



# Asian Expedition Pvt. Ltd

Thamel, Kathmandu Nepal

Web: [www.adventuremountains.com](http://www.adventuremountains.com), Email: [adventuremountains@gmail.com](mailto:adventuremountains@gmail.com)

Phone: +0977-1-4258373, +0977-9841379821

## Tilicho Lake Annapurna Trek



Trek Annapurna Circuit including the amazingly beautiful Tilicho Lake is very famous nowadays in Himalaya Nepal. Great views of whole Annapurnas, Many snowcapped peaks, Managi Tibetan cultures, full of diversity of landscapes, People, 900 years old monasteries, Thorung-la High Pass of 5416m and the famous Muktinath Temple with the mt. Dhaulagiri magnificent views really you can enjoy this trip.

### Trip Itinerary:

#### Tilicho Lake Annapurna Trek:

Day 01: Arrive at Kathmandu airport and transfer to hotel.

Arrive at Kathmandu airport (1345meters) and you will be met by our airport representative and transferred to hotel, Evening free and overnight at hotel in Kathmandu.

Day 02: Full day of sightseeing of Kathmandu valley (B):

After having Breakfast we take you for the sightseeing tour in Kathmandu Valley including

Email:  
[adventuremountains@gmail.com](mailto:adventuremountains@gmail.com)  
[info@adventuremountains.com](mailto:info@adventuremountains.com)

Asian Expedition Pvt. Ltd.  
G. Post box No: 20377 Thamel  
Kathmandu Nepal  
[web:www.adventuremountains.com](http://web:www.adventuremountains.com)

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+0977-9841379821

Kathmandu Durbar Square, Monkey Temple, Pashupatinath Temple and Baudhanath Stupa. Overnight at hotel in Kathmandu.

Day 03: 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 04: 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 05: 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 06: Trek from Chame to Pisang (B, L, D):

Having the 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 view of Swargadwari (Heavenly gate), opening up a wonderful vista as we come to a long mani wall by a bridge and the lower village of Pisang, overnight at Lodge. 5hrs/3100m

Day 07: 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 monastery, 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 08: 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 09: Trek from Manang to Khansar /Shi kharka (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 over the Marshyangdi Khola and follow another

Stream coming from Tilicho, about 4 hours walking we reach at Khansar and Overnight at Lodge.4hrs Max. Altitude: 3750m

Day 10: Day 11Trek to Tilicho Base Camp (4800m) (B, L, D):

Trek to Tilicho Base Camp (4800m) and overnight at Lodge.5hrs Max. Altitude: 4800m

Day 11: Trek to Tilicho lake - visit the Lake (B, L, D):

Trek to Tilicho lake - visit the Lake and overnight at lodge. 4 Max. Altitude: 4800m

Day 12: Trek from Tilicho Base Camp To Yakkharka (B, L, D):

Trek from Tilicho Base Camp To Yakkharka overnight at lodge.6hrs/4030m

Day 13: 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 14: 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 15: Trek from Muktinath to Jomsom (B, L, D):

Today is our last day walking of our trekking and we begin with the doen path along the bank of dramatic Kali Gandaki Gorge, initially through arid country in the same geographical and climatic zone as in Tibet, after walking about 6 Hours, we will arrive at Jomsom, The Administrative center of this region, overnight at Lodge. 5 Max. Altitude: 2650m

Day 16: Early morning flight from Jomsom to Pokhara (B, L):

We will take early flight to pokhara, and check in to hotel and visit the most beautiful city Pokhara , Relaxing Day and overnight at hotel. Fly 45 minute,

Day 17: Drive from Pokhara to Kathamndu (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 18: Shopping days/Sightseeing in Bhaktpur/welfare Dinner.(B/Dinner)

Day 19: 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.

B: Breakfast, L: Lunch,D: Dinner

## Cost Details:

Price Starting from:

Based on minimum 2 People

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

## Cost Includes:

- 4night Hotel in Kathamndu
- 1night hotel in Pokhara

- 14 nights Lodges/Hotels
- Jomsom-Pokhara Flight
- 19xBreakfast/14xLunch/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 clients
- 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

## Cost Excludes:

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



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