# Annapurna Circuit with Tilicho Lake Trek

DURATION: 10 DAYS

### Trip Facts

**Group Size** 1-12 Persons

**Trip Grade** Moderate

**Accommodation** Hotel-Lodge-Tea House

**Max Height** 5416 Metres

**Start From** Kathmandu

**End At** Pokhara

**Transportation** Flight-Bus -Car

**Duration** 10 Days

**Meals included** Breakfast-lunch-Dinner Days

**Best season:**
March-May, Sep-Nov

## Trip Overview

Nar Phu Tilicho Lake Annapurna Circuit Trek is a 15-20 day journey in Nepal that focuses on traditional Tibetan culture and stunning mountain peaks. The trek begins in Kathmandu and takes you through the Nar Phu Valley, where you can experience and appreciate the traditional Tibetan culture. **A major highlight of this trek is the visit to Tilicho Lake**, one of the world's highest lakes, nestled amidst towering mountains. Throughout the trek, you will encounter a diverse range of landscapes and climate zones, including lush forests and barren high-altitude deserts. Additionally, the journey includes visits to charming villages, ancient monasteries, and high mountain passes, offering immersive experiences and opportunities to interact with local villagers. It's important to approach these interactions with sensitivity and respect, promoting sustainable tourism practices while fostering genuine connections to preserve the unique heritage and traditions of the Annapurna region. By being mindful of the impact of tourism on the local communities and environment, you can contribute to the preservation of the natural beauty and cultural richness of the **Annapurna region for future generations to enjoy.** Remember to leave no trace, support local businesses, and engage in responsible travel practices to ensure a positive and lasting impact on the region.

Together, we can work towards creating a harmonious balance between tourism and conservation in the Annapurna region. By supporting eco-friendly initiatives and responsible tourism operators, we can help protect the delicate ecosystems and cultural sites that make this region so special. Let's strive to be mindful of our actions and make conscious choices that benefit both the local communities and the environment. By doing so, we can ensure that the Annapurna region remains a **sustainable and vibrant destination** for generations to come.

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## Trip Itinerary

**Day 1,Drive from Kathmandu to Manang 3520m (270 km, 11 hours)**

9 Breakfast-Lunch-Dinner Hotel-Lodge Bus-Jeep 3520 m

With the road construction to Manang, you can now take a direct bus from Kathmandu to Manang. However, you must take a jeep from Besisahar, which your trek guide will arrange on time. It's a long drive, nearly 11-12 hours on a 270 km distance. After breakfast at the hotel in Kathmandu, you'll leave for the Short Annapurna Circuit Trek with Tilicho Lake in the early morning. You'll first reach Besisahar via Prithvi Highway for five to six hours. After lunch at Besisahar, you'll change the bus and take a jeep that goes to Manang. As you drive past Chame and Pisang, the mountain scenery becomes more and more visible. You'll have acclimatization and sightseeing day tomorrow at Manang for the best view of the surrounding panorama.
You'll stop at a tea house in Manang for overnight meals and accommodation.

## Day 2 Acclimatization at Manang 3520m

3-5 Breakfast-Lunch-Dinner Hotel-Lodge Bus-Jeep 3520 m

Manang is a beautiful village and a popular acclimatization stop in Annapurna Circuit Trek. Also, those who plan to hike Tilicho Lake stop here for a day.After breakfast, you'll hike to Gangapurna Lake with your trek guide. This lake sits at 3,540 meters and is surrounded by magnificent mountains. Elegant mountains and peaks like Annapurna III, Gangapurna, Tilicho Peak, Pisang Peak, and Chulu (East, West, and Central) are utterly visible from Manang village and also from Gangapurna Lake.
You can either rest for the remaining day after lunch at the tea house. Otherwise, you can also visit the Himalayan Rescue Association to learn about acute mountain sickness and its prevention.
Overnight in Manang.

## Day 3: Trek from Manang to Khangsar (3,700 meters, 5 hours)

5-6 | Breakfast + Lunch + Dinner | Tea House-Lodge | Walk+Trek | 3700 m

After breakfast at a tea house in Manang, you'll start the hike to Khangsar. The 6.2-mile distance between Manang and Khangsar takes roughly five hours at a medium pace hike. First, you'll descend an hour to Khangsar Khola and then make the gradual ascend. The trekking trail to Khangsar is acceptable, safe, and well-maintained for a comfortable hike. Moreover, you'll have a clear view of Khangsar and Tilicho Peak all day. And even from the tea house window, the mountains continue picking glimpses.
Overnight at Khangsar.

## Day 4: Trek from Khangsar to Tilicho Base Camp (4,150 meters, 5 hours)

6-7 | Breakfast + Lunch + Dinner | Tea House | Trekking+Hiking+Walking | 3700 m

Tilicho Base Camp trail from Siri Kharka progresses through landslide-prone areas. But, with our highly experienced trek guides, you'll get excellent navigation. After breakfast at a tea house in Siri Kharka, you'll start the five-hour-long hike to Tilicho Base Camp. There's been the construction of a new trekking trail on which you'll hike instead of hiking on an old track with added difficulty. Magnificent rock formations and alluring Tilicho Peak keeps the hike entertaining all day.
Overnight at the tea house in Tilicho Base Camp.

