

Annapurna Circuit Tilicho Lake Trek



Introduction

The Annapurna Circuit Tilicho Lake Trek has been proved as a highly praised and impressive trekking route in the Annapurna region. Manang valley, Tilicho Lake, Thorong La pass and Muktinath Temple are the major attraction of this trek. The nice alternative trekking route has been built from Marpha to Kalopani and Ghasa to Tatopani. You do not need to walk in road. The Annapurna circuit Tilicho Lake trek starts from Chamje and goes along the Marsyangdi River, with great view of Manaslu (8163m.) and Peak 29 to the east. Starting from less altitude, it gives us a chance to explore the Himalayas from bottom to top and from many different angles and perspectives and it supports to acclimatize your body. We spend walking through rice farms, forests and friendly villages belonging to the lower realms of the Annapurna Conservation Area. Reaching Pisang village, we have a choice of trails north or south of the Marsyangdi River which meet up again at Mungji. The southern route by Humde, with its airstrip, at 3325m involves less climbing than the northern route via Ghyaru, Ngawal though there are better views on the trail that follows the northern bank of the river. As it continues to the main Himalayas range on to the high and dry Tibetan Plateau, the scenery is equally breathtaking. The village of Manang (3,500m/11483feet) marks the beginning of the next stage, where a day will be spent acclimatizing to the higher altitude. A number of excursions in the area can help the acclimatization process by visiting various monasteries or viewing, Gangapurna Lake, Ice Lake, Khangsar village, Milerepa Cave. After Manang, we take a trail through Tilicho Lake via Khangsar village. The lake is one of the highest lake in the world. The highest point of the trek is Thorung La pass (5416m / 17768 feet). After climbing up, the pass is marked by the Mani stone and prayer flags. As you reach the top, you are rewarded by the magnificent view from the top and then we walk down to Muktinath with amazing mountains. The sacred Muktinath temple has 108 waterfalls that resemble water flowing from taps and mysterious natural gas

fires that boggle the mind. Annapurna circuit trekking via **Muktinath**, Jomsom. Then fly back from **Jomsom** to Pokhara. **Alternative** If you have time, you can trek the apple orchards of Marpha Thakali village, we now enter the Kali Gandaki Gorge, the deepest in the world between the giant Annapurna and Dhaulagiri Himalayan ranges. The trek gets interesting in Tatopani where you will have the opportunity to relax in natural hot spring which you get relief of your tiredness and painful .The climb Poonhill (3210m/10531feet) is rewarded awesome view of Annapurna and Dhaulagiri ranges with the best sunrise. Now we trek down to Nayapul via Ullerri Magar village.

Trip Facts

Trip Duration	14 Days
Trip Grade:	Strenuous
Best Season	Macrch to May & September-November
Per Day Hiking:	4-7 hrs
Elevation	Minimum 1310m-Maximum 5416m
Accomodation	Lodge
Transportation	Flight/Car/Jeep/Bus

Cost Includes

What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 2 Nights Hotel in Kathmandu on BB Plan.
3. Annapurna conservation area (ACAP) Permit and (trekkers' information management system (TIMS) card.
4. one Fluent English speaking government registered export trekking guide and require number of porters.
5. Kathmandu to Besishhar (Trekking starting point) by local bus and Pokhara to Kathmandu by Tourist Bus.
6. All the meals (Breakfast, Lunch, Dinner) with Lodge accommodation during the trek.
7. Guide and porter: all the meals, accommodation, salary, insurance, equipment, transportation, flight ticket etc.
8. First Aids Kit.
9. Local fresh fruit like orange, banana, apple, grape etc.
10. Jomsom- Pokhara Flight ticket.
11. 1 Night Hotel in Pokhara on BB Plan.
12. All the official charges and 13% Government VAT.

PRICE EXCLUDES

- International airfare and visa fees ((15 Days US\$25 and 30 Days US\$40).
- Lunch and Dinner in Kathmandu and Pokhara.
- Your trekking gears.
- All the drinks such as: coke, beer, mineral water.

- Your travel insurance which should include the emergency rescue.
- Tips for your guide and porters etc.

Short Itinerary

Day 01: Arriving in Kathmandu (1350m).

Day 02: Drive to Chyamje,

Day 03-11: Trekking

Day 14: Fly to Pokhara

Day 15: Drive to Kathmandu

Day 16: Departure from Kathmandu (1350m).

Itinerary Details

1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

2. Kathmandu - Besishahar - Chamje

Drive from Kathmandu to Chamje (1311 m, 9 hours driving) by public bus or Jeep and stay overnight at Lodge.

