



Ri is Tibetan for "high place", a place where prayer flags flutter, a place with a view, a place where you would like to sit and reflect.

Dhaulagiri :: The White Mountain

Circumnavigating the 7th highest mountain in the world is not only an accomplishment, its bragging rights only a few trekkers have experienced for a simple reason; this trek is challenging.

Hiking around the White Mountain can only be seen in the photographs of a few trekkers. Snow leopards live in this region for good reason, only bhara mountain sheep, and a few climbers and trekkers ever visit these mountain vistas. Come prepared physically for long days on the trail, bringing the right gear, and while taking a measured "rest-step" you will enjoy having earned that evenings sunset light, a hot delicious meal and warm toasty sleeping bag.

This trek will need a total of 23 days from arrival to departure from Kathmandu. Arrive earlier or stay longer in Nepal if you wish. After all there are jungles to explore by elephant, and of course palaces, monasteries, markets and cultures within the Kathmandu Valley it's self to discover.

Important Travel Detail: *Arriving into Kathmandu on Day 1 may entail flying from your home one or more days earlier depending on your choice of flights. Day 23 can be a departure from Nepal, but may not return you to your home that same day. If you have questions about timing, contact Ri Adventure Travel to confirm your dates of travel prior to purchasing your international flights.*

Circumnavigation of Dhaulagiri :: The White Mountain.

Day 01:

Arrive into Kathmandu's Tribhuvan International Airport. With luck you have seen 5 of the world's highest summits as you approached Kathmandu. You've here! Pass through customs and immigrations into the main airport hall. You will be welcomed by Ri Sherpa staff and transfer through the bustling streets of Kathmandu to your hotel in the Thamel neighborhood. No schedule today, but if you are ready, we'll walk a chaotic maze of little streets to Durbar Square. You'll learn about getting round and if you like we'll visit a local restaurant for dinner before returning for bed. *Your hotel is included. Lunch and dinner are not included.*

Day 02:

Today is called a "rest day" but there is much to see and do after breakfast. Kathmandu's elevation is 4460 feet; it's close to the equator with the sun setting within 30 minutes of 6:00 o'clock year round. Depending on your home elevation, having just flown 25 hours, the time differences on the body, it's best to not try to "see everything". We call Kathmandu a "5-day-city". There is time for some sightseeing and we'll give you a list of suggestions along with a list of restaurants with a healthy reputation. Orientation meeting prior to dinner time. *Hotel and breakfast are included. Lunch and dinner on your own.*

Day 03:

Early breakfast, depart at 7:00 a.m. for the domestic airport and an early morning flight to Pokhara and then drive to Beni. Pokhara is in central Nepal, west of Kathmandu 110 miles. This is a major hub for the trekkers and climbers going into the Annapurna Himalaya. Your flight along the Himalaya will take only 30 minutes landing at about 2000 feet in Pokhara. With clear weather Annapurna II and Machhapuchhare will be an excellent view while in Pokhara. Dhaulagiri, though seen does not put on a "big show" from Pokhara. Your trekking staff will meet your flight and transfer you and gear for a 6 hour ride by gravel road to Beni. Conditions vary from an easy dusty ride to a "Costa Rica Roller Coaster". Beni long since grew from a central market village into a town. *Elevation: 2800' All meals until dinner in Pokhara on Day 20 are included. Camp on the outskirts of Beni.*

Day 04:

The first couple of days will be easy going. Trekkers stretch their legs, porters and Sherpa sort out gear logistics. Breaking camp today will likely be a little slow, but soon everyone will have a routine and breaking camp will become an efficient dance of loading and unloading. Wake up early and leave for a nice hike through rice terraces to Babi Chaur. We follow and cross the Myagdi River several times before reaching Babi Chaur. The hike is easy going with elevation gain and loss of only 100 meters or so. The next couple of days trekking is what Nepal is like, trails go up and down (ooralo and ookalo) among villages and terraced fields. Villages like Simalchaur, Tatopani (hot water village) will be along the Myagdi river, there will be a couple of narrow bridges along the way as well as occasional water mills for grinding grains. You will share the trail among the terraces with cows, water buffalo, farm animals, villagers and traders. Unlike trekking in the Mt. Everest region, this trek is wonderful for the many cultures and language groups it passes through. Foothills over 10,000 feet around you will obscure the big mountains. *Elevation: 3100' Hiking time is 6 hours.*

Tonight camp at Babi Chaur

Day 05:

Today, we hike from Babi Chaur to Dharapani and gain some elevation. A wide valley along the Myagdi River, again leads to terrace farming rising high above you to either side of the trail. The trail is fairly easy going with small ups and downs as you travel northward toward the high country. Villagers who are Thakali, Chhetri, Magar, and Rai are encountered as you hike through villages like Rato Dhunga, Chisbang, and Darbang. Lunch will be taken in one of these villages among the sounds of chickens, children and village voices.

