: Dhaulagiri & Annapurna

Max Altitude: 5,360 m (French Pass)

Activity: Trek

Difficulty: Strenuous

Group Size: 2-10

Trip Highlights

- Remote Dhaulagiri and Annapurna circuit with French Pass & Dhampus La
- Close encounters with glaciers, alpine valleys, and rugged ridgelines
- Traditional villages of Magar, Thakali, and Tibetan-style settlements
- Panoramic views of Dhaulagiri, Annapurna, Nilgiri, Tukucho, and Mukut Himal
- Wildlife including blue sheep and Himalayan birds
- Fully camping trek under pristine alpine skies

Itinerary

Day 1:

Upon landing at Tribhuvan International Airport in Kathmandu, you'll be warmly welcomed and transferred to your hotel. The evening is free to rest or take a stroll in the bustling streets of Thamel. A welcome Nepali dinner may also be arranged. Overnight at hotel in Kathmandu.

Day 2:

Today is set aside for trekking permit formalities and briefing. While logistics are being finalized, you'll visit UNESCO World Heritage sites such as Boudhanath Stupa, Swayambhunath (Monkey Temple), and Kathmandu Durbar Square. In the evening, the trekking guide will conduct a full pre-trek briefing. Overnight at hotel in Kathmandu.

Day 3:

Take a scenic drive along the Trishuli and Marsyangdi rivers, passing small towns and green terraced hillsides. After a long day's journey, arrive in Beni, the district headquarters of Myagdi and the starting point of the trek. Overnight at tented camp by the riverside.

Day 4:

The trek begins along the banks of the Myagdi Khola. The trail passes through cultivated fields, suspension bridges, and small settlements. You'll encounter Magar and Brahmin villages, giving you the first taste of the cultural diversity of this region. Overnight at tented camp in Babichaur.

Day 5:

The trail gradually ascends through forests and scattered villages. The route is accompanied by the roar of the Myagdi Khola below. Dharapani is a charming village surrounded by terraced fields and dotted with traditional houses. Overnight at tented camp.

Day 6:

Today's trek involves some uphill climbs through terraced fields and crossing streams. Reach Muri, a Magar village known for its traditional houses and sweeping views of Mt. Dhaulagiri and Mt. Gurja. Interact with the friendly locals who still follow age-old traditions. Overnight at tented camp.

Day 7:

Descend steeply to the banks of the Myagdi Khola before ascending again through dense forests of rhododendron and bamboo. Some narrow cliffside paths make today's trek more adventurous. Reach Boghara, a remote village perched on terraced slopes. Overnight at tented camp.

Day 8:

The trail continues along forested ridges and suspension bridges. You may encounter mule caravans carrying supplies. The forest gradually thickens as you approach Dobang, a settlement surrounded by rhododendron and oak trees. Overnight at tented camp.

Day 9:

A gradual climb leads through forested areas before the valley opens up. You'll trek across wooden bridges and rocky terrain. Arrive at Italian Base Camp, a grassy meadow set at the foot of Dhaulagiri's west face, offering the first close-up view of this giant peak. Overnight at tented camp.

Day 10:

Spend a full day resting and adjusting to the altitude. Short hikes to nearby ridges offer panoramic views of Dhaulagiri I, Dhaulagiri II, and surrounding glaciers. Overnight at tented camp.

Day 11:

The trek involves a careful walk over a glacier and moraines. Ropes and guides may be required in some icy sections. Glacier Camp sits on rocky terrain surrounded by towering ice walls, creating a truly Himalayan atmosphere. Overnight at tented camp.

Day 12:

Today's route is rugged, crossing glacier ridges and icy moraines. By afternoon, you reach Dhaulagiri Base Camp. This is one of the highlights of the trek, with a commanding view of the world's 7th highest mountain, Tukucho Peak, and the massive icefall. Overnight at tented camp.

Day 13:

A rest day at high altitude to allow the body to adapt. Optional hikes to nearby ridges for photography of Dhaulagiri's ice cliffs and glaciers. Overnight at tented camp.

Day 14:

A strenuous but rewarding day. Start early with a gradual climb to French Pass (5,360 m), decorated with prayer flags. From the top, witness breathtaking views of Mukut Himal, Tashi Kang, and the Annapurna range. Descend into the secluded Hidden Valley, a vast alpine plateau. Overnight at tented camp.

Day 15:

Another challenging day as you cross Dhampus Pass (5,240 m). Panoramic views of Nilgiri, Annapurna, and the Kali Gandaki valley reward your effort. The trail descends steeply to Yak Kharka, a pastureland for yaks. Overnight at tented camp.

Day 16:

Descend further into the Kali Gandaki Valley, passing through Marpha, a famous Thakali village known for apple orchards and brandy. Continue to Jomsom, Mustang's district headquarters, where you'll celebrate the successful completion of the trek. Overnight in lodge or tented camp.

Day 17:

Enjoy a spectacular morning flight over the Kali Gandaki Gorge to Pokhara. Spend the day relaxing at lakeside or boating on Phewa Lake. Overnight at hotel in Pokhara.

Day 18:

A free day to enjoy the beauty of Pokhara. Optional sightseeing to Davis Falls, Mahendra Cave, and the World Peace Stupa. Evening stroll around Lakeside cafés. Overnight at hotel in Pokhara.

Day 19:

Scenic drive along the Trishuli River. Arrival in Kathmandu and transfer to your hotel. Evening free for shopping or relaxation. Overnight at hotel in Kathmandu.

Day 20:

Reserved as a buffer in case of delays due to weather or road conditions. If unused, enjoy a guided cultural tour or relax with souvenir shopping. Overnight at hotel in Kathmandu.

Day 21:

An additional free day for personal activities. Visit hidden courtyards, sample Nepali cuisine, or take a short side trip. A farewell dinner is arranged in the evening. Overnight at hotel in Kathmandu.

Day 22:

Transfer to Tribhuvan International Airport for your onward journey. The adventure around Dhaulagiri concludes, leaving you with unforgettable memories of glaciers, high passes, remote valleys, and towering Himalayan peaks.