

Earthbound Expeditions

Dhaulagiri Expedition

50 days, from US$7,997 per person

Duration	Group size	Country
50 days	**18 People**	**Nepal**

Dhaulagiri Expedition Overview

Join the Dhaulagiri Expedition for the climb of a lifetime with Earthbound Expeditions! Explore today.

Majestically towering in the heart of the Himalayas, Mount Dhaulagiri stands as the seventh highest peak in the world. Rising to a staggering 8,167 meters (26,795 ft), this colossal mountain is the embodiment of the wild and untamed essence of the Himalayas. Dhaulagiri; the name is derived from Sanskrit “Dhavala” means “White” and giri is “Mountain”. The Mountain was displayed by British surveyors in India in the early 1800s and was mapped by one of the secret Indian evaluators.

Dhaulagiri Expedition: An Overview

Embark on a breathtaking journey that begins in the heart of Nepal's vibrant capital, Kathmandu, before whisking away to the serene beauty of Pokhara by flight. From Pokhara, our expedition ventures forth by road to the tranquil village of Khara, setting the starting point of our trek. Traversing through deep and remote valleys, starting at an elevation of 1,100m/3,608ft, adventurers get to witness the stark contrast of altitude and landscapes as we aim for the towering Dhaulagiri summit, standing 7,067m/23,185ft above our trailhead. As we move from the tropical zones, through picturesque settlements reflecting age-old agricultural traditions, to the chilly climes of the alpine zones, our expedition offers a comprehensive Himalayan experience. Camp nights under starlit skies, warm meals in our dining tent, and the gradual ascend through diverse ecological zones makes the journey towards the Base Camp at 4,700m/15,420ft a trekker's dream.

Our meticulously planned climb sees the Sherpa team setting the stage, establishing camps and securing routes ahead of the team's arrival. The ascent captures the essence of high-altitude mountaineering, from steep climbs off the glacier near Base Camp to our first major halt at the north col at 5,750m/18,865ft. Progressing further, the climb becomes more challenging, culminating in the establishment of Camp 3 on the pinnacle of the NE ridge. The climax of our expedition is the summit push, beginning in the pre-dawn hours, where you navigate a blend of sharp ridges, rock shelves, and expansive snowfields to reach the grand summit. With a moderately technical climb, supported by our expert guide and Sherpa team, you’ll get a shot at standing atop the world's seventh highest peak, marking a monumental moment in your mountaineering journey.

Highlights of Dhaulagiri Expedition

- Immerse in local cultures by passing through traditional Himalayan hamlets.
- Experience the biodiversity transition from tropical to alpine zones.
- Camp at the picturesque base camp positioned at 4,700m/15,420ft beneath Dhaulagiri's western flank.
- Navigate challenging terrains between the base camp and the north col.
- Witness the expansive beauty from the north col at 5,750m/18,865ft.
- Conquer the summit, navigating sharp ridges and vast snowfields.
- Sleep beneath the brilliant Himalayan night sky during camp nights.

Difficulty Level of Dhaulagiri Climb

The Dhaulagiri Expedition is one of the most challenging mountaineering endeavors, given its towering altitude of 8,167 meters which poses significant risks of altitude sickness. The steep terrains, sharp ridges, and expansive snowfields, coupled with the unpredictability of Himalayan weather, can extend the expedition's duration. The remote location makes immediate assistance or evacuation difficult.Therefore, a high level of physical fitness, prior high-altitude mountaineering experience, and mental preparedness are indispensable, if you're attempting this formidable ascent.

Dhaulagiri Expedition: Cost

The cost of this incredible climb to Dhaulagiri is $7,997 per person.

If you're an experienced mountaineer seeking a challenge, the Dhaulagiri Expedition package is designed for you. However, if you prefer to explore the Dhaulagiri region at a more moderate pace and difficulty, then the Dhaulagiri Circuit Trek is the ideal choice for your adventure.

