

DHAULAGIRI CIRCUIT, NEPAL



Dhaulagiri Base Camp



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HIGHLIGHTS

-) Dhaulagiri Circuit is known as one of the best circuit treks in Nepal visiting a remote and less travelled area through the Chonbarden Gorge and Hidden Valley.
-) There is an option to climb Dhampus Peak at an altitude of 6,060m for those with previous mountaineering experience. If you like to climb Dhampus Peak there is an extra charge to cover the cost of the climbing permit.
-) This is classic trekking in Nepal starting at a low altitude walking through traditional villages with terraced fields then further up Myagdi valley into sub-tropical forest. Higher up above the tree line we enter alpine environment with glaciers and high passes with superb views of the Himalayan peaks.
-) There is no doubt Dhaulagiri Circuit is a challenging trek although it should be a suitable objective for someone who is fit with some previous experience trekking at high altitude. Please get in touch with us if you would like any more information about Dhaulagiri Circuit.
-) The itinerary has been carefully designed to ensure sufficient acclimatisation as well including a number of rest days to maximise the chance of crossing the passes and completing the circuit.
-) We have included two nights in Hidden Valley so you have the opportunity to spend a day exploring this area. Our recommendation is to ascend a ridge on west side of valley with superb views of Dhaulagiri, Tukucho, Nilgiris and Annapurnas. For photos please take a look at our blog at:

<http://themountaincompany.blogspot.com/2010/10/photos-of-day-walk-in-hidden-valley-on.html>



REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR DHAULAGIRI CIRCUIT

-) The Mountain Company has organised thirteen successful Dhaulagiri Circuit treks. For more information on how these treks went please [take a look at our trip reports](#).
-) Our itinerary has been carefully designed to ensure sufficient acclimatisation as well as including a number of spare days to maximise the chance of crossing the passes. Unlike most other itineraries we spend two nights at Italian Base Camp, two nights at Glacier Camp and a further two nights at main Dhaulagiri Base Camp. In the past we have found this ascent profile is required for the group (and also porters) to gain the necessary acclimatisation before crossing into Hidden Valley.
-) The Mountain Company will receive bespoke weather forecasts for the Dhaulagiri region from EverestWeather.com throughout the duration of this trek.
-) At some point during the trek your western leader will organise a training session for those in the group who have no prior experience of using ice axe and crampons. These basic mountaineering skills will be required for crossing the high passes to Jomsom.
-) Western branded tents are used for all of our camping treks in Nepal. These are three person domed tents with plenty of space for two people sharing plus gear.
-) We send a Thuraya satellite phone on all of our treks in Nepal. It is essential for your guide to have reliable communications with us for logistics, planning and group safety.
-) We use GPS on Thuraya satellite phone to upload daily your location onto Google Maps so your friends and family can track your progress during the trek.
-) We provide all porters with windproof jacket & trousers, crampons and shelter as per International Porter Protection Group (“IPPG”) guidelines. This is a very tough trek for porters and it is essential that they are well looked after.



-) There will be a range of tasty meals for breakfast, lunch and supper. We give everyone in the group one chocolate bar per day (Mars, Twix, Bounty etc) and also provide Pringles and biscuits at tea time. For breakfast every morning we provide fresh coffee from our Bialetti Moka coffee machine.
-) We bring a comprehensive first aid kit plus high altitude medicine, antibiotics and other medicines. There will also be a portable altitude chamber (PAC or Gamow bag).
-) We have a limited number of crampons and ice axes for rent in Kathmandu. Please contact TMC office for further prices and availability.

TESTIMONIALS

“Thanks again: Dhaulagiri Circuit is a great trek, perfectly organized and run, with great crew and interesting group.” **Piotr Zycki (Poland)**

“Thanks again for a superb trip, I really had a fantastic time and it was all very well organised, the crew were great and Roland you were a very diligent and patient leader. I'll have no hesitation in recommending you guys to anyone who asks about trekking companies in the Himalayas.”
Martin Cook (Canada)

“Dhaulagiri Circuit was so fantastic, and I can't wait to go again to Nepal next year. I am sitting in the office dreaming of being on another trek! I would love to do something similar to the Dhaulagiri Circuit and I look forward to your suggestions.” **Jeff Foreman (Canada)**

“The trek was absolutely amazing so well organised and I thought that our western leader Lee did an excellent job leading the team and was brilliant at keeping the atmosphere of the trek happy and focussed. All of the Nepalese crew were great especially our Sirdar Jhire Rai and Saila the cook provided delicious food throughout the trek. It really was a fantastic a trek and I would recommend your company without a moment's hesitation to anyone.” **Henry Ogden (UK)**



"Dhaulagiri was great. The days from arrival at Base Camp, over Hidden Valley, and down to Marpha were outstanding and I will always remember them. Thanks very much for arranging it. It was all quite an adventure."

