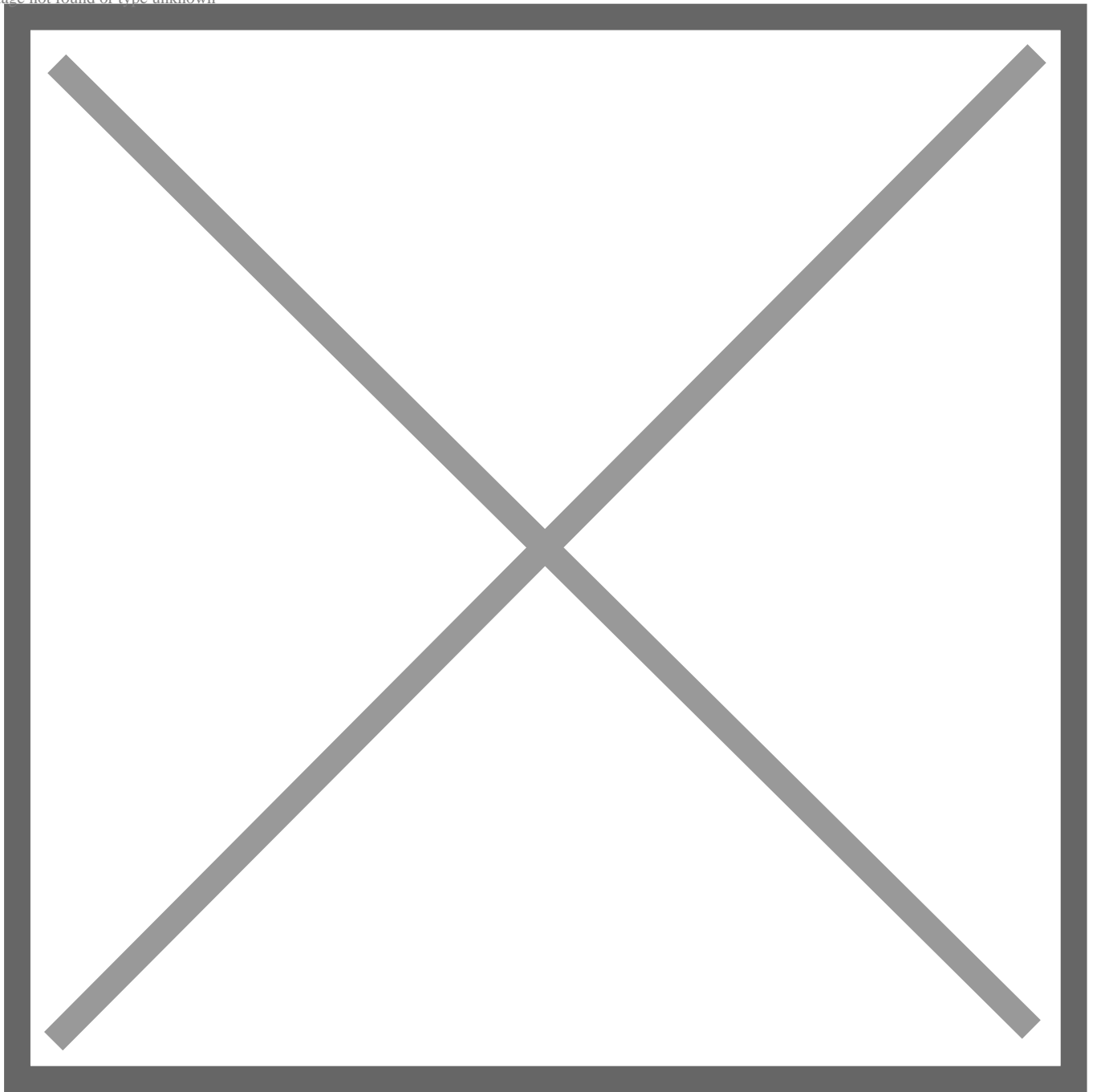


# Tilicho Lake Annapurna circuit trek- 17 days

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## Trip Facts

<b>Cost \$ (USD):</b>	<b>Duration:</b>	<b>Elevation:</b>	<b>Per Day Hiking:</b>	<b>Accomodation:</b>	<b>Trip Grade:</b>
1250	18 Days	5,416m	5-6 hours	Hotel & Lodge	hard
	<b>Group Size:</b>				
	2-15 max				

## Overview

Tilicho Lake Annapurna circuit trek is a popular trek that takes you to the region of world's highest lake called Tilicho lake (4919m) and the stunning views of Annapurna range mountains in the Manang district.

Thrilling Tilicho lake Annapurna circuit trek also challenges you to cross the Thorong La pass (5416m) and brings you to the holy temple of Hindus and Buddhist called the Muktinath temple. Thorong La boasts the views of the splendid mountain display of Mt. Gundang, Syagang, Thorong peak, Kangtungan. The routes in the remote undisturbed territory brings you to scattered settlements of [Gurung](#) and [Thakali](#) communities.