Mt. Dhaulagiri expedition itinerary in brief

Day 1: Arrival in Kathmandu

Day 2 - Day 4: Stay at Kathmandu for the official procedure

Day 5: Drive to Beni

Day 6: Trek to Tatopani

Day 7: Trek to Ghasa

Day 8: Trek to Marpha

Day 9: Rest at Marpha

Day 10: Trek to Yak Kharka

Day 11: Trek to French Col

Day 12: Trek to Dhaulagiri Base Camp

From Day 13: Climbing Phase

After completing the expedition: Return to Base Camp & Back to Kathmandu

Cost Includes/ Excludes

Includes

- Accommodations in (3) three starred hotels in the cities but for the duration of the trek, only effortless lodges are available.
- Ground transportation are provided.
- Sightseeing in Kathmandu where Earthbound Expeditions city tour guide will accompany you.
- Full broad meals will be provided throughout the trek.
- Government trained guides and needed no. of porters with their insurance, salary and meals will be provided.
- Farewell dinner along with one cultural show.
- Every single entry fees and TIMS permits will be provided.
- Every single Domestic Flights will be booked according to the Itinerary listed.
- Sleeping bags and down jackets for the trek will be provided.
- Car / Bus / Domestic Flights included.

Itinerary

Day 1

Arrival in Kathmandu

Upon your arrival you will be received by one of our representatives at the airport. You will be transferred to your hotel where you can relax and unwind. In the evening, you will be briefed about the journey.

Day 2

Day 4: Stay at Kathmandu for the official procedure

You'll be staying in Kathmandu for sightseeing and to complete the formal process for the expedition. You'll get to visit some UNESCO World Heritage sites like Kathmandu Durbar Square, Pashupatinath Temple, Swayambhunath Stupa, Boudhanath, and Patan Durbar Square. You can also go shopping for climbing gears and other required equipment.

Day 5

Drive to Beni

Today, we head onwards towards our journey with a drive to Beni. We first drive via scenic Prithvi Highway for about 6-7 hours to get to Pokhara, and from there we ride again to Beni relishing the gorgeous views of Annapurna ranges. Beni is a lively town just above the junction of beautiful Kali Gandaki and Myagdi Rivers. Overnight at Beni.

Day 6

Trek to Tatopani

After breakfast, we'll officially begin the expedition with trek to Tatopani. At first, the trail descends steeply through dense rhododendron forest occupied by rich animals and birds. Passing through some small villages, we eventually reach Tatopani- famous for natural hot springs where you can have a relaxing bath.

Day 7

Trek to Ghasa

Today, from Tatopani, we'll follow the Kali Gandaki River, weaving our way through lush subtropical greenery. Crossing those suspension bridges over the gorges will add a dash of thrill to our trek. By evening, we'll arrive in Ghasa, a unique blend of nature and tradition, where we'll settle down and rest for the night.

Day 8

Trek to Marpha

Today, we'll trace the Kali Gandaki River through its winding gorge, passing through charming Thakali villages. The red-roofed Taglung Gompa perched on a hill, is the highlight for the day. In the evening, we'll arrive in Marpha, a vibrant Thakali community, where we'll settle in for the night.

Day 9

Rest at Marpha

Today, we take a day off from trekking and spend the whole day exploring the historic and beautiful town of Marpha huddled behind a ridge. It’s also the delightful Apple capital nestled into picturesque hills. Overnight at Marpha.

Day 10

Trek to Yak Kharka

Today, we'll venture along the unmarked trail leading to Yak Kharka. As we navigate this impressive route, it promises an enriching trekking experience. We'll meander around, descend a bit, and then cross a river using an old, long bridge nestled between Gungsang and Yak Kharka. Upon reaching the picturesque village of Yak Kharka, we're in for a treat with the majestic sight of Annapurna III. We'll then cozy up and spend the night in Yak Kharka.

Day 11

Trek to French Col

Today, we're heading up to French Col via Kalopani. The journey will take us through steep trails, but the reward? Breathtaking views of the towering Himalayas. As we make our ascent, we'll pass the Dhampus Pass at 5,200 meters and navigate through several other passes before reaching French Col. Tonight, we'll camp under the stars in our tents.

Day 12

Trek to Dhaulagiri Base Camp

Today, after a hearty breakfast, we'll embark on a gentle ascent to the French Pass, standing tall at 5,360 meters. From this vantage point, the panoramas are spellbinding: Mukut Himal, Tashi Kang, and Sita Chuchura majestically frame the enchanting Hidden Valley. Further south, we'll spot the Tukuche Peak and, in the distance, our destination- the magnificent Dhaulagiri peak. After a day filled with stunning sights, we'll reach Dhaulagiri base camp, gazing up at the majestic Dhaulagiri ranges. We'll nestle in for the night in our tents, enveloped by the Himalayan serenity.

