

# Annapurna and Tilicho Lake Trek | Duration: 19 Days | Cost: \$1799

Annapurna trek with tilicho lake and poon hill is the majestic trail which lead you to the highest lake in the world. This exciting trek takes you through small town villages, exploring the beautiful Annapurna Himal and high mountains. On the way you will come across the different ethnic peoples, cultures and different animals. You can visit many panoramic places and forests. You will be trekking through deepest Kali Gandaki, Thorang La, the Manang valley and excitingly the Tilicho Lake.

## At a Glance:

- **Tour code:** NATLT012
- **Style:** Trekking and hiking
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 5400m
- **Duration:** 19 Days
- **Start in:** Kathmandu|Airport
- **End in:** Kathmandu|Airport
- **Transport:** Private
- **Price:** 1799

## Highlights of the tour:

- Mingle with world heritage sites of Kathmandu
- Trekking through deepest Kali Gandaki, Thorang La and Manang valley
- Beautiful Pokhara valley tour
- Panoramic view of high mountains
- Close up watch of local villager's lifestyle and traditon

## **What's Included:**

- Airport pick up and drop.
- Welcome and farewell dinner.
- All sightseeing trip as mentioned.
- All entry fees during sightseeing.
- All Hotel accommodation.
- All Transport on Private Coach.
- 3 meals during trek.
- Pokhara valley tour.

## **What's Not Included:**

- Lunch and dinner in the city.
- Drinks and bar bill.
- Tipping.
- Personal Insurance.
- Other things not mentioned.
- Nepalese visa 40\$ for 30 days multiple

## **Arrival in Kathmandu**

When you arrive in Kathmandu at Tribhuvan international airport, You will be warmly greeted by our airport representative. After traditional warm welcome you will transferred to hotel, we will discuss about the trip and briefing about the package, evening typical welcome dinner.

## **Kathmandu: Sightseeing**

Your first day will begin with the breakfast at your hotel. Today is your full day sightseeing tour so at the very first beginning, you will be taken to Kathmandu Durbar Square. Kathmandu Durbar Square is one of the important historic and tourist destination in Nepal. The striking place was named in honor of the monkey god, Hanuman. At the southern end of the Durbar Square there is the most curious attraction in Nepal, the Kumari Chowk. After visiting Kathmandu Durbar Square you will be guided to the famous Buddhist Swayambunath Temple in Kathmandu. This temple attracts Buddhists and tourists from round the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible for many miles and from all sides of the valley. The view of Kathmandu valley from the top of the temple is stunning.

## **Drive from Kathmandu to Syange**

After breakfast, you will drive to Syange, You will be trekking the path through winding rivers and terraced fields. It will have chance to view Nepal's country side small towns and their local cultural activities along with the mighty Himalayas and up on arrival at Syange overnight camp at local lodge.

## **Trek from Syange to Dharapani**

Today's trail takes you to the Marsyandi valley wide open up to Syange after that the wide narrow valley will appear when you go ahead. On the way, you can explore the Nepalese rural village, crossing through the bridge and passing to the barley, rice and potato field, you will pass through the village of Kodo before reaching Dharapani which is the biggest villages in the Manang Valley, overnight stay at Dharapani.

## **Trek from Dharapani to Chame**

Today you are heading to Chame from Dharapani through the sensational views of Himalayas. You will reach Bagarchap, a Tibetan village, within the first hour of today's trek, followed by Dangyung, a small Tibetan settlement shortly afterwards. Then continuing the trek you enter dense forest, cross bridges over tributaries and the foot of a waterfall ascends steep stone steps to reach the new trail to Chame.

## **Chame to Pisang trek**

Today your trek starts to upper Pisang by the several river side. On the way you can visit the local small villages which had a long mani wall and interact with the local peoples. You can also visit and sightseeing the upper Pisang's medieval village which is an amazing wonderful place. On the way to Pisang you can get a chance to see excellent view of mountains. Evening dinner and stay night at lodge.

## **Trek from Pisang to Manang**

Trek from Manang to Pisang, the trail climbs steep ridge which affords beautiful view of Manang valley and Tilicho peak. The initial part of hike from Pisang to Manang is pretty flat. Descending past Manang's airstrip, The view after climb is very much rewarding. You will be exploring spectacular view of mountains. Close up watch to Tibetan style villager's lifestyle and then visit to ancient Tibetan Gumpa. Continuing your beautiful path you reach at lap of Himalaya Manang valley. Overnight in Manang.

