



## **Dhaulagiri Base Camp Trek - Itinerary**

### **1. Arrival to Airport**

Welcome to Kathmandu, our Sunrise Adventure Trek airport representative will welcome you in the airport then transfer you to your hotel and will give shortly brief further details of the trip program.

### **2. Sightseeing Tour of Kathmandu**

After breakfast visit World Heritage Sites in the Kathmandu Valley which includes Swayambhunath Stupa / Monkey Temple, Bauddhanath Stupa and Pashupatinath Temple. All of these monuments are built in ancient Nepalese architect style. Exploring these amazing sites, you get to know beautiful beliefs of Nepalese people with close views of pilgrimages following traditional values in stupas and temple. At evening short meeting will be done.

### **3. Drive to Beni (11 hrs.)**

From Kathmandu along the Trishuli River, we drive to Beni following the upstream trail of Marsyangdi River. On the way we get to observe the spectacular ranges of Annapurna and gorgeous Mt. Macchapuchrey and pass by the small hill towns plus terraced fields. We reach Pokhara, heaven place of Nepal; here we can get many things to do. Pokhara is mainly known for its natures like: waterfalls, caves and mountainous views. After reaching at Pokhara we drive towards Beni through the zigzag trail above the city area. Naundanda and Nayapul are popular places along the way. Camping is done in Beni. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Beni to Babiachaur (950m)**

After having breakfast we trek to Babiachaur. It takes around five hours of walking, heading towards the western region along the northern bank of Myagdi Khola to reach. We can see several villages during the trek. During the trek we cross by the two suspension bridges near the village of Simal Chaur along with Mangalghat, Singa, and Tatopani village. Now walk ahead for some hours, the trail takes us to Babiachaur. Reaching at Babiachaur village, we explore the daily living style of local people with their unique traditions and norms. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Babiachaur to Dharapani (1400m) – 6 hrs**

Crossing the river Myagdi Khola we head north to Phedi. Walking until Darbang includes the soft, wide and graveled trail. The trek is moderate and we pass the village of shahashradhara, a traditional village. Passing through the villages, we also cross by the suspension bridges. Waking through the way of green hills and forests, we can observe the beautiful rhododendron flowers along with oak and pine trees. Then comes Duk Khola and after crossing this river we reach Ratorunga. From here valley narrows and route continues to large village of Dharapani. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **6. Dharapani to Muri (1850m)**

From Dharapani we trek to Muri. The trek starts with crossing of river and along the way we get to observe great views of Mt. Dhaulagiri (8167m) and Gurja Himal (7193m). Then we ascend up to the hill, walking constantly for some hours through the lush green forests and terraced fields we reach a large and dense village, Muri. Muri is a Magar community where we get a chance to explore the cultural traditions and daily living style of local Magar people following the own norms and beliefs. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Muri to Baghara (2080m)**

We start our trek after the breakfast; first we walk through the gentle slope then cross the stream and at last descend down through the terraced fields. Along the trail of crossing Dhora Khola we cross Ghorban Dhara, Naura and Myagdi Khola, we reach Baghara. You get first glimpses of Ghustung South (6465m) from Ghorban Dhara. The trail is steep, grassy and slope with well-constructed zigzag stone stairs and after descending through forested area we reach Baghara. Overnight stay is at Baghara. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **8. Boghara to Doban (2520m) – 5 hrs**

From Boghara it takes around five hours to reach Doban. We leave the village behind and start our challenging trail from here which is with many ups and downs. During the trek we descend down to the small ridge before crossing the forests of Jyardhan. This trek is considered as a little challenging than the other days. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **9. Doban to Sallahghari (3110m\ 10203ft.), 6 hrs**

After having the early breakfast we trek down through the bamboo forest, along with this we get to see the beautiful rhododendron flowers in lush green forests of pine and oak tree. Trekking through many ups and downs during the walk we reach at the bank of Myagdi River and camp at Sallahghari. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **10. Sallahghari to Italian Base Camp (3660m) – 7 hrs**

Today we trek from Sallahghari to Italian Base Camp after the breakfast. We walk through beautiful trail surrounded by the lush green forest and mountainous views. We slowly gain altitude, pass by the beautiful laden flowers and reach to the open field called Italian Base Camp. Here we camp in front of the west side of stunning Mt. Dhaulagiri. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **11. Acclimatization day in Italian Base Camp**

It is mandatory to adjust ourselves with the climate for our safe trek. And for that purpose we acclimatize in Italian Base Camp and explore the area. So, today we go for a short hike, the trail is surrounded by beautiful laden flowers. On the way we cross some suspension bridges and get the excellent views of Mnapathi Peak, Dhaulagiri II and many others. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **12. Italian Base Camp to Glacier Camp (4940m) – 4 hrs**

