Discovery World Trekking



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Annapurna Circuit Trek with Tilicho Lake - 16 Days

16 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 990
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/annapurna-circuit-trek-with-tilicho-lake







Experience the Annapurna Circuit Tilicho Lake Trek in Nepal's Annapurna region, passing through forests, deep gorges, and alpine deserts. Cross the legendary Thorong La Pass and marvel at turquoise Tilicho Lake. Explore remote villages, ancient monasteries, sacred temples, and vibrant Himalayan culture.

TRIP FACTS

Destination	Nepal
Grade	Challenging
Accomodation	Hotel in Pokhara and Hotel/Lodge/Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Activity	Annapurna Treks
Max. altitude	5,416m at Thorong La Pass
Activity per day	Approx. 4-6 hrs walking

PRICE

US$ 990

per person, for 2 to 3 people

The full price is US$ 1250. You save US$ 260 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 990
4 to 7	US$ 950
8 to 13	US$ 900
14 to 22	US$ 870

Meals included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Start / end point	Kathmandu / Kathmandu

Group discounts are exclusive to your group size only. We do not merge groups.

Annapurna Circuit with Tilicho Lake Trek Highlights

- Explore Tilicho Lake (4,919 m / 16,138 ft), the world's highest glacial lake.
- Cross the highest trekking pass, Thorong La Pass (5,416 m / 17,769 ft).
- Visit the sacred Muktinath Temple, home to 108 water spouts and an eternal flame.
- Golden sunrise at Poon Hill, revealing Annapurna, Dhaulagiri, and Machhapuchhre.
- Relax in Tatopani hot springs, a natural retreat after long days of trekking.
- Discover the Buddhist culture at Barge Monastery, the largest monastery in Manang.
- Trek through the Marsyangdi Valley and deep gorges like the Kali Gandaki Gorge.
- Immerse yourself in different cultures: Magar, Gurung and Tibetan-influenced.
- Panoramic view of towering peaks: Annapurna II & IV, Dhaulagiri, Nilgiri, Lamjung Himal, Chulu East & West, and Thorung Peak.
- Encounter blue sheep at Yak Kharka, grazing on high-altitude slopes.
- Spot high-altitude wildlife like Himalayan tahrs, marmots, and pikas, and occasionally snow leopard.
- Enjoy fresh apple pie in Marpha, the famous apple-growing village.

Annapurna Circuit Trek with Tilicho Lake Overview

The Annapurna Circuit Trek with Tilicho Lake encircles the **great Annapurna mountain range**, passing through the **Marsyangdi and Kali Gandaki river valleys**. This legendary adventure blends the classic Annapurna Circuit with a challenging detour to Tilicho Lake, **one of the world's highest lakes at 4,919 m / 16,138 ft**.

Your trek begins with a long drive from Kathmandu to Besisahar to **Jagat (1,300 m / 4,265 ft)**. The road passes through terraced farmlands and rivers into the heart of the Annapurna region.

With lots of excitement and stunning natural beauty, the trail moves upward from Jagat to **Dharapani (1,860 m / 6,102 ft)**. The road curves and twists through the subtropical forests and small villages.

The trek continues towards **Chame (2,610 m / 8,562 ft)**, a hub of mountain views and local culture. Here, the **Annapurna II and Annapurna IV peaks** come into sight, providing a preview of the high Himalayas. The trail leads to **Upper Pisang (3,300 m / 10,826 ft)**, admiring the dramatic cliffs and deep river gorges.

You need to descend to Pisang (3,115 m / 10,219 ft) before reaching the beautiful village of **Manang (3,540 m / 11,614 ft)** for **acclimatization**. It is a critical stop to rest, **explore local monasteries**, and enjoy valley views while **adjusting to higher altitudes**.

After Manang, the trek heads to **Shree Kharka (4,060 m / 13,320 ft)**, crossing steep ridges and high alpine terrain.

The roundabout route to **Tilicho Base Camp (4,150 m / 13,615 ft)** is a challenging yet rewarding adventure. You descend with an early morning walk to **Tilicho Lake (4,919 m / 16,138 ft)**, a **serene turquoise gem** surrounded by the Tilicho, Nilgiri, and Annapurna peaks.

Returning to Shree Kharka, the journey unravels the sweeping mountain views before reaching Yak Kharka and **Ledar (4,250 m / 13,946 ft)**. Here, you can **visit ancient monasteries** and watch for **high-altitude wildlife**.

As the route ascends, you will reach **Thorong High Camp (4,925 m / 16,158 ft)** to set you up for the most challenging part of the trip: **Thorong La Pass (5,416 m / 17,769 ft)**. A pre-dawn hike takes you to the breathtaking Himalayan vistas.

Crossing the pass, the path marks a shift into warmer terrain and cultural immersion. You descend to the sacred **Muktinath Temple (3,760 m / 12,335 ft)**, also known as Chuming Ghasa. It is a holy place with 108 ice-cold water spouts **revered by both Hindus and Buddhists**.

From Muktinath, the trail shifts to lower altitudes with a drive to **Tatopani (1,200 m / 3,937 ft)**, where you can take a soothing break in the **natural hot springs**.

The path ascends to **Ghorepani (2,860 m / 9,383 ft)**, where you **experience Magar culture**. You need to wake up early the next morning and hike to **Poon Hill (3,210 m / 10,431 ft)** to witness the **iconic sunrise** over the surrounding peaks.

Your final day of trekking leads to **Ulleri (2,050 m / 6,725 ft)**, followed by a **drive to Pokhara** and back to Kathmandu. This trip is ideal for trekkers seeking adventure, culture, and diverse high-altitude landscapes.

The Tilicho Lake extension adds a rare, less-travelled path, making this trek a once-in-a-lifetime Himalayan experience.

Day-to-Day Short Itinerary

Day 1 Drive from Kathmandu to Besisahar to Jagat (1,300 m / 4,265 ft). Drive time: Approx. 9-10 hours.

Day 2 Trek from Jagat to Dharapani (1,860 m / 6,102 ft). Trek time: Approx. 5 hours.

Day 3 Trek from Dharapani to Chame (2,610 m / 8,562 ft). Trek time: Approx. 6 hours.

Day 4 Trek from Chame to Upper Pisang (3,300 m / 10,826 ft). Trek time: Approx. 5-6 hours.

Day 5 Trek from Pisang to Manang (3,540 m / 11,614 ft). Trek time: Approx. 5-6 hours.

Day 6 Rest and Acclimatization day at Manang.

Day 7 Trek from Manang to Shree Kharka (4,060 m / 13,320 ft). Trek time: Approx. 4-5 hours.

Day 8 Trek from Shree Kharka to Tilicho Base Camp (4,150 m / 13,615 ft). Trek time: Approx. 5 hours.

Day 9 Visit Tilicho Lake (4,919 m / 16,138 ft) then back to Shree Kharka (4,060 m / 13320 ft). Trek time: Approx. 5-6 hours.

Day 10 Trek from Shree Kharka via Yak Kharka to Ledar (4,250 m / 13,943 ft). Trek time: Approx. 4-5 hours.

Day 11 Trek from Ledar to Thorong High Camp (4,925 m /16,158 ft). Trek time: Approx. 4-5 hours.

Day 12 Trek from Thorong High Camp to Muktinath Temple via Thorong La High Pass (5,416 m / 17,769 ft). Trek time: Approx. 9 hours.

Day 13 Drive from Muktinath via Jomsom to Tatopani (1,200 m / 3,937 ft). Drive time: Approx. 3-4 hours.

Day 14 Trek from Tatopani to Ghorepani (2,860 m / 9,383 ft). Trek time: Approx. 6-7 hours.

Day 15 Early morning hike to Poon Hill, trek to Trek to Ulleri (2,050 m / 6,725 ft). Trek time: Approx. 4-5 hours. Then drive to Pokhara via Nayapul. Drive time. Approx. 2 hours.

Day 16 Drive from Pokhara to Kathmandu (1,350 m / 4,529 ft). Drive time: 6-7 hours.

Annapurna Circuit with Tilicho Lake Trek Itinerary

DAY 1

Drive from Kathmandu (1,350 m / 4,450 ft) to Besisahar (760 m / 2,492 ft) to Jagat (1,300 m / 4,265 ft)

Highest Altitude 1,300m / 4,265ft Drive duration 9-10 hrs

Our Annapurna Circuit with Tilicho Lake Trek begins with an early-morning drive from Kathmandu via Besisahar to Jagat, the traditional gateway to the Annapurna region.

Kathmandu → Besisahar → Bhulbhule → Syange → Jagat

Following the Prithvi Highway, you drive on a smooth, paved road alongside the fast-flowing Trishuli River. Along the way, you pass roadside villages, terraced farms, and green hills before reaching **Besisahar** for lunch.

From Besisahar, you board a local bus and continue towards Jagat on the Dumre–Besisahar–Chame Road. The paved highway soon gives way to a narrow, rugged road with dirt, gravel, and unpaved sections. Although the drive can be bumpy and occasionally affected by landslides or road blockages, the waterfalls and green scenery make it worthwhile.

You continue along the roaring Marsyangdi River, passing the villages of **Bhulbhule**, **Ngadi**, **Bahundanda**, and **Syange**. Along the way, you cross streams, waterfalls, and a long suspension bridge before arriving at the official **Annapurna Conservation Area checkpoint.**

After completing the permit registration, you continue to **Jagat**, a traditional stone-paved village, for your overnight stop. Situated at the entrance to the upper Annapurna region, Jagat marks the beginning of the trekking adventure.

Overnight stay at Tilicho Hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

Trek from Jagat (1,300 m / 4,265 ft) to Dharapani (1,860 m / 6,200 ft)

Trek Distance 15 km / 9.3 miles Highest Altitude 1,860m / 6,200ft Trek Duration 5 hrs

Our second day is the first full day trekking on foot on the Annapurna Circuit, as you head from Jagat to Dharapani. The trail follows the Marsyangdi River, passing through lush forests, cascading waterfalls, suspension bridges, and picturesque villages.

Jagat → Chyamche → Tal → Kodo → Dharapani

Leaving **Jagat**, you descend through a lush valley and cross a suspension bridge before reaching the impressive **202-meter-high Big Waterfall**. The trail also passes beneath a striking cone-shaped cliff, where the path is carved above the roaring Marsyangdi River.

As you pass through **Chamche**, the trail continues through forests and open hillsides, follows stone staircases, and passes the gateway to the Manang District. You then descend to the riverside village of **Tal**, where you stop for lunch and enjoy its sandy riverbanks, waterfalls, and peaceful mountain setting.

After lunch, the trail winds between towering rock walls and the river before passing through barley, rice, and potato fields. You soon reach **Kodo**, the largest village in the Manang Valley, where traditional stone houses and cultivated farmland showcase the local way of life.

Crossing a suspension bridge over the river, a rocky uphill trail leads you to Stone Kani. Along the way, you can enjoy views of Thonche village before reaching your overnight stop, **Dharapani**. This lively mountain village marks the official gateway to the Manang region.

Overnight stay at Hotel Gorkha's inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Trek from Dharapani (1,860 m / 6,200 ft) to Chame (2,710 m / 8,891 ft)

Trek Distance 15.5 km / 9.6 miles Highest Altitude 2,610m / 8,890ft Trek Duration 6 hrs

After breakfast, you continue your Annapurna Circuit Trek, gradually ascending through dense forests and traditional mountain villages as the Himalayan scenery becomes even more spectacular.

Dharapani → Danaqyu → Timang → Koto → Chame

Leaving **Dharapani**, the trail follows the rushing Marsyangdi River through forests of pine, fir, oak, and maple. As you move along the zigzagging path towards **Danaqyu**, you may spot cattle grazing in the morning sunshine with lush greenery surrounding the hills.

A steady ascent brings you to **Timang**, a peaceful village surrounded by alpine-like meadows. Here, cows wearing large bells graze in open pastures, while you can enjoy stunning views of Lamjung Himal, Annapurna II, and Annapurna IV.

You then descend gently through the forest before reaching **Koto**. After your permits are checked at the checkpoint, you can rest in this small village. Situated at the confluence of the Marsyangdi and Nar Khola rivers, Koto is an important trail junction and the gateway to the Nar Phu Valley.

A short walk from Koto brings you to **Chame**, the administrative headquarters of the Manang District. After settling into your teahouse, you can unwind with a visit to the nearby natural hot spring before spending the night in this lively mountain town.

Overnight stay at Four Season Guest House (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Chame (2,710 m / 8,891 ft) to Upper Pisang (3,300 m / 10,826 ft)

Trek Distance 15.5 km/ 9.6miles Highest Altitude 3,300m / 10,200ft Trek Duration 5 - 6 hrs

Today's trek takes you through one of the most scenic sections of the Annapurna Circuit. After breakfast, you leave Chame and continue through a steep and narrow valley, where dense pine forests, giant cliffs, and snow-capped peaks accompany you throughout the day.

Chame → Bhratang → Dhukur Pokhari → Upper Pisang

The trail follows the Marsyangdi River, passing green fields before arriving at **Bhratang**, a small village known for its apple orchards. Here, you can enjoy freshly squeezed apple juice and freshly baked treats.

Moving ahead, the sacred **Paungda Danda Rock** comes into view, a distinctive curved rock face rising about 1,500 meters above the Marsyangdi River. By midday, you arrive at **Dhukur Pokhari**, where you stop for lunch. On a clear day, the village offers beautiful views of **Annapurna II** to the south and **Pisang Peak** to the northeast.

From here, the trail gradually descends toward Manang Valley into the **Pisang village**. Passing small lakes, grassy meadows, and snow-covered slopes, you follow the winding Marsyangdi River as it flows between Lower and Upper Pisang.

