

DHAULAGIRI CIRCUIT, NEPAL



Dhaulagiri Base Camp



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.
- 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

- Dominic Rudd (International Mountain Leader) will lead our Dhaulagiri Circuit trek in October 2011, this departure is now guaranteed to run. Please get in touch with us soon if you would like to join this group.



- 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.
- The Mountain Company has organised four successful Dhaulagiri Circuit treks in April/ May 2011 and 2008 then in Autumn/ Fall in October 2010 and 2009. For more information on how these treks went please take a look at our trip reports:
<http://www.themountaincompany.co.uk/nepal/walking-and-trekking/dhaulagiri-circuit/report/>
- 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.
- Mountain Hardwear Trango 3.1 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 bring a satellite phone for logistical, safety and personal use.
- 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 from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines. There will also be a portable altitude chamber (PAC or Gamow bag).



- Everyone's blood oxygen saturation and heart rate is measured twice daily using a pulse oximeter in order to monitor how the group is adjusting to the altitude.
- We have a limited number of crampons and ice axes for rent in Kathmandu, the cost is £10 (US\$15) per item for the duration of the trek.

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

Total number of days	20 days
Grade & days trekking	Strenuous (Mountaineering), 15 trekking days
Accommodation	4 nights hotel, 15 nights camping
2012 price from Kathmandu	£1,695 (US\$2,895)
Minimum group size	6
Dates	April 22 nd to May 11 th 2012 October 7 th to 26 th 2012 April 21 st to May 10 th 2013 October 6 th to 25 th 2013 April 20 th to May 9 th 2014



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 in Kathmandu.
- Breakfast only in Kathmandu, all meals included while on trek.
- Twin share tents while on trek using our three person Mountain Hardwear Trango 3.1s.
- All trekking arrangements including permits and fees, tents, Western and Sherpa guides, porters and cook.
- Dhaulagiri Circuit trekking map given to you on arrival to Kathmandu.
- Rubberised luggage tags posted to you before departure.
- Financial protection insurance with International Passenger Protection.
- 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 Trek Information” notes.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	£140 (US\$230)
Single tent supplement	£125 (US\$200)

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 (London from £550).
- Travel & trekking insurance (Snowcard from £70).
- Nepal visa for 30 days at US\$40 (approx £25).
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see Appendix for suggested kit list.
- Tips (guidance on amounts included in our “Nepal Trek Information” notes).
- Other items not listed in “What is included”.

YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd (“The Mountain Company”) are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.



For further information about our financial protection insurance with International Passenger Protection please see Appendix 2.



PARTICIPATION STATEMENT

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. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.

The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, 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.

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 hotel.

Day 2. Fly to Pokhara, drive to Beni and trek to Tatopani (870m)- 2 hours driving & 3 hours walking.

On arrival to Pokhara airport we get into a minibus for the short drive to Beni where we meet the rest of our trek crew. After lunch we start walking, from Beni we leave the Kali Gandaki valley and head west along the bank of Myagdi Khola. We camp at Tatopani beyond the hot springs in a grassy area next to the river. Overnight camping.

Day 3. Trek to Dharapani (1,470m)- 6 to 7 hours walking.

The trail continues along the Myagdi Khola passing through several villages before reaching Darbang where we stop for lunch. After 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.

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 Gurkhas.

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.



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.

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.

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.

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.

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.



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.

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.

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.

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.

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 affect of Dhaulagiri. Overnight camping.

Day 15. 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:

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



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.

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 in the Snowland Hotel this is the best place in town located opposite 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.

Day 18. Fly to Pokhara & Kathmandu.

We take an early morning flight to Pokhara then connect onto another flight to Kathmandu. Overnight hotel.

Day 19. Sightseeing in Kathmandu.

Today we explore Kathmandu with one of our local guides, the day is flexible depending on what you would like to see but the most popular places generally are:

- Pashupatinath is a Hindu temple with burning ghats on the banks of the Bagmati river.



