



Trip Facts

Price: USD 1199

Duration: 19 days

Trip Profile: Annapurna Circuit Trek with Tilicho Lake and Thorung La Pass

Geography: Himalayas/Hills/Forests/River Valley

Max Altitude: 5,416

Accommodation: Hotel/Tea house/Lodge

Meals: All meals included during the trekking

Religious: Hindu/Buddhist

Ethnic People: Managli/Thakalai

Location: Manang/Mustang

Max Altitude: 5,416m

Meals: All meals included during the trekking

Religious: Buddhism/Hinduism

Ethnic People: Manangeli,Thakali

Transportation: Flight/Tourist bus/Private vehicle

Group Size: 01-10

Highlights

- Trek to the Tilicho lake (4920m)- the highest lake in Nepal
- Cross the High Mountain Pass of Thorung La (5416m)
- Enjoy the panoramic views of the Annapurna and Dhaulagiri Mountain peaks
- Explore Manang village and the pilgrimage site of Muktinath
- Explore the diverse species of flora and fauna

Himalaya Land Treks & Expedition strives to provide the best trekking experience for all our clients. Our mission is to be our client's most reliable companion throughout their journey. From organizing to managing, Himalaya Land Treks & Expedition will always be by your side.



- Explore both hilly and Himalayan culture and traditions
- Trek through the ethnic indigenous villages of Nepal
- View the beautiful city of Pokhara
- Visit one of the most religious sites of Nepal- Muktinath Temple
- Enjoy trekking at the solitary route of Jomsom
- Witness the historical sites at Kathmandu

Overview

The Annapurna Circuit Trek with Tilicho Lake and Thorung La Pass is one of the classic trekking journeys in the Annapurna region of Nepal. The Circuit trek takes trekkers in a circuit of the Annapurna range and also to the revered site of Tilicho Lake. The trekking trail also includes crossing the Thorung La Pass, at an altitude of 5,416 meters, which connects the Manang and the Mustang districts.

The trek journey to Annapurna circuit and then ascending towards the glorious Tilicho Lake and passing the Thorung La pass this trek package is a great combo for exploring the mystic beauty of nature. Navigating the Gandaki basin with the views of the Annapurna and the Dhaulagiri Peaks against the skyline presents trekkers with an experience that isn't like anything else on earth.

Explore the immense natural beauty with blue sky, snowy capped Himalayas, strenuous but adventurous passes, elegant lake with trekking to Annapurna circuit region. This trek by [Himalaya Land Treks](#) is an introduction to the glorious Annapurna and Dhaulagiri Himalayas accompanied by a trip to the Tilicho lake and Thorung la pass trek, and many more. This trek is designed to provide complete relishment to the trekkers with the pristine majestic beauty of Nepal.

Major Attractions In Annapurna Circuit Trek

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Kathmandu valley sightseeing

The Annapurna Circuit Trek begins with the sightseeing tour of Kathmandu's revered UNESCO Heritage Sites. The trip starts with a scenic journey to some of the most popular [UNESCO World Heritage sites](#) around Kathmandu Valley. The city is blessed with a lot of heritage from temples to Durbar square, from wood-carved pillars to stone art and many more. This city shows the preserved ancient culture in the form of art. At one day of sightseeing, you can witness a lot of cultural heritage in this beautiful city.

Ethnic villages

Trekking to Annapurna Circuit you pass through many ethnic villages. The trekking route commences from Besisahar and meanders along the Annapurna valley towards destinations like Bahundanda and Dharapani among many others. It presents trekkers with the beautiful attributes of the Manang and the Mustang districts where trekkers traverse along the Nepal-Tibet border. Some notable stops on the trek are Chame, Pisang, Manang, Khangsar, Yak Kharka, Muktinath, and Jomsom.