After that Tilicho lake Annapurna circuit trek brings you down to Marpha village of Mustang. Here you can see a monastery, Tibetan refugee camp and chhairo gumpa. You can find the nations' biggest apple produce in Marpha. From the Apples harvest they produce Apple brandy and jams from local fruits which are exported outside.

The routes in the remote undisturbed territory brings you to scattered settlements of Gurung and Thakali communities. Their main occupation is tourism and produce to sell in local markets.

Tilicho lake gives a surreal view of the surrounding mountain display of Mt. Tilicho, Nilgiri, Khangas after a short hike above from Tilicho lake base camp. Kagbeni is one of the main routes of this trek. It is located in the valley of the Kali Gandaki river. It falls on the junction from Jomsom and trail to Muktinath. The best time for taking the Tilicho lake Annapurna circuit trek in Nepal is (February to November).

**If you have already done Thrilling Tilicho lake Annapurna circuit trek, then we have some best selling for you;**

[Cheap Annapurna base camp trek](#), [Best Everest base camp trek](#), [Glorious Manaslu circuit trek](#), [Amazing Langtang valley trek](#), [Wild Gokyo lake trek](#) might be your next favorite travel destination in Nepal.

## Trip Highlight

Mind-blowing natural and cultural view of Annapurna region

Throng-la pass (5,416) – One of the longest hike in the world

Explore Tilicho Lake situated highest altitude in world.

## Itinerary

### Day: 1 Arrival in Kathmandu

After your arrival at Tribhuvan International Airport in Kathmandu, you will be warmly greeted by guide or our

office representative and transferred to the hotel. Then you will have brief orientation or presentation about your respective trek. After all you will go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples, varieties of ethics and their cultures, different test of delicious food and mystery of history ,within circle of green hill probably the most in the world.Overnight at Hotel.

**Accommodation:** 3- star hotel

**Meals:** No

**Duration:** 1 dayDay

**Day: 02 Kathmandu to Dharapani**

Kathmandu to Besisahar to Dharapani Drive by private Car/Bus/Jeep The bus drive along the highway leading to ancient district Lamjung headquarter Besisahar is black tarred while the road to Dharapani from Besisahar is bumpy graveled road with spectacular scenery. Overnight in Dharapani.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 9 hours drive Days

**Day: 03 Dharapani to Chame**

After climb through forests of pine and oak as we pass through Danaque (2,210m). Soon, there comes a small wooden bridge that will take us on a steeply ascending path up to Timang which lies at the bottom of Lamjung Himal. The trail goes then on a flat level until we reach Chame, where we can find government offices, shops, and hotels. Chame is the administrative headquarters for the Manang district. Overnigth in Chame.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 5-6 hours Days

**Day: 04 Chame to Pisang**

With sparkling view of Lamjung Himal (6,893m) in the morning sun, we set off for Pisang. 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 (2,950m). In the end of pine forest, the valley changes from a V-shape to a gentle U-shape, opening up a wonderful vista before us. Then we can see the east peak of Annapurna II as well as Pisang Peak (6,091m) to the north-east. finalley, we will come to a long Mani wall by a bridge and the lower village of Pisang. Overnight in Pisang.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 5-6 hours Days

**Day: 05 Pisang to Manang**

Beyond Pisang, the trail climbs a steep ridge that affords good views of the Manang valley and Tilicho peak (7,145m). In the way, we reach Hungde (3,320m), from where the north-east face of Annapurna III rises majestically above you. From the wide plains of the Sabje Khola Valley, Annapurna IV (7,525m) also becomes visible. After just cross the considerably reduced flow of the Marshyangdi Khola via a wooden bridge to the tiny village of Mungji. After a short steep climb, you reach Manang which is a surprisingly large village for this remote mountain region. Overnight in Manang.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 5-6 hours Days

**Day: 06** Acclimatization day in Manang (Optional hike to Gangapurna lake or Melaripa cave

We will hang around for one more day in Manang for acclimatization by observing beautiful views of green landscapes, silvery mountains, Chortens, and Monasteries as well as if you want to hike we will visit Gangapurna lake or Melaripa cave. We can also explore the unique culture and lifestyles of local people. Overnight in Manang.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 1 dayDay

**Day: 07** Manang to Khangshar village

Trek to Khangshar Village (3,700 m) – 4 hrs After acclimatizing at Manang we continue our adventure towards the Tilicho Lake, situated on the west end of Manang following the path down to the river. After crossing the Khangshar Khola, we reach Khangshar and head towards the village region, till this place we can get a chance to see traditional Tibetan culture and known as the Last Village of Nepal. Overnight in Khangshar village.