Day 13

Climbing Phase

From day 13, our true climbing odyssey begins, taking on the formidable Dhaulagiri expedition. As we make our ascent, we'll strategically set up a progression of camps, not just as pit stops, but as key points for acclimatization, preparation, and rest. In these higher altitudes, the thinning air and shifting weather patterns require us to be both cautious and adaptive. Along the way, we'll be gifted with panoramic vistas, from undulating snowfields to razor-sharp ridges, all set against the backdrop of the vast Himalayan skyline. Standing tall at 8,167 meters, this majestic peak offers climbers a unique blend of challenge and beauty. As we approach the summit, every hardship faced along the way fades in comparison to the overwhelming joy and sense of accomplishment.

Day 14

After completing the expedition: Return to Base Camp & Back to Kathmandu

With the thrill of the summit behind us, our attention shifts to a safe and measured descent to Dhaulagiri Base Camp. The familiar landmarks guide us back, reminding us of the ardor and excitement from our upward journey. When the outlines of the base camp emerge on the horizon, there's an undeniable blend of relief and nostalgia, as we bid farewell to the mighty slopes of Dhaulagiri. Meandering through trails we've come to know, past animated villages and across picturesque terraced fields, the tranquil embrace of the mountains gives way to the spirited energy of the city. And as you prepare to depart from Kathmandu, know that you'll carry with you not just memories, but tales of adventure and resilience that'll stay with you forever.

What's included

- Accommodations in (3) three starred hotels in the cities but for the duration of the trek, only effortless lodges are available.
- Ground transportation are provided.
- Sightseeing in Kathmandu where Earthbound Expeditions city tour guide will accompany you.
- Full broad meals will be provided throughout the trek.
- Government trained guides and needed no. of porters with their insurance, salary and meals will be provided.
- Farewell dinner along with one cultural show.

- Every single entry fees and TIMS permits will be provided.
- Every single Domestic Flights will be booked according to the Itinerary listed.
- Sleeping bags and down jackets for the trek will be provided.
- Car / Bus / Domestic Flights included.

Not included

- International Flight tickets.
- Museums entrance fees.
- All personal expenses such as bar bills, beverage, snacks etc.
- Airport taxes.
- Extra shower, battery re-charge, laundry charge etc.
- Personal clothing and gears.
- Tips to guides and porters.
- Cost raised by cancelations, landslides, weather, political unrest, illness will not be our responsibility since these factors are not within our grasp.

Meal and Accommodation during Dhaulagiri Expedition

In Kathmandu, accommodations will typically be in reputable 3-star or 4-star hotels, ensuring comfort and various modern amenities. These establishments usually offer free Wi-Fi, en-suite bathrooms, and sometimes a swimming pool or fitness center. As for meals, expect a blend of traditional Nepali dishes, like the famous dal bhat (lentil soup with rice), as well as international cuisines to cater to global palates.

While on the trail towards Dhaulagiri Base Camp, accommodation will mainly be in local tea houses or lodges. These are basic yet cozy, offering a bed in shared or private rooms. Most teahouses will provide blankets, but carrying a sleeping bag is recommended for extra warmth. Meals in teahouses are wholesome and provide the energy required for trekking. Breakfast might include porridge, toast, eggs, and tea or coffee. Lunch and dinner often feature rice, lentils, vegetables, and sometimes meat curries, as well as noodles or soup.

At Dhaulagiri Base Camp and during the climb, tents will be the primary form of accommodation. These will be high-quality, mountaineering tents designed to withstand the harsh conditions of high altitudes. As you ascend, a mess tent and possibly a toilet tent will also be set up for the group's convenience.

Meals at base camp and higher altitudes will be more basic, given the challenges of cooking at such elevations. The cooking team will prepare meals that are high in energy and easy to digest. Think simple carbs like pasta, rice, or bread, and protein sources like lentils, beans, or canned meat. Soups and hot drinks become a staple, both for hydration and warmth.

Note: It's crucial to stay hydrated and maintain energy levels during the climb, so there'll also be a supply of snacks like energy bars, nuts, and dried fruits. Always communicate dietary preferences or restrictions in advance, so that we can make necessary arrangements.

Dhaulagiri Expedition Guide

Here are a few things to know for your ascend to the Dhaulagiri Summit.

Best time to climb Dhaulagiri

Climbing an 8,000-meter peak like Dhaulagiri requires not just physical preparation but also precise timing. Dhaulagiri's formidable terrain demands the most optimal weather conditions for a safer ascent.