After your lunch stop at Darbang, your hike turns north towards the coniferous trees and ascends to a large village. Dharapani is a large village and market central meeting point. This can be the last good place to find the battery you forgot or chocolate you require. It's now time to be sure and put down three liters of fluids a day. Tea, water and soup all count in helping with your bodies' acclimatization. *Elevation: 4120'.*

Hiking time is 7hrs Tonight camp at Dharapani

Day 06:

"Oh tent, namaste". "Good morning. Dudh chia, e chini hountza?" "Milk tea with sugar, okay?" The 6:00 a.m. the quiet voices of Sherpa will let you know it's time to begin another day on the trail. Today starts out easy going but will be a "step-up". Along the trail you will be passing through 3 villages with a winding trail leading to each. The villages will be Gatti Khola, Sin Bang, and Phalai Gaon. On crossing to the west bank of the valley, the trail will start to go up in earnest with many switchbacks until the ridge is attained. You may thankfully drop your rucksack and enjoy several cups of tea on the edge of the Magar village of Muri. *Elevation 6016'*
Hiking time 7 hours Tonight camp at Muri

Day 07:

Today's trail to Bagar also known as Boghara is more a "hikers trail" with descents, crossing a stream then ascending again to a ridge or pass. Today the high points though will include views of mountains. Begin today with a short descent, cross a small khola or stream and continue through terraced fields before ascending a small pass from where you can start to have unobstructed views of Himal Ghustung South (21,140'). With a bit of luck, today's lunch spot will include a great view. The trail winds downward towards the Myagdi River and along its west bank to the village of Naura. From here again climb upward hiking on switch backs through a pine and rhododendron forest finally reaching the village of Bagar. *Elevation 6801'* *Hiking time 7 hours*
Tonight camp at Bagar

Day 08:

Leaving Bagar, the trail descends through terraced wheat fields or the occasional brilliant yellow of mustard seed terrace, then a forest of rhododendron and pine to the village of Jeltung. After this village a high winding path crosses a rocky area and then descends before climbing again to Lipshe. The trail continues through the forest of Lapche Kharka and then climbs to Dobhvan. *Elevation 8240'* *Hiking time 6hrs*
Tonight camp at Dobhvan

Day 09:

After several days of valley crossing, switchbacks, ups and downs, today's hike is a "breather", an easier going valley hike. Begin the morning with wooden bridges, and ascend to tree line, followed by a descent down to the Myagdi River. Hike along and follow the river for the entire day. The hike is generally not difficult, no steep grades but rather a constant steady gain to the village of Salla Ghari. Hike beyond Salla Ghari about 30 minutes to find camp being set up with a ready water source nearby. Drink boiled fluids and enjoy clear nights and lots of stars. *Elevation 10,042'* *Hiking time 6 hours* *Tonight camp outside the village of Salla Ghari*

Day 10:

Today includes leaving the tree-line behind, views of big peaks, glaciers and glacial moraines. Today we hike up to the site known as Italian Camp. (Depending on conditions, the weather, trail quality and physical ability, if time permits we'll keep to the trail and perhaps make French Camp at 12,400'.) The air is thin, drink fluids from your water bladder and enjoy truly impressive Tukucho Peak (22,357') as well as the north flank of Dhaulagiri I at 26,706'. Drinking fluids this past couple of days has become your mantra, keep it up and sleep better, stay warmer, eat better and enjoy your trek. From here will begin the exciting views, the high passes, Dhaulagiri Base Camp and onward to Hidden Valley. (A polarizing lens for your camera is especially useful for the next several days.) *Elevation 11,968' or more* *Hiking time 7 hours*
Tonight camp at Italian Camp

Day 11:

Today is a "rest day". You may use this day as conditions allow to stay in camp and relax or go for a day hike. If you feel great, the weather is cooperative then there is much one can enjoy. Passing Dhaulagiri Base Camp is the first significant test of circumnavigating Dhaulagiri and going for a hike today if possible is not only going to be rewarding visually, but physically too. The old saying of "go high and sleep low" is really true.