Experience multicultural essence

The trekking journey is also encompassed the traditional lifestyle of the ethnic people who reside in various pockets of settlements and villages throughout the adventure. Annapurna circuit trek with Tilicho Lake via Thorong la pass gives you the essence of both hilly and Himalayan culture, every small village welcomes you with its own unique culture. The indigenous community has a culture of welcoming all the guests visiting their place. You will get to learn about many cultures and traditions on the journey. Their warm gesture adds more sweetness to your journey.

Tilicho Lake and Thorung La Pass

Tilicho Lake (4920 m) is the most popular trekking destination of the Annapurna Circuit trek



in Nepal. Tilicho Lake is the highest altitude situated lake of Nepal. This freshwater lake is a symbol of peace. It is also famous for its religious importance. Trekkers must be aware of altitude sickness before starting the Tilicho trek. Tilicho is itself an elegance. What could be explained in words which is whole beauty in itself? Your heart goes deep and silent with the allure of Tilicho.

The terrain of the trekking journey is also another hallmark of the adventure in itself. Trekkers of the circuit trek are presented by crossing the marvellously ethereal watershed between the two valleys of the Manang and the Kali Gandaki. The mountain pass of Thorung La pass takes you to reach the Tilicho Lake (4920m) - the highest located Himalayan Lake in Nepal.

Mustang Region

Mustang is also known as a semi-desert of Nepal. It has a lot of things to offer for visitors. The hidden beauty of land beside mountain gives you a lot of scenic, mysterious, marvellous, graceful, glorious views of mother earth. Mustang trek is a heaven on earth experience. You will visit the most amazing places in Mustang.

You will visit the beautiful Jomsom, the headquarter of Mustang. You will also trek to the famous religious site Muktinath temple. It is a famous religious place for both Buddhist and Hindu pilgrimage. It is known as a Vishnu Temple. You can witness the 108 water stone taps inside the temple and visit the Buddhist pilgrimage site of Guru Rinpoche atop the hill. Trekking to Muktinath is an adventurous trek journey.

Explore Natural vegetation

With a wide variation in altitude and topographical features about the altitude diversity, the trekking journey is also marked with variations in climate and vegetation. The trail is blessed with thick chartreuse canopies of rhododendron trees. Trekkers can also enjoy (Lophophorous) Danphe birds and Himalayan Monal that roost there. One can explore the altitudinal basis of variation in species.



Pokhara City

This beautiful city Pokhara offers you an alluring view of nature. It is a popular tourist hub where you can relax and make your holidays. The reflection of beautiful Mountain Macchapuchre on the Fewa Lake makes you inarticulate. Your heart cannot stop dancing with the dance of Davids fall. You just can't stop your eyes flexing here and there in Pokhara because it is such a natural beauty blessed city. You can witness a lot of natural beauty in this city. This nature-rich region is famous for its adventurous aspects too. It is also a gateway to explore the Annapurna region.

Best time for Annapurna Circuit trek

Spring (February- May) and autumn (September – December) is the best time to do Annapurna Circuit Trek with Tilicho Lake and Thorung La Pass. It is a quite strenuous trek and the safety of trekkers must be considered first-hand. It's better not to trek during Manson as the route gets slippery and winter as the routeway gets covered with fog not letting to view the nature.

This is a moderate trek and anyone can pursue this trek, but it's better to have prior trekking experiences. If you can access the trails of the Himalayas and if you can adjust with the change in temperature ranging from moderate to cold you can make your trek easily.

Alternate packages

Besides this trek package if you want to access the short route to the Annapurna region then you can go through our next trekking package with the following link [Ghorepani Poon Hill Trek](#), [Short Poon Hill sunrise trek](#), [Panchase Trek](#).

If you want to conquer a more adventurous trek then you can check into our next trek package with the following link [Annapurna Sanctuary trek](#), [Mardi Himlal Trek](#).