## Day 5: Trek from Tilicho Base Camp to Tilicho Lake (4,920 meters, 4 hours). Trek to Siri Kharka (4,060 meters, 3 hours)

6-7 | Breakfast + Lunch + Dinner | Lodge-Tea House | Trekking+Walking+Hiking | 4920 m

You'll start the hike early, around 5 am, to avoid possible day wind at Tilicho Lake. The Tilicho Lake Trek from Tilicho Base Camp can be tiring as you'll hike on strenuous trails and cross a landslide-prone area. After a three-hour hike, you'll reach the magnificent Tilicho Lake. This lake sits beautifully and is embraced by the elegant Annapurna Sierra, Tilicho Peak, and Nilgiri Himal. You'll spend one or more hours here taking photographs

and enjoying the surreal panorama.
From Tilicho Lake, you'll descend to Siri Kharka for three more hours. Siri Kharka is a small but beautiful settlement where you'll spend the night.

## Day 6: Trek from Siri Kharka to Yak Kharka (4,060 meters, 8.4 km, 5 hours)

5-6 | Breakfast + Lunch + Dinner | Tea House | Trekking+Walking | 4050 m

After breakfast, we'll descend to Khangsar Village from Siri Kharka. En route, you'll also witness a thousand years old Buddhist Monastery, Tare Gumba. After passing the Khangsar wall, you'll descend to a beautiful Thorung Khola Valley. And after an hour's hike from Thorung Khola Valley, you'll reach Yak Kharka. Upon reaching Yak Kharka, you'll see the splendid views of mountains in the Annapurna range. And that lucky trekker even witnesses Blue Sheep. And on the rarest occasion, you may spot the paw marks of snow leopards.
Overnight at the best available tea house in Yak Kharka.

## Day 7: Trek from Yak Kharka to Thorung Phedi (4,525 meters, 8.5 km, 5 hours)

7-8 | Breakfast + Lunch + Dinner | Tea House | Trekking+ Hiking+ Walking | 4550 m

You'll gain more than 500 meters in altitude on this day as you begin the hike from Yak Kharka to Thorung Phedi. For any trekker, this 8.5 km long trail to Thorung Phedi takes almost five hours. After early breakfast, you'll hike on a relatively moderate trail. The scenic route offers a mesmerizing glimpse of Thorung Peak, Gudang, Syagang, Khatungkan, etc.

## Day 8: Trek from Thorung Phedi to Thorong La Pass (5,416 meters), and trek to Muktinath (3,760 meters) 15.6 km for 9 hours

8-9 | Breakfast + Lunch + Dinner | Hotel+Lodge | 3800 m

It is the longest hiking day in the Annapurna Circuit Trek with Tilicho Lake. You'll start the trek early to complete the 15.6 km long trail during the daylight hour, almost 10 hours. You'll start the hike as early as 4 am to avoid the icy air and strong day wind at the Thorung La Pass. This is the highest point you'll reach in Annapurna Circuit. From here, you'll get clear glimpses of mountains ascending towards Tibet in the north. Also, you'll see the towering Annapurna and adjoining peaks. From Thorung La Pass, you'll hike for a few more hours down to Muktinath. And from the route, you'll see the spanning Kali Gandaki River, and its deep gorges.
Overnight at the tea house in Muktinath.

## Day 9: Morning hike to Muktinath Temple. Trek to Jomsom (2,720 meters, 4 hours)

5-6 | Breakfast + Lunch + Dinner | Hotel | Trekking-Hiking | 2750 m

Muktinath Temple is a sacred Hindu and Buddhist temple with more than 10 thousand pilgrimage visits yearly. This temple's 108-water sprout cold water bath is among the most popular activities besides worshiping the deities here. You'll return to the tea house for breakfast and prepare for the hike to Jomsom. You'll descend to Kali Gandaki Gorge from Muktinath. You'll hike past Tibetan-influenced villages like Jharkot and Khingar. While trekking to Jomsom, you'll see a wonderful glimpse of Nilgiri Mountain.

## Day 10: Fly from Jomsom to Pokhara and take connecting flight from Pokhara to Kathmandu

30 Breakfast Hotel Jeep+Bus+Flight 1345 m

After breakfast at Jomsom, you'll take a flight to Pokhara airport. The flight time from Jomsom to Pokahra is approx 25 minutes. And from Pokhara, you'll take a connecting flight to Kathmandu for approx 30 minutes.
After you land in Kathmandu, our company representative will pick you up from the airport and transfer you to the hotel.

## Cost Includes

- Airport pick up and drop in a private vehicle
- Guesthouse accommodation during the trek
- All necessary trekking permits: Annapurna Conservation Area and Trekkers' Information Management System (TIMS) fee.
- Tims and permits for the trek.
- An experienced, English-speaking, and government-licensed trek leader
- Staff costs including salary, insurance, equipment, food, and accommodation
- All government and local taxes
- First aid medical kit
- Trekking maps
- Transport includes shared buses or jeeps from Kathmandu to Manang and Jomsom to Pokhara.
- Tourist buses are for the return trip from Pokhara to Kathmandu.
- Sleeping bags and Down jackets for the trek (should be refunded after the trek.

## Cost Excludes

- Bar bills, beverage bills, laundry, and, other personal expenses

- Travel and rescue insurance
- Tips for guide, porter, and driver
- Hotel in Kathmandu
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- 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

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