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Tilicho Lake Annapurna Trek



Tour Overview

Trekking the Annapurna Circuit, which includes the stunningly beautiful Tilicho Lake at 4919m, has become very popular in the Himalayas of Nepal. It offers breathtaking views of the entire Annapurna range, numerous snow-capped peaks, the Manangi Tibetan culture, a full diversity of landscapes, the lifestyle of Himalayan peoples, centuries-old monasteries, the high Thorung-La Pass at 5416m, and the renowned Muktinath Temple against the backdrop of Mt. Dhaulagiri. This trip is truly enjoyable with its magnificent vistas.

Detailed Itinerary

Day 1: Arrive in Kathmandu

Arrival in Kathmandu airport, transfer to hotel , Annapurna with Tilicho Lake Trekking briefing same day .

Day 2: Full day of sightseeing of Kathmandu valley (B):

After having Breakfast we take you for the sightseeing tour in Kathmandu Valley including Kathmandu Durbar Square, Monkey Temple, Pashupatinath Temple and Baudhanath Stupa. Overnight at hotel in Kathmandu.

Day 3: Drive from Kathmandu to Jagat (B, L, D):

Today our guide will come to pick up at the your hotel about 7 AM in the morning then we drive along the Kathmandu-Pokhara highway to Dumre and then follow the narrow and paved road by the Marsyangdi River to Besi Sahar, From here we will see some of mountain peaks, natural sceneries surrounding the valley and the daily activities of local people and still drive Jagat village. Overnight at nice Tea house Lodge. Drive 6/7 hrs/1300m

Day 4: Trek from Jagat to Dharapani (B, L, D):

We start our trekking through the small village with the view of Marshandgi rivers, passing the on right side of huge waterfalls and a small Tibetan village Chamje ,descending to the river and cross another suspension bridge; we begin a climb to Sattale (1550m.) on a path so steep that it seems one slip would send you hurtling down into the valley. We continue on an undulating path above the river, and at one point, where a tributary flows in from the opposite bank, the main river becomes covered with huge boulders that hide the water. Climbing the zigzag path to the top of the hill, we will see the level, plain of Tal (1700m.). Beyond Tal, the valley narrows and the path becomes high and winding, and in several areas hewn from the rock itself. Beyond the small village of Karte (1900m.), there is a bit more cliff-walking before the path drops again to the river and we cross a another suspension bridge and arrive Dharapani, Overnight at Lodge.6hrs/1960m

Day 5: Trek from Dharapani to Chame (B, L, D):

After breakfast, our trekking with narrow field from the village, the Dudh Khola, which

originates from the south face of Manaslu. The Marsyangdi River then veers to the left, and as Annapurna II becomes visible ahead, you arrive at Bagarchhap, a Bhote village with prayer flags fluttering in the breeze around Buddhist monastery. Continuing to climb through forests of pine and oak, we pass through Danaque (2210m.). There comes a small wooden bridge which takes us to follow steep ascent path up to Timang village which lies at the bottom of Lamajung Himal then the trail goes through flat level until we reach Chame, overnight at Lodge. 6hrs/2675m

Day 6: Trek from Chame to Pisang (B, L, D):

Havingthe view of Lamjung Himal (6893m) dazzling in the morning sun, we set off for Pisang. The mountain disappears as we climb the path up the valley, passing a huge apple orchard. We continue through a fir and pine forest, climbing to a high, rocky area as the opposite bank becomes an impassable cliff. From this point the valley becomes extremely steep-sided as we follow the path to Bhratang (2950m.) then a short climb from the village brings us to a rock-strewn area where we cross a wooden bridge and follow a high, winding path, before crossing back to the right bank again. We now trek through a pine forest and as the forest ends, the valley changes from a V-shape to a gentle U-shape, and a spectacular views of Swargadwari(Heavely gate),opening up a wonderful vistas the we come to a long mani wall by a bridge and the lower village of Pisang, overnight at Lodge.5hrs/3100m

Day 7: Trek from Pisang to Manang via Nawal/Gharu(B, L, D):

We start our trekking with climbs to steep to Ngawal village which affords good views of Annapurna II, Pisang Peak and the Manang valley and Tilicho peak (7145m.). Walking the alpine trail you will pass the wonderful village Ghar, Humde north side , crossing the wooden bridge at Chulu village and finally you get the tiny village of Mungji. Cultivated fields appear on both sides of the path and off to the right, below a craggy mountain, we will see the village of Braga with its splendid monaster, Large Chortens and mani walls abound and the tall peaks of the Himalaya spread out before us –short walk after we will reach Manang, overnight at Hotel.6hrs/3440m

Day 8: Rest day at Braga/Manang for acclimatization (B, L, D):

Today, we hang around town. This is an important rest and acclimatization day before crossing the Thorung La. There are optional day walks such as crossing the river to see the

tremendous icefall coming down from the Annapurnas, or climbing high above the village for a full panorama of the Annapurna range and the Manang Valley. There is also a Himalayan Rescue Association [HRA] aid post in the village which makes an interesting and educational visit. Moreover you can visit Ganagapurna Glacier Lake to make your rest day a memorable one, overnight at Lodge.Max 4hrs. Altitude: 4040m