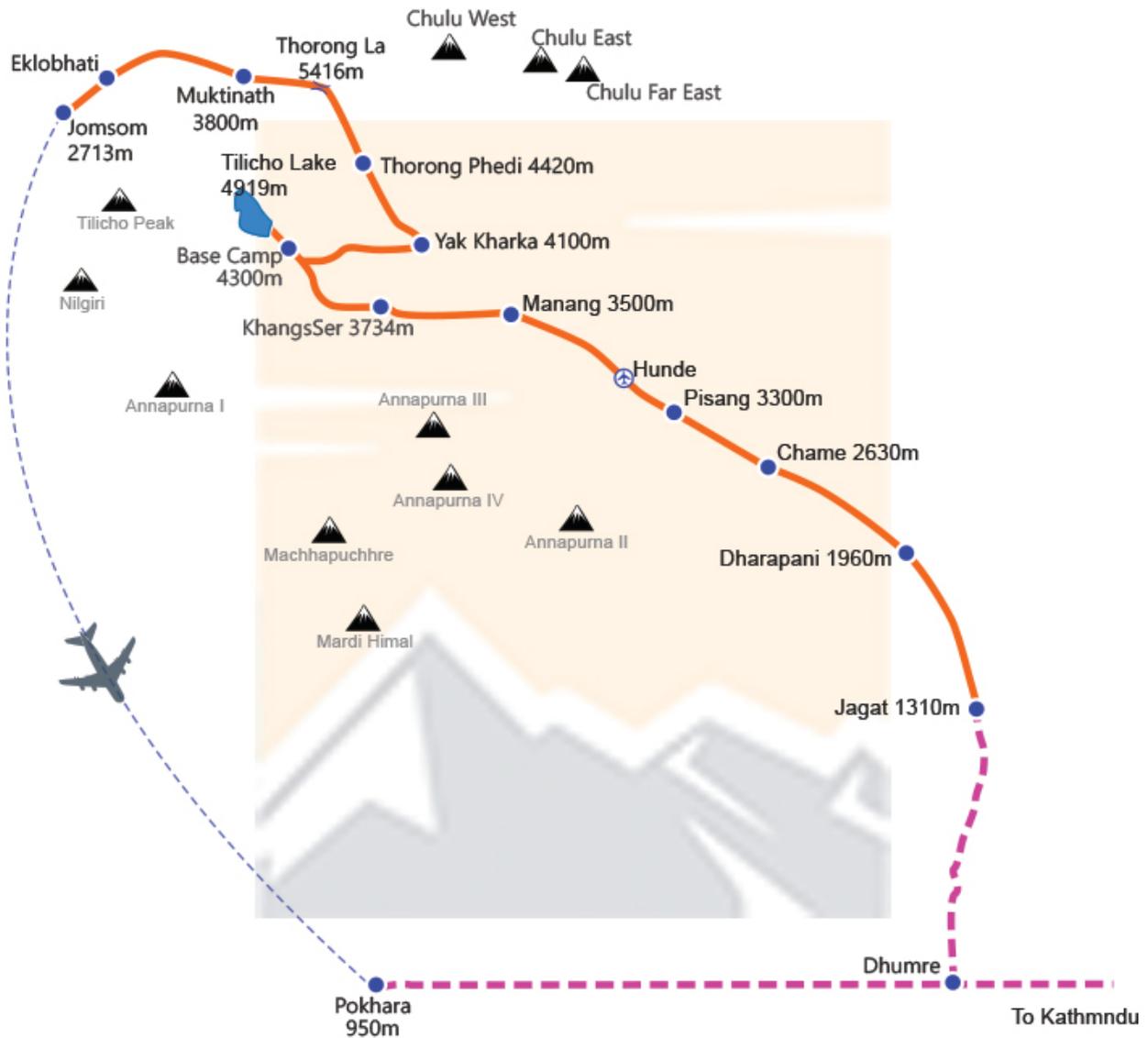
If you are searching for some other additional adventure along with trekking then you simply go to our other packages through the following link [Annapurna Base Camp Trek with Safari](#), [Annapurna Panorama Trek with rafting](#)