You continue through narrow stone-paved alleyways lined with traditional stone houses and newer wooden homes before reaching **Upper Pisang**. Your day ends in this traditional Tibetan-influenced village, known for its ancient monastery and panoramic views of **Annapurna IV**.

Overnight stay at Hotel Mandala (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Upper Pisang (3,300 m / 10,826 ft) to Manang (3,540 m / 11,614 ft)

Trek Distance 17km / 10.6miles Highest Altitude 3,540m / 11,300ft Trek Duration 4–5 hrs

Today, we leave the lower trail behind and follow the higher route through Ghyaru and Ngawal. Although the route involves steeper trails, it rewards you with breathtaking Himalayan views throughout the day.

Upper Pisang → Ghyaru → Ngawal → Barge → Manang

Leaving Upper Pisang, you pass long mani walls carved with Buddhist prayers before tackling a challenging ascent to **Ghyaru**. As you gain elevation, spectacular views of Annapurna II, Annapurna III, Annapurna IV, Gangapurna, Tilicho Peak, and Pisang Peak begin to unfold.

The trail then follows a gentler mountainside path with sweeping views of the valley, forested slopes, and the winding Marsyangdi River. By lunchtime, you reach **Ngawal**, where the cooler, drier, thinner air signals your entry into the high Himalayas.

Beyond Ngawal, the trail descends through a peaceful forest toward **Barge**, the last village before Manang. Here, you can visit **Barge Monastery,** the largest monastery in the Manang region and an important center of Tibetan Buddhism.

Along the way towards **Manang**, you'll pass Buddhist shrines and a beautiful roadside stupa, as well as grazing yaks, mountain goats, and horses that add to the alpine scenery. Now, you are left with a shorter walk to **Manang Bazaar**, where you'll spend the night surrounded by spectacular mountain views.

Overnight stay at Himalaya Cottage (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Rest day and acclimatization day at Manang (3,540 m / 11,614 ft)

Today is our acclimatization day, which helps the body adjust to the higher altitude before continuing toward Tilicho Lake and Thorong La Pass. Instead of taking a full day off, you'll follow the **"climb high, sleep low"** approach by hiking to a higher elevation and returning to Manang for the night.

Manang → Gangapurna Lake / Ice Lake → Vraja→ Manang

You have several options for your acclimatization hike, including Gangapurna Lake, Milarepa Cave, Chongkor Viewpoint, or Ice Lake (Kicho Tal), depending on your fitness level and weather conditions.

You can also hike to the **Gangapurna Viewpoint**, which offers excellent views of Gangapurna (7,454 m), the Gangapurna Glacier, and the surrounding Himalayan peaks.

For a more challenging full-day hike, you can choose the 6–7-hour round trip to **Ice Lake (Kicho Tal)**. Home to Lower and Upper Ice Lake, this high-altitude viewpoint rewards a slippery snowy path with views of Mountains such as **Annapurna III, Tilicho, Pisang,** and **Chulu**.

On your way back, you can visit the Himalayan Rescue Association in **Vraga**, where daily briefings on acute mountain sickness (AMS) cover its symptoms and prevention. You can also check your oxygen saturation or buy Diamox if needed.

By evening, you return to **Manang**, where you can enjoy a hot shower and explore the village at your own pace. You can browse local shops for any last-minute trekking gear, clothing, personal essentials, and snacks for the next few days, or unwind at one of the village's cafés or bakeries.

Overnight stay at Himalaya Cottage (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Trek from Manang (3,540 m / 11,614 ft) to Shree Kharka (4,060 m / 13,320 ft)

Trek Distance 11 km / 6.8 miles Highest Altitude 4,060m / 13,320ft Trek Duration 5–6 hrs

The 7th day is relatively easy and shorter on the Annapurna Circuit with Tilicho Lake Trek as you hike from Manang to Shree Kharka.

Manang → Khangsar → Shree Kharka

Heading out through Manang's western gate, you follow the upper trail toward the Jharsing Khola riverbed. The path then takes you through the coniferous forests before crossing the Khangsar Khola on a suspension bridge.

As the valley opens up, the towering Great Barrier and Tilicho Peak dominate the landscape. The trail continues to **Khangsar**, a historic Tibetan settlement often referred to as the "Last Village of Nepal" before the remote Tilicho region.

Continuing along the trail, you gradually head ahead above the river gorge with views of Gungang Himal, Chulu Himal, and the Annapurna range. You then pass a peaceful gompa and monastery, reflecting Tibetan-Buddhist heritage. By mid-afternoon, you reach **Shree Kharka**, where Annapurna II and Annapurna III dominate the skyline.

You can enjoy the delicious lunch surrounded by the rugged beauty of the Himalayas. In the evening, you get time to explore the village, relax at your teahouse, play games or chat with locals before tomorrow's trek to Tilicho Base Camp.

Overnight stay at Shree Kharka
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Shree Kharka (4,060 m / 13,320 ft) to Tilicho Base Camp (4,150 m / 13,583 ft)

Trek Distance 9 km / 5.5 miles Highest Altitude 4,150m / 13,583ft Trek Duration 4–5 hrs

Our day begins with a gradual ascent from Shree Kharka deeper into the remote Tilicho Valley, with beautiful views of the Annapurna range.

Shree Kharka (Tho Kharka) → Tilicho Base Camp

You start the journey with an early morning trekking through the grazing pastures of Tho Kharka, where yaks and pack animals are feeding on the alpine meadows. Soon, the well-defined trail narrows as it traverses exposed cliffside terrain.

Further along, you reach the most challenging section of the trek, crossing an exposed, landslide-prone area that stretches for about 1 kilometer. Move carefully along the steep trail and maintain a steady pace as you pass through this section.

The trail then descends to a small brook at the valley bottom before heading upward through a series of inclined switchbacks. Trekking poles are helpful here for added stability and to reduce strain on your knees.

A final gentle walk (about 1.5 km) along the mountainside brings you to **Tilicho Base Camp**, nestled beneath towering cliffs. This small community is the starting point for tomorrow's early morning hike to Tilicho Lake, one of the world's highest lakes.

Overnight stay at a Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Hike to Tilicho Lake (4,920 m / 16,141 ft). Trek from Tilicho Base Camp (4,150 m / 13,583 ft) to Shree Kharka (4,060 m / 13,320 ft)

Trek Distance 14 km / 8.7 miles Highest Altitude 4,920m / 16,138ft Trek Duration 7–8 hrs

Today is one of the highlights of the trek as you hike to the spectacular Tilicho Lake, one of the world's highest glacial lakes, before returning to Shree Kharka for the night.

Tilicho Base Camp → Tilicho Lake → Tilicho Base Camp → Shree Kharka

We leave Tilicho Base Camp early in the morning to avoid the strong afternoon winds. The trail begins with a steep, gravelly section known as Bais Ghumti (22 Turns), before easing into a quieter route beneath snow-covered slopes.

After 3 to 4 hours of trekking along the peaceful and snowy path, the final ascent brings you to the shores of **Tilicho Lake**, a pristine “Glacial Ice Lake” at 4,920 m (16,141 ft). Named by a renowned French expedition team, it stretches nearly 4 km long and 1.2 km wide, making it one of the highest lakes in the world.

From the top, you can admire the crystal-clear blue water surrounded by towering peaks, including Tilicho Peak in the northwest, Nilgiri Himal (7,061 m / 23,166 ft) in the north, Khangsar Kang (7,485 m / 24,557 ft), and Gangapurna in the east.

After spending time at the lakeshore, we retrace our steps to **Tilicho Base Camp** for lunch. Along the way, you are accompanied by the views of the Annapurna range: Annapurna II, III, and IV.

The return journey follows the same route, immersing you in a unique vista. As you walk through the narrow and exposed area, you need to clear active landslide and rockfall zones. A final crossing over the Khangsar Khola brings you to the pastoral village of **Shree Kharka**.

Overnight stay in Shree Kharka
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Shree Kharka (4,060 m / 13,320 ft) to Ledar (4,250 m / 13,943 ft)

Trek Distance 6 km / 3.8 miles Highest Altitude 4,250m/13,943ft Trek Duration 3–4 hrs

After breakfast at Shree Kharka, we begin today's trek toward Ledar, rejoining the main Annapurna Circuit trail after returning from the Tilicho Lake route.

Shree Kharka → Yak Kharka → Ledar

The trail starts with a gentle descent toward the old village of Khangsar before making a long, steep drop to the riverbed below. The trail winds through a series of gentle ups and downs along the narrow mountain paths.

After crossing a suspension bridge over the gorge, you follow a steady 30-minute uphill trail that reconnects with the main Annapurna Circuit route. Be prepared to step aside for mule and yak caravans carrying supplies through the region.

About an hour of hiking through this junction, you cross a small wooden bridge and arrive at a peaceful meadow of **Yak Kharka** (4,000 m / 13,123 ft). This is our stop to enjoy lunch and take a short rest before continuing the day's journey.

The afternoon trail follows the Marsyangdi/Ghodik Khola Valley, passing grazing yak pastures and sparse highland vegetation. Throughout the trail, you are surrounded by the views of Gangapurna and Chulu ranges.

The final stretch crosses a long suspension bridge before leading to Ledar Hamlet, also known as Churi Ledar. The **Ledar** village offers simple teahouses where you can relax and prepare for the next day's journey.

Overnight stay at Dhading Laxmi Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

Trek from Ledar (4,250 m / 13,943 ft) to Thorong High Camp (4,925 m / 16,158 ft)

Trek Distance 7.3km /4.53 miles Highest Altitude 4,925 m/16,158 ft Trek Duration 4–5 hrs

Day 11 brings you to Thorong High Camp from Ledar, the final overnight stop before crossing Thorong La Pass.

Ledar → Thorong Phedi → Thorong High Camp

Today, after breakfast in **Ledar**, you follow the upper Marsyangdi Valley and continue to higher elevations. You then pass rocky slopes and alpine trails beneath towering cliffs, barren vegetation, and open mountain views.

As the route progresses, the landscape gradually gives way to a drier environment and narrow paths. You need to cross several wooden bridges, loose soils, or landslide-prone sections as you approach **Thorong Phedi**.

You have a warm lunch and take some rest before heading to the most demanding mountainside section of the trek. Yak caravans, mules, and the occasional blue sheep are common sights in this remote high-altitude landscape.

You reach **Thorong High Camp** by the afternoon. Here, you spend the remaining hours resting, hydrating, and preparing for tomorrow's early start to the pass. We recommend an early night, as you will be beginning your journey towards the pass before sunrise.

Overnight stay at Thorong La High Camp Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 12

Trek from Thorong High Camp (4,925 m / 16,158 ft) to Muktinath Temple (3,760 m / 12,336 ft) by crossing Thorong La Pass (5,416 m / 17,769 ft)

Trek Distance 15.6km / 9.6miles Highest Altitude 5,416m / 17,756ft Trek Duration 8–9 hrs

Today is the highlight of the Annapurna Circuit with Tilicho Lake Trek as you cross Thorong La Pass, one of the world's highest trekking passes, before descending to the sacred pilgrimage town of Muktinath.

Thorong High Camp → Thorong La Pass → Muktinath

You begin well before sunrise, hiking by headlamp through the cold mountain air. The trail heads steadily over snow-covered and icy sections, so you'll need to watch your footing and keep a steady pace.

As daylight reveals the surrounding Himalayan peaks, you cross a final ridge and reach **Thorong La Pass (5,416 m)**. You can see the colorful player flags marking the highest point of our trek, which is the world’s highest navigable mountain pass.

From the top, you can see the mountains (Chulu, Dhaulagiri) stretching north toward Tibet, while the Annapurna range dominates the southern skyline. You can have hot drinks and light snacks at the nearest teahouse or take your time to celebrate and capture photos/videos.

The trail continues toward **Muktinath**, where snowy sections gradually give way to the dry, colorful landscape of the Mustang region, dotted with red hills and scattered villages. It is the longest downhill walk through the zigzag path.

By afternoon, you arrive at the sacred pilgrimage site Ranipauwa (local name of Muktinath), revered by both Hindus and Buddhists. It is renowned for its **108 stone water spouts** fed by Kali Gandaki and **an eternal natural flame** that has burned for centuries.

Around the temple, you'll see prayer wheels, Buddhist monasteries, Hindu shrines, flower stalls, wandering sadhus, and mules carrying pilgrims. After exploring this religious site, you return to your teahouse for a warm meal and a well-earned rest after one of the trek's most rewarding days.

Overnight stay at Hotel Town House Muktinath (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 13

Drive from Muktinath (3,760 m / 12,336 ft) via Jomsom (2,720 m / 8,924 ft) to Tatopani (1,200 m / 3,937 ft)

Highest Altitude 3,760m / 12,623ft Drive duration 3–4 hrs

After a morning visit to the sacred **Muktinath Temple,** you leave Muktinath and drive through the Kali Gandaki Valley via Kagbeni and Jomsom toward Tatopani. You witness the change in landscape from the high Himalayan desert to the warmer lower hills.

Muktinath → Kagbeni → Jomsom → Tatopani

Today, your journey starts with a local bus ride along the paved road through arid desert-like landscapes. The first stop is **Kagbeni**, the gateway to Upper Mustang, from where you take a glimpse of narrow alleyways, ancient archways, and the restricted region behind.

In the village, you visit **Kag Chode Thupten Samphel Ling Monastery**, home to colorful frescoes, ceremonial masks, historic artifacts, and a school for young Buddhist monks.

You navigate towards the maze-like alleyways lined with stone houses, tiny archways, and even erotic statues. Continuing toward **Jomsom**, the landscape becomes dry and windswept. The route follows the wide Kali Gandaki riverbed along dusty, unpaved roads, taking you past maze-like alleyways, apple orchards, and patches of green vegetation.

