8848 Nepal

Annapurna Circuit with Tilicho Lake Trek



Trip Facts

Trip Duration: 16 Days
Difficulty Level: Moderate
Trip Area: Annapurna
Maximum Altitude: 5416m/17,769.03ft-Thorang La Pass
Best Season: Spring & Autumn
Meals: Full Board during trek
Accomodation: Lodge/Tea House
Transportation: Flight/Jeep/Bus
Trip Start: Kathmandu/
Trip End: Kathmandu

Itinerary Highlights

- Villages and Local Communities
- Monasteries and Temples
- Local Hospitality
- Annapurna Massif
- Machapuchare (Fishtail)
- Dhaulagiri
- High Point
- Tatopani
- Tilicho Lake
- Waterfalls
- Rhododendron Forests
- Wildlife
- Manang

- Marpha
- Panoramic Viewpoint
- Local Festivals

Trip Overview

The Annapurna Circuit with Tilicho Lake trek is one of the most renowned and diverse trekking routes in Nepal, offering a blend of natural beauty, cultural experiences, and adventure. This extended version of the classic Annapurna Circuit trek incorporates a detour to Tilicho Lake, the highest lake in the world at an altitude of 4,919 meters (16,138 feet), adding an extra element of challenge and awe to the journey. The trek begins in the lush subtropical valleys of Besisahar, where trekkers are greeted with terraced fields, verdant forests, and picturesque villages. As the trail ascends, the landscape transitions dramatically from green hills to the alpine region, revealing spectacular views of the Annapurna and Dhaulagiri mountain ranges. The route traverses through diverse climatic zones, from the temperate climate of the lower foothills to the arid and windswept terrain of the higher altitudes. Cultural immersion is a significant aspect of this trek. Along the way, trekkers encounter various ethnic communities, including Gurungs, Thakalis, and Tibetans, each with their unique traditions, languages, and lifestyles. The villages of Manang, Pisang, and Chame offer insights into the traditional Himalayan way of life, while the ancient monasteries and prayer flags scattered along the trail add a spiritual dimension to the journey.

A major highlight of this trek is the visit to Tilicho Lake, which requires a challenging side trip from the main Annapurna Circuit. The trek to Tilicho Lake is demanding, with steep ascents and high-altitude conditions, but the breathtaking sight of the turquoise lake surrounded by snow-capped peaks makes it a truly rewarding experience. The pristine beauty and serene environment of Tilicho Lake leave an indelible mark on trekkers. The culmination of the trek is the crossing of the Thorong La Pass, at 5,416 meters (17,769 feet), the highest point on the Annapurna Circuit. This pass is a challenging ascent that requires careful acclimatization and preparation. The panoramic views from the top of the pass are simply extraordinary, offering a 360-degree view of the Himalayas. The descent from the pass leads to the holy town of Muktinath, a significant pilgrimage site for both Hindus and Buddhists. The trek concludes in the Kali Gandaki Valley, passing through the ancient trade route and the bustling towns of Jomsom and Marpha, known for their apple orchards and traditional Tibetan culture. The journey from Jomsom to Pokhara provides a gentle transition back to civilization, with opportunities to relax by the tranquil Phewa Lake and reflect on the adventure.

Overall, the Annapurna Circuit with Tilicho Lake trek is a multifaceted adventure that offers a unique blend of natural splendor, cultural richness, and physical challenge. It is a trek that not only tests one’s endurance but also rewards with unforgettable memories and a profound sense of accomplishment.

Detail Itinerary

Day 01: Kathmandu Arrival (1400m) and transfer to hotel

• Arrive at Tribhuvan International Airport in Kathmandu.
• Transfer to your hotel.
• Evening briefing about the trek.

Duration: 30 min drive to hotel
Accomodation: Hotel
Altitue: 1400

Day 02: : Drive from Kathmandu to Besishahar (820m) then to Syange (1,100m)

• **Drive duration:** 7-8 hours.
• Overnight in Syange.