We, at Himalaya Land Treks, contribute to your comfortable and safe journey. We provide you with nice transportation and accommodation facilities with experienced guides and porters. We also manage your trek passes and permits. Thus, join us in this grand adventure that takes you through one of the most fascinating river valleys in Nepal and presents you with a chance to enjoy an off-beaten path that lets you cross a high-altitude mountain pass to reach the sapphire Himalayan lake of Tilicho. It is a once-in-a-lifetime opportunity that you don't want to miss out on!



Route Map



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Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m/4265ft)

Accommodation: Overnight at 3 star Hotel

You may arrive in Kathmandu at any time. Upon your arrival at the Kathmandu International Airport, you will be greeted by a Himalaya Land Treks' representative who will help you get transferred to your Hotel. There are no planned activities for the day, thus you may check into your Hotel and relax. Overnight stay at the Hotel in Kathmandu.

Day 2: Kathmandu valley sightseeing and trek preparation

Accommodation: Overnight at 3 star Hotel | **Meal:** Breakfast

Today, you will have a sightseeing tour of Kathmandu's revered UNESCO World Heritage Sites. First, you will visit the holy Pashupatinath Temple- a holy Hindu temple situated at the banks of the Bagmati River. Next, you will visit the Swayambhunath Stupa, a revered temple to both the Hindu and the Buddhist people of the country. After that, you will visit the Boudhanath Temple, one of the largest Buddhist Mandala in the world and the last stop is the Kathmandu Durbar Square. After the tour, you will be dropped back to the Hotel. Overnight stay at the Hotel in Kathmandu.

Day 3: Drive from Kathmandu to Besisahar (790m/2,591ft) 6-7 hours

Walking hr: 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You will leave Kathmandu and have a pleasant drive to Besisahar today. The drive goes past the Kathmandu valley and presents you with fleeting glimpses of the countryside life of Nepal. Besisahar is a little town that experiences a sub-tropical climate due to its deciduous woodlands. View of peaks like the Lamjung Himal (6983m), Annapurna II (7937m), and the Machhapuchhre (6997m) from here is quite amazing. Overnight stay at the hotel in Besisahar.

Day 4: Trek from Besisahar to Bahundanda (1,310m/4,297ft) 5-6 hours

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Besisahar, you will begin your trekking journey to Bahundanda. First, you will take a bus from Besisahar to the village of Bhulbule, which takes about an hour. Then, from Bhulbule,



you will trek to the settlement of Ngadi. From Ngadi, you will then trek along the woodlands of the valley towards Bahundanda. Overnight stay at the guesthouse at Bahundanda.

Day 5: Trek from Bahundanda to Chyamche (1,430m/4,690ft) 5-6 hours

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Bahundanda, you will be trekking through the valley's ridgeline towards the settlement of Chyamche today. Along the way, you will pass by the villages of Ghermu and Jagat. The trek is blessed with the meandering blue river which provides a startling contrast against the green valley. The views of the Annapurna peaks also keep you company. From Jagat, you will follow the trail towards Chyamche. Overnight stay at the guesthouse at Chyamche.

Day 6: Trek from Chyamche to Dharapani (1,943m/6,373ft) 5-6 hours

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Chyamche, the trekking trail opens out into the valley towards our destination for today- the village of Dharapani. The terrain through which the trail passes through is quite amazing, with waterfalls and gorges that are cut by the serpentine Himalayan Rivers. Crossing suspension bridges, you will trek through the lush woodlands of the valley towards Sattale. From Sattale, the trail leads to Dharapani. Overnight stay at the guesthouse at Dharapani.