In consultation with the trip leader today there are several hiking options.

- * Day hike up to French Camp 12,655'.
- * If everything, if everyone is great, we may move camp up to just above Japanese Camp (13,047') where there is another good water source.
- * Trip members could choose to day-hike up to 13,734 to Chhon Barbang Glacier, above the Japanese Base Camp. This can be a good spot for lunch with a spectacular view of Tukucho Peak's west ridge.
- * Choose to hike towards the Dhaulagiri Base Camp. This route will include hiking over the Chhon Barbang Glacier. The elevation at Dhaulagiri Base Camp is 15,525', and if starting today from Italian Camp, then that would be a gain of almost 3000' and then loss of the same. A rewarding and long day. Again camp is at Italian Camp though an alternate choice is possible.

Day 12:

Up early, today is a big day needing extra energy, eat well, pack power bars in your day pack, consider an extra cup of tea and set off with a rest-step. Today is a "marathoners" game plan of "steady movement" will complete the day with a smile. Put simply, the trail is going to go up and over. There are superlative views all day long. The views and trail conditions you knew about after yesterdays "rest day" of going high and sleeping low. The goal is Japanese Base Camp at 13,047'. The trail will pass the famous French Base Camp, and then Swiss Base Camp. Hiking will consist of walking on scree, talus, and glaciers, the source of the Myagdi River.

Should conditions allow, it's possible to hike up to 13,734' to the Chhon Barbang Glacier, just above the Japanese Base Camp, from where you can see Tukucho Peak's west ridge. Using this location for camp depends on conditions and acclimatization.

Hiking time 5 hours Camp at Japanese Base Camp at 13,047'

Hiking time 6.5 hours Camp and Elevation above Japanese Base Camp is 13,734

Day 13:

Drink well, today is an exciting day. To allow for great opportunities or a challenging day we'll be up early to begin trekking. Bring your wind-stopping gear today, also trekking poles are a good idea, lots of water and again wind shells are definitely wished. Today's hike is primarily on glaciers and is a very lengthy and strenuous hike due to the elevation and loose nature of the footing. You will be seeing the summits and buttresses of Dhaulagiri II, III, and V on the approach to the Dhaulagiri Base Camp. When crossing the glaciers you can expect cold icy windy area at around the Dhaulagiri Base Camp area (15,525'). The trail will continue as a sketchy-scrree and ice trail following the east side of the valley and lead under Tukucho West with views up Tukucho Ice Fall soon to follow. The elevation here near the Ice Fall is about 16,300' as the trail slowly winds toward the rocky start to go over French Pass (17,585').

In this thin air, photography will be sharp and clear, don't forget to use your camera. Remember to drink 3 liters of fluids today as the trail moves up and over French Pass with a descent of 1200' along the east side of a small moraine into Hidden Valley. *Elevation is 16,500' Hiking time is 7 to 8 hours Camp in Hidden Valley*

Day 14:

Known on many maps as Dhampus La or Thapa Pass, this will be the high point this morning, with an elevation gain of about 700' heading east toward the Annapurna. Prayer flags will again surround the pass as Ri can be seen everywhere around you. Mountain vista have become passé' (not really, they are just too enormous to not look at in wonder), Himalaya are all around you all the time. Nearby is Dhampus Ri, soon too possibly yaks depending on local conditions. What seemed like thin air a couple of days ago will now become rich as your trail descends to Yak Kharka. There will be tough grasses, tiny alpine flowers and mosses here as well as many winding yak herder paths during this descent. Because of the descent (about 3000') trekking poles may come in handy. This is a great day's walk and being on the "dry side" of the Himalaya often is a glorious hike. But on occasion the trail may be caught in a cloud at which point we'll stay close together to reduce the chance of "wandering off route". *Elevation 13,080' Hiking time 5 to 6 hours Camp at Yak Kharka*

Day 15:

Descend into warmer climes, thicker air, lots of great views of the Annapurna Himalaya range. The Kali Gandaki river valley is acknowledged by many as the deepest in the world. The summit of Annapurna and Dhaulagiri are just 22 air miles apart, and the valley is at about 8000 feet or less, hence the distinction of the deepest valley in the world. Today's descent dramatically brings this trek lower and into one of the three major trade routes between India and Tibet. To the north is the ancient tiny Kingdom of Mu. A Kingdom within Nepal. Depending on local conditions the trail may go through the village or Marpha, but the evening will be spent in Tukucho. *Elevation is 8469' Hiking time 6 hours Camp at Tukucho*

