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Annapurna Circuit Trek with Tilicho Lake 10 Days

URL: https://himalaya-discovery.com/trip/annapurna-circuit-trek-with-tilicho-lake-10-days/

Trip Code
ACTW090

Destination
Nepal

Activity
Trekking in Nepal

Start / End Point
Kathmandu / Pokhara

Duration
10

Per Person From
USD 995

Accommodation
Lodge
Nepal lodges, also known as teahouses, are basic yet cozy accommodations found along trekking routes.

Region
Annapurna

Max. Altitude
5416m

Best Season
Spring & Autumn

Activity Per Day
4-6 Hrs.

Group Size
1 – 12

Transportation
Drive

BLD
Breakfast, Lunch, Dinner

Medium
Medium trekking involves more challenging trails with moderate climbs and longer durations, requiring a good fitness level.

Highlights of the Annapurna Circuit Trek with Tilicho Lake

- Experience the world’s most popular classic journey.
- Trek to the world’s highest lake, Lake Tilicho.
- Cross Thorong La (5,416m), the world’s greatest mountain pass.
- Tilicho Lake (4,949m) one of the world’s highest lakes.
- Stunning views of Mt. Annapurna, Nilgiri, Chulu East and West, Tukuche Peak, Thorong Peak, Dhaulagiri, Lamjung Himal, Annapurna II, and Annapurna IV.

Trip Overview

Annapurna Circuit Trek with Tilicho Lake – Captivating diversified adventurous trekking routes of Nepal.

The Annapurna Circuit Trekking trail is consistently ranked among the world's most popular treks. You will start with an easy walk before the trail connects Kali Gandaki gorge to the Marsyangdi river valley. And the highly adventurous Thorong La pass at 5416m, is a highlight of the journey.

During the journey, we will see a wide range of sceneries and zones ranging from subtropical to alpine. We will also encounter a variety of ecosystems, landscapes, cultures, and ranging from beautiful paddy fields and oak forests to barren mountain terrain. And ultimately, we get to trek the Kali Gandaki gorge, which is the deepest in the world!

The Annapurna Circuit Trek and Tilicho Lake offers an incredible view of Annapurna (8,097 m), Dhaulagiri (8,167 m), Manaslu, Machhapuchhre, Nilgiri and Tukuche, Dhampus Peaks among many more gorgeous peaks in the background. The trip is breathtaking, with orchid forests surrounding the route and rhododendrons covering entire hills in a unique red color in the spring.

Also, you get to observe various types of wildlife including snow leopards, mountain thar, blue sheep, different species of birds including colored Impeyan, kokla, blood pheasant, and many species of butterflies and insects. This Annapurna region is home to 100 mammals, over 60 amphibians and reptiles, 400+ bird species, and 8 different types of rhododendrons.

Similarly, Tilicho Lake one of the world's highest lakes, is located at an eye-catching elevation of 4919 meters in the Annapurna region. While trekking to the beautiful Manang valleys, the Thorong Peak and Annapurna range can also be seen.

This challenging but fascinating trail will take you through the crystal-clear Tilicho Lake, a lush of wildflowers, and gorgeous views of the Himalayan ranges. The Annapurna Circuit with the Tilicho Lake Trek as a side trip, is one of the world's most famous hiking trails because of the unique combination of nature and culture.

Trip itinerary

Day 1: Arrive in Kathmandu

Your adventure begins when you arrive in Kathmandu. Our representatives will welcome you at the airport and transferred to the hotel and you may take rest. Later in the evening / morning a briefing session and at the same time introduces your guide.

Highest Altitude:	Meals:	Accomodations:
1400m	Optional	Optional

Day 2: Drive to Chame

We wake up early, our driving journey starts in the morning from Kathmandu to Chame via Besisahar by Toyota Hiace-minibus then by jeep to Chame taking about 8 hours.

You will drive through beautiful foothills and ridge line view along the Trishuli River. From Munglin, you will follow the Pokhara highway to Durme before turning north to Besisahar along the Marshyangdi River, enjoying mountain views, terraced fields, and green hills.

Trek Distance:
238KM

Highest Altitude:
2,650m

Meals:
BLD

Accomodations:
Lodge

Day 3: Trek to Pisang

We depart from Chame, you keep on ascending the river valley passing the Gurung Village. We will come across the forests of Juniper, Pine, above fairly plane ground all the way through Bhratang village. We will witness a superb view of Annapurna II to south.

