Tilman Pass Trek

DURATION: 14 DAYS

Trip Facts

Group Size 1-8 Persons

Trip Grade Strenuous

Accommodation Hotel+ Lodge+ Tea House

Max Height 5320 Metres

Start From Kathmandu

End At Kathmandu

Transportation Var+ Jeep + Bus

Duration 14 Days

Meals included Breakfast+ Lunch +Dinner Days

Best season:
March +May- September + November

Trip Overview

Tilman Pass Trek is a challenging and remote trekking route in Nepal's Langtang region, offering an adventurous and off-the-beaten-path experience. The trek starts from Syabrubesi and follows the Langtang Valley Trail, passing through traditional villages and Buddhist monasteries. The trek ends at Kyangjin Gompa, a Buddhist monastery, and Ganja La Base Camp. The Ganja La Pass, named after British mountaineer H.W. Tilman, is situated at an altitude of 5,120 meters (16,797 feet) and offers panoramic views of the Langtang and Ganesh Himal ranges. The trek takes around 18 to 22 days to complete, depending on the itinerary and acclimatization days. The best seasons for the Tilman Pass Trek are spring (March to May) and autumn (September to November), with stable weather and clear skies. This trek is suitable for experienced trekkers and mountaineers with excellent physical fitness and previous high-altitude trekking experience. Proper gear, permits, and acclimatization are crucial for a successful and enjoyable trek.

Tilman Pass Trek is a popular trekking route in Nepal, named after British explorer Bill Tilman. It takes you through beautiful landscapes, remote valleys, and high mountain passes, offering stunning views of snow-capped peaks, glaciers, and alpine lakes. To ensure safety, it is recommended to go with a licensed trekking agency or hire an experienced guide. The trek takes around 16–18 days, including acclimatization days. It is considered a challenging trek, requiring good physical fitness and previous trekking experience. Permits for the Tilman Pass Trek include the Langtang National Park Entry Permit and the TIMS card, which can be obtained in Kathmandu or at the Langtang National Park entry point. Tilman Pass Trek offers breathtaking views of the surrounding Himalayan mountain range, including Langtang Lirung and Dorje Lakpa. The trail also passes through traditional Sherpa villages, providing an opportunity to experience the local culture and hospitality.

MOUNT ADVENTURE HOLIDAYS

Trip Itinerary

Day 1: Arrival in Kathmandu (1345 m)

20 Breakfast Hotel Car 1345 m

Arrive in Kathmandu, the capital city of Nepal. Rest and prepare for the trek. Obtain necessary permits and make final preparations.

Day 2: Drive from Kathmandu to Syabrubesi (1,550 meters/5,085 feet)

7-8 Breakfast+ Lunch+ Dinner Hotel Car+Jeep +Bus 1550 m

Take a scenic drive from Kathmandu to Syabrubesi, the starting point of the trek. The journey offers beautiful views of the countryside and mountains.

Day 3: Trek from Syabrubesi to Lama Hotel (2,380 meters/7,808 feet)

6-7 Breakfast+ Lunch+ Dinner Lodge+ Tea House Trekking+Walking 2380 m

Begin the trek by following the Langtang Khola (river). The trail gradually ascends through forests, passing by small villages and tea houses. Overnight at Lama Hotel.

Day 4: Trek from Lama Hotel to Langtang Village (3,430 meters/11,253 feet)

5-6 Breakfast+ Lunch+ Dinner Tea House Trekking + Walking 3430 m

Continue ascending through dense forests and beautiful landscapes. Reach the traditional village of Langtang, inhabited by the Tamang ethnic group.

Day 5: Trek from Langtang Village to Kyanjin Gompa (3,870 meters/12,697 feet)

3-4 Breakfast+ Lunch+ Dinner Lodge + Tea House Trekking 3870 m

Hike up to Kyanjin Gompa, a Buddhist monastery and the last settlement in the Langtang Valley. Enjoy the panoramic views of the surrounding peaks and explore the monastery.