Accomodation: Guesthouse
Altitue: 1,100

Day 03: Trek from Syange to Dharapani (1,960m)

• **Trek duration:** 6-7 hours.
• Follow the Marsyangdi River and pass through several villages.
• Overnight in Dharapani.

Accomodation: Guesthouse
Altitue: 1960

Day 04: Trek from Dharapani to Chame (2,710m)

• **Trek duration:** 5-6 hours.
• Enjoy views of Lamjung Himal, Annapurna II, and Annapurna IV.
• Overnight in Chame.

Accomodation: Teahouse
Altitue: 2710

Day 05: Trek from Chame to Pisang (3,300m)

• **Trek duration:** 5-6 hours.
• Walk through dense forest and narrow valleys.
• Overnight in Pisang.

Accomodation: Teahouse
Altitue: 3300

Day 06: Trek from Pisang to Manang (3,540m)

• **Trek duration:** 6-7 hours.
• Option to take the upper route via Ghyaru for better views.
• Overnight in Manang.

Accomodation: Teahouse
Altitue: 3540

Day 07: Acclimatization Day in Manang

• Explore the village, visit the monastery, or take a short hike to Gangapurna Lake.
• Overnight in Manang.

Accomodation: Teahouse
Altitue: 3540

Day 08: Trek from Manang to Siri Kharka (4,060m)

• **Trek duration:** 4-5 hours.
• Begin the side trip towards Tilicho Lake.
• Overnight in Siri Kharka.

Accomodation: Teahouse
Altitue: 4060

Day 09: Trek from Siri Kharka to Tilicho Base Camp (4,200m)

• **Trek duration:** 4-5 hours.
• Walk through rugged terrain and landslide-prone areas.
• Overnight in Tilicho Base Camp.

Accomodation: Teahouse
Altitue: 4200

Day 10: Visit Tilicho Lake (4,919m) and return to Siri Kharka

• **Trek duration:** 6-7 hours.
• Early morning hike to Tilicho Lake.
• After exploring, return to Siri Kharka for the night.

Accomodation: Teahouse
Altitue: 4060

Day 11: Trek from Siri Kharka to Yak Kharka (4,050m)

• **Trek duration:** 5-6 hours.
• Rejoin the main Annapurna Circuit route.
• Overnight in Yak Kharka.

Accomodation: Guesthouse
Altitue: 4050

Day 12: Trek from Yak Kharka to Thorong Phedi (4,450m)

• **Trek duration:** 5-6 hours.
• Gradual ascent to the base camp of Thorong La Pass.
• Overnight in Thorong Phedi.

Accomodation: Guesthouse
Altitue: 4450

Day 13: Cross Thorong La Pass (5,416m) and trek to Muktinath (3,800m)

• **Trek duration:** 7-8 hours.
• Early morning start to cross the highest point of the trek.
• Descend to Muktinath, a sacred pilgrimage site.
• Overnight in Muktinath.

Accomodation: Guesthouse
Altitue: 3800

Day 14: Trek from Muktinath to Jomsom (2,720m)

• **Trek duration:** 5-6 hours.
• Pass through the village of Kagbeni.
• Overnight in Jomsom.

Accomodation: Guesthouse
Altitue: 2720

Day 15: Drive from Jomsom to Pokhara (820m)

•**Duration:** 3-4 hours
• Explore Pokhara, visit Phewa Lake, and relax.
• Overnight in Pokhara.

Accomodation: Guesthouse
Altitue: 2660

Day 16: Drive from Pokhara to Kathmandu

• **Drive duration:** 6-7 hours.
• Transfer to your hotel.
• Evening free for shopping or exploring.
• Overnight in Kathmandu.