The drive continues over rough mountain roads until you reach **Tatopani**, a village famous for its natural hot springs. After the long journey, you can soak in the warm mineral-rich pools before settling in for the night.

Overnight stay at Hotel Himalaya (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 14

Trek from Tatopani (1,200 m / 3,937 ft) to Ghorepani (2,860 m / 9,383 ft)

Trek Distance 17 km / 10.5 miles Highest Altitude 2,860m / 9,385ft Trek Duration 6-7 hrs

Today, you leave Tatopani and trek uphill to Ghorepani, one of the longest and most demanding days of the journey. The trail passes steadily through traditional Thakali villages, forests, and terraced hillsides.

Tatopani → Ghara → Sikha → Chitre → Ghorepani

You follow a dirt road lined with hillside homes towards the eastern side of the Kali Gandaki River. Soon, you arrive at the lively village of **Ghara**.

The major ascent to **Sikha** rewards you with open views of the valley below and snow-covered peaks. After crossing a checkpoint, you stop for a fulfilling warm lunch that is used as fuel for the second half of the day's trek.

From here, a long stone staircase leads you through the terraced farmlands and forest of rhododendron, birch, and magnolia. As the trail continues, panoramic views of the Annapurna and Dhaulagiri ranges unfold before you until you reach **Chitre**.

By late afternoon, you arrive at **Ghorepani**, a ridge-top village known for its Magar culture. You need to rest well, as tomorrow begins before dawn with a hike to Poon Hill for sunrise.

Overnight stay at Hotel Snow Land (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 15

Early-morning hike to Poon Hill (3,210 m / 10,531 ft). Trek to Ulleri (2,050 m / 6,725 ft). Drive to Nayapul, Pokhara (1,070 m / 3,510 ft).

Trek Distance 10km / 6.2miles Highest Altitude 3,210m / 10,525ft Trek Duration 3–4 hrs
Drive duration 2 hrs

Your final day on the trail begins before 4 AM with a hike to Poon Hill, one of the most famous sunrise viewpoints in the world. Then you will continue to Pokhara.

Ghorepani → Poon Hill → Ghorepani → Ulleri → Nayapul → Pokhara

When you reach **Poon Hill** before sunrise, you can catch the view of the first rays of light spread across the Annapurna and Dhaulagiri massifs, with Machhapuchhre standing prominently on the horizon.

The observation tower offers sweeping views of more than 20 Himalayan peaks, making it one of the best photography spots in the Annapurna region. After enjoying the panorama, you return to **Ghorepani** for a warm, fulfilling breakfast.

You pass through the rhododendron forests, followed by the steepest part (thousands of large, stone-paved stairs) to the village of **Ulleri**.

From Ulleri, the journey shifted from walking on foot to travelling by public bus. The trail begins to flatten out near the river as you follow the riverside flat route through **Tikhedhunga**. It is a picturesque village whose name comes from the two Nepali words: tikhe means sharp, and dhunga means stone.

Crossing several suspension bridges, you pass through the tranquil village of **Birethanti**, located at the confluence of the Modi and Bhurungdi rivers.

Soon, the mountain trail gives way to the well-paved roads of **Nayapul**. From here, you drive to the lakeside city of **Pokhara**, where you spend the final night of your Annapurna Circuit with Tilicho Lake Trek.

Overnight stay at Silver Oaks Inn (room with attached bathroom)
Included standard meals (Breakfast, Lunch)

DAY 16

Drive from Pokhara (820 m / 2,690 ft) to Kathmandu (1,320 m / 4,330 ft)

Drive duration 6–7 hrs

The 16th day is the final day of your Annapurna Circuit with Tilicho Lake Trek as you complete the trek and head back to Kathmandu.

Pokhara → Kathmandu

After breakfast, you board a tourist bus from Lakeside, bidding farewell to the beautiful city of **Pokhara**. The drive follows the Marsyangdi and Trishuli rivers, passing terraced hillsides, riverside villages, and winding mountain roads.

By evening, you arrive in **Kathmandu**, where your journey ends with memories of Tilicho Lake, Thorong La Pass, remote Himalayan villages, and the changing landscapes of the Annapurna region.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Private pickup and drop-off between Tribhuvan International Airport and your hotel
- Kathmandu to Besisahar on a Local bus
- Besisahar to Jagat (trek start point) by local bus
- Local transport from Muktinath to Tatopani
- Private transport from Ulleri (trek end point) to Pokhara
- Pokhara to Kathmandu on a tourist bus

Accommodations

- 1-night accommodation with attached bathroom in Pokhara at Hotel Silver Oaks Inn
- 6 nights in teahouse rooms with attached bathrooms at Dharapani, Chame, Pisang, Muktinath, Tatopani, and Ghorepani
- 2 nights' accommodation with an attached bathroom in Manang
- 4 nights standard twin-sharing accommodation in Jagat, Tilicho Base Camp, Ledar, and Thorong High Camp
- 2 nights standard twin-sharing room in Shree Kharka

Food

- Full-board meals during the trek: 14 breakfasts, 13 lunches, and 13 dinners with one main course per meal
- Breakfast at Hotel Silver Oaks Inn in Pokhara
- Seasonal fresh fruits every day
- Water purification tablets for safe drinking water

Guide and Porter

- Government-licensed English-speaking experienced trek guide (leader)
- Assistant trekking guide for groups of 5 or more trekkers
- Porter to carry luggage (1 porter for every 2 trekkers with a combined luggage limit of 18 kg, i.e., 9 kg per trekker)
- All guide and porter expenses: meals, accommodation, insurance, salary, transportation, and trekking equipment costs

Trek Permits and Expenses

- Annapurna Conservation Area Permit (ACAP)
- All government/local taxes and official service charges

Medical Assistance

- Basic first aid kit with an oximeter for high-altitude health monitoring
- Emergency rescue coordination in the event of a medical emergency and complicated health conditions (covered by your travel insurance)

Souvenir

- A T-shirt and a cap printed with the company logo and name
- Discovery World Trekking digital trek completion certificate on your WhatsApp/email

Farewell

- Farewell gathering in Pokhara/Kathmandu at the end of the trek

Benefits

- One shared non-waterproof duffel bag for every two trekkers (if you don’t have one)
- One used sleeping bag and down jacket per trekker (to be returned after the trek)
- Complimentary pre-trek briefing.
- Private trekking with your own guide (no mixed groups).
- Free luggage storage at the Discovery World Trekking office during the trek.

What is excluded in this trek package?

International Flight

- Flight fare from and to Nepal

Accommodations

- Accommodation in Kathmandu before and after the journey
- Extra nights' accommodation in Kathmandu and Pokhara due to early arrival, late departure, or early return from the trek

Food

- Lunch and dinner in Pokhara
- Meals in Kathmandu before and after the trek
- Extra night meals in Kathmandu and Pokhara due to early arrival or late departure or early return from the trek.
- Extra night meals due to early return or arrival, or early departure from the trek

Guide and Porter

- Tips for guides and porters (recommended)

Visa

- Nepal entry visa fee, $50 USD for 30 days at Tribhuvan International Airport

Travel Insurance

- Travel insurance covering high-altitude trekking, helicopter rescue, and emergency medical evacuation up to 5,500 meters

Personal Expenses

- Personal trekking clothing and gear
- Drinks and refreshments: tea, coffee, soft drinks, snacks, and bottled or boiled water.
- Optional facilities such as hot showers, internet access, laundry, device charging, and phone calls.
- Porter services exceeding the included baggage allowance.

Additional Expenses

- Excess baggage charges for luggage exceeding the 9 kg limit per person
- Additional expenses resulting from unforeseen circumstances, such as adverse weather, landslides, illness, transport delays, strikes, political unrest, or government policy changes
- Any extra costs arising from itinerary changes made for safety reasons but beyond our control
- All the costs and expenses not listed in "What is included in my Annapurna with Tilicho Lake Trek Package?" will be counted as excluded

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Tilicho Lake Trek Packing List

Weather and temperatures throughout the Annapurna Circuit with Tilicho Lake trek, especially around Tilicho Base Camp, Tilicho Lake, and Thorong La Pass, can change quickly. So you need to pack accordingly.

We recommend packing light, including warm layers and necessary gear in your luggage **(9 kg)**. Your daypack (5 kg) should only contain your daily necessities. A porter is shared between two trekkers, with a single **duffel bag (60 liters)** with a combined weight of **18 kg**.

For more clarity, please refer to our packing list as a guide to prepare for the trek.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Lower body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing
- snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don't have your own

Annapurna Circuit Tilicho Lake Trek Map



Trip Notes

Meet & Greet at Tribhuvan International Airport

Your journey to the Himalayas **starts at Tribhuvan International Airport**, the moment you enter Nepal. To make your arrival smooth and stress-free, we offer **complimentary airport pickup** and **drop-off services**.

Our representative will be waiting for you outside the arrival terminal, **holding a pamphlet with your name** for easy identification.

As a warm introduction to Nepali hospitality, you will be welcomed with a traditional marigold garland or Khada scarf, a gesture that symbolizes respect and good fortune.

Hotel Booking Assistance

From the airport, you will be **escorted to your hotel in a private vehicle**, ensuring you feel comfortable and welcomed in a new country.

In addition to airport transfers, we can help you find trusted accommodations that suit your budget and preferences, from cozy budget stays to luxury hotels.

Staying in central areas like Thamel gives you easy access to trekking shops and travel essentials, making it easy to prepare for your adventure.

Note: *You need at least two extra days of accommodation in Kathmandu: a day before the trek and another day after the trek.*

How Early Should You Arrive Before the Trek?

For the initial preparation of the journey, we recommend you **arrive in Kathmandu at 3 PM**, one day before the trek. You can use this time to adjust to a new environment and explore the city before heading into the Himalayas.

Pre-Trek Briefing

We conduct an **online briefing after you book** our Tilicho Lake Trek package, covering essential details about the trek.

Additionally, Paul, our team head, gives an in-person briefing in Kathmandu. He will greet you in our office and :

- Introduce you to your guide, porter, and the team
- Review your gear and equipments
- Check your luggage to ensure you have the necessary clothing
- Provide last-minute instructions on safety processes and altitude
- Address any query related to the path

Accommodation During Annapurna Circuit Tilicho Lake Trek

Accommodation throughout the Annapurna Circuit is in the teahouses or lodges, typically family-run establishments. While they are simple compared to city hotels, they provide everything you need after a long day of trekking: a bed, a comforting meal, and a warm atmosphere to rest.

Teahouse and Lodge Types by Altitude

Teahouses and lodges **vary in quality with altitude**. In lower regions, you can **find comfortable lodges** with **standard twin-sharing rooms** and better facilities.

While in Mid-altitude regions such as Manang, there are improved lodges, often **with attached bathrooms** and **better insulation**.

As you move towards high-altitude regions such as Tilicho Base Camp or Thorong Phedi, you will find **basic guesthouses with shared bathrooms** and limited amenities.

This 16-day journey includes:

- 1 night in a comfortable hotel in Pokhara, equipped with modern amenities like hot showers, electricity, and Wi-Fi.
- 6 nights in a room with an attached bathroom at Dharapani, Chame, Pisang, Tatopani, Muktinath, and Ghorepani.
- 2 nights in Manang in a room with an attached bathroom.
- 4 nights in a basic twin-sharing room at Jagat, Tilicho Base Camp, Yak Kharka, and Thorong Phedi/High Camp.
- 2 nights in a basic twin-sharing room at Shree Kharka.

Facilities and Amenities

The facilities you get in guesthouses along the Annapurna Circuit are basic but functional. You can get most services at an additional cost. As you go higher, prices increase, and availability becomes limited due to remoteness and transportation challenges.

Hot Showers:

- It costs around **NPR 200–500 per shower** (approx. **$2–$5 USD**)
- Available in lower and mid-altitude lodges.
- At higher elevations, you can find only bucket showers.

Electricity & Charging:

- It costs around **NPR 100–500 per device** (**approx. $1–$5 USD**)
- Charging is usually available in rooms at lower altitudes.
- You can have charging access only in dining areas at higher elevations.
- You may carry a universal adaptor, as only a 2-pin plug is available.

Wi-Fi / Internet:

- It costs around **NPR 200–500 per use** (**approx. $2–$5 USD)**
- It is available in some lodges, but becomes unreliable or unavailable as you ascend

- A local SIM card (NTC/Ncell) with data is reliable and cost-effective.
- It costs around $5–$10 for the card and data.

Drinking Water:

- Boiled/filtered water: **NPR 100–300 per liter** (**approx. $1–$3 USD**)
- Bottled water: **NPR 200–500** (**approx. $2–$5 USD**)
- Prices increase significantly above 3,000 meters
- Use purification tablets before drinking

Room Heating:

- Available in most lodges in the dining area
- Use a kerosene or metal heater in the common area only
- No personal room heaters are available
- Carry thermal clothing, insulated socks, and a good-quality sleeping bag

It is recommended that you carry essentials like a power bank, toiletries, and personal comfort items.

Note: *We can provide you with a used sleeping bag if you don't have one.*

Meals, drinks, and Dietary Options during the Trek

The Tilicho Lake Trek takes you to the high altitudes near some of the world's tallest peaks. You **need proper nutrition** and **hydration** to **maintain energy** and **stamina** and support acclimatization.

Since you'll be walking for several hours each day at increasing altitudes, you will be fueled with fresh, hygienic, and nutritious meals throughout the journey.

