

Dhaulagiri Circuit Trek

URL: <https://himalayan360.com/trip/dhaulagiri-circuit-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu/ Kathmandu

Trip Type

Strenuous

Route

KTM - PKR - Dhaulagiri base camp - Marpha -18
KTM

Duration**Destination**

Nepal

Language

Nepal

Per Person From

USD 3,060

Region

Annapurna Region

Max. Altitude

5,360m/17,585ft

Group Size

2 - 20

Best Season

March, April, May, September, October & 6-7 Hours
November

Activities**Trek Distance**

89.1km / 55.3 miles

Transportation

Bus, Jeep, Flight

Accommodation

Tea Houses and Camping

Meals

B.L.D Breakfast

Inside the city we will stay in hotel and during the trekking most of the time we stay in camping tent.

Difficulty

Strenuous

18 Days Dhaulagiri Circuit Trek day by day Itinerary

Day 01: Arrival at Tribhuvan International Airport in Kathmandu and transfer to the hotel

First things first, to begin your trek to Dhaulagiri Circuit, you need to enter Nepal and arrive at Tribhuvan International Airport in Kathmandu. When you arrive at Tribhuvan International Airport, our team will welcome you and then take you to your hotel in Thamel. Thamel is the lively tourist area of Kathmandu.

After checking in, you'll have time to rest or take a short walk around the colorful streets full of shops, cafes, and local culture. It's a relaxed day to settle in and get ready for the trek ahead.

Highest Altitude:

1,400m/4,593ft

Meals:

NA

Accommodations:

3 Star Hotel

Day 02: Trek Briefing and Preparation

Day 2 of the Dhaulagiri circuit trek is a preparation day. On this day, you will check your trekking gear, arrange necessary permits, and do any last-minute shopping for essentials around Thamel. You will find everything you need for your trek in Thamel, so you don't need to worry if you forget to bring anything with you.

Later in the day, your guide will also brief you on the trek, go over the route, and answer any questions you may have. In the evening, enjoy a welcome dinner and meet your fellow trekkers before the real adventure begins tomorrow.

Meals:

Breakfast and Dinner

Accommodations:

3 Star Hotel

Daily Note:

In option: please talk with our team for one day city sightseeing tour itinerary.

Day 03: Drive from Kathmandu to Pokhara

On day 3, we will leave Kathmandu and go to Pokhara. We will take an early morning ride as the distance between Kathmandu and Pokhara is 220 km and takes 8 hours to get there. However, the duration can vary depending on the traffic jam and road conditions.

The drive is scenic as it passes through the lush green hills, terraced fields, rivers, and small villages along the way. The bus will stop for lunch and short breaks to enjoy the views. Once in Pokhara, you'll check into your hotel. You can then explore the peaceful Lakeside area or rest in your room.

Highest Altitude:

1,400m/ 4,593ft

Meals:

Breakfast

Accommodations:

3-star hotel

Flight Hours:

25 min

Day 04: Drive from pokhara to Darbang and trek to Dharapani

Following the Dhaulagiri circuit trek with the French Pass and Dhampus Pass itinerary, today we will leave for Darbang from Pokhara via private jeep. The drive passes through Beni, where two rivers, Myagdi and Kaligandaki, meet. From Beni, it takes 2 hours to reach Darbang (1,110m), passing through the towns of Tatopani and Babiya Chaur.

Once in Darbang, we start our real trek to the Dhaulagiri Circuit. After checking in at the checkpost, we'll start walking along the Myagdi River and cross a suspension bridge. Then, the trail slowly goes uphill until we reach Dharapani, a village where the Gurung and Magar communities live. If the weather is clear, you'll get your first view of Dhaulagiri to the north here. We spend the night here and prepare for the next day's journey.