Day 9: Trek from Manang to Khansar /Shi kharka to Tilicho Base Camp (B, L, D):

We start our trekking by leaving the main route of Annapurna Circuit, we take the left route from Manang by Crossing a Bridge once the Marshyanndi Khola and follow Another Stream coming from Tilicho, about 2 and half hours walking we reach at Khansar. From here to Shrey Kharka you continue walk through Yak pastures, Juniper trees forest and beautiful Gompa where you will have lunch. Further 2 hrs walking in loose muddy and often stone falling trails and passing through the compact boulders of mud and rocks finally you get the Tilicho basecamp and Overnight at Lodge. 6hrs Max. Altitude: 4160m

Day 10: Trek to Tilicho lake - visit the Lake (B, L, D):

Trek to Tilicho lake - Today is very important day for our trip that early in the Moring we start our trek to the Lake by putting the Tilicho river in left side. Walking over 4000meters up to the yak pastures, viewing the beautiful peaks, icy loft glaciers and finally after 3 hrs you will get the amazing Tilicho lake at the bottom of Tilicho Peak. Surely spending some hours, enjoying the beaty of Nature, lakes, glaciers, many mountains' peaks then return to Base camp and overnight at lodge. 4 Max. Altitude: 4160m

Day 11: Trek from Tilicho Base Camp To Yakkharka (B, L, D):

We retrace to SriKharka where we can take our lunch then take left side way to upper Khangsar hill point and huge farmland and yak paster. Continue trek toward yak Kharka, viewing the Manang valley, Chulu peaks, Gangapurna and Annapurna Himalayas. Cross the suspension bridges and hike 30 minutes to catch the main Annapurna trail, then to Yakkharka overnight at lodge.6hrs/4030m

Day 12: Trek from Yak Kharka to Thorong Phedi High camp (B, L, D):

We start our trekking with climb gradually to a ridge before descending to the headwaters of the Marsyangdi and crossing via a covered wooden bridge. After a short ascent up the mountain path on the right bank, you follow a narrow trail across an unstable spree slope and then descend to Thorung Phedi, After the Lunch we steep hike up to High camp at 4860m. overnight at Lodge.

Day 13: Trek from Thorong High Camp to Muktinath via Thorong La (B, L, D):

Today, we start our trekking quite early in the morning crossing the Thorung La (5416m.). The trail becomes steep immediately on leaving camp but as this trail has been used by local people for hundreds of years the path is well defined. The gradient then eases and after around 4 hours of steady climbing, we will reach the chorten and prayer flags of the pass. The views are dramatic to say the least, from the snow-covered mountains above, to the head of the Kali Gandaki valley below and the brown and purple hills of Mustang which are spread out before us. The descent to Muktinath is a knee pounding 1600m but it's compensated for with excellent views of Dhaulagiri. Eventually the moraines give way to grassy slopes before a pleasant walk along the Jhong Khola Valley to Muktinath and its shrines and temple, Overnight at Lodge.Hours: 8 Max. Altitude: 5416m

Day 14: Trek from Muktinath to Pokhara (B, L):

Drive to Pokhara by Local bus or Jeep by /6/7 hrs. 830m

Having the views of Kaligandki river, old beautiful valley of Kagbeni, Jomsom, Marpha,deepest gorges of Ghasa and Tatopani hotspring and finally lower land to the Pokhara city.

Day 15: Drive from Pokhara to Kathmandu (B):

We take tourist bus at 7 AM to drive to Kathmandu and the driving will be fantastic along with many towns and we are able to see the settlements, Rivers, terraces and landscapes, after 6 hours driving we will arrive Kathmandu and overnight at Hotel. Drive 6hrs to Kathmandu.

Day 16: Shopping days/Sightseeing in Bhaktpur/welfare Dinner.(B/Dinner)

Day 17: Transfer to international airport for your final flight departure (B):

Having lots of Nepal impression today is your last day in Nepal and it's time to say a good bye with memorable . Drop to International Airport.

Pricing Information

Price Details

Price Starting from:

Based on minimum 2 People

Tilicho Lake-Annapurna Trek costs: $ 1650 per person.

Price Includes

• 4night Hotel in Kathamndu

• 1 night hotel in Pokhara

• 14 nights Lodges/Hotels

• Jomsom-Pokhara bus/Jeep service

• 15xBreakfast/13xLunch/13xDinner during the trek period/total service

• Kathmandu-Jagat bus/Jeep

• Pokhara-Kathmandu Tourist bus

• Trekking Permits/TIMs

• Annapurna Conservation Permits

• 1 guide and the required Porters

• All land transportation /Pick-up/drop service

- Trekking Map for each client
- Local tax Payment/Tax/Vat
- Insurances of Guide and Staff/Porters
- Full Salary Guide/Porters
- 2 Clients: 1 Porter :15-20 Kg Bag max
- Tea/Coffee

Price Excludes

- Any Personal expeces during the trek
- Any cold drinks/Alcohal/ mineral water/hot water
- Tips/gratitude for guide/Porters
- Lunch/Dinner in Kathmandu
- Battery Charges