George Muir (UK)

"Dhaulagiri Circuit trek in April was awesome, had a fantastic time! The porters were amazing and the food the cooks prepared was great especially under such challenging conditions for the crew. Jill's leadership was great as well. She had great tips and was very thoughtful regarding people's health and safety. Thank you for such a great opportunity" **Jim Carmichael (USA)**

"I had a fantastic time I have so many brilliant memories and photos of the Dhaulagiri Circuit. The trek was challenging but the support of your team was fantastic, and Jill was a brilliant leader. She was thoughtful, caring and supportive. I had confidence in Jill, and she was a good teacher. I feel I have learnt so much this trek. The Nepal crew were great. Jire was an excellent sirdar, and Sonam was a very hard worker, and deserves special mention. Saila and his team deserve a medal for the quality and variety of food they turned out of that cook tent, I've never tasted such good pizza! "

Jenny Fifield (UK)

"I could just say 'what a brilliant trip', but that is not enough. The trip exceeded my expectations, it pushed me physically, but not too far. Jill was a great leader, fun to be with, but firm and decisive when needed. The local crew were excellent, the food the same (does Saila cater for UK functions?) and Jire a very good guide and Sirdar." **Simon Lebesque (UK)**

"My Dhaulagiri Circuit trek was excellent, as usual it was well planned and well executed. Nothing was too much trouble for the porters or guides. Jill's leadership only filled me with confidence. The food was brilliant and plenty of it, bed tea in the morning was more than welcome. This was my second trek with The Mountain Company and I would be more than happy to book another one in the future." **Peter Tincombe (UK)**



DHAULAGIRI CIRCUIT

Total number of days	20 days
Grade & days trekking	Strenuous, 15 trekking days
Accommodation	4 nights hotel, 15 nights camping
2019 price from Ktm	£2,395 (US\$3,115 or €2,725) Dhampus permit is extra cost TBC
2020 price from Ktm	£2,395 (US\$3,115 or €2,725) Dhampus permit is extra cost TBC
Minimum group size	5
Maximum group size	14
Dates	April 14 th to May 3 rd 2019 October 6 th to 25 th 2019 April 12 th to May 1 st 2020 October 4 th to 23 rd 2020



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

-) All internal transport and transfers including airport collections.
-) Internal flight from Kathmandu to Pokhara and at the end of the trek from Jomsom to Pokhara & Kathmandu.
-) One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
-) Twin share room at Hotel Tibet or Ambassador in Kathmandu and in Pokhara at Hotel Mount Kailash.
-) Breakfast only in Kathmandu and Pokhara, all meals included while on trek.
-) Twin share tents while on trek using our Western branded tents. These are three person domed tents with plenty of space for two people sharing plus gear.
-) All trekking arrangements including permits and fees, tents, Western and Sherpa guides, porters and cook.
-) The portage allowance for your main bag to be carried by a porter is 20kg (or 25kg for those climbing Dhaulagiri Peak too). For the internal flights the weight allowance is 15kg for your main bag checked into the hold and 5kg for day pack carried with you inside the aircraft (we will send some of your gear by bus from Jomsom with the trek crew).
-) Bespoke weather forecasts for Dhaulagiri region from EverestWeather.com throughout the duration of this trek.
-) Thuraya satellite phone for organising logistics and medical evacuations, it can also be also used for personal calls at extra cost.
-) We use GPS on Thuraya satellite phone to upload daily your location onto Google Maps so your friends and family can track your progress during the trek.
-) Dhaulagiri Circuit trekking map given to you on arrival to Kathmandu.
-) Rubberised luggage tags posted to you before departure.



-) Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
-) Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive "Nepal Pre Trip Information" notes.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement in Kathmandu and Pokhara	£190 (US\$240 or €210)
Single tent supplement	£230 (US\$300 or €260)

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

-) International flight to/from Kathmandu.
-) Travel & trekking insurance.
-) Nepal visa for 30 days.
-) Lunch and evening meals in Kathmandu and Pokhara.
-) If you like to climb Dhampus Peak there is an extra charge to cover the cost of climbing permit.
-) Personal clothing & equipment, please see Appendix for suggested kit list.
-) Tips (guidance on amounts included in our "Nepal Pre Trip Information" notes).
-) Other items not listed in "What is included".



PARTICIPANT SELECTION

The Mountain Company carefully selects and screens potential participants applying to join our groups to ensure the trip is an appropriate objective for you. We have a number of pre-trip questions asking information about your outdoor experience, training, experience, medical conditions and fitness. To access the pre-trip questions please send in your application by clicking on the **“Apply now” button** on the trek webpage. After review of your replies we might contact you by telephone or email for further information to aid our selection process.

Please ensure you have done your own research about Dhaulagiri Circuit trek by reading our pre trip documents (Trip Dossier, Trip Grading and Trip Reports published on TMC blog) to ensure you have a realistic idea of what to expect. Every trip organised by The Mountain Company has been graded based on four factors: daily walking times, altitude, terrain and remoteness.

INTRODUCTION

This is a challenging trek around Dhaulagiri the world’s seventh highest mountain with a crossing of two Himalayan passes. This trek explores a wild, remote and off-the-beaten-track area of the Nepal Himalaya. The trek starts at Beni and then follows the Myagdi Khola river passing through beautiful Gurung villages with terraced fields framed by views of the Dhaulagiri massif.