Distance:

4 Hours

Ascent:

493 m/1,617 ft

Descend:

43 m/141 ft

Highest Altitude:

1,110 m/3,642 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Camping

Trek Distance:

6.7 km/4 miles

Day 05: Trek from Dharapani to Muri

After breakfast, we'll start trekking uphill from Dharapani towards the village of Muri. Along the way, you'll cross several rivers and walk through forests, enjoying views of the Dhaulagiri mountains and the Myagdi River.

Muri is home to the Magar people, who farm crops like rice, wheat, and maize. You'll have enough time to explore the village and see how the Magar community lives.

Distance:

6 Hours

Ascent:

425 m/1,394 ft

Descend:

265 m/869 ft

Highest Altitude:

1,720 m/5,643 ft Muri

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Camping

Trek Distance:

9.5 km/5.9 miles

Day 06: Trek from Muri to Bagar

As usual, we begin the day with a hearty breakfast. After that, we will head towards Bagar. At first, we follow the path that descends to a suspension bridge over the Myagdi River. Then the trail climbs steadily through thick forests and along narrow ridges.

We'll then cross a low pass with amazing views of Mt. Ghustung South. From the pass, the path winds through pine and oak trees, then goes down to the villages of Mahatala and Naura, surrounded by jungle and greenery. Finally, you'll climb steeply on zigzag trails to reach Bagar. Bagar offers stunning views of Dhaulagiri I and Gurja Himal. Today's trek is a bit tough but offers wonderful scenery and great mountain views.

Distance:

7 Hours

Ascent:

885 m/2,904 ft

Descend:

525 m/1,722 ft

Highest Altitude:

2,080 m/6,824 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Camping

Trek Distance:

8.1 km/5 miles

Day 07: Trek from Bagar to Dobhan

Today's trek takes you into a more remote and challenging landscape. The trail starts by going down through farm fields to a small ridge, then into a forest that leads to Jyardan. Jyardan is the last permanent village in this region. After Jyardan, the path climbs over some rocky terrain, then descends slightly before rising again to Lipshe, where there is only a small hut.

From Lipshe, we continue walking through forested areas to Lapche Kharka and then climb to a flat area called Doban Kharka. You will stay here overnight at a campsite.

Distance:

6 Hours

Ascent:

725 m/2,379 ft

Descend:

285 m/935 ft

Highest Altitude:

2,520m/8,268 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Camping

Trek Distance:

8.5 km/5.2 mile

Day 08: Trek from Dobhan to Chaurbag Khola Camp

Today's trek takes you into a more remote and rugged part of the Dhaulagiri region. The trail climbs steadily, and you'll notice the landscape starting to change. Forests become thinner, and you'll walk through rocky trails, old glacier paths, and open meadows with hardy mountain plants.

The higher you go, the fewer trees you'll see. The air becomes cooler and clearer, and the views get even better. When you reach Chaurbag Khola Camp, you'll be surrounded by high peaks. The campsite here is peaceful and scenic. It is a good place to rest and take in the wild beauty of the mountains.

Distance:

6 Hours

Ascent:

1,090 m/3,576 ft

Descend:

165 m/541 ft

Highest Altitude:

3,445 m/11,302 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Camping

Trek Distance:

7.5 km/4.6 miles

Day 09: Trek from Chaurbag Khola Camp to Japanese Camp

The destination for the eighth day of trekking is the Japanese camp. The trekking trail today leads you closer to the Dhaulagiri Massif, with the trail getting steeper and more challenging. You will pass through rocky moraines, snowy sections, and icy trails.

As you approach Japanese Camp, the landscape opens up to reveal spectacular views of Dhaulagiri I, II, III, and IV. The high-altitude air is crisp, and the sense of isolation adds to the raw beauty of this remote campsite. Japanese Camp is one of the most stunning spots on the trek. On one side, you'll see the towering west face of Dhaulagiri, and on the other, the massive rock walls of Tsaaurabong Peak.

