

## Annapurna Circuit & Tilicho Lake Trek

Duration: 26 Days



### Overview

<b>Trip Grade: Strenuous</b>	<b>Max Altitude: 5,416m</b>
<b>Activity: Trekking</b>	<b>Group Size: 02-12 People</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

Annapurna Circuit with Tilicho Lake Trek explores one of the most celebrated walks in the vicinity Himalayas of Nepal and circumambulates the majestic Annapurna massifs, navigates to the beautiful Tilicho Lake and the scenic Ghorepani village, the ancient trading spot in the foothills of Annapurna range. This trek provides you with the opportunity to experience diverse culture, lush valleys as well as arid landscape, alpine as well as sub-tropical vegetation, world's deepest gorge formed by the Kaligandaki River as well as the high passes of Thorang La besides other contrasting sites. Join Annapurna Circuit Trek with Tilicho Lake and Ghorepani to feel the flavor of Hinduism, Buddhism and its blend, culturally rich villages and swaying suspension bridges, prayer wheels and Chhortens, terraced lands and alpine pastures as well as the towering eight-thousandths including the Annapurna I, II, III, Annapurna South, and others watching over the diverse landscape of Annapurna region. Annapurna Circuit with Tilicho Lake Trek begins from the beautiful hill town of Besisahar reached after a drive from Kathmandu in a scenic drive that takes past terraced fields, fast-flowing streams, rocky gorges, rural settlements and twisting roads. Continuing along the mighty Marshangdi River, we explore the landscapes and vegetation of Annapurna Conservation Area, rural settlements including Jagat, Syange, Chamje and others as we enter into the Manang district. With the vegetation changing from dense forest to scattered alpine, we continue traversing the Tibetan like settlements of Dharapani, Braga, Ngawal and others. From this scenic landscape surrounded by the majestic Annapurna range, we head on to the gorgeous Tilicho Lake through an ancient settlement of Manang. Ahead in the trek shall be the challenging and inspirational Thorang La Pass (5,416m), the widest pass in the world, which we cross cautiously and enter into the region of spiritual Muktinath Temple. Descending to the Valley of Kaligandaki River, we traverse through one-of-the-kind Kagbeni, Marpha (famous for tasty apple and its products) and the windy valley of Jomsom. Along the Kaligandaki River, we shall continue exploring the quaint villages, forests and lush hills, diverse flora and fauna before relaxing at the natural hot water springs at Tatopani. Ahead in the Annapurna Circuit Trek with Tilicho Lake and Ghorepani adventure, we explore the Ghorepani village through beautiful rhododendron

forest and get immersed in the early morning sunrise from Poonhill. The sunrise seen from here, over the panoramic vistas of the Himalayas including Dhaulagiri, Annapurna ranges, Fishtail, Himchuli, Thapa Peak, Dhampus Peak and others, is beyond description. From here, we descend through lush and colorful villages of Tadapani, Chhomrong before heading for Pokhara and then to Kathmandu where the trek shall come to an end. Without embarking on the Annapurna Circuit with Tilicho Lake Trek, the adventure experience in Nepal is incomplete. In this trek requiring moderate fitness and previous trekking experience, trekkers shall have diversities, contrast and enriching encounters; a strenuous, pleasant and amusing experience awaits here besides the diversity of communal in habitation, cultural heritage and wildlife. Join this package at **Himalayan Holyland Treks & Expedition** for professional service, properly planned itinerary and wonderful experience.



## Itinerary

### Day 01: Arrival in airport in Ktm(1350m) and transfer to hotel

Arrival in the airport in Ktm(1350m) and transfer to hotel, the collection of documents for the trekking preparation. Overnight at hotel in B/B

### Day 02: Kathmandu Sight-Seeing

Half day sightseeing to Swoyambhunath temple, Kathmandu durbar square to get closer to Nepali style temples, stupas and introduce to guide for the trek. Overnight at hotel in B/B basis

### Day 03: Kathmandu to Besisahar(840m) drive about 6h,

Kathmandu to Besisahar(840m) drive about 6 h and drive about one hour to Bhulbule (846m)-walk to Ngadi(930m) about an hour. Overnight in the guesthouse, breakfast, lunch and dinner.

### Day 04: Bhulbule to Jagat(1300m)-walk about 5h 30min

Bhulbule to Jagat(1300m)-walk about 5h 30min. lunch at Ghermu/Syange. We pass a hill, Bahundanda(1310m) and see a beautiful waterfall(111m falls) at Syange village. B/L/D.