Day 16:

Two days ago you were looking up and across at 8000 meter peaks, today you are looking steeply up at them. Hike down the Kali Gandaki, passing through Kalapani, Lete and finally Ghosa. The valley is a half mile wide, with near vertical walls in many locations. The vegetation is consists of long needle pine trees, fruit trees near villages, grasses and rough scrub brush. Once again there are many of the cultures of Nepal using this famous trading and trekking route, Nawar, Magar, Gurung, Thakali, and people of the Mustang region (Tibetan ancestry). The river frequently floods during August and of course there is the "once in 50 year flood" during the summer monsoons that seems to happen more frequently now than in the past. Due to the geography of the land, the Annapurna region receives record breaking rain and deep snow that exceeds other regions of Nepal. During October and early April, this trail tends to be more dusty than muddy. You'll cross the Kali Gandaki numerous times on temporary bridges and by "rock hopping". With the air "warm and thick", enjoy a delicious dinner this evening. *Elevation 6572' Hiking time 5 to 6 hours Camp at Ghosa.*

Day 17:

Today descend an easy trail, terracing will again become a prominent feature of the landscape. Today we will hike winding paths. down towards Tatopani. The air continues to warm and become rich as you descend. The trail will pass through a number of culturally mixed villages but is an easy going trail, a very pleasant hike. *Elevation 3890' Hiking time 5 to 6 hours Camp outside of Tatopani*

Day 18:

Ghorepani is a great village to visit and a major market center for several days walk in all directions. Today's trail will pass through forests with langur monkeys, the occasional red panda has been seen here and there will be Himalaya like Annapurna South and Machhapuchhare (the Fishtail) nearby. You will today leave the Kali Gandaki River valley, and gain elevation towards Ghorepani. The trail is winding, usually in good condition, but where rains make the trail difficult then local villagers have put in thousands of feet of stone steps. Terraces of rice and yellow mustard seed when in season are common as well as forests that border the trail. Here there are many Magar villages with their distinctive painting style. This is also a traditional route for the traders moving their goods through the region with donkeys on their way to or from the high country villages of Mustang and Tibet. *Elevation 8925' Hiking time 7 hours Tonight camp at Ghorepani*

Day 19:

Starting the day slowly is fine, today is a wondering trail that by and large will be descending. Today you will hike down towards Birethanti. Sunset views and photography of the mountains can be very good during this day. Birethanti is a relatively busy and large village. Tonight is a great time to hold a festive farewell dinner. *Elevation 2945' Hiking time 5 hours Tonight camp outside of Birethanti*

Day 20:

This is the "prudent day". All treks in Nepal are prudently planned with an extra day. Though this day looks like a return to Pokhara day, it actually is a hidden "rest day" that could be used earlier in the trip due to conditions of weather or health. Yesterday was a day that could have been moved to this day and a late return to Pokhara. From Birethanti the hike down to Nayapool is approximately 40 minutes, where we'll load everything and everyone into our waiting vehicle and return back to Pokhara. The driving distance to Pokhara is about 1.5 hours on a pot-hole gravel road. Once reaching Pokhara, you'll check into a quiet hotel on the edge of Pawa Lake. After showering relax or a short walk will take you to the city.

Your hotel night, breakfast and lunch are included. Dinner is not included

Day 21:

Today, your vehicle will be waiting for you at the hotel for the drive to Kathmandu. The driving time is about 6 hours depending on road conditions. Once reaching Kathmandu, you may again settle into your hotel, probably clean up and try some clothes you haven't seen in weeks. *Kathmandu hotel, breakfast and lunch are included, dinner is on your own in Kathmandu.*

Day 22:

Today is a free day to explore on your own and polish off last minute "power shopping". Optional fun could include; bicycle sightseeing Kathmandu; take a half day tour of the carved city of Bhaktapur; join a Mt. Everest flight; or a three day trip to an interior lodge of Chitwan National Park. These and other options are available. Some ideas can be spontaneous while others require advance reservations. Just speak with Ri Adventure Travel about the logistics and cost we'll be happy to advise you or make it happen. *Kathmandu hotel and breakfast are included. Lunch and Dinner are on your own in Kathmandu.*

Day 23:

Today Sherpa staff will transfer you back to Tribhuvan International Airport for your final departure toward home.