Distance:

6 Hours

Ascent:

510 m/1,673 ft

Descend:

65 m/213 ft

Highest Altitude:

3,890 m/12,762 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Camping

Trek Distance:

6.8 km /4.2 miles

Day 10: Acclimatization day

This is a rest day to help your body adjust to the high altitude. You can explore the surrounding glacier area or take short hikes. You can watch the sunlight change over the Dhaulagiri peaks, creating beautiful shadows on the mountains. This day is crucial for avoiding altitude sickness before moving to higher elevations.

Distance:

6 Hours

Ascent:

748 m/ 2,454 ft

Highest Altitude:

3,890 m/12,762 ft

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Camping

Day 11: Trek from Japanese Camp to Dhaulagiri Base Camp

Today is one of the most exciting and challenging days of the trek. We leave the Japanese Camp early in the morning and follow a tough trail across glaciers, moraines, and snow-covered paths. The route is steady, and the high altitude adds to the challenge.

As you climb higher, you'll be rewarded with amazing views of Mt Dhaulagiri I (8,167m), Tukuiche Peak, and other surrounding mountains. After about 8 hours of walking, you will arrive at Dhaulagiri Base Camp. From base camp, you can witness the impressive north face of Dhaulagiri I, with views of Dhaulagiri II, Dhaulagiri III, and Dhaulagiri V in the west. Camping under the Dhaulagiri massif makes today one of the most exciting and memorable parts of the trek.

Distance:

8 Hours

Ascent:

942 m/3,091 ft

Descend:

84 m/276 ft

Highest Altitude:

4,748 m/15,577 ft

Meals:

Breakfast,Lunch and Dinner

Accommodations:

Camping

Trek Distance:

6 km / 3.7 miles

Day 12: Trek from Dhaulagiri Base Camp to Hidden Valley Camp via French Pass

You will take a rest day in Hidden Valley to acclimatize to the high altitude and explore the surrounding areas. You can take a short hike around the valley, witnessing snow-covered ridges and vast open landscapes. This is an ideal time to relax, take photos, and prepare for the next challenging part of the trek. The night will be spent in tents under the clear Himalayan sky.

Distance:

7 Hours

Ascent:

612 m/2,008 ft

Descend:

220 m/722 ft

Highest Altitude:

5,360 m/17,585 ft

Meals:

Breakfast Lunch and Dinner

Accommodations:

Camping

Trek Distance:

11.5 km /7.1 miles

Day 13: Rest day in Hidden Valley camp

You will take a rest day in Hidden Valley to acclimatize to the high altitude and explore the surrounding areas. You can take a short hike around the valley, witnessing snow-covered ridges and vast open landscapes. This is an ideal time to relax, take photos, and prepare for the next challenging part of the trek. The night will be spent in tents under the clear Himalayan sky.

Highest Altitude:

5,140 m/16,864 ft

Meals:

Breakfast,Lunch and Dinner

Accommodations:

Camping

Day 14: Trek from hidden Valley Camp to Yak Kharka via Dhampus Pass

To leave Hidden Valley today, you will cross another pass called Dhampus Pass, which is at 5,244 m (17,205 ft). You can still see glaciers as you cross the pass and go down toward the Kali Gandaki Valley. In Yak Kharka, you might see groups of yaks. The name Yak Kharka means “yak pastures.”

The landscape changes from glaciers to rolling green hills, giving you a fresh perspective of the region. The trek takes around seven hours, with plenty of opportunities to soak in the beauty of the Himalayas.

Distance:

7 Hours

Ascent:

104 m/341 ft

Descend:

619 m/2,031 ft

Highest Altitude:

5,244 m/17,205 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Camping

Trek Distance:

11 km / 6.8 miles

Day 15: Trek from Yak Kharka to Marpha

Today, you will experience a dramatic descent of over 2,000 meters, leaving behind the high-altitude wilderness and entering lush green valleys. The trail follows a narrow ridge before reaching Marpha, a charming Thakali village known for its apple orchards, whitewashed houses, and Buddhist culture. You can explore the village, taste local apple products, and visit the Marpha Monastery.