After walking up the narrow Chonbarden gorge towards Dhaulagiri Base Camp we cross French Pass into Hidden Valley. We then cross Dhampus Pass and start the long descent to Jomsom. At the end of the trek we fly out to Pokhara and back to Kathmandu.

DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.



Day 1. Arrive Kathmandu and join the tour at the hotel.

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer. A full trek briefing will be given in the afternoon. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: none).**

Day 2. Fly to Pokara and afternoon at leisure around Lakeside.

In the morning we take the flight to Pokhara and after checking to the hotel you have the rest of the day at leisure around Lakeside in Pokhara. **Overnight at Mount Kailash Resort (Meals: B).**

Day 3. Drive to Darbang (1,180m) and trek Dharapani (1,470m)- 3 hours driving and 4 hours walking.

In the morning we drive via Beni to Darbang. We should arrive in Darbang about mid-afternoon where we meet the rest of our trek crew. After Darbang we cross the suspension bridge and soon after start the climb to Dharapani. This village is mainly Gurung and Chettri and has our first view of Dhaulagiri to the north. **Overnight camping (Meals: B,L,D).**

Day 4. Trek to Muri (1,850m)- 5 hours walking.

From Dharapani we walk through Takum and Sibang, these are prosperous villages with many terraced fields mainly growing rice and wheat. Today we pass classic Nepal scenery with traditional villages and mountain views. Many of the men in this area work overseas in the Middle East or in the British and Indian Ghurkas.

There are good views of Gurja Himal and Puta Hiunchuli to the west. After crossing Dhara Khola on a suspension bridge we continue to Muri, most of the people living in this village are magar. **Overnight camping (Meals: B,L,D).**

Day 5. Trek to Boghara (2,080m)- 7 hours walking.

From Muri we descend steeply to the bridge crossing over the Muri Khola. After passing through dense bamboo stands the trail enters a number of clearings with fields and farmhouses. Further north the valley steepens and the trail is exposed in places. We camp in the grounds of the primary school in this village. **Overnight camping (Meals: B,L,D).**



Day 6. Trek to Dobang (2,350m)- 6 to 7 hours walking.

Myagdi valley is usually wet as a result of its north to south orientation, as clouds approach from India they are forced up by Mount Dhaulagiri at the end of the valley causing precipitation. You should expect to get some rain in the afternoons although usually clears off again in the evening. It is for this reason that there is lush sub-tropical forest in Myagdi valley up to Sallighari camp, be careful walking here as it is often slippery especially over tree roots.

From Boghara the trail follows the west bank of Myagdi Khola through an undulating trail in forest. Look up to the cliffs high above the trail there are large bee's nests where villagers collect honey. We stop for lunch at Lipshe at 2,080m then afterwards we continue walking in forest until we get to a clearing in the forest at Dobang with several teahouses and campsite. **Overnight camping (Meals: B,L,D).**

Day 7. Trek to Sallaghari (3,010m)- 5 hours walking.

The trail continues through dense, lush vegetation of ferns, bamboo and rhododendrons. We cross to the east bank of the Myagdi Khola on a new cantilever bridge and then camp at a clearing in the forest at Sallaghari. **Overnight camping (Meals: B,L,D).**

Day 8. Trek to Italian Base Camp (3,660m)- 3 to 4 hours walking.

From Sallaghari we walk through pine trees, rhododendron and birch and once above the tree line heather, juniper and azaleas. The trail traverses through forest and then climbs to a grassy area on the lateral moraine where Italian Base Camp is located. High above camp is the impressive west face of Dhaulagiri with Tsaorabong Peak visible on the other side of the valley. **Overnight camping (Meals: B,L,D).**

Day 9. Rest and acclimatisation day.

Today we can go for a walk to explore around Italian Base Camp or relax in camp. This day is essential for acclimatisation before ascending further in altitude towards main Dhaulagiri Base Camp. **Overnight camping (Meals: B,L,D).**

Day 10. Trek to Glacier Camp (4,200m)- 4 to 5 hours walking.

Today is a shorter walk although essential for acclimatisation process unlike most other itineraries we believe in having two nights at Glacier Camp located between



Italian Base Camp and main Dhaulagiri Base Camp (otherwise going from 3,660m to 4,740m will result in altitude sickness).

From Italian Base Camp the trail descends steeply down lateral moraine to gain the glacier, in the past we have fixed a rope here to help the group and trek crew. We cross the glacier and then traverse along the moraine on the left side of the Chonbarden gorge. We walk along talus in the impressively narrow Chonbarden gorge to the snout of the Chonbarden glacier and then continue for another hour to Glacier camp. There are a number of ledges levelled in the ice of the glacier for our tents. **Overnight camping (Meals: B,L,D).**

Day 11. Rest & acclimatisation day at Glacier Camp (4,200m).

