




Dhaulagiri round trek the northern side of the wildest valley of Nepal (hidden valley) and along with Kaligandaki River flow its bottom. It is an interesting trip for trekker's in the North-East of the big Dhaulagiri massif. It needs very good trekking experience and physical fitness. In low altitude, there are villages and valleys. The trek route passes through dense forest of rhododendron, oak, deciduous trees and juniper.

Discovery Mountain Trek & Expedition Pvt Ltd takes your trekking trail crosses through several villages, Myagdi Glacier, Dhaulagiri Base Camp, French Pass to Hidden Snowy Valley and after Thapa or Dhampus Pass towards Jomsom and Muktinath. The Kaligandaki River, one of the deepest (Gorge) river in the world, separates the range of Dhaulagiri and Annapurna.

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	5250m
Duration:	:	17 Days
Walking Days:	:	12 Days
Activity:	:	Trek
Best Period:	:	FEV MAR APR MAY SEP OCT NOV DEC

DAY 1: ARRIVAL IN KATHMANDU (1365M)

After arriving in Kathmandu, Discovery Mountain Trek will pick up you from the airport and take you to your hotel. In the evening, there will be a welcome dinner hosted by Discovery Mountain Trek. For dinner, you will be served authentic Nepalese cuisine which will introduce you to the country's food culture.

DAY 2: DRIVE FROM KATHMANDU to POKHARA (875M) 6/7H DRIVE

Today you leave after your breakfast to the Trisuli River, you follow upstream to its junction with the Marsyangdi River. You follow the Marsyangdi gently up through heavily terraced fields and small hill towns to the Seti River that takes you directly into Pokhara. Having pleasant weather, Pokhara is tourist's paradise with full of natural as well as cultural heritage sites such as lakes, caves, temples of Buddhist and Hindus along with mountains. You can observe views to the north across the hills and Phewa Tal (lake) to the white peaks of the Annapurna and Dhaulagiri ranges.

DAY 3: POKHARA - DARBANG AND TREK TO DHARAPANI (1430M) 5/6H DRIVE 3H TREK

You start drive after your breakfast through uphill into zigzag road all the way to Naudanda. It then descends through zigzag road up to Nayapul with views of Annapurna South, Fish tail, green hills, terraces and villages. To reach Beni, your drive moves along the bank of Mardi river until Dharbang then trek to Dharapani.

DAY 4: TREK FROM DHARAPNI TO MURI (1750M) 6/7H WALK

Today you start your trek with a good climb in the morning leads to Dharapani, one of the bigger villages and then passes through villages of Takum and Sibang. These terraced villages are inhabited by various minority groups of the country with majority of them being Magars. Finally, after crossing a small river the village of Muri marks the end of the day.

DAY 5: TREK FROM MURI TO BAGHAR (2050M) 5/6H WALK

After your breakfast you start to descend a path amid terraced fields to Dhora khola. Cross the river and climb to the right up the mountainside to Ghorban dhara. you can see good view of Ghustung south (6465m). Follow the right bank path past Naura where you begin to ascend the mountainside. After climbing for a short while, take a path that traverses the steep grass-covered hill. The Myagdi khola assumes a steep-walled V-shape as the traverse ends and a high winding path climbs the steep, The path is well-constructed with a great number of zigzag stone step paths. At last the long climb ends you enter a traverse to the right-here you must also beware of falling into the gorge of the Myagdi khola.

DAY 6: TREK FROM BAGHAR TO DOVAN (2410M) 5/6H WALK

After your breakfast, the trail now follows undulates through the forest following Myagdi River and passes through Lipshe. The trail comes out of the forest only at Dobang.

DAY 7: TREK FROM DOVAN TO SALLAGHARI (3020M) 4/5H WALK

You start your trek continues to go through the forests and consistently gains height throughout the day. The camp is also in the jungle for the day.

DAY 8: TREK FROM SALLAGHARI TO ITALIAN BASE CAMP (3610M) 3/4H WALK

You start after your breakfast the lush vegetations slowly starts to disappear as the trail moves on and then enters the moraine where the Base Camp is located. From the Base Camp view of the west face of Dhaulagiri can be enjoyed.

DAY 9: ACCLIMATIZATION DAY AT ITALIAN BASE CAMP

The day can be used to take a good rest to prepare the body for the next few days (hard and long days follow after the day). This day can also be used to explore around the area depending upon the condition of your body.