Alternative Route: It is possible to drive all the way to Chame these days by Jeep but road and walking trail are not same everywhere.

3. Chamje - Dharapani

Trek from Chamje to Dharapani (1943 m, 6 hours walking) nice waterfall at Chamje. After this village trek is rocky trail following the Marsyandi river gradually uphill and then overnight at Lodge.

4. Dharapani - Chame

Trek from Dharapani to Chame (2715 m, 6 hours walking) the trail climbs to Timang at 2460m; we see beautiful views of Mt. Manaslu (8163m) .The Chame is official district headquarter of Manang, with its hot spring and then overnight at Lodge.

5. Chame - Pisang

Trek from Dharapani to Pisang (3132 m, 6 hours walking) Dhukure Pokhari , we appear to see many mountains like Annapurna II, Pisang peak, Chulu peak, Tilicho peak and others and then overnight at Lodge.

6. Pisang - Manang

Trek from Pisang to Manang (3341 mtr. 7 hours walking) Leaving Pisang, we have a choice of trails north or south of the Marsyangdi River which meet up again at Mungji. The southern route by Hongde, with its airstrip, at 3325m involves less climbing. The northern route via Ghyaru, Ngawal though there are better views on the trail that follows the northern bank of the river and then overnight at Lodge.

7. Rest day in the same place for acclimatization

Ice Lake (4600m): It is a nice place to hike to, but it is a long walk. It is about 6 hours there and back. You can see the wonderful views of the mountains and the ice lake is excellent. It is definitely worth doing.

Monastery (100 rupees lama):

Praken Gomba is name of the monastery. It is a nice short walk. We see great Annapurna mountain views. The monastery has a Monk. He blesses your impending crossing of the Thorung La pass by tying a sacred thread around your neck. We have to give him one hundred rupees per person for this reason we call him Hundred Rupees Lama.

Gangapurna glacier:

It is also not very far from Manang village. We see a close view of Gangapurna Lake and the glacier.

Khangsar village:

It is the last village after Manang. Khangsar is a collection of traditional stone buildings surrounding a large village square. Near the top of the village is a small Sakyapa school monastery. This village is on the way to Tilicho Lake (the world's highest lake or Mesokunda pass. It is a lovely old village.

Milerepa cave:

This cave is another interesting site in this area. Many years ago a monk from Tibet lived in this cave. His name was Milerepa. He is famous for meditating in this place.

8. Manang - Tilicho Base Camp

Trek from Manang to Tilicho Base Camp (4150m, 6-7 hours walking), overnight at Lodge.

9. Hike to Tilicho Lake

This day, we hike to Tilicho Lake with pack lunch, back to Tilicho base camp for overnight.

10. **Tilicho Base Camp - Yak Kharka**

Trek from Tilicho Base Camp to Chauri Lader (4000 m, 6 hours walking) and then overnight at Lodge.

11. **Yak kharka - Thorong High Camp**

Trek from Yak Kharka to Thorong High Camp (4925m, 4-5 hours walking), overnight at Lodge.

12. **Thorong High Camp - Thorong La - Muktinath**

Trek from Thorong High Camp to Muktinath (3800m, 7-8 hours walking) The journey from High Camp to the 5416m Thorung La pass begins the day. We climb steeply up; this is regularly used and easy to follow. However, the problem may arise due to the altitude and snow. It can cause problems crossing the pass if it is covered by snow. After about four hours climbing up to the pass marked by the Mani stone & prayer flags. As you reach the top, you are rewarded by the magnificent view from the top and then we walk down to Muktinath with amazing mountains view and then overnight at Lodge.

13. **Muktinath - Kagbeni - Jomsom**

Trek from Muktinath to Jomsom (2750m, 5-6 hours walking) finally, the Annapurna circuit trek heads downhill, through the arid landscape to the ancient town of Kagbeni on the Kali Gandaki River and then over night at Lodge.

14. **Jomsom - Pokhara**

30 minutes flight from Jomsom to Pokhara. Rest of the day, free activities in Pokhara.

Alternative Route: If you have time, you can continue walk to Tatopani, Poon Hill and Ghandruk and then drive back to Pokhara from Nayapul.

15. **Pokhara - Kathmandu**

Drive back to Kathmandu by tourist bus at 7:30AM (200 km. 6/7 hours driving) and stay overnight at selected Hotel in Kathmandu.

Alternative route:

There are many flights to Kathmandu from Pokhara every day. You may choose to take a flight to get there. It takes 30 min

16. **Departure to your home country**

Final departure to international airport to fly your home country.