Today is an essential acclimatisation day before walking to Base Camp tomorrow. There is an optional day walk up the glacier towards Base Camp to a large moraine ridge with views of Tukucho, Little Eiger and icefall from NE Col plus valley heading towards French Pass. This morning walk takes four hours return. **Overnight camping (Meals: B,L,D).**

Day 12. Trek to Dhaulagiri Base Camp (4,740m)- 4 hours walking.

We follow a rough trail along the moraine covered glacier to Dhaulagiri Base Camp. From Base Camp the view is impressive with Dhaulagiri I, Tukucho Peak and Little Eiger and further to the west lies Dhaulagiri II (7,751m) and IV (7,618m). One can also see the start of the climbing route through the icefall. In season there are likely to be expeditions camped on the moraine strip at Base Camp. **Overnight camping (Meals: B,L,D).**

Day 13. Rest & acclimatisation day at Dhaulagiri Base Camp.

This is another essential day for acclimatisation before crossing French pass over to our campsite in Hidden Valley at 5,100m. In the past some in the group have enjoyed going for a short walk towards French Pass in the morning while others relaxing in camp enjoying the views.

At some point today your western leader will organise a training session for those in the group who have no prior experience of using ice axe and crampons. These basic mountaineering skills will be required for crossing the high passes to Jomsom. **Overnight camping (Meals: B,L,D).**



Day 14. Trek via French col (5,360m) to above Hidden Valley (5,050m)- 7 hours walking.

After an early breakfast we walk out of Base Camp along the moraine strip to cross over to the left hand side of the Upper Chonbarden glacier. A high lateral moraine ridge is visible further up the valley, we gain this by following a steep trail across the scree and talus. Once on the lateral moraine ridge there are superb views back down the valley to Dhaulagiri I and Tukucho Peak.

At a large cairn on the lateral moraine ridge we turn off to make the final ascent to French pass. The approach to the pass is up easy angled snow slopes and as usual in Nepal the top is marked by Buddhist prayer flags and cairns. The view from the summit of the pass is superb with Sita Chuchura, the peaks of the Mukut Himal, Tashi Kang, Tukucho Peak and of course Dhaulagiri I.

The descent from pass is on moderate snow slopes as we enter Hidden Valley. After a long descent you arrive to camp next to the river not far from the base of Dhampus Peak. You will notice once crossing into Hidden Valley there is only sparse vegetation of isolated patches of moss and grass as this area is now in an area affected by the rain shadow effect of Dhaulagiri. **Overnight camping (Meals: B,L,D).**

Day 15. Option 1: Exploration walk around Hidden Valley.

Please note that we will only cross French Pass on Day 14 if everyone in the group is sufficiently acclimatised, if anyone needs more time then we will delay by a day and cross today instead.

There are a number of options for day walks around Hidden Valley, one of the best is to walk up a ridge on western side with views of Dhaulagiri, Nilgiris, Annapurnas and down Hidden Valley. Please take a look at TMC Blog [for more information and photos from our day walk in October 2010](#).

Option 2: Climb Dhampus Peak (6,060m).

There is an option to climb Dhampus Peak at an altitude of 6,060m for those with previous mountaineering experience. If you like to climb Dhampus Peak there is an extra cost to cover the climbing permit.



An early start is required for climbing Dhampus Peak as this day entails over 1,000m ascent from Hidden Valley at 5,050m to the summit at 6,060m. Depending on the current conditions the route ascends on moderate snow slopes and scree along a ridge to the summit. The view is sensational with views to Dhaulagiri, Annapurnas and into Mustang. This is optional climb is only suitable for those with previous mountaineering experience using ice axe and crampons.

Day 16. Trek over Dhampus pass (5,240m) to Yak Kharka (3,680m)- 9 to 10 hours trekking.

This is a long day and by far the toughest on Dhaulagiri Circuit trek. After an early start from camp we start the climb up a moderate snow slope to gain Dhampus pass. There are fine views of Dhampus Peak to the left of the pass and to the right the beautiful ice flutings of Tukucho Peak.

From the summit of the pass the trail descend pass for about 100m before start to traverse left into Kali Gandaki valley. Depending on the snow and ice conditions crampons may be needed for group & porters at this point. There is a very long traverse on snow usually taking about four hours before starting the steep descent to Yak Kharka. Throughout this traverse there are stunning views of Nilgiri and the western end of the Annapurna Massif. **Overnight camping (Meals: B,L,D).**

Day 17. Trek to Jomsom (2,670m)- 4 to 5 hours walking.

There is a long descent today to the village of Marpha located in the Kali Gandaki valley. Marpha village has a Buddhist monastery, Tibetan whitewashed houses and paved streets. It is also famous for its apple orchards so well worth stopping here to get a glass of apple juice at one of the lodges.

In Jomsom we stay at one of the lodges located near the airport. After hot showers you can explore Jomsom, check emails then in the evening the cooks will produce a special last meal together. Later on we will hand out tips to our crew as a thank you for all their hard work throughout the trek. **Overnight teahouse lodge (Meals: B,L,D).**

Day 18. Fly to Pokhara & Kathmandu.

