

Dhaulagiri Circuit

REGION	Dhaulagiri Himal · Myagdi
DURATION	18 days
MAX ALTITUDE	5,360 m
GRADE	Strenuous · Alpine
SEASON	Apr-May · Oct-Nov
FROM	from \$3,150

Overview

A true high-mountain circuit round the seventh-highest peak

A committing camping circuit around Dhaulagiri, the world's seventh-highest mountain - glacier travel, two 5,000 m passes and base camp beneath a wall of ice.

There are no teahouses here. The Dhaulagiri circuit is a full camping expedition that climbs the Myagdi Khola to Dhaulagiri Base Camp, then crosses French Col and Dhampus Pass into the Hidden Valley.

It's one of Nepal's most alpine treks - glacier sections, real altitude and weather - rewarded with raw, close-up high-mountain scenery.

Highlights

- Dhaulagiri Base Camp
- French Col (5,360 m)
- Hidden Valley & Dhampus Pass
- Full camping expedition

Itinerary

Day 1 - Drive -> Beni -> Babichaur

Drive west to Beni and start up the Myagdi Khola.

Day 2 - Up the Myagdi

Trek through gorge and forest toward the glacier.

Day 3 - Dhaulagiri Base Camp

Acclimatise beneath the north-east face.

Day 4 - French Col & Hidden Valley

Cross the high cols into the Hidden Valley.

Day 5 - Dhampus Pass & descent

Drop to Marpha and drive back out.

What's included

- National-park & area permits
- Licensed guide + full camping crew
- All camping gear & meals
- All ground transport from the trailhead
- Pre-trip briefing & gear check
- 5% funds village schools & health posts

Not included

- International flights to/from Nepal
- Travel & high-altitude insurance
- Personal trekking & climbing gear
- Nepal entry visa fees
- Tips for guides and porters
- Personal expenses (drinks, wifi, laundry)

Available departures

- 15 Mar 2026
- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026