- Spring (April-May) is often the favored season for many climbers. During this period, the skies are mostly clear, offering splendid views. The temperatures, though cold, are relatively moderate. Another advantage of spring is the stability of the snow, making the climb less treacherous. Moreover, the winds, which can be a climber's bane at such high altitudes, remain low. The moderate conditions and predictability make spring a top choice for many mountaineers.
- Autumn (September-October) follows as the second most preferred time. The post-monsoon period means the atmosphere is clear of dust and haze, offering panoramic mountain views. While the weather remains dry and stable, you need to be prepared for chillier conditions. The wind can be a bit more unpredictable and forceful, making the climb a tad more challenging than in spring.

Outside of these windows, the monsoon rains of summer bring potential avalanches and rockfalls, while the harsh winter months can see temperatures plummeting to extreme lows, accompanied by powerful winds.

Packing List for Dhaulagiri Expedition

Climbing Dhaulagiri requires a combination of specialized mountaineering equipment and basic trekking gear. Ensure that all items, especially technical gear, are of high quality and suitable for the expedition.

Clothing:

- Base layers: Moisture-wicking, synthetic or merino wool tops and bottoms
- Insulating layers: Fleece or down jackets and trousers
- Outer layers: Waterproof and windproof jacket and trousers (Gore-Tex recommended)
- Down suit: For extreme cold at higher altitudes
- Trekking trousers and shorts
- Breathable trekking shirts, long- and short-sleeved
- Comfortable Innerwear
- Down jacket: For base camp and colder sections of the climb
- Headgear: Warm beanie, sun hat, balaclava, and neck gaiter or buff
- Gloves: Lightweight trekking gloves and insulated waterproof climbing gloves

Footwear:

- Trekking boots: Sturdy and broken-in
- Climbing boots: Insulated, high-altitude type
- Gaiters: To keep snow and debris out
- Lightweight shoes or sandals: For walking around base camp
- Thermal socks and sock liners

Climbing Equipment:

- Ice axe and crampons: Fit to your climbing boots
- Harness with adjustable leg loops
- Climbing helmet
- Ascender (jumar) and rappelling device (belay device)
- Mountaineering rope
- Carabiners: Locking and non-locking
- Prusik loops or slings
- Snow stakes and ice screws

- Crevasse rescue equipment

Camping Gear:

- Sleeping bag: Rated for extreme cold (e.g., -30°C or -20°F)
- Sleeping pad: Insulating
- Backpack: 50-70 liters with rain cover
- Headlamp with extra batteries
- Trekking poles

Personal Items and Accessories:

- Sunglasses: UV protection and glacier glasses
- Ski goggles
- Sunscreen and lip balm with high SPF
- Personal first aid kit: Including blister treatment and essential medications
- Water bottles or hydration bladder
- Water purification tablets or filter
- Multi-tool or pocket knife
- Portable power bank
- Earplugs for windy nights
- High-calorie trekking snacks: Energy bars, nuts, dried fruits
- Vacuum flask for hot drinks

Permits and Requirements for Dhaulagiri Expedition

All the permits required for this trip will be managed by our team. The cost for obtaining them is included in the package.

Travel Insurance for Dhaulagiri Expedition

Undertaking the Dhaulagiri Expedition requires specialized travel insurance due to the unique challenges climbers face. Make sure you select a policy that covers trekking and climbing at altitudes exceeding 8,000 meters. Essential coverage areas include emergency helicopter evacuation up to Dhaulagiri's altitude, comprehensive medical treatment for issues like frostbite and altitude sickness, and protection against trip cancellations or interruptions. Furthermore, given the high-value equipment needed for the expedition, an insurance policy should encompass loss, theft, or damage to gear. Search and rescue operations, personal liability, travel delays, and even repatriation of remains, should also be covered by the policy.

We suggest you thoroughly read the policy terms and be transparent about your expedition plans. Some general insurance policies might exclude adventure activities, necessitating an additional rider or a specialized policy for mountaineering. Please explore different options to ensure that you get the best possible protection. Don't forget to provide us with a copy of your policy and carry one with you.

Health & Fitness requirement for Dhaulagiri Climb

Taking on the monumental challenge of Dhaulagiri demands peak physical fitness and robust mental stamina. Cardiovascular health sits at the forefront of essential preparations. Engage in regular cardio exercises, such as running, swimming, and cycling, to boost the efficiency of your heart and lungs. Complementing this, a rigorous strength training regimen targeting the core, legs, and upper body ensures you have the physical power to tackle the strenuous sections of the ascent. To simulate the long hours on the mountain, endurance-building exercises like extensive treks with a loaded backpack are invaluable, honing stamina and muscle memory.