Day 7: Trek from Dharapani to Chame (2,630m/8,626ft) 5 hours

Walking hr: 5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Dharapani, you will be trekking along steep-hills towards Chame. The trail is known for its rather steep angle towards the end of the trek as you near Chame, and along the way, you will also cross a landslide area that is difficult to wander over. The peaceful trek is also complemented by the sweet sound of rushing waterfalls as they cascade down the moss-covered cliffs. Overnight stay at the guesthouse at Chame.

Day 8: Trek from Chame to Pisang (3,200m/10,496ft) 5 hours

Walking hr: 5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Chame, you will make your way to one of the renowned settlements of the Annapurna Circuit today- the Pisang village, located in the Marshyangdi River Valley directly south of the



beautiful Pisang peak (6091m). To the village's north lies the Annapurna II (7937m) and to its west is the Pangdi Danda. It takes about 5 hours of hiking along the diverse terrain to reach Pisang. Overnight stay at the guesthouse at Pisang.

Day 9: Trek from Pisang to Manang (3,540m/11,611ft) 7-8 hours

Walking hr: 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Traversing along the Marsayangdi Valley, you will be trekking to Manang today. Manang is situated north of the Annapurna Mountain range and has the Marsayangdi River flowing to its east. The entire trail from Pisang to Manang is filled with a number of monasteries, prayer flags, and chortens. Passing Braga village on the way, you settle at Manang. Overnight stay at the guesthouse at Manang.

Day 10: Trek from Manang to Khangsar (3,745m/12,286ft) 2-3 hours

Walking hr: 2-3 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The relatively easy and short trek to the village of Khangsar from Manang takes about 2 to 3 hours of traversing along with terrace farms and moderately-leveled slopes of hilly ridgelines. It is a comparatively easy trek. In Khangsar, you can indulge in light exploration of the village and the lifestyle of the inhabitants. Overnight stay at the guesthouse at Khangsar.

Day 11: Trek from Khangsar to Tilicho Base Camp (4,140m/13,583ft) 4-5 hours

Walking hr: 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Khangsar, you will be making your way to the Tilicho Base Camp. There are very few teahouses here, but over the years, trekkers have mostly resorted to camping here. The trek to the base camp is through grassy slopes and wide-open views of the valley present to trekkers the chance to witness scenes that are like holiday-postcards. The Tilicho Peak (7134m) offers a majestic view from the base camp. Overnight stay at Tilicho Base Camp.

Day 12: Hike to Tilicho Lake (4,949m/16,138ft) and Trek back to Tilicho Base Camp

Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today, you will be making your way to the beautiful sapphire Himalayan lake of Tilicho. The



Lake is one of the highest-located Lakes in Nepal. The lake contrasts magnificently against the ivory Himalayan peaks of the Annapurna and the Dhaulagiri. The lake also holds a religious significance to the Hindu people of the country, since the ancient Lake mentioned in the Hindu Epic Ramayana. The towering peaks in Khangsar, Muktinath, and Nilgiri ranges along with the Tilicho Peak provide a marvelous atmosphere. After spending time at the lake, you will trek back to the Tilicho Base Camp. Overnight stay at the Tilicho base camp.

Day 13: Trek from Tilicho Base Camp to Yak Kharka (4018m/13179ft) 5-6 hours
Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From the base camp, you will make your way to Yak Kharka- grazing pastureland for the villages of the Marshyangdi valley. The view of the Annapurna II (7937m) from Yak Kharka is simply breath-taking. The summer pasturelands of Yak Kharka are also dotted with many herders' huts. Overnight stay at Yak Kharka.

Day 14: Trek from Yak Kharka to Thorung Phedi (4,450m/14,596ft) 4-5 hours
Walking hr: 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Passing the pasturelands, you will trek to Thorung Phedi, a small hamlet situated at the foothill of the Thorung La Pass. Crossing a suspension bridge, you will be passing by the small settlement of Ledar. An ascent from here lets you reach Thorung Phedi. Views of peaks like Syagang (6026m), Gundang (5312m), Khatungkang (6484m), and Thorung Peak (6144m) from Thorung Phedi are marvelous. Overnight stay at Thorung Phedi.

