

Contact Details:

- ✓ Web: - www.nepaltouroperators.com
- ✓ Email: - allnepaltrip@gmail.com
- ✓ Cell No: - +9779871016865 (whatsapp, viber, wechat)

Tilicho Lake Trek is one of the best and most rewarding treks in the Annapurna region. The Lake Tilicho located near the famous Annapurna Circuit at an altitude of 4,919 m. The lake is renowned for being the highest lake in the world. Although there are many other lakes in this region, this one is notable for its size. It is 85 m deep. It offers some of the most beautiful view, a wide variety of culture and diversity and the high mountains that surround the giant Annapurna family.

Tilicho lake trek Highlight

- ❖ Visit the Lake Tilicho, the lake situated in highest place in the world
- ❖ Breathtaking views of the Mount Annapurna, Dhaulagiri, Mt. Nilgiri, etc.
- ❖ Trek through the lush forests of rhododendrons and oaks
- ❖ Unique cultures and traditions of the Magar, Gurung and Thakali community
- ❖ Cross the Thorong La Pass for an incredible view of the surrounding peaks
- ❖ view of glaciers, moraine valleys, waterfalls and gorges of Kali Gandaki
- ❖ You can enjoy hot springs bath during the trek
- ❖ Visit the Manang Valley and explore the culture of the Gurung people.
- ❖ Visit one of the famous Hindu and Buddhist pilgrimage sites, the Muktinath Temple

Introduction

Tilicho Lake Trek is one of the most popular and rewarding treks in the Annapurna region. The trail brings you to the perfect blend of cultural and natural beauty and offers panoramic views and charming local people. The variation in landscapes during trekking is what makes this trip stand out from the rest. From plains, deep river valleys, high snow-capped mountains, glaciers, lakes and more make the trail

perfect. The path follows the subtropical forests to the alpine forests to the rocky and arid deserts.

The view from Tilicho and Thorong La Pass are the highlights of the trek as they are the best viewpoint throughout the trip. In addition to these spectacular landscapes, Tilicho Lake Trek has much more to offer. The scenic trip from Dukurpokhari to Pisang to Manang is, without a doubt, one of the best experiences of the whole trip. Apart from that, you can explore the cultural aspects of the locals along the way. The walk takes you to Muktinath Temple, one of the most sacred and recognized temples of Hindus as well as You will visit the historic Manang Valley, the challenge of Thorong La Pass and the magnificent Tilicho Lake, before reaching the Muktinath Temple. Tilicho Lake Trek will end in Jomsom. Along the way, you will come across many villages influenced by Tibetan culture, lifestyle and tradition.

The Tilicho Lake Trek is Designed perfectly so that you can experience all that this region has to offer. This trekking trip allows you to explore various landscapes, a splendid view of the mountains, beautiful culture and tradition, the temple of Muktinath, the paradise lake of Tilicho and the peaceful city of Pokhara. Our experienced guides and humble assistants will ensure you have the best possible trip.

Day 01: Arrival in Kathmandu (1400 m.)

Upon your arrival at Kathmandu International Airport, our representatives will pick you up with your name on a sign. Then they will take you to your hotel and rest for a while. Then you can visit nearby place or rest at hotel. You can go shopping to buy the essentials for your trek as well as explore the busy streets of Thamel, cafes and restaurants at night. You will spend the night at the three star deluxe hotel.

Meals included: Breakfast

Day 02: Excursion to Kathmandu and preparation of the trek.

Today, after having breakfast, you will begin a guided city tour of several of the most spiritual and historical attractions around Kathmandu valley. Some of these monuments are considered a World Heritage Site, including the historic Durbar Square in Kathmandu, the sacred Hindu temple of Pashupatinath, the famous "Monkey Temple" (Swayambhunath) and the Buddhist shrine (Bouddhanath), which is one of the biggest stupas in the world. At noon, there will be a discussion about your trip where you can meet your Trekking guide and other members of the team. Our manager will provide all information about your trek and allow you to ask any questions you may have on your next trip.

Meals included: Breakfast

Day 03: Drive Kathmandu to Chamje: Drive 6-7 hours

You will have breakfast early in the morning and leave for Chame. You will drive on the Kathmandu - Pokhara highway. You will have a panoramic tour of almost 8 hours to get there. You will cross the road from Dumre. Its path deviates from there to the headquarters of Lamjung (Besisahar) then you will change to the jeep to reach Chamje.