Trek Distance:
13 km.

Trek Duration
4 – 5 hrs.

Highest Altitude:
3,300m

Meals:
BLD

Accomodations:
Lodge

Day 4: Trek to Manang

Today, we continue our journey to Manang Valley. We take a steady path up to the top and enjoy the view of the Manang valley. This thrilling place offers breathtaking views of the valleys, and the giant peaks of Gangapurna, Tilicho Annapurna II, III, Chulu East, and Pisang Peak.

The trek takes us to Humde, and then we have pleasant walk up to the village of Braga village and continuing we reach Manang.

Trek Distance:
14.5km.

Trek Duration
5

Highest Altitude:
3,519m

Meals:
BLD

Accomodations:
Lodge

Day 5: Acclimatization day

Today is an acclimatization day, and we plan to explore Manang. We might visit Chonkor View Point (3800m) and explore the village, made up with its about flat-roofed homes, which is surrounded by stunning scenery: Annapurna II, Annapurna III, Gangapurna to the south, Tilicho to the west, and Chulu West and Chulu East to the north.

Trek Duration
3 hrs.

Highest Altitude:
3,519m

Meals:
BLD

Accomodations:
Lodge

Day 6: Trek to Khangsar Village

After a day of leisure in Manang, we head to Tilicho Lake, which is located west of Manang and stretches all the way to the river.

After crossing the Khangsar Khola, we arrive in Khangsar Village and move on to a traditional Tibetan settlement.

Trek Distance:
10km

Trek Duration
4 hrs.

Highest Altitude:
3,756m

Meals:
BLD

Accomodations:
Lodge

Day 7: Tilicho Base Camp

We leave from Khangsar village passing a Gompa (Monastery) and our way moves towards a high ridge. One trail maintains elevations by crossing the inclines to the narrow valley, while the next ascends towards the ridge.

The first one is the older route, and is more hard: the later is an alternative route that offers a comparatively easy trek. Following the new route, we reach a high ridge and descend to a side gorge of the main valley.

On the other side, lies the Tilicho Base Camp.

Trek Distance:
8km

Trek Duration
4 – 5 hrs.

Highest Altitude:
4,150m

Meals:
BLD

Accomodations:
Lodge

Day 8: Hike to Tilicho Lake and trek to Shree Kharka

To avoid the wind, starte early in the morning.

Today we climb higher toward Tilicho Lake, which is at the base of Tilicho Peak (7134m) and takes around 3 to 4 hours to reach. Along the way, you might spot yaks and deer grazing. The changing light causes the lake's color to change between several shades of blue. Admiring the lake and surrounding and taking some pictures, we'll go back to Tilicho Base Camp, then we will head to Shree Kharka.

Trek Distance:	Trek Duration	Highest Altitude:
17km	6 – 7 hrs.	4,920m

Meals:	Accomodations:
BLD	Lodge

Day 9: Trek to Thorong Phedi

Today we begin to descending to Khangsar Village today via Tare Gumba (3870m). We follow the Thorong Khola Valley till we reach the abandoned village of Old Khangsar, then go to Yak Kharka and Thorong Phedi after a 3-hour hike.

Trek Distance:	Trek Duration	Highest Altitude:
14km	7 hrs.	4,550m

Meals:	Accomodations:
BLD	Lodge

Day 10: Crossing Thorong La pass and drive to Jomsom / Marpha

This is the best and longest yet challenging day of the entire trip. We start walking early in the morning. Today, our trail turns out to be the steepest at high camp. We will be seeing sunrise and scenes of the Himalayas.

We keep on trekking towards the top taking 3 to 4 hrs to reach the peak of the Thorong La (5416 meter). Here, we can see wonderful scenery and then move downwards to Mustang and then to the Kali Gandaki valley. We finally arrive at Muktinath after a 7 to 8 hours walk then we take a jeep to Jomsom or Marpha.

Trek Distance:	Trek Duration	Highest Altitude:
15km	7 – 8 hrs.	5,416m

Meals:	Accomodations:
BLD	Lodge

Day 11: Drive to Kathmandu via Pokhara or Fly to Kathmandu

We drive to Kathmandu via Pokhara through the world's deepest canyon, which is located between two giant mountain ranges, Mt. Annapurna and Mt. Dhaulagiri, with many snow-topped peaks.