We take an early morning flight to Pokhara then connect onto another flight to Kathmandu. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**



Important note: there is a significant safety risk to consider when flying on airlines in Nepal, if you would like to avoid STOL flight from Jomsom to Pokhara there is an option to extend your trek by walking to Beni in three days and then driving to Pokhara (or taking a public bus from Jomsom taking a day to Pokhara). However there are also safety considerations with this option as driving in Nepal is risky too. For further information about the flight safety risk in Nepal please read our “Threat and Risk Assessment” plus “Jomsom STOL flight” sections of this Trip Dossier.

Day 19. Sightseeing in Kathmandu.

This is a one day guided sightseeing tour of the Kathmandu Valley visiting three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square then drive to the Buddhist stupa at Boudhanath followed by the last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

Day 20. Fly back home.

Transfer to Kathmandu airport for the flight back home. End of trip.



YOUR COMPLETE FINANCIAL PROTECTION

The Mountain Trekking Company Ltd (trading as The Mountain Company) is a fully licensed and bonded tour operator. For flight inclusive packages sold to UK residents these will be covered by our Air Travel Organisers Licence (our ATOL number is 10921). For packages that do not include flights and for packages sold to customers outside of the UK your financial protection is covered by our membership of Association of Bonded Travel Organisers' Trust ("ABTOT"). Our ABTOT membership number is 5365.



Our membership of these organisations means that you can book with us in complete confidence that all monies paid to us for trips are protected.

THREAT AND RISK ASSESSMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our Dhaulagiri Circuit trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by

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identifying the potential hazards on Dhaulagiri Circuit we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Dhaulagiri Circuit is available to clients on request. For your information we have listed below a summary of the significant risks and hazards identified by us:

-) Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
-) Altitude illness including but not limited to AMS, HACE and HAPE.
-) Getting lost or becoming separated from group eg. crossing Dhampus pass in whiteout.
-) Severe bad weather and conditions when camping eg. in Hidden valley at 5,000m.
-) Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke). Please note during the months of April and October it will very hot and humid with temperatures often more than 30 Degrees Celsius for the first three days of the trek.
-) Crossing a river with no bridge resulting in drowning and/ or a fall.
-) Rock fall and landslides eg walking in Chonbarden gorge.
-) Snow and ice avalanches eg crossing French and Dhampus passes.
-) Lightning strike.
-) Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
-) Earthquake.
-) Risk of fire in the hotel or lodge.
-) Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.



-) Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
-) Road traffic or flight accident [*see paragraph “Jomsom flight” for further information about STOL flights*].
-) Contaminated food and/ or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

THE ASSOCIATION OF INDEPENDENT TOUR OPERATORS (“AITO”)

The Mountain Company is a member of the Association of Independent Tour Operators (AITO) and we have agreed to abide by the terms of the AITO Quality Charter.

AITO is the Association for independent and specialist holiday companies. Our member companies, usually owner-managed, strive to create overseas holidays with high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating. For more information please take a look at <http://www.aito.com/>





ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience. We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

In 2017 the Association of Independent Tour Operators (AITO) launched Project PROTECT in recognition of the important role that destinations play in the future of the travel industry. The aim of this project is to encourage sustainable tourism and to nurture the destinations for tomorrow's travellers. The PROTECT acronym stands for People / Resources / Outreach / Tourism / Environment / Conservation / Tomorrow.

This project is led by Professor Xavier Font of the University of Surrey and each AITO member has to publish an annual pledge and report back at the end of the year on how they got along. To see The Mountain Company's Project PROTECT pledges for 2018 and 2017, please take a look at our [Sustainable Tourism page on AITO website](#).



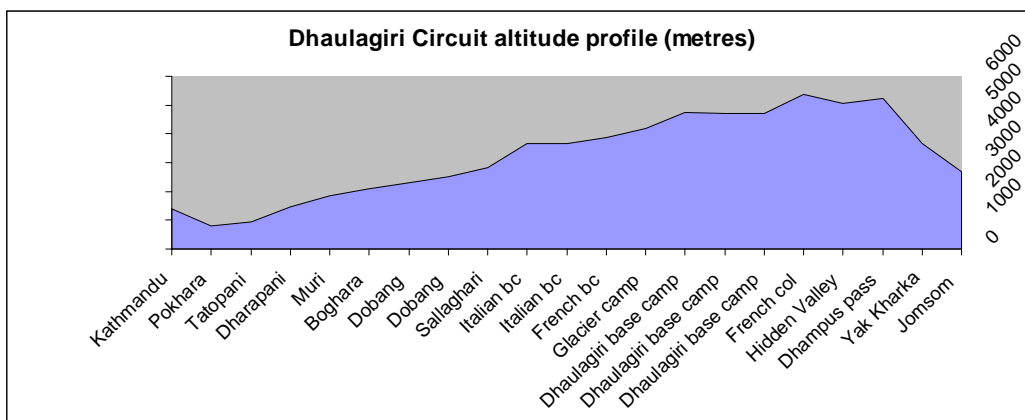
We work closely with the International Porter Protection Group and abide by their five guidelines for porter protection, their website is at www.ippg.net. We also have partnered with Kathmandu Environmental Education Project in Nepal, their website is at www.keepnepal.org



PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Dhaulagiri Circuit itinerary has been designed for gradual acclimatisation to take place, take a look at the altitude profile for the itinerary below:



There are ways of helping the acclimatisation process, as described below:

-) Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
-) Drinks lots of water: it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
-) Consider taking diamox (acetazolamide): before using this drug we recommend consulting a doctor and researching the pros and cons of using this medicine.