Distance:

9 Hours

Ascent:

53 m / 174 ft

Descend:

2,008 m / 6,588 ft

Highest Altitude:

4,625 m / 15,174 ft

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea house or camping

Trek Distance:

7.5 km / 4.6 miles

Flight Hours:

30 min

Day 16: Drive to Pokhara

Today starts with a scenic drive to Pokhara. Marpha is a windy mountain town in the Kali Gandaki Valley. From Marpha, we'll catch a Local transport to Pokhara. During the Drive, you'll see amazing views of mountains and deep valleys below.

Once in Pokhara, we'll check into a hotel near Lakeside. You'll have free time to relax by Phewa Lake, enjoy the views, or stroll through the quiet streets. After many days in the mountains, it's the perfect place to unwind.

Highest Altitude:

2,720 m / 8,924 ft

Meals:

Breakfast

Accommodations:

3 Star Hotel

Day 17: Drive from Pokhara to Kathmandu

- **Attraction of the day:** Thamel tourist market

Today, we'll drive back to Kathmandu. The road goes through hills, rivers, and small towns. It's a long ride, but the scenery along the way is beautiful.

When we arrive in Thamel, you'll have time to walk around, shop for souvenirs, or just relax. In the evening, we'll enjoy a farewell dinner together to celebrate the end of your trek. It's your last night in Nepal, so enjoy it.

Highest Altitude:

1,400 m/4,593 ft

Meals:

Breakfast, Dinner

Accommodations:

3 Star Hotel

Day 18: Final Departure

Your journey comes to an end today. Depending on your flight schedule, you will have time for some last-minute shopping or a short walk around Kathmandu. We will bid you a warm farewell as our guide drops you off at Tribhuvan International Airport for your departure. Hope you had unforgettable memories of the Dhaulagiri Circuit Trek and the breathtaking Himalayas.

Dhaulagiri Circuit Trek Includes/Excludes

Included in the package

- Airport transfer
- Kathmandu to Pokhara to Kathmandu by tourist bus
- Pokhara to Darbang by private vehicle
- Marpha to Pokhara Local Vehicle
- 3 nights in Kathmandu in a 3-star hotel (on a sharing basis)
- 2 nights in Pokhara 3 Star Hotel (sharing basis)
- 12 nights in a mountain tea house or camping (on a shared basis)
- **Food:** 17 Breakfast, 12 Lunch, 14 Dinner
- One guide during the trek
- Kitchen team
- Porter for carrying bags
- ACAP permit fees.
- TIMS card fees

- Restricted area permit
- Sleeping tent, cooking tent, Dining table, and chair
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Staff insurance, salary, equipment, food & clothing.
- Duffle bag during trek (should return after trek)
- **MEDICAL KIT:** Comprehensive Medical kit.

Excluded from the package

- International flight
- Domestic Flight (kathmandu to pokhara, Jomsom to Pokhara, Pokhara to kathmandu)
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra nights in pokhara
- Extra night during Trekking
- Personal porter for the trek
- Nepal visa fees
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 3,750
2 - 4	USD 3,200
5 - 7	USD 3,150
8 - 10	USD 3,100
11 - 20	USD 3,060

Dhaulagiri Circuit Trek FAQ's

How long is the Dhaulagiri circuit trek?

Covering more than 150 kilometers, the Dhaulagiri Circuit Trek can be completed within 15 to 20 days. If you book with us, you can complete this adventure in 18 days. However, your itinerary is mainly determined by your fitness level and your expectations for the journey.

How hard is the Dhaulagiri trek?

Yes, Dhaulagiri Circuit Trek is a challenging adventure in the Himalayas; the involvement of rugged terrain, remote locations, steep ascents and descents, long hiking days, and longer durations makes this adventure quite difficult to complete. To successfully conquer this adventure, you should be physically fit and mentally ready.

Could I use an ATM and a credit Card during the trek?

