

# Dhampus Peak Climbing in Nepal

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Dhampus Peak is also known as Thapa Peak located in between the Annapurna and Dhaulagiri Himalayan range. This peak is technically straightforward and offers a splendid view of the whole upper Kaligandaki.

From the summit of this peak you will have a magnificent view of over thirty different peaks between Annapurna and Dhaulagiri range with the close view of Tukuiche and Dhaulagiri.

Dhampus Peak Climbing is an excellent opportunity for climbers wanting to achieve the less reached Dhampus Peak while exploring the Annapurna and Mustang region's rich flora and fauna.

## Itinerary

### **Day 01: Arrival in Kathmandu and transfer to Hotel.**

On arrival in Kathmandu Airport, you would be met and received by our representative & transfer to the hotel. Overnight at the hotel .

### **Day 02: Kathmandu Sightseeing**

After breakfast, proceed for a city tour of Kathmandu visiting Durbar Square, a complex of palaces, courtyard and temples, built between the 12th and 18th centuries, used to be the seat of the ancient Malla kings of Kathmandu. In the afternoon visit the Swoyambunath Stupa and Patan City. Swoyambhunath Stupa, atop the hillock is one of the holiest Buddhist sites in Nepal enlisted in the World Heritage Site. Patan City is an enchanting melange of palace buildings, artistic courtyard and former palace complex. One remarkable monument here is a 16th century temple dedicated to the Hindu God Lord Krishna, built entirely of stone

### **Day 03: Drive to Beni and Trek to Tatopani [3 Hrs Drive & 4 Hrs Trek]**

From Pokhara we will take another scenic drive towards Beni – the starting point of our trek. From here we start our trek following the trail that passes through beautiful terraced farmlands, several cultural and traditional villages before reaching Tatopani.

### **Day 04: Trek from Tatopani to Dharapani [1,470m] [5-7 hrs Trek]**

From Tatopani we will continue to follow the trail that goes along the Myagdi Khola and pass through many villages inhabited mainly by Chhetri and Gurung tribes communities of Nepal.

We will continue on our route by crossing the suspension bridge before ascending gradually to reach Dharapani.

**Day 05: Trek from Dharapani to Muri [1,850m] [6-7 hrs Trek]**

From Dharapani we follow a rather easy trail passing through terraced fields of rice and wheat, traditional villages with scenic mountain views along the way. We continue our trek by crossing a suspension bridge above Dhara Khola, and from there we begin to climb towards Muri village – a Magar community based village.

**Day 06: Trek from Muri to Boghara [2,080m] [6-7 hrs Trek]**

Leaving Muri, we will follow the trail that descends down a rather steep slope and then cross the suspension bridge over the Muri Khola. From there we will continue to trek through the dense bamboo forest and typical farmhouses. We will follow the north route where the valley finally widens as we emerge to the open fields before reaching Boghara.

**Day 07: Trek from Boghara to Dobang [2,500m] [6-7 hrs Trek]**

From Boghara we will follow the trail that goes along the west bank of Myagdi Khola and through the lush sub tropical forest towards Lipshe. From there our trek continues passing through traditional villages where we can get a glimpse of villagers trying to collect honey from high above the trees and hills. We follow the trail through the forest to reach Dobang where there are several tea houses with good camping sites.

**Day 08: Trek from Dobang to Sallaghari [2,820m] [5-7 hrs Trek]**

From Dobang the route heads through dense rhododendron and bamboo filled forest. We then cross Myagdi Khola over the bridge, and follow the trail that goes along the east bank of the Myagdi Khola. Following the deep lush forest we head gently towards Sallaghari.

**Day 09: Trek from Sallaghari to Italian Base Camp [3,660m] [5-6 hrs Trek]**

We follow the trail through the dense rhododendron, pine and birch trees before climbing up to an open area on the lateral moraine. Heading a little further we arrive at the Italian Base Camp from where we can see the up-close west view of Mt. Dhaulagiri 8167m.

#### **Day 10: Rest and acclimatization day – free exploration**

As acclimatization is very important in the higher altitudes, today we take a day's rest for acclimatizing before climbing up to higher altitude towards Dhaulagiri Base Camp. Besides, exploration around Italian Base Camp can be a good idea while we have a day off.

#### **Day 11: Trek to Glacier Camp [4,200m] [6-7 hrs Trek]**

Glacier camp is situated between Italian Base Camp and Dhaulagiri Base Camp. Our trail descends steeply down towards the icy glacier. Following the trail here is very challenging and difficult, so we need to be well equipped with ropes, crampons and other equipment. After crossing the glacier we will continue our walk along the moraine on the left side of Chonbarden gorge. Following the narrow trail we head towards Glacier Camp for overnight camping.

#### **Day 12: Rest and acclimatization day at Glacier Camp**

Acclimatization is very crucial especially when gaining higher altitudes. Today we will take a rest day at Glacier camp for acclimatization because ascending from Italian Base Camp 3660m to Dhaulagiri Base Camp 4740m can result in altitude sickness and generate difficulty in health conditions. It is very necessary for us to keep ourselves healthy and fit before we continue further up in the high altitudes.