Day 6: Acclimatization day at Kyanjin Gompa

3-5 Breakfast+ Lunch+ Dinner Lodge Hiking 3870 m

Take a rest day at Kyanjin Gompa to acclimatize to the high altitude. Explore the surroundings, visit the cheese factory, and enjoy short hikes to nearby viewpoints.>

Day 7: Trek from Kyanjin Gompa to Langshisha Kharka (4,300 meters/14,107 feet)

5-6 Breakfast+ Lunch+ Dinner Camping Trekking 4300 m

Leave Kyanjin Gompa and follow the trail that leads to Tilman Pass. The route gradually ascends through alpine landscapes, reaching Langshisha Kharka for overnight camping.

Day 8: Trek from Langshisha Kharka to Tilman Base Camp (4,800 meters/15,748 feet)

6-7 Breakfast+ Lunch+ Dinner Camping Trekking 4800 m

Continue the ascent towards Tilman Base Camp, which offers stunning views of the surrounding peaks, including Langtang Lirung. Camp overnight at the base camp.

Day 9: Cross Tilman Pass (5,320 meters/17,454 feet) and trek to Tinpokhari (4,260 meters/13,976 feet)

6-7 Breakfast+ Lunch+ Dinner Camping+Tent Trekking 4260 m

Today is the most challenging day of the trek. Cross the Tilman Pass, which requires careful navigation and the use of climbing gear depending on the conditions. Descend to Tinpokhari for overnight camping.

Day 10: Trek from Tinpokhari to Thadepati (3,680 meters/12,073 feet)

6-7 Breakfast+ Lunch+ Dinner Lodge Trekking 3680 m

Descend through rocky terrain, passing by beautiful lakes and glaciers. Reach Thadepati, a small settlement in the Helambu region. Enjoy the views of Jugal Himal and spend the night here.

Day 11: Trek from Thadepati to Tarkeghyang (2,740 meters/8,990 feet)

6-7 Breakfast+ Lunch+ Dinner Tea House + Lodge Trekking 2740 m

Descend through rhododendron and pine forests, passing by local villages and terraced fields. Reach Tarkeghyang, a traditional Sherpa village, and explore the monasteries and local culture.

Day 12: Trek from Tarkeghyang to Sermathang (2,610 meters/8,563 feet)

6-7 Breakfast+ Lunch+ Dinner Tea House + Lodge Trekking 2610 m

Continue descending through the Helambu region, passing by picturesque villages. Reach Sermathang, known for its apple orchards and cultural heritage.

Day 13: Trek from Sermathang to Melamchi Pul Bazaar (870 meters/2,854 feet) and drive to Kathmandu

6-7 Breakfast Hotel Bus + Jeep + Car 1345 m

Descend to Melamchi Pul Bazaar, a town located on the banks of the Melamchi River. From there, take a scenic drive back to Kathmandu.

Day 14: Departure from Kathmandu

20 Breakfast Hotel Car + Flight 1345 m

It’s your last day in Nepal! Grab some breakfast, and then take in some last-minute shopping in Kathmandu. We’ll make sure you arrive at Kathmandu International Airport with plenty of time before your flight home. At this time, we’ ll say our goodbyes and bid you farewell, armed with warm memories and gorgeous photos to show your loved ones.

ADVENTURE HOLIDAYS

Cost Includes

- irport/hotel pick up and drop off by private car
- Langtang National Park permits and TIMS
- Food, accommodation, salary, insurance, equipment, and medicine for all staff
- Government licensed, experienced English speaking guide
- Transportation Kathmandu-Swyabrubesi and Swyabrubesi-Kathmandu
- All government taxes.
- Sleeping bags and down jackets for the trek (should be refunded after the trek
- One trekking map per person
- First aid kit

- ✔ fresh fruit

Cost Excludes

- ✖ Bar bills and other personal expenses
- ✖ Beverage bills, bar bills, telephone bills, and Personal expenses.
- ✖ Travel and rescue insurance
- ✖ Tips for guide, porter, and driver.
- ✖ Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- ✖ Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- ✖ Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- ✖ Optional trips and sightseeing if extended

Trip Map