The ATM and credit card facilities during the Dhaulagiri trek are limited, meaning you will have good access to ATMs or credit cards in the lower regions like KTM, Pokhara, and Namche. As you ascend higher, the ATM and other facilities become not too limited in number. We generally recommend you carry Nepali chas, which you can get at the money exchange center.

How much does it cost to climb Dhaulagiri?

The cost of the Dhaulagiri Circuit Trek can range from \$1,500 to \$2,500 per person. The price is mainly determined by the level of your package, from basic to luxury. Within the cost, meals, accommodations, transportation, a permit, a guide, and a porter are generally included. Besides that, you need to make your personal expenses if you want anything aside from what the package includes.

Is it safe to go for the Dhaulagiri Circuit Trek?

Yes, it is generally safe to trek to Dhaulagiri Circuit if you have prior trekking experience. A beginner with no experience is generally not recommended for this trekking route. With the involvement of huge challenges, the Dhaulagiri trek can be life-threatening if you are not well prepared and not in good physical shape.

Is the Dhaulagiri Circuit Trek itinerary customizable?

Yes, booking with the Himalayan 360, your package to Dhaulagiri Circuit is customizable. However, to enjoy this feature, you should either be traveling solo or have your own group with you. If you plan to make customizations, we generally recommend that you inform us during the booking time. We will also provide you with full support for preparing the itinerary based on your needs and preferences.

Are there any hospitals or medical facilities during the Dhaulagiri Circuit Trek?

Getting to hospitals or medical facilities during the Dhaulagiri Circuit Trek is difficult. As the trek takes you to a higher altitude of about 5,000 meters, access to medical facilities at that altitude is not possible. However, you can book a rescue service from any of the travel agencies to enhance your safety during the trek.

Is it important to have insurance before going to the Dhaulagiri Circuit Trek?

Yes, it is important for you to have insurance when going on the Dhaulagiri Circuit Trek. As the trek

possesses some huge challenges, it can be very essential for you to get one. Travel insurance will provide you with financial security as it covers medical expenses you might encounter during the trek. Additionally, they offer you emergency evacuation and also help during baggage loss or trip cancellation.

Do we need a special permit for the Dhaulagiri Circuit Trek?

Yes, you will need a special Dhaulagiri Restricted Area Permit for the Dhaulagiri Circuit Trek. Besides this, the another permit you need is Annapurna Conservation Area Permit (ACAP). These permits are checked at different checkpoints, so make sure you carry them in your hand.

Gear and equipment for the Dhaulagiri Circuit Trek

If you're planning to do the Dhaulagiri Circuit Trek, it's important to pack smart. Since the trail is remote and challenging, you'll need proper gear, but not too much. You are allowed to carry only up to 9 kg, and this will be carried by a porter in a duffle bag along with another trekker's load. If your bag is heavier than 9 kg, you'll need to pay an extra fee of \$10 to \$20 per extra kg, so try to keep it light and essential. Here is what you can include in your Dhaulagiri Circuit Trek Bag:

Clothing

- Moisture-wicking base layers
- Insulated jacket
- Waterproof and windproof jacket
- Waterproof trekking pants
- Fleece or soft-shell jacket
- Lightweight trekking pants and shirts
- Insulated gloves and liner gloves
- Warm hat and sun hat
- Buff or neck gaiter
- Gaiters

Footwear

- High-quality trekking boot
- Lightweight camp shoes or sandals
- Wool or synthetic trekking socks

Backpacks and Bags

- 50-60L trekking backpack
- 20-30L daypack

Sleeping Gear

- Four-season sleeping bag (-15°C to -20°C rating)

- Sleeping bag liner
- Inflatable or foam sleeping pad

Trekking Equipment

- Trekking poles
- Crampons
- Ice axe
- Headlamp
- Sunglasses

Personal Items & Accessories

- Water bottles
- Water purification tablets or filter
- High-energy snacks (nuts, protein bars, chocolates)
- Personal first-aid kit
- Sunscreen (SPF 50+)
- Wet wipes, biodegradable soap, toothbrush, toothpaste
- Quick-dry towel
- Toilet paper and hand sanitizer
- Lightweight travel towel