#### **Day 13: Trek to Dhaulagiri Base Camp [4,700m] [5 hrs Trek]**

From Glacier camp we will follow a rough trail along the moraine which is often snow covered and icy. Carefully moving our steps, one at a time slowly we continue our walk over the glacier and head towards Dhaulagiri Base Camp.

#### **Day 14: Rest and acclimatization day at Dhaulagiri Base Camp**

Another day's rest is crucial at Dhaulagiri Base Camp for acclimatization before crossing the French Pass 5360m. Besides, Dhaulagiri Base Camp offers the best view of Dhaulagiri 8167m, Dhaulagiri II 7751m, Dhaulagiri IV 7618m, Tukucho Peak 6920m and other surrounding high peaks. Hence, exploration around the area can be worthwhile.

**Day 15: Trek to Hidden Valley [5050m/16564ft] via French pass [5,360m] [8-9 hrs Trek]**

Today we start early following the trail that crosses over to the left of the upper Chonbarden glacier. We continue to climb a steep uphill towards the lateral moraine ridge with inspiring views of Dhaulagiri I and Tukucho Peak. Then we make a final ascent for the crossing of the challenging French Pass 5360m. We approach the top of the pass where multi-colored prayer flags dance with the wind. Stunning view of Dhaulagiri 8167m, Tukucho Peak 6920m, Mukut Himal 5970m, Sita Chuchura 6611m, Tashi Kang 6386m and other high peaks surely offer a lifetime achievement. After spending quality time at the French Pass we continue our trail by descending through moderate snow slopes. After a long descent we follow our trail that leads to the hidden valley.

**Day 16: Trek to Dhampus Peak Base Camp [5100m] [5-6 hrs Trek]**

Leaving Hidden valley we follow our trail that heads through alpine vegetation and magnificent views of surrounding high peaks. We will continue our trek until we arrive at a good camping site which is considered as Dhampus Peak Base Camp. As soon as we arrive, we will set up our camps and make preparations for our further climb

**Day 17: Rest/Acclimatization day at Dhampus Peak Base Camp.**

Today we will spend our day at the base camp for acclimatization. Being physically fit and mentally well is the best way to achieve our target Dhamus Peak summit.

**Day 18: Trek from Dhampus Base Camp to High Camp [5600m/18368ft] [3-4 hrs Trek]**

From here we continue to follow the trail that ascends gradually through and over glaciated mountain passes to finally arrive at High Camp. After arriving we will set up our camps and make final preparations for ropes, crampons, harnesses, ice axes and other necessary climbing equipment before our final climb to the summit. We will have to restore as much energy as we can for the successful climb to the summit of Dhampus Peak.

#### **Day 19: Summit Dhampus Peak [6012m] & back to Base Camp [8-9 hrs Climb]**

Fully equipped and properly acclimatized we start early for the climbing of Dhampus Peak summit. With proper guidance we will follow the footsteps of our experienced climbing experts and overcome several technical sections we head for the summit. Once at the summit we are rewarded with great views of Annapurna I,II,III and IV , Annapurna South, Dhaulagiri, Nilgiri South and North, Tilicho Peak, Tukucho Peak and other snow capped peaks. After spending quality time at the top we will gradually descend back to reach back to the base camp.

#### **Day 20: Trek from Dhampus Base Camp to Yak Kharka [3680m] via Dhampus Pass [5,240m] [7-8 hrs]**

Having achieved our target, we will follow the trail that climbs up a moderate snow slope towards the crossing of Dhampus Pass at 5240 meters. After successfully crossing the pass we will make a steep descent entering into the world's deepest gorge – Kali Gandaki Valley. We will make a rather long traverse across the snow which usually takes around four hours before descending further down towards Yak Kharka.

#### **Day 21: Trek from Yak Kharka to Jomsom [2,670m] [5-6 hrs Trek]**

Today we follow the trail that descends from Yak Kharka for a rather long time before reaching the village of Marpha – the Apple Garden. From Marpha we walk an easy trail heading towards Jomsom. Jomsom is an important hub for Mustang and Upper Mustang Treks with the airstrip, abundance of tea houses and services. This is a celebration day after successfully accomplishing Dhaulagiri High Pass Trek with NGT Team. Evening enjoy with the NGT Team. .

#### **Day 22: Morning flight to Pokhara; Free day - explore, sightseeing, boating and personal activities.**

We will take an early morning short and scenic flight from Jomsom to reach Pokhara. Pokhara is home to thick forest, emerald lakes and a place of remarkable natural beauty. The reflection of the Machhapuchhre (Fish-Tail) Himal over the serene Fewa Lake makes this place truly magical. Besides, visiting sacred places and sightseeing around the city in

Pokhara could be a good way to spend your day in Pokhara.

**Day 23: Fly to Kathmandu (1,300m/4,264 ft)**

Finally, it's time to bid farewell to the Khumbu region of Nepal. The Sherpas will take your luggage to the airport and other airport formalities will be taken care of by the guides allowing you to enjoy your last breakfast in the Khumbu region. Once the aircraft arrives, you can directly board the plane and fly back to Kathmandu. A private vehicle depending on your group size will be awaiting your arrival in the airport. Your guide will then escort you to the hotel.

**Day 24: Warm Departure.**

After Breakfast transfer to the airport for your next destination.