Day 15: Trek from Thorung Phedi to Muktinath (3800m/12,464ft) via Thorung Pass (5,416m/17,764ft), 8-9 hours

Walking hr: 8-9 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today is a much anticipated day of the trek. You will be trekking up Thorung Phedi to the Thorung La Mountain Pass. The limb up is strenuous and steep, but the effort is worth it because the vast open view of the valley from the top of the pass is spectacular. Paired with the magnificent views of the mountain peaks of the Annapurna, the Thorung La Mountain Pass is a grand location. From the top, you will begin your descend downwards towards Muktinath. A slow steady descent allows you to take in the rocky terrain and enjoy the adventure. Overnight



stay at the guesthouse at Muktinath.

Day 16: Trek from Muktinath to Jomsom (2713m/8,908ft) 4-5 hours

Walking hr: 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Muktinath is one of the most revered places in all of Nepal. The Muktinath Temple is revered to both the Hindu and Buddhist people of the country. After visiting the temple and its surrounding vicinity, you will then begin your trek to Jomsom. Along the banks of the river beside the town, you can find sacred black stones, known as the Saligram, which are sacred stones to the Hindu people as they believe that the stones are a natural form of Lord Vishnu. From Jomsom, you can also enjoy the soaring peaks of the Dhaulagiri and Nilgiri Peaks. Overnight stay at the guesthouse at Jomsom.

Day 17: Fly from Jomsom to Pokhara (820m/2690ft) 20 minutes

Accommodation: Overnight at 3 star Hotel | **Meal:** Breakfast

From Jomsom, you will board a plane from the Jomsom Airport to Pokhara. The flight is short and you will get a chance to enjoy the towering peaks circling the valleys. At Pokhara, you will be dropped off at the hotel. You can spend the rest of the day exploring the city or relaxing, as you please. Overnight stay at the hotel in Pokhara.

Day 18: Drive from Pokhara to Kathmandu by bus (1300m/4265ft) 6-7 hours | Farewell Dinner

Walking hr: 6-7 hrs | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast/Farewell Dinner

You will bid the Annapurna Mountains goodbye for the last time today as you make your way back to Kathmandu. The drive is the same as the beginning, with beautiful natural sceneries. In Kathmandu, enjoy the Newari delicacies or do souvenir shopping for the rest of the day. Himalaya Land Treks will host a farewell dinner for all the participants on the trip. You will end the day as you indulge in the celebratory dinner. Overnight stay at the hotel in Kathmandu.

Day 19: Departure day

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Meal: Breakfast

Approximately three hours before your scheduled flight, you will be dropped off at the airport for your departure.

Trip Cost Includes

- Airport pick up and drop off, upon arrival and departure
- Pre trek meeting.
- 3-star Hotel in Kathmandu for 3 nights.
- City entrance fees.
- Kathmandu-Besisahar travel on a deluxe tourist bus.
- All necessary paperwork and permits (Annapurna Conservation permit and TIMS).
- Trekking equipment: down-filled sleeping bag, walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry luggage (2 trekkers: 1 porter).
- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Flight ticket from Jomsom to Pokhara.
- Pokhara to Kathmandu travels on a deluxe tourist bus.
- Full meals: Breakfast, Lunch & Dinner on your choice.
- Supplementary snacks: energy bar and cookies.
- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation to Thorung La pass and return.
- All mountain accommodation (Soft, comfort, private room with shared toilet).
- 3-star Hotel in Pokhara with Breakfast.
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.
- Farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.

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Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- The cost incurred during the tour around the city
- Cost for additional trips.
- Hot showers, Wi-Fi & battery charging on a trek.
- Travel insurance (for helicopter evacuation if needed whilst on trekking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.
- Tip for guide, porter, and drivers.