Electronics & Communication

- Power bank
- Camera with extra batteries
- Plug adapter (for Nepal)

Documents & Permits

- Passport and visa copy
- Dhaulagiri Restricted Area Permit
- Annapurna Conservation Area Permit (ACAP)
- Travel insurance
- Cash (Nepali Rupees)

Dhaulagiri Circuit Trek Permits

If you are trekking to the Dhaulagiri Circuit Trek, you will need two permits: The Annapurna

Conservation Area Permit and the Dhaulagiri Restricted Area Permit. It is mandatory to obtain these two permits as they are checked at different checkpoints throughout the entire journey. Here is a brief explanation of both:

Annapurna Conservation Area Permit

As the trek passes within the conservation area, getting this permit is essential. The cost paid for this permit is used to protect the biodiversity of the region. You can get this permit either in the Nepal Tourism Board Office in Kathmandu or Pokhara, or at the entry point of the Annapurna Conservation Area.

Cost: NPR 3000 per person for foreigners and NPR 100 for Nepalis.

Dhaulagiri Restricted Area Permit

The trek passes through some of the region's restricted areas. Thus, getting this permit is mandatory. This permit has replaced the TIMS card. The permit helps preserve the beauty of the restricted area and tracks the trekker's location, enhancing your safety. You can get this permit at the same time as ACAP or can even receive it from the District Administration Office in Baglung.

Cost: NPR 2000 per person per week

The Starting and Ending Point of the Dhaulagiri Circuit Trek

The Dhaulagiri Circuit Trek starts from a short, 7 to 8 hours drive from Kathmandu to Pokhara. Upon arriving in Pokhara, we will take another jeep ride to Darbang. From there, the real trekking journey begins. Starting off, the first location you will reach is Dharapani, and then you will go to Muri, passing through traditional villages and lush landscapes.

The journey continues to Bagar and Dobhan, where the altitude gradually increases. As you move forward, you will trek to Chaurbag Khola Camp and then to the Japanese Camp. The trek then takes you to Dhaulagiri Base Camp, offering stunning views of the surrounding peaks. From there, you will cross the challenging French Pass to reach Hidden Valley Camp, where another rest day allows for proper acclimatization.

After a well-deserved rest, you will trek from Hidden Valley Camp to Yak Kharka, crossing Dhampus Pass. The descent then leads to the beautiful village of Marpha, known for its apple orchards. The next day, you will take a drive to Jomsom and then fly back to Pokhara, marking the end of the trekking journey. On the final day, you will prepare for your departure, marking the end of the trek.

Views and Attractions Along the Way to Dhaulagiri Circuit

Stunning Mountain Views

You will see breathtaking views of snow-covered peaks, including Dhaulagiri (8,167m), the world's seventh-highest mountain. Other towering peaks, such as Annapurna (8,091m), Tukucho Peak (6,920m), Nilgiri (7,061m), and Gurja Himal (7,193m), surround the region, creating a stunning panorama. Further, being able to witness sunrise and sunset over the Himalayas from different rest points will further add

more beauty to your overall journey.

Traditional Villages

People living in the Dhaulagiri region are simple and follow traditional life. Magar, Gurung, and Thakali are the inhabitants of the area. In this traditional village, you will see beautifully built stone houses, terraced fields growing rice and barley, and yak herds grazing in the highlands. Villages such as Muri, Marpha, and Dharapani are renowned for their warm hospitality. Passing by these villages, you can also try the delicious apple orchards, where you can try fresh apple juice and brandy.

Glaciers and Two High Passes

The trek passes through Chhonbardan Glacier and other icy landscapes, giving you a real adventure feel. You will cross two high passes, French Pass (5,360m) and Dhampus Pass (5,244m), which offer breathtaking views of the Dhaulagiri and Annapurna ranges. These passes are steep and challenging, but the incredible scenery makes the effort worthwhile.