Please remember even the fittest and healthiest person can develop one of the altitude illnesses: AMS (acute mountain sickness), HACE (high altitude cerebral edema) and/ or HAPE (high altitude pulmonary edema). The symptoms of these illnesses are listed below, if any of these occur when you are on trek please immediately tell your guide.

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Symptoms of AMS:

-) Tiredness
-) Dizziness
-) Nausea or if severe, vomiting
-) Poor sleep

Symptoms of HACE:

-) Usually preceded by AMS
-) Like “Severe AMS” also with severe headache unresponsive to painkillers; confusion and physical clumsiness (ataxia).

Symptoms of HAPE:

-) Fluid in the lungs: cough, tiredness, breathlessness out of proportion to exercise especially at rest and worse when lying flat.
-) Often symptoms start later (at night or after 24 to 48 hours at new altitude).
-) Often occurs without AMS (often no headache)
-) But you can have AMS and HACE too.

If you have symptoms of altitude illness (AMS, HACE or HAPE) you must not ascend in altitude. If you have HACE or HAPE you must descend to nearest health post (if available) or seek medical help.

If you have only mild symptoms of AMS you should rest, drink fluids, try to eat, keep warm. If symptoms go away then you can go up. If symptoms get worse you have to descend in altitude escorted by one of our guides (someone with altitude illness must never descend alone).

For further information we suggest you take a look at the following websites:

High Altitude medicine website:

<http://www.high-altitude-medicine.com>



Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5) per minute and £2 (US\$3) to send and receive SMS text.

ACCOMMODATION IN KATHMANDU AND POKHARA

For our Dhaulagiri Circuit trek we use several hotels in Kathmandu depending on availability. They are as follows:

Hotel Tibet is located in Lazimpat next to the Radisson. Hotel Tibet is our usual hotel for our standard trips in Nepal as our clients enjoy staying at this property due to its good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor and the roof terrace with the Yeti Bar overlooking the city. For more information on Hotel Tibet please take a look at their website <http://www.hotel-tibet.com/>

Hotel Ambassador is located in Lazimpat not far from Hotel Tibet and Manaslu. This hotel was rebuilt and opened in Spring 2017 with well-appointed rooms including both King size and twin beds, complimentary wifi, tea & coffee, iron & board, combined bath & shower. The rooms are a good size at 30m² and are well decorated with original art. The rooms have air conditioning and are sound proofed for quiet nights rest. For more information on Hotel Ambassador please take a look at their website: <http://www.ambassadornepal.com/>

There are store rooms at all of these hotels where you can leave luggage not required while on trek. There is also a security safe at these hotels for storage of valuables.

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ACCOMMODATION IN POKHARA

For our Annapurna treks, in Pokhara we use Mount Kailash Resort:

Mount Kailash Resort is situated in a good location along a quieter section of Lakeside and has fine views of the lake and the mountains. This property has been recently built in modern style and the rooms are spacious with amenities including en-suite bathroom, television, air-condition and free WI-FI. For more information please take a look at their website: <http://www.mountkailashresort.com/>

FOOD

In Kathmandu and Pokhara there is a wide range of excellent restaurants, please read our Nepal Pre Trip information document for our recommendations. Breakfast is provided each morning by the hotel.

While on the trek, the lodges provide good quality food in sufficient quantities. Trek meals include breakfast, lunch, afternoon tea and biscuits plus two course dinner (soup and main meal) plus up to two cups of hot drinks per meal.

JOMSOM STOL FLIGHT

Please note that flights from Nepal's Short Take-Off & Landing ("STOL") mountain airstrips such as Jomsom are dependent on the weather. Delays often happen if there is poor visibility or high winds.

In all of our itineraries visiting areas with STOL mountain airstrips we include one extra day in Kathmandu at the end of the trip in case of delays flying back. If you are delayed longer than this our office in Kathmandu can help reschedule your international flights however there is likely to be a fee charged by the airline for this. You will also have to pay for all of your additional costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

British Foreign & Commonwealth Office ("FCO") travel advice to Nepal states that *"STOL airstrips in Nepal are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots and well-*



maintained aircraft.” For their latest advice please take a look at their Safety & Security section under Air Travel, link at: <https://www.gov.uk/foreign-travel-advice/nepal/safety-and-security>

There have been a number of recent fatal air accidents in Nepal and in December 2013 The European Union banned all airlines based in Nepal from flying in the 28-nation bloc under the latest changes to a list of unsafe carriers. For more information on Nepal’s air safety profile take a look at Aviation Safety Network, link at: <http://aviation-safety.net/database/country/country.php?id=9N>

A TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook’s helpers. Before heading over to the mess tent for breakfast please pack up your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning.