Meals included: Breakfast, lunch, and dinner

Day 04: Trek Chamje to Dharapani: Walking Distance 5 - 6 hours

You will follow the Marshyangdi River to reach Dharapani after going down the rocky path downstream. Then you will do a steep climb to reach Sattale. After reaching Sattale, you will climb the road in a zigzag to reach the top and descend downhill and reach Tal after walking along the river. You will see waterfalls and river valleys along the way and reach the village of Karte. After crossing a suspension bridge, you will arrive at Dharapani.

Meals included: Breakfast, lunch, and dinner

Day 05: Trek from Dharapani to Chame: Walking Distance 5-6 hours

After breakfast in Dharapani, the trek will start; you will follow the pine and oak forests to reach Danaque. Then you will cross a small wooden bridge and climb

the steep path to Timang. This village at the foot of Lamjung Himal offers a magnificent view of the landscapes and the mountains. Then you will walk on the relatively flat path to reach Chame. It is the seat of Manang district, hence the suburbs. You will spend the night here.

Meals included: Breakfast, lunch, and dinner

Day 06: Trek from Chame to Pisang: Walking Distance 5-6 hours

Leaving Chame, you can see a beautiful sunrise over Lamjung Himal. Today you can see stunning views of mountains and peaks like the Annapurna range and Pisang peak as you travel through the forest of oaks and pines. You will follow a high and rocky and steep path to reach Baratang. You will also walk through a magnificent valley with a view of beautiful landscapes and mountains. After you arrive in Pisang, you will rest; have dinner and night stay in a tea house.

Meals included: Breakfast, lunch, and dinner

Day 07: Trek Pisang to Manang: Walking Duration 6 to 7 hours

You will have breakfast in Pisang and leave for the Manang Valley. You will climb the steep ridge which offers a magnificent view of the Manang valley and the Tilicho peak. Then you will walk on the trail to Hungde, Manang. After walking for a while, you will come to a flat area that offers a magnificent view of the northeast face of Annapurna III. Then, you will continue walking along the path to reach the valley of Sabje Khola from where you will have a magnificent view of Annapurna IV. You will walk further and cross the wooden bridge over Marsyangdi Khola which will take you to Mungji. You will climb a steep uphill path to reach the Manang Valley, where you will spend the night.

Meals included: Breakfast, lunch, and dinner

Day 8: Acclimatization day in Manang and visit around the village

Manang is located at an altitude of 3640 m, which means that it has reached a height where it is lying on your front to altitude sickness. To avoid this, it will give your body some time to adjust to this increase in altitude before moving

anywhere with a higher elevation. It does not mean that you will spend the whole day in one place. You can take short walks, but at the end of the day, you will return to Manang. Short hikes may include a hike to the village of Khangsar, which offers breathtaking views of the Annapurna mountain range, a walk to the Gangapurna Glacier, where you will arrive after crossing the Annapurna Icefall or just stroll around the village.

Meals included: Breakfast, lunch, and dinner

Day 09: Trek from Manang to Khangsar: Walking Distance 2-3 hours

After breakfast, your trip continues to the village of Khangsar. As the path goes through a gorge and Pico Tilicho can be seen wrapped in clouds well above. We can appreciate the natural beauty of the Annapurna range along the way. We also crossed small picturesque settlements and the Tore Monastery and took advantage of the impressive Khangsar River and the Great Barrier Reef before reaching Khangsar. Overnight in Khangsar.

Meals included: Breakfast, lunch, and dinner

Day 10: Trek from Khangsar to Tilicho base camp: walking distance 5-6 hours

As we begin the walking from Kangsar to Tilicho lake base camp, you come across vast grassy fields and, after climbing a small hill, admire magnificent views across the valley. After going down a steep slope, you now enter the Tilicho base camp. Camping is the only option as there aren't many shelters here. We will spend the night at Tilicho base camp.

Meals included: Breakfast, lunch, and dinner

Day 11: Visit of Lake Tilicho Then return to base camp: walking 5-6 hours

After the problematic initial climb, our path crosses a moraine then cuts along the side of the mountain. However, the stunning views of the peaks of Tilicho, Khangsar, Nilgiri and Muktinath are always close by to cheer you up. Arriving at Tilicho Lake, one of the highest lakes in the world, you can admire its calm beauty. Sometimes you can see reflections of the surrounding peaks in the water and

sometimes it remains frozen. You take a break at the edge of the calm waters and enjoy a breathtaking view before returning to the base camp. You will spend the night at Tilicho base camp.