Accomodation: Guesthouse
Altitue: 1400

Cost Includes

- All land transportation and domestic flights as required for the trip itinerary
- Pick-ups and Drop-offs in a private vehicle at the airport (Arrival & Departure)
- Hotel Accommodations (Bed & Breakfast) in the city
- 3-course meal (Breakfast, Lunch, & Dinner) during the entire trek
- Accommodations in teahouses/guesthouses/lodges and tented camps as per the nature of the trek
- Necessary trek permits, national parks, and restricted areas entrance fees
- First-aid Medical Kits
- Experienced and government license holder English-speaking trekking guides
- Porters (2 trekkers: 1 porter), supporting crews, cooks, & asst. cooks (depending on the nature of the trek)
- Allowances for crew staff including insurance on medical grounds
- All government taxes, official charges

Cost Includes

- Nepal Entry Visa Fees
- Personal Expenses
- Additional charges in the tea/guesthouses (Wi-Fi, electricity charge, hot shower, laundry, boiled water)
- Meals (Lunch & Dinner) in the city
- Extra night’s stay accommodation and meals in the city
- All kinds of Alcoholic & Non-alcoholic Beverages, Mineral Water
- Personal Trekking Gears
- Emergency Rescue cost & Travel Insurance cost
- Tips to the supporting crew members (guides, porters, drivers) after the trip completion
- Unforeseen events

Travel Info for Annapurna Region

Accommodation

Teahouses/Guesthouses/Lodges are means of accommodation in the Annapurna Region. The hotel is the accommodation in the city. Teahouses are generally simple and comfortable with basic facilities. But, trekkers must pay additional charges for the use of Wi-Fi, electronic device charges, hot water buckets, laundry, and boiled water.

Meals

Only Breakfast is provided during the hotel stay in the city. The full 3-course meal (breakfast, lunch, and dinner) is provided during the trek. The meals are basic but healthy, hygienic, and appropriate for the trekkers' health. Fresh homegrown vegetables are served in most parts of the trek. Nepali Dal-Bhat is the main dish served with vegetable curry, and pickles which is a good source of energy for the trekkers. The meal varieties are fewer during the trek. Besides Dal-Bhat, noodles, soups, hot drinks, roti, and fresh curries are served.

Drinking water

Water drinking during the trek is very essential as it keeps the body hydrated. In the Annapurna region, drinking water is available everywhere. One can purchase a mineral water bottle or fill up the water at the teahouses. If one needs boiled water, pay an additional charge. But, remember to carry water purifying solutions/kits for safe water treatment and to stay safe & healthy. Also, carry your personal water bottle to minimize the risk of using plastic bottles and keep the environment safe.

Communication

Mobile networks and internet facilities are easily accessible in the lower regions of the Annapurna region. The network connections are fair and stable. One can pay an additional charge to use the internet facilities in the lower region. But, in the higher regions of the Annapurna, the connections are unstable or not at all. Also, for using the phone and internet, one can purchase a local Sim and use the internet facility from the data packs.

Required Permits

1. ACAP permit cost charge: NPR 3000 (Foreigners), NPR 1000 (SAARC)
2. TIMS permit cost charge: NPR 2000 (Foreigners), NPR 600 (SAARC)

Travel Insurance

Travel Insurance is compulsory while trekking in Nepal. It acts as a safety tool that prevents unforeseen and unwanted events during the travel journey. One must get travel insurance from a trusted insurance company. It must cover all emergencies, flight cancelations, loss/theft of luggage, altitude over 3000m, evacuations, and medical difficulties. Travel Insurance makes

your journey stress-free.

Safety and our guides

The client's safety is our topmost priority. So, when it comes to safety one can 100% trust us. Our guides are certified and have years of experience in this field. They are aware of the technical difficulties, altitude sickness, and health of the trekkers in the mountains. Thus, they are fully prepared and always carry necessary medical kits, safety tools, and experts in safety performances. From day 1 to the end of the trek, the client's safety is taken into consideration and kept as a high priority. Therefore, all the program itineraries are carefully planned and scheduled with proper acclimatization and rest days to prevent altitude sickness and adapt to the higher altitude. We are available 24/7 at your service. Hence, feel free to ask queries and share your thoughts.