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. The terrain is typically undulating hills through recently made roads or smaller trekking trails formed through use by villagers and expeditions. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid-afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After supper your group leaders will discuss the plan for the next day with the group. People often stay in the mess tent chatting about the day’s events for a while before retiring to their tent for the night.

CLIMATE

The traditional trekking season in Nepal is late September to May, with October and November generally recognised as having the best weather. Spring is also a

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popular time of year with warmer weather and the advantage of seeing spring flowers and rhododendrons in bloom.

This trek will have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 25°C. At higher altitudes temperatures range from about 15°C to -15°C.

CLOTHING AND EQUIPMENT

A list of clothing and equipment for the Dhaulagiri Circuit trek has been included in the Appendix below. It is worth pointing out that you will need a sleeping bag for this trip.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire and Expedition Kit Hire rent out high quality items at competitive prices which would save you the expense of buying. The links to their websites are at <http://www.trekhireuk.com/> and <http://www.expeditionkithire.co.uk>

Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. Typically the backpack would be 30 to 40 litres in size.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. **The maximum weight allowance for portage of your main bag is 20kg (or 25kg for those climbing Dhampus Peak).** Please ensure that your bag is marked clearly on the outside for easy identification.



VISA REQUIREMENTS

All foreigners require a visa for entry into Nepal. It is your responsibility to obtain the entry visa. You can get from a Nepalese embassy overseas or on arrival in Nepal. Most people will obtain their visa on arrival to Kathmandu airport. Please read our Nepal Pre Trip information document for more details about getting your Nepal visa.

VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit including high altitude medicine, antibiotics and other medicines. Please get in contact with us if you would like to see the list of medicines contained in our medical kits.

INTERNATIONAL FLIGHTS

The Mountain Company does not book international flights for our holidays. Instead all package prices are Land Only with services starting from arrival to the destination country.

If you would like help arranging flights then we suggest you contact our partner travel agent, StudentUniverse (ATOL registered) a specialist division of the Flight Centre Travel Group ---> [Get an online quote](#)

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.



Please carefully check your insurers' Terms and Conditions in particular you should make sure the following is covered: 1) Activity (i.e touring, trekking or mountaineering) 2) Maximum altitude reached on trek 3) Helicopter evacuation in an emergency.

It is important for you to understand that ultimately the burden of any expense incurred in evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay any costs incurred in respect of any evacuation or for medical treatment. You should be fully aware of the implications involved in arranging your own travel insurance and understand the limitations and exclusions of your policy.

You should be aware that under certain circumstances, The Mountain Company leader (or our local agent, if no western leader) might instigate rescue proceedings via helicopter (or any other means necessary) in situations of medical emergency without first contacting your insurance company for their approval.

The Mountain Company has arranged travel and trekking insurance for European Union residents with the specialist insurance broker **Campbell Irvine**. Their insurance policy will cover you for most of the trips in our portfolio. However if your trek is classified or graded by The Mountain Company as "**Strenuous**" or "**Challenging**" then you must make sure you select this option when obtaining an online quote for your insurance. Campbell Irvine will not provide insurance cover for any trips classified as "**Mountaineering**".

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

To apply for an online quote through [Campbell Irvine's Direct Travel Insurance](#) website. Should you have any questions regarding the terms and conditions of cover please contact Campbell Irvine on 0207 938 1734 or email info@campbellirvine.com

We have [listed on TMC website a comprehensive list of specialist adventure travel insurers](#) that our trekkers from UK, EU and Internationally based have used in the



past. Please carefully check their Terms & Conditions prior to purchase. These companies are not necessarily recommended by us so it is your responsibility to ensure you have appropriate coverage.

CULTURAL CONSIDERATIONS

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

-) The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
-) There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but they should not go nude. Women should try and be as modest as possible in these situations.
-) Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
-) Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.
-) You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.
-) When visiting a monastery or gumpa it is customary to give a donation for its upkeep.



SUGGESTED READING

-) Annapurna by Maurice Herzog
-) The Ascent of Rum Doodle by WE Bowman
-) Nepali Phrasebook by Lonely Planet

MAPS

-) Dhaulagiri (Nepa Trekking Maps) by Map Himalayan Maphouse 1:87,500 **This map will be included in your welcome pack when you arrive in Nepal.**



APPENDIX

CLOTHING AND EQUIPMENT LIST FOR DHAULAGIRI CIRCUIT

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Dhaulagiri Circuit trek. Your gear will be checked by the group leader in Kathmandu prior to departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. During the first couple of days on Dhaulagiri Circuit trek you will experience hot and humid conditions with temperatures around 25° to 30°C. You will experience the coldest temperatures in Hidden Valley at an altitude of 5,050m where overnight lows will be down to around -15°C.