- Swayambhunath, also known as the monkey temple, is climbed by a long set of steps and has great views of Kathmandu.
- Boudhanath stupa has many traditional gompas hung with strings of multi coloured prayer flags, it attracts many Sherpas and Tibetans for the circumambulations of the stupa (koras).
- Durbar square, which is one of the old capitals of the Kathmandu valley, has a blend of Hindu and Buddhist temples.

Day 20. Fly back home.

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



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 work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

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.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.

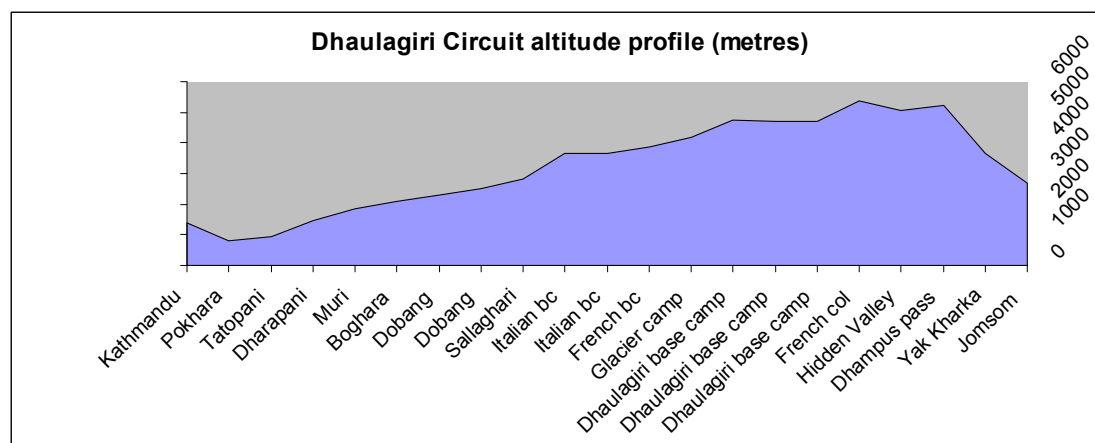




PRACTICAL INFORMATION

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 thoroughly researching the pros and cons.

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

Base Camp MD website:

<http://www.BaseCampmd.com/expguide/highalt.shtml>

High Altitude medicine website:

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

Telephone and fax: 0207 4980953 / International callers: +44 207498 0953

Skype ID: RoIandh1 / Email: info@themountaincompany.co.uk / www.themountaincompany.co.uk

Postal address: Flat 3, 190 Cedars Rd, Clapham, London SW40PP, UK



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 £3 per minute and £2 to send and receive SMS text.

ACCOMMODATION IN KATHMANDU

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. For more information on Hotel Tibet please take a look at their website <http://www.hotel-tibet.com/> .

Hotel Manaslu is located in Lazimpat close to Hotel Tibet and the Radisson. For more information on Hotel Manaslu please take a look at their website <http://www.hotelmanaslu.com/>

Hotel Vajra is located on the road to Swayambunath Temple (commonly know as Monkey Temple). For more information on Hotel Vajra please take a look at their website <http://www.hotelvajra.com/>

Hotel Ambassador is located in Lazimpat near the diplomatic enclave. For more information on Hotel Ambassador please take a look at their website <http://www.acehotelsnepal.com/ambassador/>

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.



JOMSOM 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.

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 it is best to pack 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. 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 the western leader will discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.



FOOD

In Kathmandu there is a wide range of excellent restaurants to try out, some of the more popular ones are: K Too Steak House, Everest Steak House, Rumdoodles, Fire and Ice, La Dolce Vita, Mike's Breakfast and New Orleans. Breakfast is provided each morning by the hotel.

While on the trek, the cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapattis, omelettes and a range of hot drinks. On arrival to camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

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 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 -20°C.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Dhaulagiri Circuit trek has been included in the Appendix below. This is a comprehensive list and experienced trekkers will often take only a selection of these items based on what has worked in the past. 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 is a company that rents out high quality items at competitive prices which would save you the expense of buying. The link to their website is <http://www.trekhireuk.com/>



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.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. **The maximum weight allowance is 20kgs.** 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.