Full-Board Meals

The trek is high-altitude and physically demanding. Your meals are your primary fuel to stay energized throughout the day. You will receive **16 breakfasts**, **15 lunches**, and **14 dinners**, all served on a full-board basis (breakfast, lunch, and dinner), to keep you strong.

Each meal includes one main item; you can order any additional dishes or drinks for an extra charge.

Breakfast 6 – 7 AM

- Porridge
- Tibetan bread (Balep / Tingmo)
- Eggs (boiled/scrambled/omelet)
- Bread with jam/honey
- Tea & hot drinks (green, lemon, ginger, garlic)

Lunch 11 – 12 PM

- Dal Bhat (rice, lentils, vegetables)

- Vegetable curry
- Momo (dumplings)
- Noodles
- Pasta (occasionally available)
- Soups (Thukpa-veg)

Dinner 5 – 6 PM

- Dal Bhat with side dishes
- Thukpa
- Noodles / Chow Mein
- Light desserts (cookies, cake – occasionally available)
- Hot drinks (ginger tea, garlic soup, lemon tea)

Breakfast: High-energy start for a day; carb-rich Tibetan bread fuels you for the morning trek.

Lunch: Dal Bhat provides sustained energy; soups help with hydration and warmth at high altitudes. Pasta is less common.

Dinner: Go for easy-to-digest, warming, and nourishing foods for recovery after trekking. Desserts are rare treats.

Meals are **freshly prepared at local teahouses** using local ingredients. While the variety is wider in lower regions, the menu becomes simpler as you go higher.

Recommended Food

For the Annapurna Circuit Trek with Tilicho Lake, you should prioritize high-energy, warm, and easily digestible meals to stay fueled and help in acclimatization.

Dal Bhat (rice, lentils, and vegetables) is the ideal staple, providing lasting energy and protein, often with free refills. We recommend complementing it with Tarkari (a vegetable curry) for a balanced meal. You can also go for Momo (steamed dumplings).

You need to focus on **warm**, **high-carb food**, such as soups, noodles, fried rice, and Tibetan-style breads. Occasionally, you can go for pasta or light desserts to add variety, but they are not essential.

Recommended Drinks

After meals, hydration is key during trekking. You should aim to **drink 3–4 liters of water** or **warm fluids** daily to prevent dehydration and support acclimatization.

You can stay hydrated with:

- Green tea, ginger tea, and lemon tea
- Hot lemon water and garlic soup for altitude adaptation
- Boiled, purified, or treated water
- To prevent dehydration, you have to avoid unpasteurized dairy, alcohol, and excessive caffeine at high altitudes.

Note: *Do not consume water directly from any natural sources such as taps, rivers, streams, or other untreated sources.*

Dietary Options

Vegetarian meals are the most consistent and safe option along the route. However, tea houses can accommodate special diets with early information and guidance.

Do you have any diet preferences?

If you are a vegan traveller, you will find plenty of options along the Annapurna Circuit route. Meals like lentil soups, vegetable curries, and rice dishes are widely available. If you inform your guide in advance, larger villages such as Besishar, Chame, and Manang, as well as tea houses along the Tilicho Lake trail, can prepare fully dairy- and egg-free meals.

As we prefer carb-based meals, following a gluten-free diet is tricky but manageable. You can enjoy rice-based dishes, lentils, and local grains such as millet and buckwheat in tea houses at Ngawal and Khangsar. But near Tilicho Base Camp, food choices are limited, so **carrying personal snacks is highly recommended**.

If you have **nut allergies** or **other sensitivities**, simple meals like rice, dal, and steamed vegetables are the safest option. Tea houses in Lower Manang and villages in the Tilicho Lake trail can adjust dishes if your guide informs them in advance.

We suggest **sticking to a vegetarian diet** throughout the journey because the freshness of non-vegetarian items cannot be guaranteed in remote regions.

What Foods and Drinks to Avoid?

What you eat and drink affects your adaptation to the altitude. So avoid foods that trigger dehydration, bloating, or stomach discomfort at higher altitudes.

Food/Drinks to Avoid	Reason	Notes
Unboiled/Untreated Water	Risk of stomach illness, diarrhea	Always use boiled or bottled water at all altitudes. You can use purification tablets like Aquatabs at least 30 minutes before drinking.
Unpasteurized/Uncooked dairy products	Difficult to digest, may cause stomach upset	Avoid milk, cheese, and yogurt from unverified sources.
Raw fruits & vegetables	Potential bacterial contamination	Wash thoroughly, peel or cook properly before eating.
Alcoholic beverages	Causes dehydration and worsens altitude sickness	Do not have alcohol, especially above 3,000 m
Caffeinated drinks	Excessive caffeine can cause dehydration and affect sleep or recovery	Refrain from instant coffee. Limit to 1 cup/day at high altitude.
Cold & sugary drinks	Upset digestion and contains low nutritional value	Opt for warm, hydrating drinks like herbal teas or hot water.
Non-veg/Meat	Risk of foodborne illness	Do not consume meat in higher altitudes, as it is hard to digest.

Tip: *Stick to cooked meals served hot and warm drinks or soups to stay hydrated, maintain energy, and adapt to altitude efficiently.*

Packing and Luggage Guidelines

Smart packing means comfortable trekking. Minimizing weight and organizing gear make a big difference when you're walking for several hours a day over multiple days.

You can carry up to **9 kg of personal luggage**, which your porter will carry and handle throughout your journey. **One porter is assigned for two trekkers**, carrying a **single bag (about 60 or 70 liter capacity)** with a **combined weight of up to 18 kg**.

We can provide you with a used duffel bag if you do not have one. On this rucksack, you can put your belongings, like clothes and gear that you don't need during the day.

With you, carry a small daypack containing your daily essentials, such as:

- **Water & Hydration:** 1–2 liters of a reusable water bottle, plus a purification tablet.
- **High-Energy Snacks:** Nuts, energy bars, and dried fruits for quick energy.
- **Weather Essentials:** Lightweight jacket, hat, gloves, scarf, sunglasses, and sunscreen.
- **Health & Safety:** Small first-aid kit, lip balm, toilet paper, medications, and hand sanitizer.
- **Tech & Navigation:** Mobile phone, camera, portable charger, and trekking map or GPS.
- **Trekking Aids:** Trekking poles (optional) for stability on steep or rocky trails.

If you have any extra belongings, they can be safely stored in Kathmandu. Your hotel may provide free storage, but if not, we offer secure and free storage at our office. This lets you trek with only what you truly need, keeping your journey lighter and more comfortable.

Tip: *Keep your daypack light, ideally under 7 kg.*

Travel Documents during Annapurna Circuit Tilicho Lake Trek

While trekking the Annapurna Circuit with Tilicho Lake, always **carry your identification** and **trekking permits**. Bring both physical and digital copies, as different checkpoints may require verification along the route.

Visa

Most travellers can get a **visa on arrival** at Tribhuvan International Airport, except Indian citizens, who don't require a visa to enter Nepal. To save time, you can fill out the application form online in advance and complete the process after arrival.

Alternatively, you may apply for a visa at a Nepalese embassy in your home country before travelling.

We generally recommend **having a 30-day visa** that will **cost around USD 50**. It covers extra days for rest, additional activities, or flight delays due to weather.

Make sure you carry the following documents when applying for a visa-on-arrival:

- A passport valid for at least 6 months
- A completed visa application form (online or at the airport)
- Recent passport-sized photos
- Visa fee (cash is recommended, preferably in USD)

Extending Your Visa

If your trek takes longer than expected, you can extend your visa at the immigration offices in Kathmandu or Pokhara. Extensions are processed for an additional fee based on the number of extra days.

Tilicho Lake Trekking Permits

You need **two permits**: the **Annapurna Conservation Area (ACAP)** and **TIMS (Trekkers' Information Management System)** to enter the Annapurna region. It helps to preserve wildlife, forests, and local culture, while funding infrastructure and trekking facilities.

The ACAP is a mandatory permit, while TIMS is not required for trekkers with a licensed guide.

- **Foreign Nationals:** ~ NPR 3,000 (approx. $22–$25 USD) per person for 1–10 days, and USD 2 per additional day.
- **SAARC Nationals:** ~ NPR 1,000 (approx. $7–$8 USD) per person
- **Cost for Nepali citizens:** Usually free if you present a valid national ID or Citizenship Card
- **Children under ~10 years:** Do not need to pay (exempt)
- **Validity:** Covers all trekking regions within the Annapurna Conservation Area.
- **Required Documents:** Passport photocopy and passport-size photo.

We handle your permits before starting the trek.

You must carry a printed copy. Rangers at checkpoints such as Besisahar, Manang, and Jomsom will request verification.

Note: *Solo trek is restricted in the Annapurna Conservation Area.*

Emergency Provisions

Trekking at high elevations: Tilicho Lake (4,919 m) and Thorong La Pass (5,416 m) carries inherent risks, including altitude sickness, cold exposure, and unexpected injuries. So you have to be prepared for emergencies.

Key Emergency Provisions Include:

- **First aid kits –** Guides carry essential medical kits for cuts, blisters, altitude-related discomfort, and other minor injuries.
- **Portable oxygen –** Available for severe altitude sickness emergencies.
- **Oximeters –** Guides monitor your oxygen levels to detect early signs of hypoxia or Acute Mountain Sickness (AMS).
- **Communication devices –** Satellite phones or radios are used to contact support teams in extremely remote areas. Your guide stays in regular contact, at least once a day, with the support team. Whereas, you may receive a daily check-in call via phone or Wi-Fi to review your journey and address any concerns.
- **Evacuation plans –** Helicopter evacuation is the only option for severe illness, injury, or advanced altitude sickness.

You **must have travel insurance** before going on the journey with the following coverages:

- Medical emergencies, including hospital visits, doctor consultations, and medications.
- Emergency evacuation by helicopter or road transport in case of injury or altitude sickness.
- Trip interruption or cancellation due to sudden illness or extreme weather conditions.
- Lost or damaged luggage and personal belongings during the trek (not mandatory).

Extra Cash For Annapurna Circuit Tilicho Lake Trek

Our package includes most services, but you **should carry extra cash** for personal expenses.

Daily Budget

We recommend allocating a daily budget of **around NPR 3,000 – NPR 5,000** (approx. **$20–40 USD**). However, actual expenses may vary depending on your spending habits.

You should **include the following additional expenses in your budget**:

- Drinks like tea, coffee, hot lemon, and bottled or boiled water
- Snacks, chocolates, and energy bars for long trekking days
- Extra meals, as most packages include only one main dish per meal

- Bakery items like pancakes or apple pie (commonly available in Manang)
- Charging fees (per device) and Wi-Fi fees in higher villages
- Hot showers, which become more expensive at higher elevations
- Personal gear rental or replacement (gloves, socks, down jackets if needed)
- Emergency costs due to weather delays, especially around Tilicho Lake and Thorong La Pass
- Transportation upgrades (private jeep instead of local bus) (reserving a private jeep from Kathmandu to the trek start place, Bhulbhule, may cost around $170)
- Donations at monasteries
- Souvenirs or local handicrafts in villages like Manang
- Tips for guides and porters

Note: *Prices increase with altitude, so plan for slightly higher spending in the upper regions. You can buy snacks in Kathmandu before the trek, as they may be scarce or expensive in higher villages like Manang and near Tilicho Lake.*

Currency & ATMs

The local currency is **Nepali Rupee (NPR)**. The money exchange offices are available all around the major tourist areas, like Thamel, so that you can exchange major currencies in Kathmandu. For up-to-date exchange rates, refer to the Foreign Exchange Rate.

You could **find ATMs everywhere** in **major cities**, starting from the airport. They are available in Pokhara and some lower trail points, but not reliable in higher regions. They also may have withdrawal limits of around NPR 20,000 per transaction and NPR 50,000 per day.

In remote areas, only cash in NPR is accepted. So you need to carry sufficient cash in Nepali Rupees (NPR) before starting the trek.

Best Time for Annapurna Circuit Tilicho Lake Trek

Trekking to Tilicho Lake can be done **year-round**, but choosing the right season greatly enhances your experience. The weather, trail conditions, and views vary across the year, influencing the views and overall experience.

We organize treks in all seasons, catering to every kind of trekker: whether you enjoy clear skies, floral landscapes, or snowy adventures.

Tip:

- Spring and autumn are generally considered the best trekking seasons for the Annapurna Circuit with Tilicho Lake due to stable weather, clear views, and moderate temperatures.
- Summer is suitable for trekkers seeking lush greenery and fewer crowds, while winter is perfect for those looking for snowy landscapes and serene trails.
- Always check weather forecasts and prepare for sudden temperature changes in high altitudes.

Spring (Mar–May)

Spring offers mild weather, blooming rhododendrons, and clear mountain views, making it the most popular trekking season for the Annapurna Circuit with Tilicho Lake. You will walk through valleys with vibrant colours and fresh alpine scenery, making each step feel magical. It is perfect for those who love scenic beauty and lively trekking routes.

Weather: Mild temperatures in lower regions, ranging from **15°C to 25°C**; cooler at higher altitudes from **0°C to 10°C**. Skies are usually clear with minimal rainfall.

Landscape: Rhododendron forests in vibrant red, pink, and white with green valleys along the trail. Sparkling streams following the snow-capped high peaks create breathtaking scenery.

Trekking Tips:

- Ideal for photography and mountain views.
- Moderate crowds, so lodges are available, but early booking is necessary in March–April.
- We recommend you carry layered clothing.
- Warm layers in the mornings or evenings and light layers during the daytime.

Autumn (Sep–Nov)

Autumn is the peak trekking season that welcomes you with post-monsoon clear skies, golden fields, crisp air, and stable weather. You'll trek along calm rivers, pass villages alive with festival preparations, and enjoy amber-hued landscapes glowing under soft sunlight.