**Accommodation:** lodge

**Meals:** B/L/D

**Duration:** 5-6 hours Days

**Day: 08** Khangshar village to Tilicho Base camp

Trekking to Tilicho Base Camp (4,200m) – 5 hrs Continue from Khangshar on a large path, passing a Gompa (monastery). The route ahead goes on a recently constructed path up towards a high ridge. At one point is an intersection. One path maintains the altitude, traversing the slopes towards a place where the valley is narrow; the other continues to ascend towards the line of the ridge. The former is the old path, and is much more difficult as it goes on really steep scree; the latter is the new path that goes a completely different way. Continue along the new path, reach a high crest, and descend on switch backs carved out through the scree slopes to a side valley of the main valley. At its bottom is a brook. On the other side of it is a building known as the Tilicho Base Camp at elevation

of 4,200m. Overnight in Tilicho Base camp.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 5-6 hours Days

**Day: 09 Tilicho Lake and back to base camp**

Trek to Tilicho Lake (5,200 m) and back down to Tilicho Base Camp (4,200m) – 6 hrs Our journey starts early in the morning at around 6am as we trying to avoid the wind. Tilicho Lake is a cold barren place in the afternoon and claimed as highest lake of the world. After we spend some time around Tilicho Lake we will return same way back to Base Camp as there are no any accommodation facilities at Tilicho Lake area. Overnight in Base camp.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 6-7 hours Days

**Day: 10 Base camp to Leader**

Trek to Yak Kharka (4,000m) – 5 hrs Continuing on from Manang, the trails ascends by nearly 500m to Leader. We make the climb steadily through Tenki Manang, leaving the Marsyangi Valley. Continuing along the Jarsang Khola Valley, we reach Leader. On the way herds of yaks and vegetations appear to thin out. Overnight in Leader.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 5-6 hours Days

**Day: 11 Leader to Thorang phedi**

Leaving Yak Kharka, you climb gradually to a ridge before descending to the headwaters of the Marshyangdi and crossing via a covered wooden bridge. After a short ascent up the mountain path on the right bank, we follow a narrow trail across an unstable scree slope and then descend to Thorong Phedi or we will head towards high camp as your wish. Overnight in Throng Phedi.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 4-5 hours Days

**Day: 12 Thorong phedi to Mukthinath**

This is a special day of our trekking, we will early morning get ready to cross Thorong La (5,416m). From where 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. Eventually, the moraines give way to grassy slopes before a pleasant walk along the Jhong Khola Valley to Mukthinath and its shrines and

temple.Overnight in Mukthinath.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 7-8 hours Days

**Day: 13 Mukthinath to Jomsom**

Today is the last day of our trek on these wonderful mountains, we will have options to go either through Kagbeni or Lupra to reach Jomsom.By following kali gandaki river reach us to jomsom.Jomsom is a strong windy little town in a beautiful mustang valley ,where we can get startling memorable views of Tilicho Mountain and beautiful wet hills.

Overnight in Jomsom.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 5-6 hours Days

**Descent:**

**Ascent:**

**Day: 14 Jomsom to Pokhara FLIGHT**

This takes about 35 minutes and stays overnight at hotel in Pokhara. Mostly flights are available during the morning time. The strong breeze blows during the after and frequent change of the weather prevents the flight from being landed and taken off in the afternoon. During the flights in the morning, we will able to enjoy the splendid views of different mountain peaks. overnight in Pokhara.

**Accommodation:** Hotel

**Meals:** B/L/D

**Duration:** 30 min. Days

**Day: 15 Rest day in Pokhara**

Leisure day and sightseeing around Pokhara It's also spare day in case of bad weather in Jomsom. Overnight at a hotel. (Breakfast Included)

**Accommodation:** Hotel

**Meals:** B/L

**Duration:** 1 dayDay

**Day: 16 Drive back to kathmandu**

In the way to drive from Pokhara to Kathmandu, we head up to Damauli, Dumre, Mugling and Kurintar where Nepal's first Cable car is operated to reach Manakamana Temple, in this temple most of Nepalese come to have their wishes granted before leaving home or getting married. From Naubise we climb up to Thankot, the gateway to

Kathmandu and finally reach our hotel & a lovely soft warm bed. Overnight at Hotel.

**Accommodation:** 3-star hotel

**Meals:** L/D

**Duration:** 6 hours Days

**Day:** 17 Departure day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your Safe journey and will reflect on the wonderful times we spent together. We hope to see you again someday. Namaste!

## What are included?

All ground transportation

Sightseeing around Kathmandu with tour guide

Flight from Jomsom to Pokhara

All accommodations during the trek at hotels, lodges including breakfast.

All meals (B/L/D) during the trek

Government license holder guides

Langtang entry permits fees, trekking permits

Souvenir of the trek

Guides and porters expenses including meals, insurance, salary, lodging, transportation

Porters service

Snack and seasonal fruits

Farewell dinner

Certificate of Completion

Government taxes , VAT, service charges

## What are Not included?

International airfares

Nepal entry visa fee

All accommodation and meals in Kathmandu

All personal expenses like shopping, snacks, hot shower, hot and cold drinks, alcohol,

telephone call, batteries

Travel insurance

Tips for guides and porters

Additional cost , delays out of Management control

All costs and expenses which are not in the "COST INCLUDES" section.