DAY 10: TREK FROM ITALIAN BASE CAMP TO GLACIER CAMP (4215M) 4/5H WALK

After crossing the first glacier, probably using a rope in a couple of tricky spots, you climb onto the main glacier. The surroundings are spectacular which makes up for the rough and dangerous trail. we may also use a rope on this section. This is a particularly tough day. you camp on the glacier rubble.

DAY 11: TREK FROM GLACIER CAMP TO DHAULAGIRI BASE CAMP (4725M) 5/6H WALK

Today you start soon the rough rubble gives way to the smooth ice of the white part of the glacier. You climb steadily to the rough and chilling but spectacular Dhaulagiri Base Camp. From Base Camp, stunning views of Dhaulagiri I (8167m), Tukucho Peak (6920m), Dhaulagiri II (7751m) and Dhaulagiri IV (7661m) can be enjoyed.

DAY 12: TREK FROM DHAULAGIRI B.C – CROSS FRENCH PASS (5250M) HIDDEN VALLY (5010M)

You start early in the morning and must on days crossing a high pass. The day starts with a brief gradual descend and then a long steep ascent until top of the of the pass follows. A brief stop at the top to enjoy all the surrounding mountains of the valleys left behind is followed by a steep drop, which only ends at French Pass. Now a long descent continues for the rest of the day and only ends at camp.

DAY 13: TREK FROM HIDDEN VALLY TO YAK KHARKA (4710M) 5/6 HOURS

Today you start to trek after your breakfast, en route you pass Battase Danda. The spectacular views of Dhaulagiri, Tukucho peak, Thapa peak, Annapurna range mesmerize you.

DAY 14: TREK FROM YAK KHARKA TO JOMSOM (2730M) 6/7H WALK

After your breakfast the descent mode still continues and only ends at Marpha Village. This is the first settlement after exiting the valley and from Marpha, the trek continues on a road to Jomsom.



**Discovery
Mountain**

Trek & Expedition Pvt. Ltd.

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DAY 15: FLY FROM JOMSOM TO POKHARA (875M) 18M FLIGHT

Today you fly jomsom to Pokhara, the lake city in the earliest possible airplane. After checking-in at our hotel, you may take a rest or visit the Lakeside area in the vicinity of the Fewa Lake. Here, you can buy some souvenirs or sampling some local delicacies.

DAY 16: DRIVE FROM POKHARA TO KATHMANDU 6/7H DRIVE

After breakfast, you say goodbye to the beautiful lake city of Pokhara and drive towards Kathmandu. After reaching Kathmandu you have the rest and free day.

DAY 17: DEPARTURE ON YOUR DESTINATION

Your adventure in Nepal comes to an end today! Discovery Mountain Trek will take you to airport approximately 3 hours before our scheduled flight to on your way home.



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INCLUDED IN THE COST

- All Camping Equipment required during the trek: dome tent, kitchen tent and kitchen equipment
- Accommodation during camping: 2night with all meals: Breakfast, Lunch, Dinner & Tea, Coffee
- Accommodation during the trek with all meals: breakfast, lunch, Dinner & Tea, Coffee
- Base Camp cook, kitchen staff, assistant guide and support staff for your peak climbing
- Trek Staff costs including their salary, insurance, equipment, food and accommodation
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trekking guide
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- Discovery Mountain's down jacket to be returned after your trip completion
- 3-star hotel accommodation in Kathmandu Pokhara with breakfast
- Energy Supplies: Dry fruits, Snickers, Mars, Bounty on your Trek
- All necessary paperwork and trekking permits (ACAP and TIMS)
- Mattresses, Climbing rope, Ice Axe, Ice screws, Snow bar
- Medical kit (carried by your trekking assistant guide)
- Assistant trek guide 4 participants: 1 assistant guide
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Domestic flight from Jomsom to Pokhara
- Porter service 1 participants: 1 porter
- All government and local taxes

NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu and Pokhara
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -15° or -20°
- Fleece sleeping bag liner (optional)

FROM HEAD TO TOE

- Thick walking socks
- Warm gloves
- Hat and scarf
- A cap or sunhat
- 2-pair of thermals
- Suitable shorts
- Walking trousers

- A pair of high rise climbing boots
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

PRACTICAL ITEMS

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Female hygiene products
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

MEDICAL

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Water purification tablets or water filter
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.