Footwear:

-) Walking boots. A pair of water repellent boots with ankle support.
-) Gaiters. A pair of knee high gaiters used to keep boots dry if walking through deep snow or on wet ground.
-) Walking socks.
-) Trail shoes or trainers. Can be used around camp.
-) Sandals: fully enclosed sandals are best to protect your feet during river crossings. These are required for river crossings as well as two trekking poles (see below)

Clothing:

-) Waterproof jacket and trousers (goretex or similar). For use if it rains or snows during the trek.
-) Trekking trousers. Minimum two pairs of trousers.
-) Long sleeve shirts (not cotton). Minimum two shirts.



-) Micro fleece.
-) Mid to heavyweight fleece.
-) Sleeveless/ gilet or body warmer type fleece. This will help keep your core warm while not bulking when layering up. Gilet fleece can be used in combination with base layers, other fleeces and down jacket to provide maximum warmth and insulation.
-) Thermals or base layer for top & bottom (merino wool or synthetic).
-) Fleece pants. To be worn around camp or added as an additional layer when the temperatures start to drop higher up.
-) Medium weight down jacket (eg. Nuptse jacket by The North Face).

Handwear:

-) Fleece gloves.
-) Warm mittens and/or gloves.

Headwear:

-) Wool or fleece hat.
-) Sun hat.
-) Bandana or face mask (eg. Buff Headwear check out <http://www.buffwear.com>)
-) Headtorch. Bring extra batteries.
-) Sunglasses. The lenses need to be Category 4 rated and should have side protection or wraparound design to prevent light getting through to your eyes that could cause sun blindness.

Climbing equipment for Dhaulagiri Circuit:

-) Mountaineering ice axe and leash.
-) Mountaineering crampons. The best type for Dhaulagiri Circuit are universal crampons that you can use with normal trekking boots such as Stubai Universals or Kahtoola KTS crampons.



[We have crampons and ice axes for rent in Kathmandu. Please contact TMC office for further prices and availability]

) Helmet (mandatory as there is risk of rock fall in Chonbarden gorge).

Additional climbing equipment for Dhampus Peak:

) Climbing harness with two slings, four screw gate carabiners, belay plate and 3m of 5mm static cord for prussiks

[in Kathmandu we have "Harness packs" for rent, this pack includes harness (Black Diamond Alpine BOD), ATC belay device with large carabiner, three screwgate carabiners, Petzl handle ascender, two slings and prussik cord. Please contact TMC office for further prices and availability]

) Jumar ascender (eg. Petzl handle ascender).

) Mountaineering boot suitable for 6,000m peak (eg. Scarpa Phantom Guide).

Personal Equipment:

) Sleeping bag. Maximum overnight lows in Hidden Valley will be around -15 Celsius. *Note: it is possible to rent a bag in Kathmandu from Shonas Rental.*

) Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty and helps by adding extra insulation to keep you warm at night.

) Sleeping mat (eg. Thermarest). On trek we provide everyone with one foam mat however we recommend two layers for maximum insulation and comfort.

) Daypack. Recommended size is 40 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing as well as crampons, ice axe and down jacket for days crossing the high passes. It is also a good idea to bring a rain cover to keep the contents dry.

) Stuff sacks for keeping your gear dry and organised. Or even better are fold-drybags such as from Exped.

) Two water bottles (Nalgene wide mouth bottles are the best).



-) Pee bottle. Highly recommended as means you do not have to get up to find toilet tent at night! For men you can use an old water bottle for women take a look at SheWee at <http://www.shewee.com/>
-) Sunscreen and lipsalve with a high SPF.
-) Insect repellent.
-) Water purification tablets (Pristine, Biox Acqua or Acqa Mira). You will be provided with boiled water at camp however if you refill water bottle at a water tap or steam during the day you should use water purifiers.
-) Books, ipod and cards etc.
-) Trekking poles (Black Diamond with "Flick Lock" are best). Having two poles is mandatory as required for your safety on steep and loose sections of the trail and for walking through deep snow higher up.
-) Umbrella (you are very likely to get some rain on this trek....)
-) Camera with spare batteries and memory cards.
-) Insurance certificate.
-) Earplugs (optional).
-) Baby wipes (optional).
-) Hand sanitizer. We suggest you keep this in your day pack for use after a toilet break during the trek or before eating any snacks.

Travelling:

-) Duffle bag (or large backpack) for your personal gear on the trek carried by a porter. Bring a small combination padlock to secure the bag.
-) Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
-) Toiletry bag include toilet paper, soap, towel, toothbrush, etc. We provide toilet paper so you do not need to bring this with you.



Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

-) Any personal medications.
-) Malaria prophylactic tablets.
-) Blister treatment (Compeed patches are the best).
-) Analgesics (paracetamol, ibuprofen and aspirin).
-) Diamox (helps with acclimatisation).
-) Antibiotics. Although we carry antibiotics for the team, it is advisable to bring some of your own. We recommend that you visit your doctor and request one set of antibiotics to treat stomach infection and one for upper respiratory tract infection.