Meals included: Breakfast, lunch, and dinner

Day 12: Trek from Tilicho base camp to Yak Kharka: walking distance 4-5 hours

Back from Tilicho Base Camp, the trail leaves the Marsyangdi Valley and the sudden change in the environment can be noticed when the trees are left behind and replaced with more alpine vegetation. Your path continues through the ruins of the ancient village of Khangsar until you cross a log bridge over the river between Gumsang and Yak Kharka. The typical Himalayan village of Yak Kharka is a reward for its name, as many yaks can grazing and standing. From here you also have a breathtaking view of the Annapurna III. Night stay at Yak Kharka.

Meals included: Breakfast, lunch, and dinner

Day 13: Trek from Yak Kharka to Thorang Phedi: walking distance 3-4 hours

Today's destination will be Thorung Phedi. You will climb for a while, cross a suspension bridge after crossing the upper reaches of the Marshyangdi River, and arrive in a town called Ledar. You will continue your ascent, and you will pass several cliffs, and you will finally come at Thorung Phedi. You will spend the night there.

Meals included: Breakfast, lunch, and dinner

Day 14: Trek from Thorong Phedi to Muktinath: walking distance 7 - 8 hours

You will mark the highest altitude of your trekking trip when you arrive at Thorong - La Pass. You will have to walk along a steep and narrow rocky path to reach the pass. Upon entering, you will be rewarded with a splendid panorama of the Himalayas and peaks like Thorung Peak, Annapurna Range, Dhaulagiri range, Nilgiri, etc. You will also have a beautiful view of the Kaligandaki river valley and the Mustang hills. After enjoying the beautiful view, you will descend to reach Muktinath. Muktinath is a famous Hindu pilgrimage site in Nepal. Hindu and

Buddhist worshipers go there believing they will be saved. You will walk a relatively easy path along the Jhong Khola to get there. You will visit the temple and take a closer look at the historical, cultural and religious aspects of the temple.

Meals included: Breakfast, lunch, and dinner

Day 15: Muktinath to Jomsom: Walking distance 5-6 hours

Leaving the holy village of Muktinath, you will descend to the gorges of Kaligandaki. Passing through Jharkot and the town of Khingar, you will see various cultural and architectural similarities with Tibet. You will see an incredible view of various mountains like Nilgiri. Continuing your descent, you will reach the village of Marpha and Jomsom, which again presents different mountains like Dhaulagiri and Nilgiri.

Meals included: Breakfast, lunch, and dinner

Day 16: Flight from Jomsom to Pokhara: Flight 30 minutes

After completing the circuit trek, you will fly to Pokhara from Jomsom. During these almost 30 minutes of flight, you will enjoy the spectacular aerial view of this region.

When you reach to Pokhara, you will check-in at three-star hotels, you can enjoy fun activities like boating, wandering the streets and shopping, etc. You can visit caves like Bat and Mahendra. You can explore the foods around; go to bars and cafes, etc.

Meals included: Breakfast

Day 17: Back to Kathmandu: Drive 6-7 hours

After completing your trip, you will return to Kathmandu. During your trip, you can enjoy the sights of the village like Damauli, Dumre, Mugling and Kurintar while progressing towards Kathmandu. This trip takes around 6 hours. After arriving in Kathmandu, you can rest or take a stroll through the streets of Thamel.

Meals included: Breakfast

Day 18: Drop to Kathmandu Airport

On the last day of your trip, we will take you to the international airport for your connecting flight to your next destination. However, if you decide to extend your stay in Nepal or to visit other places, you can let us know.

Meals included: Breakfast

Included in the price

- ❖ Pickup and delivery to the airport in a private vehicle
- ❖ Accommodation in a Three Star deluxe hotel in Kathmandu and Pokhara
- ❖ Tea house accommodation during the trek
- ❖ Three time meals including tea/coffee and fruits during the trek
- ❖ All land transport by private vehicle according to the itinerary
- ❖ Domestic flights from Jomsom to Pokhara.
- ❖ Guided tour of the Kathmandu city by private vehicle
- ❖ Entry Tickets for tourist monuments according to the itinerary
- ❖ An experienced Trekking guide, English-speaking and approved by the government.
- ❖ Salary, equipment, insurance, food and accommodation for staff.
- ❖ All necessary permits for the trekking (ACAP, TIMS)
- ❖ All government and local taxes