Autumn feels balanced, vibrant, and culturally rich; perfect for those who want clear views and an immersive experience.

Weather: Moderate, stable weather with clear skies. Temperatures range **15°C – 25°C** in lower regions and **5°C – 15°C** in higher areas.

Landscape: Golden fields, crystal clear mountain views, and culturally vibrant villages. Rivers flow calmly after the monsoon.

Trekking Tips:

- Peak trekking season: book lodges well in advance.
- Perfect visibility for photography and capturing Himalayan vistas.
- Ideal for long, clear days of trekking with minimal risk of rain.
- Festivals like Dashain and Tihar add a cultural charm to your journey.

Winter (Dec–Feb)

Winter is the least chosen season as it offers the coldest environment with snowy and quiet trails. The path at higher passes and elevations may be covered with snow, a challenge to the journey. However, the atmosphere is calm and welcoming.

Winter is ideal for experienced adventurers seeking solitude and clear mountain views, giving you a sense of connection with the pristine Himalayas. You will walk through the serene valleys with frozen waterfalls, adding magic to the scenery.

Weather: Cold at high altitudes, ranging from **-10°C to 5°C**, with lower regions being milder **(5°C – 15°C)**. Minimal precipitation, snow may cover high passes like Thorong La.

Landscape: Snow-covered peaks, frozen waterfalls, icy streams, and tranquil valleys. Trails are quieter with fewer trekkers.

Trekking Tips:

- Trekking in winter is more challenging due to the cold and possible snow.
- You should have proper thermal clothing.
- Clear skies offer unobstructed views of Annapurna, Dhaulagiri, and Nilgiri peaks.
- Lodges are less crowded, but some may have limited facilities.
- Ensure warm sleeping bags, insulated boots and thermal layers for high-altitude nights.
- Expect cold mornings and evenings.
- Be ready for high-altitude conditions.

Summer/Monsoon (Jun–Aug)

Summer transforms the Annapurna region into a lush green paradise. You'll see forests brimming with life, waterfalls flowing vigorously, and valleys coated in fresh greenery.

It brings monsoon rains, making trails slippery but rewarding with a vibrant and alive environment. You can see clear skies in the early mornings, but clouds drift over the mountains in the afternoon. This season is perfect for trekkers who enjoy a lively, immersive nature experience.

Weather: Warm temperatures in the lower regions **(20°C – 30°C)** with heavy monsoon rains. High altitudes are cooler **(10°C – 20°C)**, but trails may become slippery.

Landscape: Dense green forests, blooming summer plants, cascading waterfalls, and misty valleys. The landscape is at its most vibrant.

Trekking Tips:

- Trails can be slippery; trekking poles are highly recommended.
- Carry waterproof gear (jacket, backpack cover, shoes).
- Lower crowd levels make for a quieter experience.
- Avoid leech-prone areas in lower regions after rain.
- Flight or jeep transfers can be affected by rain; flexibility in schedule is advised.

Typical Day on Annapurna Circuit Tilicho Lake Trek

A typical day on the Annapurna Circuit with Tilicho Lake Trek revolves around walking, enjoying meals, and resting in a comfortable routine.

- Wake up early around **6 AM**.

- Breakfast at **6 AM – 7 AM**.
- Begin trekking around **8 AM**.
- In the morning, **3 – 4 hours** of walking.
- Lunch break at **11 AM – 12 PM**.
- Afternoon trek: **2–3 hours** to reach the next lodge.
- **4 PM – 5 PM**, reached the teahouse to stay for the night.
- Evening: explore surroundings, relax, or socialize.
- Dinner will be ready around **5 PM – 6 PM**.
- Pre-dinner briefing by the guide for the next day's plan.

Daily Schedule

Morning

A day starts with an early morning, usually around 6 – 7 am, with a cup of hot tea, coffee, or herbal beverage. A healthy breakfast follows, giving you the energy needed for the day ahead.

Start Trekking

You start your journey towards the destination around 7 – 8 am, trekking through villages, rivers, terraced fields, and forests. The first part of the day usually covers 3 – 4 hours of walking, allowing your body to warm up gradually.

Lunch Time

You need to stop at a teahouse or lodge for a nutritious lunch. This is also a chance to rest, hydrate, and chat with fellow trekkers. Meals often include local dishes such as Dal Bhat, noodles, and soup, perfect for high-altitude nutrition.

Afternoon Trek

After a fulfilling lunch, you continue trekking for 2 – 3 hours to reach your next overnight stop. During this afternoon trek, you'll often navigate steeper ascents, narrow trails, and river crossings, all while enjoying majestic views of mountains and valleys.

Evening

We usually opt for an early pause in your trek, around 6 PM, after the arrival at your lodge. Here, you can explore the surroundings, take photos, or simply relax and enjoy the scenery. Many trekkers enjoy socializing in the common area, playing cards, or learning Nepali phrases from guides.

Pre-Dinner Briefing

Your guide will brief you for the next day, covering weather conditions, trekking tips, and safety precautions. The next is dinner, a warm and filling meal intended to aid recovery and prepare for the next day's trek.

Tip: *Evenings are ideal for journaling, meditating, or stargazing; the Himalayas offer some of the clearest night skies in the world.*

Trek Difficulty & Terrain

The Annapurna Circuit with Tilicho Lake Trek is a challenging yet rewarding adventure suitable for physically fit individuals who have a positive attitude and determination. You need to walk for long hours, across easy village paths to steep high-altitude slopes.

Overall Difficulty

- It is rated as moderate to strenuous, slightly harder than the classic Annapurna Circuit due to the Tilicho Lake side trek.
- Trek includes consecutive high-altitude days above 4,000 m, so you need to follow slow and steady pacing.
- Your trekking days mostly involve 4 –7 hours of trekking, with some high-pass days that require longer hours.
- You should take regular breaks to rest and acclimatize. It helps you reduce fatigue and maintain your energy.

Terrain & Trail Conditions

- In lower sections, your paths lead through forests, farmland, and traditional villages. The trails are mostly well-marked.
- In mid-altitude zones, you will come across the uneven and rocky paths, narrow ridges, and occasional river crossings. So, careful footing is needed.
- In high-altitude sections, you will cross alpine deserts, loose rocks, and steep slopes near Tilicho Lake and Thorong La Pass.
- Trails can be slippery, rugged, or exposed to wind, especially after rain or snow.

Ascents, Descents & Altitude Impact

- The Tilicho Lake route involves long uphill climbs, and the Thorong La Pass includes steep ascents and sharp descents. Here, you are testing your stamina and balance.
- You will experience decreasing oxygen levels above 3,500 m that can cause fatigue, headaches, or dizziness.
- Rest days in Manang for acclimatization will help your body adjust safely to high altitudes.

Preparation & Fitness

- The trek does not require specific training, but it requires physical endurance. Good cardiovascular endurance, leg strength, and overall fitness can improve comfort and reduce the risk of injury.
- You should be mentally prepared before the trek. Patience, determination, and a positive mindset help handle long days, difficult terrain, and sudden weather changes.
- Essential gear includes: Trekking poles, sturdy boots, layered clothing, sun protection, and a small first-aid kit.
- Prior hiking or trekking experience is an advantage, but not mandatory.

Tip: *Practicing jogging, hill walking, or stair climbing a few weeks before the trek can significantly improve your stamina.*

Annapurna Circuit Tilicho Lake Trek Safety Guidelines

Discovery World Trekking conducts the Annapurna trek with Tilicho Lake following Nepal Tourism Board safety guidelines.

- All **guides are well-trained** in **Intensive Wilderness First Aid** and have years of trekking experience in the Annapurna region.
- We include a **planned rest day** or an **acclimatization day**, especially in Manang, to help your body adjust safely to higher altitudes.
- Guides carry **oximeters** to track oxygen saturation and detect early signs of altitude sickness.
- We ensure that the crew uses **high-quality sanitizers**, **masks**, and **gloves**. We regularly inspect the food and accommodation to maintain hygiene and safety.
- **First-aid kits** and **oxygen cylinders** are carried throughout the trek. We enforce immediate descent if you face any altitude-related issues.
- For severe altitude sickness or medical emergencies, we offer an **immediate helicopter evacuation** (covered by your insurance).
- The itinerary and schedule can be adapted during the trek to suit your pace, health, and fitness.

Altitude Sickness Prevention and Response

Altitude sickness can occur when your body does not adjust well to the lower oxygen levels at higher elevations. The Annapurna Circuit and Tilicho Lake Trek reach high elevations, so proper acclimatization is important.

- **Ascend gradually:** Follow the planned itinerary and avoid gaining altitude too quickly.
- **Stay hydrated:** Drink plenty of water throughout the day and avoid alcohol, which can worsen dehydration.
- **Take acclimatization breaks:** Use the planned rest day in Manang to allow your body to adjust before heading to higher elevations.
- **Watch for symptoms:** Common symptoms include headache, dizziness, nausea, unusual tiredness, loss of appetite, and difficulty sleeping.
- **Tell your guide immediately:** Do not hide or ignore symptoms. Your guide will monitor your condition and decide whether you should rest, stop ascending, or descend.
- **Descend when necessary:** If symptoms become severe or worsen despite rest, descent is the safest response. Our guides can arrange emergency support when required.
- **Use oxygen when needed:** Oxygen cylinders are carried for emergencies and can provide temporary support while further medical assistance or descent is arranged.

Tip: *Listen to your body, take breaks when needed, and drink plenty of water. Altitude sickness is preventable if precautions are followed carefully.*

What to Expect After the Trek?

Completing the Annapurna Circuit with Tilicho Lake is a rewarding experience. We offer post-trek arrangements to ensure your smooth transition from high mountains to comfort.

The final leg of the journey takes you back to Pokhara, followed by onward travel to Kathmandu on a tourist bus. You can opt for a private jeep or book a flight for comfort, safety and fast travel.

Note: *Reserving a private jeep from Pokhara to Kathmandu will cost around* ***$160****.*

Celebration and Memories

We organized a celebratory meal on the night of returning to Kathmandu, including a **trek achievement certificate** and a **company t-shirt**.

You can get an opportunity to purchase local handicrafts, share stories with fellow trekkers, or explore Pokhara and Kathmandu briefly. It is the best time to share feedback about your trek experience and preserve memories with photos, journals, or videos.

Airport Transfer

On your departure day, we will **arrange a private vehicle** to take you from your hotel to Tribhuvan International Airport as a complimentary service. Please share your details in advance so we can plan a comfortable, stress-free pickup.

Tip: *Take some time to stretch and recover after the trek. High-altitude trekking can be demanding on your muscles and joints.*

Licensed Guides and Reliable Porters

Guides and porters are often from Himalayan regions. They are fluent in English, helping you connect with local traditions and bringing deep cultural insight.

All guides are officially certified by the Nepal Tourism Board and have spent years trekking in the Annapurna region. They understand altitude patterns, weather behaviour, and trail conditions, allowing them to make informed decisions for your safety.

Our porters are skilled in carrying trekking loads safely and efficiently. They are paid fairly and trained to prioritize your safety or comfort at first.

The overall team encourages a friendly, supportive, and safe trekking environment, keeping morale high even on challenging days.

Tipping Guidelines

Guides, porters, and support staff work in demanding conditions: long hours, high altitude, and physical strain. A tip reflects your gratitude for their support, care, and dedication.

While optional, tipping is a significant part of Nepali culture. It shows your appreciation for their hard work in making your trek comfortable and enjoyable.

- Tipping is customary but optional.
- We suggest tipping or paying as a group based on their service.

- Generally, tipping is done at the end of the trek in Pokhara.
- There is no set amount for tipping; you can adjust it based on your experience.

Eco-Friendly Practices & Community Support

At Discovery World Trekking, we prioritize responsible and sustainable trekking. We are affiliated with the Kathmandu Environmental Education Project (KEEP) to support eco-friendly practices and local communities.

We practice eco-tourism as:

- We recommend our clients carry out all plastic and non-biodegradable waste to keep trails clean and preserve the natural environment.
- Our team encourage the use of boiled or purified water with careful consumption to protect scarce high-altitude water resources.
- We stay in family-run lodges, purchase from local shops, and prioritize services that directly support Himalayan communities.
- Our guide educates trekkers on local customs and festivals. We recommend you ask before photographing people or religious sites.
- We suggest observing wildlife from a distance and avoiding feeding them so that our trekking does not disturb natural habitats.

How to Book the Annapurna Circuit Tilicho Lake Trek?

Booking a trek to Annapurna Circuit Tilicho Lake with us is a simple, flexible and easy process. You can choose your dates and customise your itinerary/schedule to suit your needs through email or phone.

You need to pay **10% of the total cost** while booking the trek schedule. You can use any of the **international payment gateways**, like **credit cards**, **Western Union**, **Wise**, etc., at your convenience. Once the payment is received, we will confirm your booking immediately.

After confirmation, please send your passport copy straightaway, even if other documents are still being arranged.

You can send the remaining documents afterwards:

- **One passport-size photo** with a clear face. (Can be clicked from your phone or camera)
- Flight schedule, airline name, arrival and departure time.
- A certificate of **travel insurance** policy with the company and contact details.
- **Accommodation information in Kathmandu**, including hotel name and location.

Once we receive your documents, receive a full pre-trek briefing covering permits, logistics, and what to expect on the trail through a WhatsApp call.

You can pay the remaining amount during your briefing in Kathmandu, and we would prefer cash for the payment.

Note: *Kindly add our number +977-9840055491 or share your contact details for smooth coordination.*

Private Package

We offer a fully **private trek** with dedicated guides and porters, tailored to your preferences. You can enjoy the exclusive service like customizing trek duration, pace, and rest stops, ensuring personalized support and guidance.