Yet, Dhaulagiri isn't just a physical challenge; it tests one's mental fortitude to its limits. The high altitudes and unpredictable conditions require you to adapt quickly. Previous experiences at significant altitudes, or

even training in altitude chambers, can offer a crucial edge. Equally vital is a your mental resilience: the tenacity to push through tough segments, remain positive during setbacks, and maintain a calm demeanor in high-pressure situations. Furthermore, flexibility plays a subtle but significant role, reducing injury risks. Incorporating yoga or regular stretching into one's routine can aid flexibility and muscle recovery.

Finally, maintaining a balanced diet is just as crucial. An intake rich in carbohydrates, proteins, and essential fats ensures that you have the sustained energy you need. Regular hydration is non-negotiable, especially at high altitudes where dehydration risks spike. Regular medical check-ups, monitoring cardiovascular and lung health, and discussions about any existing medical conditions with professionals add another layer of preparation. And while technical skills might not directly relate to health or fitness, possessing them can ease physical strains on the mountain. Familiarity with climbing equipment and techniques can prove to be a lifesaver in tricky situations.

Facilities available during the climb to Dhaulagiri

Given the remote nature of the Dhaulagiri climb, facilities are limited and sparse; Self-sufficiency and meticulous planning is highly important if you're planning to take on this expedition.

Electricity and Charging Options during Dhaulagiri Expedition

The Dhaulagiri expedition takes you into the heart of one of the most remote and rugged terrains in the world, and thus, consistent access to electricity becomes a luxury. During the initial stages, while still in the more populated areas, there might be electricity available in some tea houses or lodges, though it often comes with an additional charge.

However, as you progress higher and deeper into the mountains, grid-based electricity is non-existent. For charging essential gadgets, climbers rely heavily on portable solar chargers, power banks, or even small wind turbines. It's crucial to carry multiple power banks, preferably ones with a high storage capacity. Solar panels can be mounted on tents or backpacks to gather energy during the day. Remember, cold conditions can quickly drain battery life, so keeping electronic devices and power banks insulated or close to your body can help preserve their charge.

Always consider the weight and efficiency when choosing your power solutions. Having a system to ration device usage, especially during longer stretches without sunlight, ensures essential communication devices remain functional. Pre-trip testing of all charging equipment under various conditions is also highly recommended to avoid unpleasant surprises on the mountain.

Internet, Network & Wifi availability during Dhaulagiri Expedition

The quest to scale Dhaulagiri is as much a journey into solitude as it is a physical challenge. This remoteness naturally impacts the availability of modern communication amenities. During the initial phases of the trek, especially in more populous areas, you may stumble upon lodges or teahouses offering WiFi, albeit for a fee. But remember, the connection might be sluggish compared to urban standards.

Cellular network coverage, primarily provided by Nepalese telecom companies, can be sporadic but is sometimes surprisingly good in certain pockets, even at higher altitudes. However, as you inch closer to the mountain and delve into its secluded terrains, expect these signals to fade, making communication sparse. For emergencies, our team guides carry satellite phones, a much reliable means of communication in the Himalayas.

Rooms, Bathrooms & Toilets in the Dhaulagiri Expedition

In the early stages of the trek, the journey usually passes through villages where local teahouses and lodges provide relatively basic shared rooms, often with twin beds. Walls might be thin, and insulation can be minimal, so it's a good idea to have a quality sleeping bag even for these lower altitudes. Bathrooms in the

teahouses can range from basic western toilets to squat-style facilities. Hot showers might be available at a cost in some of these teahouses, but as you ascend, the luxury of a hot shower becomes scarce.

As the journey advances and altitude increases, you'll transition to staying in tented camps. These tents typically accommodate one to two persons, ensuring some privacy and space to rest after taxing days. Here, the concept of a 'shower' often gets relegated to using wet wipes or a quick wash with a minimal amount of heated water. Similarly, the fixed toilets are replaced with makeshift toilet tents. These tents typically house a portable toilet or, in more rudimentary setups, a deep pit in the ground.

Conclusion

The Dhaulagiri Expedition is an unforgettable voyage- an uplifting yet humbling journey that reminds you of both the grandeur of nature and the limits of human endurance. From the teahouses sprinkled along Nepal's lush trails to the icy stretches of Dhaulagiri's summit ridge, every step taken, every hardship faced, fosters a deeper understanding of the world and oneself. As with all grand adventures, the rewards aren't merely in reaching the peak, but in the memories etched, lessons learned, and the profound transformations experienced along the way.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/dhaulagiri-expedition