The Fine Print and Important Details

You are going on a wilderness trip in a developing country and though we do our best to follow this itinerary, there are many reasons why alterations beyond our control may occur. Please read the Limitation of Liability and Booking Conditions in Participant Information Form. You can find all this information on our website at RiAdventureTravel.com

Trip Cancellation Insurance

We highly recommend that all travelers purchase trip cancellation insurance. A travel insurance application will be provided in your confirmation packet. There are choices from simple evacuation to full trip cancellation for any reason. Your trip is fantastic, but it's also a significant investment. Ri Adventure Travel will be happy to provide advice or get you signed up for your insurance choice.

Nepal Trip Date: **October 2010**
The Treks Cost: **\$3355. per person. (2 to 3 members)**
 \$3195. per person (4 to 8 members)
 Trips are based on double occupancy.

Reserving Your Trip

Making your reservation is easy, just call us at 888.460.4404 Monday through Thursday.

Reservation deposit: \$500 per person
The balance is due at 60 days prior to departure.
Cashiers check or major credit card accepted
+ Full payments made 120 days prior to departure receive a \$100 reduction in Land Cost

Cancellation Schedule prior to departure

91 or more days prior to departure, no fee
61 to 90 days prior, the deposit is a fee.
60 to 31 days prior, 50% of Land Cost is a fee.
30 days or less, 100% of Land Cost
Cancellation notice is based on when it is received in writing by mail, fax or email.

Single traveler?

If you wish to be a single traveler there is an additional charge of \$420
If you are single, but would like to have a roommate Ri will either assign a same gender roommate or split that single cost with you if one cannot be found.

What Is Included

Kathmandu airport transfers; flight and vehicle transfers to and from Pokhara; 3 hotel nights in Kathmandu; 1 hotel night in Pokhara; Ri trekking staff to include trip leader, guides, kitchen staff, porter staff; trekking permits, local fees and National Park fee; all meals while trekking and as noted in the itinerary, some meals as noted in the itinerary in Kathmandu and Pokhara; all group camping gear (tents, sleeping pads, safety equipment); storage of non trek items left in Kathmandu.

What Is Not Included

Transportation to and from Nepal; passport and visa requirements for entering and leaving Nepal; some meals as noted in the itinerary in Kathmandu and Pokhara; alcoholic beverages and personal laundry; guides gratuities; personal gear and personal safety gear (on making your reservation a departure package will be sent that includes the trekking gear list); airport tax on departure from Nepal as well as trip evacuation and cancellation insurance.

You've made your reservation, what happens next?

Ri Adventure Travel will email to you (or mail if you wish) several forms to fill out and others that are informative and will assist you with trip planning. Forms to fill out and return will include a reservation form, medical form, Release and Liability Waiver. Pre-departure forms include: gear list and photography suggestions, health and elevation information, visa and travel documents, Terms and Conditions, cultural and reading list suggestions.

Remember to check your passport expiration date. With few exceptions your passport needs to be valid for 6 months beyond the end of your trip or you may be blocked from leaving the USA. If you need advice call us or go to <http://www.state.gov/>.

Thirty days prior to departure you will receive trip last documents, confirmation details, last minute hints and common "horse sense" reminders about travel, emergency contact numbers in Nepal, trip roster of other travelers joining you on this adventure.

Your trip has reached the minimum number of members to depart.

If your trip has reached the minimum number of members to depart you may make flight reservations. Ri Adventure Travel will contact you the moment we reach the minimum number of travelers so that you may go forward making the reservations you need for departure.

Terms & Conditions

Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions including the Release and Liability Waiver. By making the deposit you agree to the full Terms and Conditions found at www.Riadventuretravel.com. A copy of the Release & Liability Waiver and the Terms and Conditions will also be mailed to you. Your participation is contingent on your signature on the full list of terms specified in the Trip members Information Form. (Riadventuretravel.com/pdf/tripmember.pdf).

When you have questions, would like an opinion or would like to secure your reservation with a deposit, call us.

Namaste

Ri Adventure Travel LLC rusty@rustytraveler.com 888.460 4404 pst 6:30a.m. - 3:00p.m.
Ri is Tibetan for "high place", a place where prayer flags flutter, a place with a view, a place you would like to sit and reflect.

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