It is ideal for couples, families or friends who want comfort, safety, and exclusive service. If you have a group of five or more, an assistant guide will join your team. He will help you to manage logistics, meals, and accommodation, ensuring your comfort and safety.

No other travellers will be added, so you can experience a truly private trip from start to finish. You can also get group discounts depending on your group size.

Last-Minute Bookings

Not every trek goes for long-term preparation; some can be planned at the last moment. We accommodate last-minute trekkers whenever possible, making quick confirmation easy and secure. You will be helped to organize your trek, depending on the guide, permit, and accommodation.

Key Points:

- Pay 10% of the cost before booking
- Pay the remaining cost 90% at least 24 hours before departure
- Payments can be made through credit card, bank transfer, Wise, Western Union, etc.
- We try to arrange accommodations, meals, and guides even on short notice
- Limited availability during peak season; early communication is required
- The trek depends on the weather conditions and lodge capacity
- Contact Paul at +977-9840055491 or email info@discoveryworldtrekking.com for details
- Have your passport, insurance, and photo ready before the trek

Flexible Scheduling

Your trek can be adapted to your timing and needs without disrupting the main itinerary. You can shift departure dates, add extra rest or acclimatization days or include optional detours such as Annapurna Sanctuary or village cultural visits.

You can start or end your trek from other cities, such as Pokhara, instead of Kathmandu. We will adjust your itinerary to accommodate flight delays or schedule changes, ensuring a smooth start or finish to your journey.

Why Choose Annapurna Circuit Trek with Tilicho Lake?

The Annapurna Circuit with Tilicho Lake trek is not just a trail walk but an **unforgettable journey** through wild, **stunning scenery**. Trekking with our team shows how a challenging journey can become a smooth, well-managed experience.

You can book your Annapurna Circuit with Tilicho Lake trek with full confidence. We are a **government-registered** and **bonded trek operator in Nepal**, and members of **TAAN** and **NMA**. Our guides are **certified**, **professional**, and **trustworthy** team members who backed you throughout the trek.

Our itineraries are carefully structured to match the pace of the trail, helping you adapt naturally to changing altitude and terrain. With experienced guides who understand both the route and its challenges, you are supported with the right decisions at the right time.

From planning to execution, every part of the trek is handled with attention to detail, so your focus stays on the journey.

Key highlights of the Annapurna Circuit with Tilicho Trek are:

- **Breathtaking Landscapes:** Cross Thorong La Pass (5,416 m) and experience panoramic views of Annapurna, Dhaulagiri, and Nilgiri ranges
- **Tilicho Lake Detour:** Visit one of the world's highest lakes (4,919 m), a spectacular side adventure away from the main circuit
- **Cultural Diversity:** Trek through Gurung, Magar, and Tibetan-influenced villages, monasteries, and sacred sites
- **Well-Supported Trekking Team:** Professional guides, reliable porters, and high-quality logistics make the trek safe and enjoyable
- **Health & Safety Focus:** Proper acclimatization, oxygen monitoring, and emergency rescue facilities minimize risk
- **Eco-Conscious Adventure:** Engage in responsible travel practices, support local communities, and preserve the Himalayan ecosystem
- **Suitable for Many Trekkers:** Challenging but feasible for trekkers with good fitness, positive attitude, and enthusiasm for high-altitude trekking

The main reasons behind **choosing** the Annapurna Circuit with Tilicho Lake are:

Geography and Changing Landscapes

The Annapurna Circuit Tilicho Lake takes you across some of the **most contrasting landscapes in the Nepal Himalayas**. Starting from the lower **Marsyangdi Valley**, the route gradually shifts from green terraced hills and dense forests to the dry, wind-carved terrain of Manang and Mustang.

You experience a natural progression that feels like **multiple ecosystems in a single journey**, especially after crossing into the **Manang region**.

- Pass through pine and juniper forests before Chame
- Enter arid terrain after Pisang with strong mountain winds
- See giant rock formations like **Paungda Danda** near Pisang
- Cross glacial-fed streams and moraine landscapes near Upper Manang
- Enjoy the wide-angle views of **Annapurna II, III, IV, Gangapurna,** and **Tilicho Peak**

Key Route Progression (Lower to Upper Section)

- **Besisahar → Ngadi → Bahundanda** (river valleys and terraced hills)
- **Chamje → Dharapani → Tal** (narrow gorge and waterfalls)
- **Chame** (district entry of Manang, pine forest zone)
- **Upper Pisang / Ngawal** (wide Himalayan panoramas begin)

- **Manang** (dry alpine basin surrounded by massive peaks)
- **Thorong La Pass (5,416 m)**

Crossing Thorong La Pass (5,416 m)

Crossing **Thorong La Pass** at 5,416 meters is one of the defining moments of the Annapurna Circuit Tilicho Lake Trek**.** The route begins with a trek to Thorong Phedi and High Camp, which gradually prepares you for the challenging ascent before sunrise.

Once you reach the top, you will enjoy the **mountain panorama** that stretches across the **Damador Himal** and the Annapurna range. Then you descend sharply toward the Mustang side, entering a completely different cultural and climatic zone.

- **Route to the Pass:** Yak Kharka → Thorong Phedi → High Camp → Thorong La Pass
- Long, cold ascending with thin air and steep altitude gain above 5,000 m
- Transition from the Manang Valley to the Mustang desert landscape
- Popular acclimatization stops include Yak Kharka and Thorong Phedi
- Early morning crossing is preferred due to clearer weather and safer trail conditions
- Prayer flags mark the summit, giving you a classic Himalayan atmosphere

Tilicho Lake Side Route (4,919 m)

The **Tilicho Lake** section splits from the main Annapurna Circuit at Manang and heads west into a more remote, less crowded trail. This detour feels quieter and more isolated with narrow mountain paths before reaching one of the highest lakes in the world.

While walking towards the lake, you cross exposed landslide areas, steep scree sections, and rugged mountain terrain, creating one of the most adventurous parts of the trek.

Key Highlights:

- **Route:** Manang → Khangsar → Shree Kharka → Tilicho Base Camp → Tilicho Lake
- Return through the same trail or connect with the main circuit near Yak Kharka
- Considered one of the most beautiful alpine lakes in Nepal, with its striking blue glacial water
- Enjoy the view of **Tilicho Peak**, surrounded by snow ridges and frozen cliffs
- Overnight stay at Tilicho Base Camp before the early morning trek to the lake
- Popular for photography and high-altitude exploration

Note: *Tilicho Lake is a unique side adventure to the Annapurna Circuit route, with a peaceful environment far from the busier trekking section.*

Historical Trade Route of the Himalayas

The Annapurna Circuit once functioned as an important trans-Himalayan trade route connecting the Manang region with Tibet and lower Nepal. Before modern roads existed, traders and yak caravans used these trails to move salt, wool, grains, and dried goods between the villages and valley markets.

You can see that many villages still sit directly along these historic movement routes, preserving the same pathways used for centuries.

Traditional Trade Path Flow

- **Main Circuit Corridor:** Besisahar → Dharapani → Chame → Manang → Yak Kharka → Thorong La Pass → Muktinath → Jomsom
- **Northern link route:** Manang → Tanki Manang → Tilicho region → Mesokanto La Pass → Jomsom/Thini side trade descent

Key Highlights:

- **Manang (Nyeshang Valley)** served as a major hub for cross-border exchange (Tibetan salt trade)
- **Braga, Khangsar,** and **Tanki Manang** functioned as supply, monastery, and settlement points along the trade corridor
- **Muktinath region:** a dual spiritual and commercial junction linking the Mustang trade routes
- **Thorong La Pass** was a historic transit for traders, pilgrims, and local caravans
- Yak and mule caravan trails directly shaped today's trekking paths
- Stone-built shelters or chautara (known locally as phodro style resting points) still exist along older villages like Ngawal and Khangsar

Spiritual Sites and Sacred Himalayan Beliefs

Several sections of the trek hold deep religious importance for **both Hindus and Buddhists**. Sacred lakes, monasteries, and pilgrimage sites create a peaceful atmosphere that adds spiritual depth to your trek.

You eventually descend toward **Muktinath**, one of Nepal's most respected pilgrimage destinations, visited by travellers and devotees throughout the year.

Key Highlights:

- Small Hindu shrines and roadside temples in villages like Besisahar and Tal
- **Tilicho Lake** is linked with the ancient Kak Bhusundi Lake mentioned in Hindu mythology
- **Muktinath Temple** attracts both Hindu and Buddhist pilgrims. Some meditation caves are there, which were used by ascetics
- Buddhist prayer stones and monastery sites appear throughout the Manang Valley in Bagarchhap, Chame, and Upper Pisang
- **Braga Monastery** and centuries-old meditation caves (Braga- early Buddhist meditation, small hermit caves used by local lamas)
- Small retreat (tapasya) and hermitage spots in the surroundings of **Dhumba Lake** near Jomsom
- Local communities continue traditional spiritual rituals and mountain worship practices
- Sacred symbols and prayer flags are visible along high mountain passes and villages

Note: *Caves you see in the route are not uniform structures: some are natural, some are partially walled stone shelters. They are part of the wider Himalayan Buddhist hermitage tradition, still spiritually active and respected by locals.*

Ethnic Communities and Cultural Identity in Manang and Upper Villages

The upper Annapurna region preserves strong **Tibetan Buddhist influence**, especially in villages like Braga, Ngawal, and Manang. Each village carries its own language, dress style, and cultural expression, especially as you move toward Manang Valley.

As you spend nights in local tea houses, you experience the hospitality, food habits, and traditions that continue to define Himalayan village life.

Communities and their dresses:

- **Gurung communities** live in the lower Marsyangdi Valley (Besisahar to Tal area), known for traditional bhangra-style vests, handmade ornaments, and colourful cultural attire during festivals
- **Magar villages** in mid-hill regions like Bagarchhap and Danaque have traditional woven clothing as a part of their daily life
- **Tibetan-influenced communities** from Chame to the Pisang corridor are recognized for woolen robes, heavy mountain boots, and cold-weather Himalayan dress
- **Manangi people** with Tibetan Buddhist traditions in upper Manang (Ngawal, Braga, Manang village) wear thick wool garments, yak-wool clothing, and layered attire
- Mixed ethnic presence in trade-connected villages along the circuit

Culture:

- Distinct Manangi (Nyeshangpa), **Gurung, and Tibetan-influenced dialects** change from village to village between Dharapani, Chame, and Manang Valley
- Traditional wool clothing, yak-hide boots, and layered mountain attire are still used in the upper villages such as Ngawal, Braga, and Manang
- Tibetan Buddhist influence increases from Upper Pisang and Chame onward, becoming dominant in the Manang region
- Houses in villages such as Ngawal are built in a clustered stone style to provide warmth and wind protection
- Medieval-style villages like Ngawal and Gyaru preserve traditional architecture and old trade-route layouts
- Local food traditions include yak cheese from Manang valley, thukpa in upper villages, and Tibetan-style bread (tingmo/khapse variations)
- Cultural life reflects centuries of exchange along the Manang–Tibet trade and pilgrimage routes

Local Life and Festivals in the Annapurna Region

Life along the trail is shaped by altitude, geography, and seasonal trekking activity. As you move through villages like Tal, Chame, Pisang, Manang, and Khangsar, you notice how daily routines shift with elevation and climate.

How does daily life change along the route?

In lower villages, people focus more on farming, while in upper regions, they depend heavily on tourism and livestock.

- **Besisahar to Dharapani:** rice fields, millet farming, and roadside villages
- **Chame and Pisang:** apple orchards, forestry work, and growing tourism services
- **Upper Pisang, Ngawal, Manang:** tea house economy and seasonal trekking support
- **Khangsar and Shree Kharka:** limited agriculture with yak grazing focus
- **Yak Kharka zone:** nomadic-style herding and pasture-based living

Are you curious about what everyday mountain living looks like?

- Families operate tea houses during trekking seasons for income
- Firewood and yak dung are used for heating and cooking in higher villages
- Goods are transported by mules and yaks instead of vehicles in the upper trails
- Live in stone-built houses to handle wind, snow, and temperature drops
- Dependence on the trekking season for cash-based livelihood in the Manang region

The lifestyle remains simple, practical, and closely connected to the natural environment, where every household adapts to long winters and short working seasons.

As you travel through the Annapurna region, you can experience festivals such as:

- **Yartung Festival** in Manang and Braga, where you can witness horse racing, archery competitions, traditional dance, and post-harvest community gatherings
- **Lhosar celebrations** in Tibetan Buddhist villages like Ngawal and Manang. Here, you can see monastery prayers, colourful Tibetan clothing, cultural performances, and family gatherings that mark the Tibetan New Year
- **Dashain** in the lower Annapurna villages (Besisahar and Dharapani), where you notice decorated homes, temple worship, family reunions, swings, and traditional festive gatherings
- **Tihar celebrations** along lower and mid-hill villages, where you can see oil lamps, flower decorations, singing traditions, and rituals honouring animals and prosperity

Trip Extensions in Nepal

In addition to the above wonders, you can also **extend your journey in Nepal** with some of the country's most iconic Himalayan adventures, depending on your **visa duration, fitness level, and travel preferences.**

From the classic **Annapurna Circuit** and world-famous **Everest Base Camp** to the remote **Manaslu Circuit** and culturally rich **Langtang Valley** Trek, Nepal offers trekking experiences ranging from short alpine journeys to challenging high-pass expeditions beneath the highest peak on Earth.