Best time for Annapurna Region Trek

All seasons have their beauty. But, when it comes to trekking in the Annapurna region, Spring and Autumn seasons are termed best. These two seasons are the best time to explore as the weather is clear, the days are bright, and trekking trails are easy to walk. During Spring, witness the blossoming seasonal flowers in this region. Spring and Autumn season is followed by the Summer season to trek in the Annapurna region. Winter and Rainy seasons are riskier due to muddy, slippery, and snowy trails. The weather is also uncertain and the chances of the temperature fluctuating are high making it cold for the trekkers. It is advisable to properly plan before trekking in the rainy and winter seasons in the Annapurna region.

Annapurna Region Trek Difficulty

Annapurna Region's Trek is easy to moderately challenging depending on the trek duration, elevation, and trail structure. The trek trails may include several steep ascends, and descends, rugged trails, and high elevations. The trek difficulty is the part of the trekking journey which is unavoidable. But, to minimize the difficulty during the trek, trekkers must be physically and mentally fit before the start of the trek. Trekkers can take part in physical training, exercises, short day hikes, cardiovascular exercises, and healthy diets. Take essential health tests and keep yourself motivated before the trekking journey. Here in Nepal, our assistance is always there throughout the trekking journey.

Altitude Sickness and Acclimatization

Altitude sickness is common at an altitude above 3000m. Here in Nepal, during trekking, altitude sickness chances are high. The high elevation, the weather, and the temperature play a key role. Thus, to prevent altitude sickness acclimatization is quintessential. Thus, the acclimatization rest days are carefully scheduled to adapt to the surroundings. All age groups and even healthy people can suffer from altitude sickness. But, no need to panic as its symptoms and precautionary advice is given below:

Altitude Sickness Symptoms

The symptoms of altitude sickness are primary at the initial stage and get extreme if primary symptoms are not taken into consideration.

Primary symptoms: Headache, vomiting, breathlessness, loss of appetite & sleep, tiredness, vertigo

Extreme symptoms: primary symptoms along with delusions & unconsciousness

Precautionary Advice

- Inform the guide immediately
- Stretch the body and do warm up before the start of the trekking journey
- Keep yourself hydrated by drinking water at regular intervals
- Urinate frequently throughout the journey
- Keep it slow and steady
- Take proper rest and sleep
- Avoid taking salty and unhygienic foods
- Avoid consuming alcohol, and smoking
- If it feels uneasy or difficult, immediately descend
- Consult a guide to take a medicine

Porter Luggage limitation

One porter is assigned to carry the luggage of two trekkers. The luggage limitation is a maximum of 15 kg per trekker.

Equipment checklist

Essential Documents: Passport, Travel Permits, Visa Photocopy, Passport size photos
Food: Light snacks, Energy bars, and drink mix
Shoes: Camp shoes, Pair of hiking boots, Rubber sandals
Clothes: Windcheater jacket, Thermals, Insulating Down Jacket, Fleece, Long sleeve shirts, Gloves, Towels, Inner garments, Trekking pants, Trousers, Shorts, Socks, Raincoat, Balaclava, Bandana, Gaiters
Accessories: Sunglasses, Hats/Caps, Sunscreen, Lip Balm, Water bottles, Pocket Knife, Solar chargers, Batteries, Head Lamps, Torch, Umbrella, Sewing kit, Water Purifying solution kits, reusable bags to deposit waste, and separate clean/dirty clothes
Equipment & Gears: Warm Sleeping bags, Map, Trekking poles, Duffel bag, Carabiners, Crampons, Tapes/Slings, Ice Screws, Ice Ax, Harness, Rope, Spikes
Medicine: First-Aid Kit, Altitude sickness medicines, Insect repellents, Blister kits, Approved medicines
Rainy season: Waterproof clothes, boots, Raincoat, Anti-leech socks
Winter Season: Light woolen clothing items
Personal Hygiene Kit: Hand sanitizer, wet wipes, napkins, sachet shampoo, moisturizer, hand wash/soaps, toothbrush, toothpaste, comb/brush, razor, and for ladies (menstrual kits)

Note: One can customize the above list. Only bring necessary items from the provided list from your home or one can rent or purchase here in Nepal.