We return to Kathmandu after passing through the beautiful countryside early in the morning after travelling for 6-7 hours from Pokhara. Upon arrival in Kathmandu, you will be transferred to your hotel.

If your time permits, spend a day/night in Pokhara and enjoy the delights of Pokhara, taking a trip to a spa massage or listening to live music. Or simply relax in a quiet café, restaurant overlooking the Fewa lake.

Day 12: Free Day / Fly home

It's time to say goodbye to Nepal. Enjoy your final moments in Kathmandu by having breakfast in a café, taking a city stroll, and/or shopping for souvenirs.

We will have a farewell dinner / lunch in a typical Nepalese restaurant before your flight home.

A representative will meet you at your hotel and transfer you to the airport to catch your return flight home. It's good to be at the airport at least two and half hours prior to departure.

Highest Altitude:	Meals:	Accomodations:
1400m	Farewell	Optional

Price Includes

- Airport transfers pick-up and drop-off.
- 1 night hotel accommodation in Kathmandu at Hotel Nepali Ghar / Mila hotel with breakfast.
- 1 night hotel accommodation in Pokhara with breakfast.
- Annapurna Conservation Area permits.
- Trekkers' Information Management System (TIMS card) permit.
- Three meals a day (breakfast, lunch, dinner) during the trek.
- Tea/Coffee three times a day.
- Fresh fruit every evening after the dinner
- Private accommodations during the trek.
- Water purifier and hydration tablets.
- English speaking native Sherpa trek guide.
- Porter to carry your luggage during the trek (1 porter for 2 trekkers).
- All necessary paper works and entry permits.
- From Kathmandu to Besisahar by Toyota Hiace van and then by Jeep to Chame.
- From Muktinath to Pokhara by bus / jeep.
- From Pokhara to Kathmandu by tourist coach.
- Transportations, accommodation, wage, food, insurance, equipment for the guide and porter.

- Himalaya Discovery duffel bag.
- Hiking pole for the trek.
- Trek map.
- Farewell lunch/ dinner at restaurant after the trip completion in Kathmandu.

Price Excludes

- International airfares and Nepal visa.
- Any personal medical or evacuation expenses incur.
- International Travel insurance which included rescue.
- Tips for the guide and porter (tipping is expected).
- Any others expenses which are not mentioned on the 'Price Includes' section.

Group Discounts Available

No. of Persons	Price per Person
1 – 1	USD 1,265
2 – 3	USD 995
4 – 5	USD 900

Trip Information

Best Time to Trek Annapurna Circuit and Tilicho Lake Trek

When planning a hike, it's important to consider the time of year. And what season of year is best for Annapurna Circuit Trek with Tilicho Lake? We advise you to book this trip for the spring and autumn seasons to see the best out it.

The spring lasts from March to May. The milder weather makes these months ideal for hiking. During this time, the flowers are in full bloom, and the path is lined with petals and leaves. Autumn, which lasts from September to November, is the second best season. These months are characterized by vibrant colors and a refreshing atmosphere.

Frequently Asked Questions

Annapurna Circuit Trek with Tilicho Lake Trek – FAQs

How difficult is Tilicho Lake Trek?

The difficulty level of the Tilicho Lake trek is moderate, and this is due solely to the altitude. The trek takes you to an elevation of more than 3000m.

Can a beginner do Annapurna Circuit Trek with Tilicho Lake?

Conclusion: So, can someone with no experience hike Annapurna? Absolutely. While conquering such a trip requires dedication, planning, and heart, the experience is truly amazing.

Is Annapurna Circuit still worth it?

However, road connectivity all the way to Manang and even Muktinath has made every trekker wonder if the Annapurna Circuit Trek is still worthwhile, and the answer is definitely yes!

How many days is the Annapurna Circuit trek?

Depending on what route your prefereance is, it can take anywhere from 10-20 days, and span from 155km – 230km. As the map of the Annapurna Circuit shows, there are many possible side trips, such as a trip to Tilicho Lake, Chongkar viewpoint or an ascent of Poon Hill.

How much does Annapurna Circuit cost?

The Annapurna Circuit trek cost varies based on the duration of the trek and the services chose. The Annapurna Circuit trip can cost anywhere between $800 and $1600. These prices include fees for hike guides, porters, permits, ground transportation, meals, and accommodation.

Address

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