Tip: *If your visa duration is running out and you wish to extend your stay for more trekking or travel in Nepal, you can apply for a visa extension through the Department of Immigration Nepal.*

Annapurna Circuit with Tilicho Lake Trek Cost

Are you planning your trek to the Annapurna Circuit with Tilicho Lake?

Knowing the cost in advance helps you budget effectively and enjoy the adventure without surprises.

The Tilicho Lake Trek costs vary depending on private group size, season, and services included. But we have guided packages that usually cover most essentials, considering your needs and availability.

Cost by Group Size

Group Size	Cost Per Person (USD)	Notes
Small Group (2 - 3 Trekkers)	$990	Ideal for Couples
Medium Group (4 - 7 Trekkers)	$950	Cost-efficient; ideal for small friend/family groups. Small group with better per-person rates.
Large Group (8 - 13 Trekkers)	$900	More savings per person with a larger group.
Very – Large Group (14 - 21 Trekkers)	$870	Best value for bigger groups.

***Tip:** Costs can slightly change based on peak (spring/autumn) vs off-peak seasons.*

FAQs For Annapurna Circuit Trek with Tilicho Lake

GENERAL INFORMATION

Why trek to Annapurna Circuit Tilicho Lake with Discovery World Trekking?

Since 2010, Discovery World Trekking has helped thousands of travelers explore Nepal's Himalayas with confidence. On our Annapurna Circuit with Tilicho Lake Trek, you will be led by **government-licensed guides who prioritize your safety and proper acclimatization.** At the same time, our team handles every detail, from **permits and transportation to accommodation**. Guided by our belief to '**never stop exploring'**, we combine local expertise, transparent pricing, genuine Nepali hospitality, and a commitment to responsible tourism to make your trekking journey safe, seamless, and memorable.

How long does the Tilicho Lake trek take?

Our Anapurna Circuit with Tilicho Lake trek takes **16 days under normal weather and trail conditions**, covering approximately **145 km (90 miles)** on foot. The itinerary includes your arrival in Kathmandu, travel to the trailhead at Besisahar, the trek to Tilicho Lake, the crossing of Thorong La Pass (5,416 m), and the return journey from Muktinath via Pokhara to Kathmandu. It also includes an acclimatization day in Manang to help you adjust safely to the high altitude.

How does this trek differ from the standard Annapurna Circuit Trek?

The main difference is that this itinerary includes a side trip to **Tilicho Lake (4,919 m)**, while the standard Annapurna Circuit continues directly from Manang to Yak Kharka without visiting the lake. The route also includes an overnight stay at Tilicho Base Camp before rejoining the main trail at Yak Kharka and continuing toward Thorong La Pass. This detour involves steeper trails and more rugged terrain, making the overall journey longer and more challenging.

What is special about Tilicho Lake?

Situated at 4,919 meters, Tilicho Lake is one of the **deepest high-altitude lakes in the Himalayas**, reaching a depth of around **85 meters (279 feet).** You can reach the lake via a side trip from the main Annapurna Circuit trail. It is famous for its crystal-clear turquoise glacial water, which reflects the surrounding snow-capped peaks. The lake also holds religious significance for both Hindus and Buddhists and is mentioned as Kak Bhusundi Lake in the Hindu epic Ramayana, adding cultural and spiritual significance to its natural beauty.

How high is the Tilicho Base Camp located?

Tilicho Base Camp is located at an altitude of approximately **4,150 meters (13,615 feet)**, above Shree Kharka in the Manang District of Nepal. It is the final overnight stop before the early morning hike to Tilicho Lake (4,919 m).

How much time does it take to hike from Tilicho Base Camp to Tilicho Lake?

The hike from Tilicho Base Camp to Tilicho Lake usually **takes 3 to 4 hours,** depending on your pace, trail conditions, and weather. The return journey to the base camp takes around **2 to 3 hours,** making it a full day of high-altitude trekking before you continue the Annapurna Circuit route.

What is the highest point of the Trek?

The highest point of the trek is **Thorong La Pass**, which stands at **5,416 meters (17,769 feet).** Crossing the pass is one of the most challenging and rewarding parts of the journey. You can enjoy panoramic views of Chulu, Dhaulagiri, Nilgiri, and the surrounding Annapurna ranges from the top of the pass.

TREK DIFFICULTY

How difficult is the Tilicho Lake trek?

The Annapurna Circuit with Tilicho Lake Trek is **considered a moderately difficult to challenging trek**. The route covers approximately 160–180 km, depending on the itinerary, and reaches Tilicho Lake (4,919 m) and Thorong La Pass (5,416 m). Long walking days, steep ascents and descents, high altitude, and changing weather make it more demanding than the standard Annapurna Circuit. However, if you have a good level of fitness, prepare properly, and follow proper acclimatization, you can complete the trek successfully.

Is the trek suitable for beginners?

Yes, motivated beginners with **good physical fitness** can complete the Annapurna Circuit with the Tilicho Lake Trek. While previous trekking experience is helpful, it is not essential. The key is to prepare well, maintain a comfortable walking pace, follow the acclimatization schedule, and listen to your guide's advice throughout the trek.

How many hours do we trek each day?

On average, you'll trek **5–6 hours per day**, depending on the itinerary and trail conditions. Some days, such as the hike from Tilicho Base Camp to Tilicho Lake and the crossing of Thorong La Pass, can take 7–8 hours due to the higher altitude and more challenging terrain.

Which trek is right for me: EBC or the Annapurna Circuit with Tilicho Lake?

It depends on the kind of trekking experience you're looking for. The Everest Base Camp Trek follows the footsteps of legendary climbers through Sherpa villages to the base of Mount Everest, the world’s highest peak. In contrast, the Annapurna Circuit with Tilicho Lake takes you through a wider range of landscapes, including lush forests, deep river valleys, high mountain deserts, Tilicho Lake, and the iconic Thorong La Pass. If you like more varied scenery and cultural diversity throughout the journey, the Annapurna Circuit with Tilicho Lake is likely the better choice.

What are the key differences between the ABC Trek and the Annapurna Circuit with Tilicho Lake Trek?

Both treks showcase the beauty of the Annapurna region, but they differ in duration, route, scenery, and overall trekking experience. The table below compares their key features to help you decide which trek is right for you.

Feature	Annapurna Base Camp (ABC) Trek	Annapurna Circuit with Tilicho Lake Trek
Duration	7–11 days	16 days
Highest Elevation	Annapurna Base Camp (4,130 m)	Thorong La Pass (5,416 m)
Major Highlights	Annapurna Sanctuary, Annapurna Base Camp, Machhapuchhre Base Camp	Tilicho Lake, Thorong La Pass, Manang, Mustang
Route Type	Out-and-back	Circular trek
Landscape	Forests, terraced fields, alpine valley	Forests, river valleys, alpine desert, high mountain passes
Culture	Gurung and Magar	Gurung, Manangi, Thakali, and Tibetan-influenced
Difficulty	Moderate	Moderate to Challenging
Best For	Trekkers with limited time	Trekkers seeking a longer and more diverse Himalayan adventure

How do I decide between Manaslu Circuit and Annapurna Circuit with Tilicho Lake?

The Manaslu Circuit Trek takes you through a more remote and less-visited region and requires a special permit and a licensed guide. The Annapurna Circuit with Tilicho Lake Trek offers easier logistics, well-established teahouses, a visit to Tilicho Lake, and the crossing of Thorong La Pass. If you enjoy quieter trails and a more remote and peaceful trekking experience, Manaslu may be the better fit. If you prefer more varied landscapes, easier access, and a wider choice of teahouses, the Annapurna Circuit with Tilicho Lake is a great option.

PREPARATION & FITNESS

How fit do I need to be for the Annapurna Circuit with Tilicho Lake Trek?

You should have a **good level of physical fitness** and be comfortable walking **5–7 hours daily** for more than two weeks. Since the trek reaches elevations above 5,000 meters, good endurance is more important than speed. Regular cardio exercise and leg-strength training before the trek will improve your experience.

Do I need prior trekking experience for this trek?

No. Previous trekking experience is beneficial but not required. Many first-time trekkers successfully complete the Annapurna Circuit with Tilicho Lake Trek by preparing well, following a proper acclimatization schedule, and trekking with an experienced guide.

How should I prepare physically for the trek?

You should begin training at least **6–8 weeks before your trek**. To improve your fitness, you can focus on hiking, brisk walking, running, cycling, stair climbing, and strength exercises for your legs and core. If possible, you can also add a few hikes carrying a backpack to build endurance and get comfortable walking for long hours on uneven mountain trails.

PERMITS

What permits are required for Annapurna Circuit with Tilicho Lake Trek?

You need an **Annapurna Conservation Area Permit (ACAP)** for this trek. The permit is required to enter the Annapurna Conservation Area and helps support conservation efforts, trail maintenance, and visitor management. We will arrange the permit for you before the trek begins.

Are the permits included in the trek package?

Yes. If you book with us (Discovery World Trekking), your Annapurna Conservation Area Permit (ACAP) is included in the Annapurna Circuit with Tilicho Lake Trek package. We handle the documentation required to obtain a permit, so you can focus on preparing for your adventure.

Where can I obtain the necessary permits for this trek?

The mandatory permit is the ACAP permit, and you can obtain it from the **Annapurna Conservation Area Project (ACAP)** offices in Kathmandu or Pokhara. If you're joining our trek, you won't need to visit these offices, as we'll complete the permit process for you. All you need to do is provide us with a copy of your valid passport and passport-sized photographs.

Can I do the Tilicho Lake Trek alone?

No. According to the current trekking regulations in Nepal, foreign trekkers must be accompanied by a licensed guide in the Annapurna region. So, trekking with a guide is recommended due to the high altitude, changing weather conditions around Tilicho Lake and Thorong La Pass, and the landslide-prone section between Khangsar and Tilicho Base Camp.

INSURANCE & VISA

Is travel insurance required for the Annapurna Circuit with Tilicho Lake Trek?

Yes. Comprehensive travel insurance is mandatory for the Annapurna Circuit with Tilicho Lake Trek due to the high altitude of Tilicho Lake (4,919 m) and Thorong La Pass (5,416 m). In the case of altitude sickness, severe injury, or other medical emergencies, insurance ensures you can receive prompt assistance, including helicopter evacuation.

What should my travel insurance cover for this trek?

Your insurance policy should **cover high-altitude trekking up to at least 5,500 meters, emergency helicopter evacuation, medical treatment, hospitalization fees, costs incurred due to trip cancellations or interruptions, and loss of personal belongings**. Before purchasing a policy, you should verify that it specifically includes trekking in the Nepal Himalayas.

Do I need a visa to visit Nepal for the trek?

Yes. Most foreign nationals, except indian citizens, require a tourist visa to enter Nepal. The visa must remain valid for the entire duration of your stay, including your trek and any additional travel days before or after your adventure. For your Tilicho Lake trek, a 30-day visa for $ 50 USD is recommended.

Can I obtain a visa on arrival at the airport?

Yes. Most nationalities can obtain a Visa on Arrival at Tribhuvan International Airport in Kathmandu. You can also apply online to Nepal Immigration before your arrival to save time. You should have passport-sized photos, a visa fee (USD or NPR), a passport with at least 6+ months of validity, and a visa application form. We recommend checking the latest visa requirements for your nationality before travelling to Nepal.

GUIDES & PORTERS

Is a guide included in the Annapurna Circuit Trek with Tilicho Lake package?

Yes. Our package includes a highly trained, experienced, and English-speaking trekking guide who will accompany you throughout the journey. Each of them holds a verified government-issued tourism license, along with Wilderness First Aid and CPR certifications. Your guide ensures your safety, manages the daily itinerary, assists with accommodation, and provides information about the region's culture, history, and landscapes.

Can I do this trek independently, or is a guide recommended?

No. According to the Nepal Tourism Board's current regulations, each trekker must be accompanied by a licensed guide when trekking in the Annapurna region. Even aside from regulations, a guide is highly recommended for navigating remote sections, monitoring altitude-related health risks, and ensuring a safer trekking experience.

What role do the guides and porters play during the trek?

Your guide **leads the trek, monitors your health and acclimatization**, coordinates accommodation and meals, provides local insights, and assists in emergencies. Porters carry your main duffel bag (up to 9 kg per trekker, shared between two trekkers), allowing you to trek comfortably with only a light daypack.

Is hiring a guide necessary if I have trekking experience?

Yes. Regardless of your trekking experience, a licensed guide is required under current trekking regulations for the Annapurna region. An experienced guide also adds value by helping you safely navigate the route to Tilicho Lake and Thorong La Pass, where weather and trail conditions can change quickly.

ACCOMMODATION

What type of accommodation is available on the trek?

Accommodation in the Tilicho Lake trek is provided in traditional, family-run teahouses, including villages such as Chame, Upper Pisang, Manang, Tilicho Base Camp, Yak Kharka, Thorong Phedi, and Muktinath. Rooms are generally simple but comfortable, usually with twin beds, mattresses, pillows, and blankets.

Are there electricity and Wi-Fi services at the teahouses?

Yes. Most teahouses along the route offer electricity for charging electronic devices and Wi-Fi for an additional charge of NPR 100 to NPR 500 ($1– $5 USD). However, internet connectivity becomes slower and less reliable at higher elevations, particularly around Tilicho Base Camp and Thorong Phedi.

Are hot showers and attached bathrooms available during the trek?

Attached bathrooms and hot showers are common in lower-altitude villages such as Besisahar, Chame, and some lodges in Manang. But at higher elevations, especially around Tilicho Base Camp and Thorong High Camp, you can only find shared bathrooms. In the upper section, you may only get the option of bucket showers at extra cost ($2– $5 USD), depending on the weather.

Can I get a single/private room at the teahouses?