## **Acclimatization day at Manang**

Make fit yourself for the further journey. This day is for acclimatization day in Manang. Physiologically prepare yourself for adaptation to changes in climate or environment. We recommend you to stay active even in a rest day as it is better than being idle while on a trekking journey. And in the afternoon explore Manang village, interact with villagers about their culture and lifestyle. Dinner and overnight in Manang.

## **Manang to Siri Kharka**

Today's path is little up and little down, you will trek through Manang heading the western gates. You will cross the river and continue walking on the southern side through coniferous forest. After reaching Kangsar village you need to walk further up to towards Siri Kharka and pass a Monastery on the way. Then you can see the spectacular views of Gungang Himal and Mt.Chulu when you walk uphill. After a short walk you will reach Siri Kharka. Overnight in Siri kharka.

## **Siri Kharka to Tilicho Base Camp**

After breakfast you will be trekking to the tilicho base camp through the small villages by crossing the Jomsom. The trail goes through the middle of the landslide area whereby you can see impressive rock formations along the trail. Beside that you can visit the wonderful village Khangsar and communicate with the local village peoples and about their cultures. Then after you can enjoy the natural beauty rivers and lake which are truly magical. Camp in river bank.

## **Visit Tilicho Lake**

Toady after breakfast our tour guide will take you to visit Tilicho lake. On the way you enjoy yaks and deer grazing above and below the trail. On the other side is Tilicho Lake, a large spectacularly set lake nestled at the foot of the north face of Tilicho Peak. The lake was referred by the leader of the French expedition team as 'The Great Ice Lake'. The Lake also holds an important place for the Hindus as this sacred lake features in one of the holiest texts of the Hindus, The Ramayan.

## **Siri kharka to Yak kharka**

Today you will leave Siri Kharka and start your next trek destination to Yak Kharka. The trail descend towards Khangsar village where you can interact with the local villagers about their daily lifestyle and culture. On the way you can visit Tare Gumba, a thousand year old monastery. You will walk further more until you reach a seasonal bridge in the Thorang Khola valley. After crossing the river, continue walking until reaching Yak Kharka. Overnight in Yak Kharka.

## **Yak kharka to Thorong Phedi**

This trek is little bit uphill and downhill walk through the Letdar village. Early in the morning, today you will leave Yak Kharka and follow the Kone Khola Valley. You will climb steeply from Letdar village and continue to get great views of Annapurna. After climbing for quite a while the trail suddenly dropped steeply to the river and wooden bridge. On the way to Thorang Phedi you can explore a small teahouse. By continuing the path you will finally reach Thoran Phedi. Overnight in lodge.

## **Thorong Phedi to Thorong La pass to Muktinath**

This trek is a long trek so you have to start trekking early morning. You will be crossing the way from east to west which is snowy and cold path environment. You will trek up through the mountain and when you finally

make it to the top, you can take a beautiful photographs before heading to Muktinath valley at the foot of the Thorong La Pass. After this hard climb you will find the trail to Muktinath. Overnight in Muktinath.

## **Drive from Muktinath to Tatopani**

Before heading to Tatopani guide will take you to visit the Muktinath temple which is very secret place of Hindus and Buddhist both. After that you will be driven to Tatopani where you will be sightseeing. Tatopani the name itself define the meaning(warm water) where you can enjoy the warm water. Overnight in Tatopani.

## **Tatopani to Ghorepani**

Today you are heading to Ghorepani from Tatopani. At first, you will be visiting the Ghar Khola valley. The trail passes through the villages of Shikha and Chitra before reaching a beautiful rhododendron forest. Walking furthermore you will reach Ghorepani. Overnight at Ghorepani.

## **Trek to Nayapul then drive to Pokhara**

Early morning, climb along a steep trail to the viewpoint of Poon Hill from where you can get an opportunity to enjoy the amazing dawn, a close-up view of the Annapurna and Dhaulagiri ranges. Today's trek is very exciting because our guide will take you thorough a thick forest of rhododendron trees. Then you will be trekking further to Naya Pul. Then drive to Pokhara for overnight.

## **Drive from Pokhara to Kathmandu**

Today, early morning you will be taken to see the beautiful sunrise view. After breakfast you will say goodbye to the beautiful lake city Pokhara and drive towards Kathmandu. After reaching Kathmandu you have a rest day off to take rest or souvenir shopping as well as you can do extra activities. Typical Farewell dinner in night and overnight in Kathmandu hotel.

## **Final departure**

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoy exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport.

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