You will need one passport photo and the following fees dependent:

15 days USD\$25 or equivalent convertible currency

30 days USD\$40 or equivalent convertible currency

90 days USD\$100 or equivalent convertible currency

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 from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.



FLIGHTS

We recommend Max Travel (ATOL bonded license# 4705) for booking international flights and other travel arrangements. Please take a look at their website at <http://www.maxtravel.co.uk/> or give them a call on 020 7095 0920.

There are a number of good online agents that we also recommend, they are:

Kayak: *an excellent flight cost comparison website* <http://www.kayak.co.uk/>

Traveljungle: *another good flight cost comparison website* <http://www.traveljungle.co.uk/>

Cheap Tickets: this site quotes airfares in USD\$ & often is very competitive when translated back to GBP£ <http://www.cheaptickets.com/>

Southall Travel: very competitive prices for India, Pakistan and Nepal both online and telephone support <http://www.southalltravel.co.uk/>

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.

To get an online quote for your personal travel and trekking insurance (UK residents only), take a look at Snowcard's website at http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC

Snowcard activity level for Dhaulagiri Circuit trek is 4 and prices start from £88.





Please note that The Mountain Company do not act as an agent of Snowcard Insurance and any policy bought via this web link is effected directly with Snowcard Insurance Services Limited.

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 gompa it is customary to give a donation for its upkeep.



SUGGESTED READING

Please take a look at The Mountain Company's bookstore for a wide selection of books and maps to Nepal, the link is at: <http://astore.amazon.co.uk/themountainco-21>

- 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.**
- Round Dhaulagiri by Shangri La maps 1:125,000



APPENDIX 1

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- Gaiters. A pair used to keep boots dry if walking through deep snow or on wet ground.
- Wool and liner socks.
- Trainers/sneakers or sandals. Can be used on arrival to camp.

Clothing:

- Waterproof jacket and trousers (goretex or similar).
- Trekking trousers.
- Long sleeve shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece pants.
- 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 scarf.
- Headtorch. Bring extra batteries.
- Sunglasses.

Climbing equipment:

- 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.
- Helmet (recommended as there is risk of rockfall in Chonbarden gorge).

[We have a limited number of crampons for rent in Kathmandu, the cost is £10 (US\$15) for the duration of the trek]

Personal Equipment:

- Sleeping bag (maximum overnight lows in Hidden Valley will be around -15 Celsius).
- Sleeping mat (eg. Thermarest). On trek we provide everyone with one foam mat however we recommend two layers for maximum insulation and comfort.
- Backpack large enough to carry water bottles, camera, lunch and extra clothing. It is also a good idea to bring a rucsac cover to keep contents of your pack dry.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold-drybags such as from Exped, for more information:

http://www.exped.com/exped/web/exped_homepage_na.nsf/0/AC37F5FD778CEA6BC125767E00705EF7?opendocument

- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.



- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Books, ipod and cards etc.
- Trekking poles (Black Diamond with “Flick Lock” are best).
- 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 (optional).

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.

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).



APPENDIX 2

INTERNATIONAL PASSENGER PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("The Mountain Company") are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that do not include flights.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. This insurance is only valid for passengers who book and pay directly with/to The Mountain Company. If you have booked and/ or paid direct to a Travel Agent for a holiday with The Mountain Company please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

Claim procedures: download claim form from www.ipplondon.co.uk, any occurrence which may give rise to a claim should be advised within 14 days to: International Passenger Protection Limited, Claims Office, IPP House, 22-26 Station Road, West Wickham, Kent BR4 0PR, United Kingdom. Telephone: +44 (0) 208 7763752. Fax: +44 (0) 208 7763751.

In order to deal promptly with any claims hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements. Claims forms must be submitted to IPP within six months of date of insolvency they cannot consider or pay claims received after this date.