Yes, private rooms are available in many teahouses, particularly during the off-season. However, during the busy spring and autumn trekking seasons, availability is limited. At popular stops like Manang, Tilicho Base Camp, and Thorong Phedi, twin-sharing rooms are often the only option due to high demand.

FOOD & DRINKS

What kind of meals will be provided during the trek?

Teahouses along the Annapurna Circuit with Tilicho Lake Trek serve a variety of freshly prepared meals. You can get options from Nepali, Tibetan, Indian, and basic Western cuisines. Common meals include Dal Bhat, fried rice, noodles, soups, pasta, momos, potatoes, eggs, pancakes, porridge, Tibetan bread, chapati, and seasonal vegetables. Dal Bhat is the most popular choice because it is nutritious and often comes with free refills.

Can vegetarian, vegan, or gluten-free meals be arranged?

Yes. Vegetarian meals are widely available throughout the trek. Many teahouses also serve vegan-friendly dishes such as vegetable soups, rice, potatoes, lentils (Dal), vegetable curries, and some noodle dishes prepared without dairy or eggs. Gluten-free options are more limited, especially at higher elevations. We recommend choosing naturally gluten-free foods, while avoiding Tibetan bread, pasta, pancakes, and most noodle dishes unless they are confirmed to be gluten-free.

If you have food allergies or other dietary requirements, please let us know before the trek so we can advise you on your meal options. We also recommend bringing your preferred snacks if you have strict dietary needs.

Is drinking water safe during the trek, or should I bring water purification tablets?

Yes. Safe drinking water is available throughout the Annapurna Circuit with the Tilicho Lake Trek. Most teahouses sell boiled or filtered water, and refill stations are available in many villages along the route. We recommend carrying a reusable water bottle and using purification tablets, a filter, or a UV purifier instead of buying bottled water to help reduce plastic waste in the Annapurna Conservation Area.

What local dishes should I try on the Annapurna Circuit?

Don't miss Dal Bhat, Nepal's traditional meal of rice, lentil soup, vegetable curry, and pickles. You should also try Momos (steamed or fried dumplings), Thukpa (Tibetan noodle soup), Tibetan bread served with honey or jam, Dhido (a traditional buckwheat or millet porridge), and Tsampa (roasted barley flour). While you pass through Marpha, you should taste its famous apples, fresh apple juice, apple pie, and locally made apple brandy.

Can I buy snacks and drinks along the trekking route?

Yes. Most teahouses and small shops in villages such as Chame, Manang, Yak Kharka, and Muktinath sell snacks, chocolates, biscuits, soft drinks, tea, coffee, and energy bars. Prices increase with altitude, so it's a good idea to buy your favorite snacks in Kathmandu before the trek.

Is alcohol available during the trek?

Yes. Many teahouses serve beer, whisky, rum, and locally brewed drinks such as Raksi and Chhyang. However, we recommend avoiding alcohol when you are trekking at high altitude, as it can contribute to dehydration and increase the risk of altitude sickness.

WEATHER

What is the best time of year for the Annapurna Circuit Trek with Tilicho Lake?

The best seasons for the Annapurna Circuit with Tilicho Lake Trek are spring (March to May) and autumn (September to November). These months offer stable weather, clear mountain views, comfortable trekking temperatures, and the best trail conditions for crossing Tilicho Lake and Thorong La Pass.

What weather conditions should I expect during the trek?

The weather varies significantly with altitude. Lower elevations are generally mild, while higher areas such as Tilicho Base Camp, Tilicho Lake, and Thorong La Pass can experience strong winds, freezing temperatures, and sudden weather changes. It's common to experience sunshine, clouds, rain, or snow on the same day, so you need to pack layered clothing.

Can I undertake this trek during the monsoon or winter seasons?

Yes, but these seasons are more challenging. The monsoon (June to August) brings heavy rainfall, slippery trails, and an increased risk of landslides. During winter (December to February), heavy snowfall and extremely cold temperatures can make crossing Tilicho Lake and Thorong La Pass difficult or impossible.

How cold does it get during the Tilicho Lake Trek?

Temperatures vary depending on the season and altitude. During spring and autumn, daytime temperatures are generally comfortable, while nights at higher elevations can drop below -10°C (14°F). In winter, temperatures around Tilicho Lake and Thorong La Pass may fall below -20°C (-4°F). You need to carry a sleeping bag for more comfort and warmth.

HEALTH & SAFETY

What health risks should I be aware of on Tilicho Lake?

The primary health concern is altitude sickness due to the high elevations reached during the trek. You should be aware of other potential risks such as dehydration, sun exposure, cold-related illnesses, fatigue, and minor injuries. Following a gradual itinerary, staying hydrated, and listening to your guide's advice can reduce these risks.

How do I know if I have altitude sickness, and how can I prevent it?

You can track the early symptoms of altitude sickness, including headache, nausea, dizziness, loss of appetite, unusual fatigue, and difficulty sleeping. Prevention involves ascending gradually, drinking plenty of water, avoiding alcohol, eating nutritious meals, and taking proper acclimatization days. If symptoms worsen, your guide will descend you to a lower altitude and then go for emergency evacuation if needed.

What emergency procedures are in place in case of health issues?

Our guides are trained in basic first aid and monitor every trekker for signs of altitude sickness and other health concerns. If a serious medical situation arises, they will coordinate with the Kathmandu team to arrange emergency transportation or helicopter evacuation when necessary. You should have comprehensive travel insurance, including high-altitude trekking and emergency evacuation.

Is the landslide section on the Tilicho Lake Trek dangerous?

The section between Khangsar and Tilicho Base Camp passes through a landslide-prone area that requires extra caution. Your guide carefully assesses trail conditions and guides you through the safest route. You should follow the guide's instructions, avoid unnecessary stops, and cross the area steadily. Conditions vary depending on the season and recent weather.

Is helicopter evacuation available during the Tilicho Lake Trek?

Yes. Emergency helicopter evacuation can be arranged in the event of a serious illness or injury when weather conditions permit. Please make sure that your insurance policy covers trekking and evacuation above 5,555 meters.

PACKING & GEAR

What essential gear should I bring for the Annapurna Circuit with Tilicho Lake Trek?

You should pack warm layered clothing, waterproof outerwear, sturdy trekking boots (broken in), gloves, a warm hat, sunglasses, sunscreen, toiletries, a reusable water bottle, personal medications, a headlamp, and a small first-aid kit. Since temperatures change rapidly with altitude, proper layering is essential.

Do I need trekking poles, crampons, or other special equipment?

Trekking poles are highly recommended, especially for the steep ascent to Tilicho Lake, the long descent back to Tilicho Base Camp, and the way from and to Thorong La Pass (5,416 m). Crampons or microspikes may be necessary if there is heavy snowfall or icy trail conditions in winter or after fresh snow. Your guide will advise if any additional equipment is needed based on current trail conditions.

Are sleeping bags and down jackets provided?

Yes. Discovery World Trekking provides one used sleeping bag (non-waterproof) and one down jacket for each trekker for the duration of the trek. We also provide a duffel bag for two trekkers if you don't have one.

Can I rent trekking gear in Kathmandu?

Kathmandu, especially the Thamel area, has many trekking shops where you can rent or purchase quality equipment before your trek begins. You can find everything you need, including sleeping bags, down jackets, trekking poles, gaiters, and other essential trekking gear. If you need, we can help you choose a reliable shop with good-quality equipment and fair prices.

What essential items should I carry in my daypack?

Your daypack should contain a water bottle (1-2 liters), snacks, a waterproof jacket, warm layers, gloves, a hat, sunglasses, sunscreen, a camera, personal medications, basic toiletries, a headlamp, important documents, and any valuables. Keep your daypack light while ensuring you have everything you'll need during the day's walk.

CULTURE & LIFESTYLE

What makes the culture of the Annapurna region unique?

The Annapurna region is home to a rich blend of ethnic communities, each with its own language, traditions, festivals, and way of life. As you trek through traditional villages, you'll experience a unique mix of Hindu and Tibetan Buddhist cultures reflected in local architecture, monasteries, prayer flags, and warm Himalayan hospitality.

Who are the main ethnic groups living along the route?

The Annapurna Circuit with Tilicho Lake Trek passes through villages inhabited mainly by Gurung, Thakali, and Manangi communities. As you gain altitude, Tibetan Buddhist culture becomes more prominent, particularly in the upper Manang region, where many traditions have remained unchanged for generations.

What customs and traditions should trekkers respect?

When visiting villages and religious sites, dress modestly, ask permission before photographing local people, remove your shoes before entering monasteries or homes, and walk clockwise around stupas, mani walls, and prayer wheels. You should respect local customs, avoid littering, and greet locals politely to help preserve the region's culture and traditions.

Can I experience local festivals along the Tilicho Lake trek?

Yes. Depending on the time of your visit, you may experience some of Nepal's most important cultural festivals. Common festivals in the region include:

- **Dashain** – Nepal's biggest Hindu festival celebrating the victory of good over evil.
- **Tihar** – The Festival of Lights, honoring crows, dogs, cows, and family relationships.
- **Lhosar** – The Tibetan New Year, celebrated by Buddhist communities with prayers, dances, and traditional feasts.
- **Yartung Festival** – A unique Manang festival featuring horse racing, cultural performances, and community celebrations after the harvest season.

Festival dates vary each year according to the lunar calendar.

Will I see local people wearing traditional attire during the trek?

Yes. Although modern clothing is common for everyday life, many locals wear traditional attire during festivals, religious ceremonies, weddings, and other cultural celebrations. Depending on the community, you may see:

- **Gurung women** wear the traditional Ghālek (a velvet blouse) with a Phariya (wrap-around skirt), colorful shawls, and traditional gold and silver jewellery.
- **Thakali men and women dress** in traditional woven woolen garments, often paired with distinctive hats, aprons, and handcrafted ornaments during cultural events.
- **Manangi (Nyishangba) communities** wear Tibetan-style Chubas (long woolen robes), along with boots, belts, and turquoise or coral jewellery suited to the high Himalayan climate.

During festivals such as Lhosar and Yartung, you'll have the best opportunity to see traditional attire worn with ceremonial accessories and cultural ornaments.

Are there any monasteries, prayer flags, or other Buddhist landmarks along the route?

Yes. As you enter the Manang region, you'll notice a strong Tibetan Buddhist influence, with numerous monasteries and sacred landmarks throughout the trail. Along the trek, you'll encounter:

- **Braga Monastery (Braka Gompa)** – One of the oldest monasteries in the Manang Valley, believed to be over 500 years old.
- **Mani walls –** Long stone walls carved with the mantra Om Mani Padme Hum.
- **Prayer wheels and chortens (stupas) –** Sacred Buddhist landmarks found throughout the villages, symbolizing peace, compassion, and spiritual protection.
- **Prayer flags –** Colorful flags decorating villages, suspension bridges, mountain passes, and viewpoints, especially around Manang, Tilicho Base Camp, and Thorong La Pass. They are believed to carry prayers and blessings on the wind.

BOOKING & PAYMENTS

How far in advance should I book the Trek?

We recommend booking **at least 2–4 weeks** before your preferred departure date, especially during the peak spring (March–May) and autumn (September–November) seasons. Early booking helps secure your preferred dates and allows sufficient time to prepare the permits and necessary arrangements.

What is the payment process for booking this trek?

To confirm your booking, simply complete our online booking form and pay the 10% deposit. You can pay the remaining balance before the trek begins using the payment methods specified during the booking process. Once your booking is confirmed, we'll send all the necessary trip details and preparation information.

Are there any cancellation or refund policies?

Yes. Our cancellation and refund policies are outlined in our terms and conditions. We recommend reviewing them before booking. If you have any questions regarding cancellations, postponements, or refunds, our team will be happy to assist you.

How much will the Annapurna Circuit with Tilicho Lake trek cost?

Our Annapurna Circuit with Tilicho Lake Trek costs between **$870 and $990 USD**, depending on your group size, departure date, and any optional services or upgrades you choose. Please refer to the pricing section on our trek page for the latest package cost and inclusions.

How much extra money should I budget per day?

We recommend carrying around **$20–$40 USD per day** for personal expenses such as drinks, snacks, Wi-Fi, hot showers, charging electronic devices, laundry, and other optional purchases. Actual spending varies depending on your preferences.

TRANSPORTATION

What are the transportation options if there are delays or cancellations?

Mountain roads and weather conditions can occasionally affect transportation schedules. If delays or cancellations occur, we arrange the best available alternative, like jeeps or buses, whenever possible. Any additional costs resulting from circumstances beyond our control may not be included in the trek package.

Where does the trek start, and how do I get there?

The trek begins with a drive from Kathmandu to Besisahar, followed by local transportation to the starting point, **Jagat**. Depending on the road conditions, all travel arrangements are organized by our team and included in your package.

Can I customize my transportation during the trek?

Yes. If you prefer private transportation instead of the standard shared local transport, we can reserve a jeep for you upon request for an additional cost. It will cost around $170 from Kathmandu to Jagat and $160 from Pokhara to Kathmandu. Please let us know your preference before your trek begins.

Where does the Annapurna Circuit with Tilicho Lake Trek end?

The Annapurna Circuit with Tilicho Lake trek concludes at **Ulleri** after crossing Thorong La Pass and trekking through Muktinath, Tatopani, Poon Hill, and Ghorepani. From Ulleri, you'll drive to Pokhara on a public bus before continuing to Kathmandu.

How will I return to Kathmandu after completing the trek?

After completing the trek, you can return to Kathmandu **by tourist bus or a private vehicle** from Pokhara. If you prefer a faster and more comfortable option, a domestic flight from Pokhara International Airport to Kathmandu can also be arranged at an additional cost.

Discovery World Trekking

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