From Italian Base Camp we trek to Glacier Camp which is beautiful. But to reach there is a real challenge, we need to use ropes and this can be the most tough and challenging day: the trail is very thrilling and

dangerous but with the panoramic surroundings. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **13. Glacier Camp to Dhaulagiri Base Camp (4750m) – 5 hrs**

Trail to Base Camp is rough but happiness of reaching to the destination is nothing compared to the trail. The trail is steady up along the smooth ice with mountain views. Reaching at the top surrounded by white part of glacier offers the unexpected moments of your life. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **14. Dhaulagiri Base Camp to Hidden Valley (5360m)**

To complete today's trek, we need help of rope. We climb over steep moraine walls and reach less strenuous country. This breathless climb leads us to French Col (5360m) and the views of Hidden Valley finally open out giving us full view. The Hidden Valley is very cold reaching at least -20 degree at night. As the day is also for acclimatizing us, we do not spend the time by resting or being idle, instead we explore the hidden valleys of this region along with daily living style of local people. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **15. Hidden Valley to Yak Kharka (3680m) – 7 hrs**

The journey for today is through the trail where the possibility of avalanche is high. After having the breakfast, for first we pass by Dhampus at 5200m above the sea level and walk through the sloppy. Walking for some hours down the trail takes us through bare land to Yak Kharka. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **16. Day16: Yak Kharka to Marpha (2670m) – 5 hrs**

Passing through the steeply descent we trek to Marpha today. The route is usually barren and we can see some yak and sheep herds along the way. Marpha is a small village inhabited by mixed community of Hindus and Buddhist. So, we can get a chance to observe the living style and local culture of mountainous people. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **17. Marpha to Kalopani (2350m.) – 5 hrs**

Today, fighting with wind through the forest of pine, rhododendrons and birches, we trek to Kalopani from Marpha. This trek takes us through the trail of Annapurna Circuit with panoramic views of stunning mountains. As Kalopani is a Thakali village with Tibetan influence, we get to know much more about Tibetan cultures and traditions. During the walk we can get quite views of Annapurna I, Dhaulagiri I and Tukucho Peak. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **18. Kalopani to Tatopani (1189m) - 6 hrs**

Descending steeply to amazing Rukse Chhahara (waterfall) and getting opportunity to see deepest gorge of the world between two mountains Annapurna I and Dhaulagiri from far away. We continue to Tatopani from different settlements and reach there to take hot bath. The name itself means 'hot water = Tatopani'. And there is belief that taking bath in this Hot spring gets rid of diseases and makes you mentally and physically refreshed. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **19. Tatopani to Ghorepani (2,850m/9,350ft): 7 - 8 hours**

Today we will be passing through beautiful mountainous meadow and mountains around us after the

breakfast. We will be passing through Kali Gandaki & Ghar Khola Valley during the trek. Thousands of Beautiful Rhododendrons in the hills can help us making our day a memorable one. Along with this the region offers us the rich cultural heritages, traditions and religions to observe. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **20. Ghorepani to Tadapani (2,700m/8,860ft): 6 - 7 hours**

To not miss the wonderful sunrise over the Himalayas, we take early trek to Poon Hill, also the most famous attraction of Annapurna Region. From here we can get wonderful view of Mt. Dhaulagira, Annapurna and 20 other Himalayas. Then we return to Ghorepani and descend down the ridge to Tadapani for next accommodation. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **21. Trek to Pokhara via Ghandruk 5 – 6 hrs trek, 1 hr. drive**

Making downhill descend thru dense and dark forest of rhododendron trees we reach Ghandruk. Ghandruk is a slope settlement with mostly stone houses and inhabited by Gurung people. From here we can enjoy stunning close-up views of Mt. Fishtail, Annapurna South and Hiuchuli. Then we trek to Nayapul for our drive to Pokhara. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

## **22. Back to Kathmandu by bus/car/flight and Evening cultural dinner program**

For the return trip two options are available, you can either take easy 25 minute flight to Kathmandu or take longer 7 hours of scenic drive to Kathmandu, the choice is yours. Both the means are great with beautiful mountain views during flight and fascinating views of landscapes in drive. Meals included: dinner by our side and finally an overnight stay in hotel.

## **23. Transfer to Airport. Departure, farewell!!**

Last day, you can either safely make return journey to home or you can join for another exciting adventure. And according to flight schedule you will be escorted to airport approximately 3 hours earlier to catch flight to your next destination.

## **INCLUSIONS**

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipment's during the trek
- One cultural show and dinner program

## **EXCLUSIONS**

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.\
- Tips to guide and porter and your insurance

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)