Dhaulagiri Base Camp

Located at 4,748m, Dhaulagiri Base Camp is a highlight of the trek. Upon reaching this point and overcoming challenges, you can see beautiful views of Dhaulagiri I, Dhaulagiri II, and Tsaurang Peak. From here, you can see the massive icefall that flows down from the mountains. The base camp is a peaceful place where you can rest and admire the beauty of the Himalayas.

Japanese Base Camp

Japanese Base Camp is an important stop before heading towards the higher altitudes of Dhaulagiri Base Camp. From here, trekkers can see incredible views of Dhaulagiri I, Manapathi Peak, and the Tsaurang Glacier. Trekkers primarily use this camp to acclimatize effectively before moving towards the main Dhaulagiri Base Camp. The place is named after a Japanese expedition team that set up camp here during their historic climbs of Dhaulagiri.

Unique Culture and Traditions

Throughout the trek, you will see Hindu as well as Buddhist monasteries, colorful prayer flags, and stone-carved Mani walls with sacred inscriptions. The Thakali and Magar people celebrate festivals like Tihar, Dashain, and Lhosar with traditional music, dance, and rituals. The local culture and hospitality make this trek not just about nature but also about experiencing the traditions of the Himalayan people.

Transport Details: Getting to and from the Dhaulagiri Circuit

To reach the starting point of the Dhaulagiri Circuit Trek, you will first travel from Kathmandu to Pokhara. You can choose between a 30-minute flight or a 7 to 8 hours drive by bus or private vehicle. The flight offers stunning views of the Himalayas, while the drive takes you through scenic hills and rivers. From Pokhara, you will take a jeep ride to Darbang, which takes around 4 to 5 hours, though it can take longer depending on road conditions. The road is bumpy and passes through rural villages.

After completing the trek, you will return from Marpha to Jomsom by jeep, which takes around 1 - 1.15 hours. From Jomsom, you can take a short 25-minute flight to Pokhara or drive back, which takes about 9 to 10 hours. The flight is quick and scenic, but it depends on weather conditions. While the drive is long,

it offers beautiful mountain and valley views. Once in Pokhara, you can either take a flight or drive back to Kathmandu to complete your journey.

Culture and Wildlife Around the Dhaulagiri Circuit Trek

As you trek the Dhaulagiri Circuit, you'll meet people from the Gurung, Magar, and Thakali communities. These groups follow Buddhist traditions influenced by Tibetan culture. No matter where you stop, you'll be welcomed with warm hospitality. Throughout the trek, you will pass by ancient monasteries, mani walls, and chortens, adding a strong cultural feel to your journey. If your timing is right, you might even join in on local festivals or try traditional foods.

Not only does the trek offer you cultural beauty, but it also offers you a chance to witness the diverse flora and fauna the region offers. As the trek passes within the Annapurna Conservation Area, you can see some rare species of animals, such as red pandas and snow leopards. The chances of you encountering the Bengal tiger and the Langur monkey, along with our national bird, the Danphe, are also high. You can also see some rare and seasonal birds, from Himalayan yak and sheep to goats, while trekking here. The mix of culture and nature makes this trek a truly special experience. If you have already done Dhaulagiri Circuit Trek or looking for more similar options you might also enjoy [Makalu Base Camp Trek](#) which offers a similar sense of isolation and high-altitude challenge.

Why Choose Himalayan 360?

We, Himalayan 360, are a government-registered company. We work together with a team to make your dreams a reality. We are truly committed to providing the best and most money-worthy holidays. Here is why you should choose us for your next trip to the Dhaulagiri Circuit Trek:

- Highly experienced local operator
- Authorized government-registered trekking company
- Organizes fully responsible trekking
- No additional hidden charges
- Multiple packages as trekking, rafting, jungle safari, and more
- We can give you the rescue facilities

Address

Address:

Galkopakha Marg – Kathmandu – Nepal