Not included in the price

- ❖ Nepal entry visa fees
- ❖ Excess baggage charges
- ❖ Meals other than Breakfast in Kathmandu and Pokhara.
- ❖ International flights
- ❖ Travel and rescue insurance
- ❖ Laundries, boiled water, Phone calls, shower, etc.
- ❖ Tips for guide, porter and driver

Food and accommodation

During your trekking trip, most of the times, you will stay in locally run tea houses. They will provide you with minimalist services. Foods like Dal Bhat, pasta, noodles, potatoes, vegetables, cereals, eggs, fried rice, soup, etc. In some places, you can try different traditional foods. During your stay Pokhara and Kathmandu hotel, you will stay in three-star deluxe hotels with breakfast service. For lunch and evening meals, you can visit various restaurants in the cities according to your test and choice.

Climate and the best time to trek

The weather conditions at the Tilicho Lake Trek vary by season. The beginning of spring marks the end of cold winter days. The days become pleasant and warm; the weather is clear, calm and constant most of the time. The forests are incredible with the flowering of rhododendrons. It is considered one of the best seasons for this trek.

Fall is also the best time to trek. Fall begins like the rainy days of late summer. The temperature is not so cold and not much hot. It is also the holiday season in Nepal. The weather is clear and pleasant, which facilitates walking in this region.

Generally, the days are rainy in summer, which makes walking difficult. The trail also becomes slippery, and the view of the landscapes is obstructed most of the time. However, it is not impossible to walk if you go in a group and with the right preparation. Summer is the best time to explore the flora, fauna and lifestyle of the inhabitants of this region because there are fewer people on the trails.

Winter is considered less suitable for this hike due to the freezing and windy weather in the high altitude region. The temperature drops below freezing and snowfall and blizzards also occur. Although the temperature is moderate in the lower part, it is difficult to walk to Lake Tlichho.

Travel insurance

Travel insurance for any itinerary of our company is a condition of vacation booking. At a minimum, you must have emergency medical and repatriation

insurance which must include the cost of mountain rescue. Carefully review the terms and conditions of your insurers, in particular, you must ensure that the following are covered: 1) Activity (i.e. Tourism, hiking or mountaineering) 2) Maximum altitude reached during the trek 3) Evacuation of the helicopter in an emergency. You must understand that in the end, you will be responsible for all expenses incurred in the evacuation and repatriation procedures and that it is your responsibility to pay the costs incurred in the event of an evacuation or medical treatment. You must know the implications of organizing your travel insurance and should know the including and exclusions of your policy. Please note that in certain circumstances our company guide may initiate rescue procedures by helicopter (or any other necessary means) in medical emergencies without first contacting your insurance company for approval.

Trekking guide and other staff

The most important thing that makes your Tilicho Lake trek successful, enjoyable and memorable is the expert, experienced, courteous and helpful tour leader and crew. Your walk will be led only by the best and most professional leaders. All of our tour leaders are carefully selected based on their appropriate experience, leadership skills and personal aptitudes. To maintain local communities, we only employ local staff who have adequate knowledge of the culture, ecosystem, flora, fauna, geography and history of your (your) local region (s).

Physical condition and experience requirements

Tilicho Lake Trek is a strenuous trek, and you need to walk 6-7 hours a day in extreme weather conditions of the high altitude region. The trail in some places (i.e. climbing Tilicho Lake and Thorung La Pass) is much more challenging to walk. Altitude sickness is always there. You must be physically and mentally able to continue this trek.

Tilicho Lake Trek is a moderate trek. If you can walk for about 6 to 7 hours each day, you can easily walk longer with a light backpack. Walking is relatively more comfortable for those who used to walking at higher altitudes. We ask our guest to jog and exercise regularly at least a few months before the start of the trip.

Previous hiking experience would be a bonus, but you don't need technical skill for this trip. It is also essential that we consult our doctor before booking the trek.

Suggested preparation:

- ❖ Cardiovascular exercises that include running, biking, jogging, pull-ups and pull-ups for about 4-5 days a week for three months before your trip is beneficial.
- ❖ You must also participate in the development of fundamental strength and muscular endurance through bodybuilding.
- ❖ Walking on the hills in different weather conditions is excellent preparation for this trip.