

# Tilicho Lake Trekking

The trail follows the popular route of Annapurna Circuit. The trekking begins at Besisahar and follows the Manang Valley descending down to Kali Gandaki Valley. This route entails crossing Thorang La pass (5416m), one of the highest and challenging Himalayan passes.

Tilicho Lake Trek is an adventurous trekking journey into the Annapurna region to reach Tilicho Lake (4919m), one of the highest Himalayan wetlands in Nepal. A glacial lake with its source at Thorang La peak (6144m), Tilicho is regarded as an important pilgrimage site by Buddhists as well as Hindus. Tilicho Lake Trek great mountain views, lakes, rivers, deepest valleys, and diverse biodiversity ranging from sub-tropical and alpine.

The trail follows the popular route of Annapurna Circuit. The trekking begins at Besisahar and follows the Manang Valley descending down to Kali Gandaki Valley. This route entails crossing Thorang La pass (5416m), one of the highest and challenging Himalayan passes before dropping down to the town of Jomsom. The pass offers intimate and impressive views of Annapurna ranges, Manaslu (8163m) and Hiunchuli (6441m).

An alternative route is to approach Tilicho Lake from the north and descend to Jomsom by crossing Mesokanta La pass (5120m). A visit to the Kali Gandaki gorge is not to be missed on this trek. You will also visit Jomsom and the temple of Muktinath or Chumig Gyatsa and try the famous local cuisines made by entrepreneurial Thakali community.

Adventure Third pole Treks offers you trekking expertise and experienced guides unlike any other. The best seasons for Tilicho Lake Trek is either during Spring or Autumn.

Duration: 19 days

Price: \$1805

Rating: 3 Star

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Annapurna Region

## Quick Facts

Accommodation: Lodge / Camping

Grade: Difficult

Maximum elevation: 5121 meters

Total days in Nepal: 19

Treking days: 15

**Itinerary:**

**Day 1:** Arrival in Nepal

Arrive in Kathmandu, transfer to hotel and welcome dinner in the evening.

**Day 2:** Sightseeing in Kathmandu Valley

Sightseeing in Kathmandu Valley and preparation for the trek.

**Day 3:** Kathmandu - Besisahar

Transfer from Kathmandu to Besisahar (760m) by bus - 7h00.

**Day 4:** Besisahar - Bahudanda

Besisahar - Bahudanda (1310m) - 6h30.

**Day 5:** Bahudanda - Chamje

Bahudanda - Chamje (1430m) - 6h30.

**Day 6:** Chamje - Dharapani

Chamje - Dharapani (1860m) - 6h00.

**Day 7:** Dharapani - Chame

Dharapani - Chame (2710m) - 6h30.

**Day 8:** Chame - Pisang

Chame - Pisang (3290m) - 5h00.

**Day 9:** Pisang - Manang

Pisang - Manang (3350m) - 5h30.

**Day 10:** Acclimatization day

Acclimatization day in Manang

**Day 11:** Manang - Khangsar

Manang - Khangsar (3730m) - 5h00.

**Day 12:** Khangsar - Tilicho Base Camp

Khangsar - Tilicho Base Camp (4120m) - 5h00.

**Day 13:** Tilicho Base Camp - Tilicho Lake

Tilicho Base Camp - Tilicho Lake (4950m) - 4h00.

**Day 14:** Tilicho Lake - Kaisang

Tilicho Lake - Kaisang (3510m) via Mesokanto-la Pass (5120m) - 7h00.

**Day 15:** Kaisang - Jomsom

Kaisang - Jomsom (2720m) - 3h00.

**Day 16:** Jomsom - Pokhara

Fly from Jomsom to Pokhara (820m) - 30 minutes.

**Day 17:** Pokhara - Kathmandu

Transfer from Pokhara to Kathmandu by bus - 7h00 or by plane - 30 minutes.

**Day 18:** Free day in Kathmandu

Free day in Kathmandu and farewell dinner in the evening.

**Day 19:** Final departure

Transfer to airport for final departure..

**Highlights:**

- Visit Tilicho Lake at 4919m altitude
- Cross Thorang La pass (5416m) and observe Kali Gandaki gorgge
- Spectacular views of Annapurna, Dhaulagiri and Manaslu ranges
- Visit Muktinath and Jomsom

**Other Features:**

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