### Day 05: Jagat to Dharapani(1860)-walk about 6h

Jagat to Dharapani(1860)-walk about 6h. Lunch at Tal, this is located on the riverbank of Marsyangdi Khola and the local people here are from Gurung ethnicity. This day the trail goes up and down with the view of beautiful waterfalls walk will be nice, we will also cross some suspension bridges. B/L/D

### Day 06: Dharapani to Chame(2670m)-walk about 6h

Dharapani to Chame(2670m)-walk about 6h. Lunch at Thanchok or Timang. This day, we can see Mt. Manaslu(8163m) and Annapurna II(7937m). The trail goes up and we will be walking up through the forest. In the winter, sometimes we can have snow from this place. B/L/D

### Day 07: Chame to Pisang(3300m)-walk about 5h

Chame to Pisang(3300m)-walk about 5h, lunch at Dhukur Pokhari. The trail goes quite normal in this day, walk through forests and river. We can see big apple garden also on this day. This day we can see the nice view of Annapurna II, Annapurna IV, Annapurna III and Pisang peak. There are two options to stay lower or upper Pisang. B/L/D

### Day 08: Pisang to Manang(3540m)-walk about 4h

Pisang to Manang(3540m)-walk about 4h, lunch will be either at Braka or directly go to Manang. There are two routes to Manang from Pisang one goes from Ghyaru(3670m) which takes 6h and another from Humde(3280m). Since the trail is quite high up, we feel the coldness as well. There is also a monastery and on our way, we will have a good opportunity to spin prayer wheels and recite Buddhist mantras since we pass by many small stupas and Chhortens. B/L/D

## Day 09: Rest day in Manang

Rest day in Manang, explore the old village, Monastery, lake, and do small hiking around the village for Acclimatization. There are many more options this day, if possible we can also go to Kicho Taal(Ice Lake) in the altitude of 4600m. There is the office of Himalayan Rescue Association and we can have a briefing about Acute Mountain Sickness (AMS).

## Day 10: Manang to Siri kharka( 3900m)

This day the walking distance is not so long and we will have lunch directly at Siri Kharka where we stop for the day. We walk this day passing Khangsar village and there is also a beautiful Monastery called Thare Gompa. B/L/D

## Day 11: Sirikharka to Tilicho Base Camp (4950m)-about 3h

lunch will be at Tilicho Base Camp. The walk day will be quite hard since there is a landslide area and the path is too narrow and the time of snowing, walking here will be at high risk. On our way, we can see deer and yaks grazing above and below the trail. B/L/D

## Day 12: Hike to Tilicho lake(3h) early morning

There will be a tea shop where we can have hot tea to warm up and have an excellent view of the lake with beautiful photographs and then come back to Base camp after breakfast get back to Siri Kharka. B/L/D

## Day 13: Siri Kharka to Yak kharka(4050m)-4h

Walk and lunch at the same place. On our way, we pass yak sheds and old Khangsar. When trails continue towards Yak Kharka, we cross Thorong Khola and we see Maani walls. B/L/D

## Day 14: Yak kharka to Thorong phedi(4450m)

Walk about 3h hill up, we will have a small tea break before the landslide area. We will do small hiking for the acclimatization here. B/L/D

## Day 15: Thorong phedi to Muktinath(3800m)

We will get up early in the morning and start walking. This is a very important day since we cross Thorong La pass (5416m), it is the biggest/ widest pass in the world, where there is also the highest teashop in Nepal-about 7h/8h, lunch at Chaharu(4150) which is called the Base camp of another side. Before we reach to the village there is one of the most famous Hindu Temples and Muktinath literally means the place of liberation or Mokshya in the world where thousands of Pilgrims visit every year especially they take bath in 108 holy taps. The interesting thing is we can also see natural flames just nearby the temple. B/L/D

## Day 16: Muktinath to Kagbeni(2810m)-about 4h

Walk down through Jharkot and Kthinga. On our way, we can see monastery and also Tibetan healing school. When we walk this trail, we can see the beautiful landscape of the Mustang region. This area is known as the desert of Nepal. B/L/D

## Day 17: Kagbeni to Marpha(2670m)-5h

Walk on the riverbank of Kali Gandaki river where we can find fossils(Shaligram), have lunch at Jomsom. There is a small airport in

Jomsom. Trekkers can take flight for Pokhara from here. This place is also known as the Windy Valley because after 11 o'clock, there is big wind every day. Marpha is a beautiful village where the big monastery is just at the top of the village. This place is very famous as the apple kingdom of Nepal and they produce famous Apple Brandy here. B/L/D

#### **Day 18: Marpha to Kalopani(2530m)-about 5h**

Walk through Tukuche and Larjung village( Thakali village). We walk peacefully looking at both sides of the valley and passing some villages and forest. The trail is all along the Kali Gandaki river. B/L/D

#### **Day 19: Kalopani to Tatopani(1190m)-about 6h**

We see deep gorges and beautiful waterfall, Rupse Chhahara where we have lunch. This is the deepest gorge in the world which is known as Kaligadagi Gorge. B/L/D

#### **Day 20: Tatopani to Ghorepani(2860m)**

Walk 6h. After a half an hour walk, we cross Kali Gandaki river and climb up to Sikha where we will have lunch, Magar Ethnicity is local people in this place. The trail continues to climb up and reach to Ghorepani passing Chitre. Just before we reach Ghorepani, there is a 30m walk in the rhododendron forest. B/L/D

#### **Day 21: Hiking -Poonhill (3210m), trek to Tadapani (2630m) Duration: 6h30**

This morning, we will get up before dawn to climb up to Poon Hill. From here we see superb view of the sunrise over the panoramic vista of the Himalayas, including Mt. Dhaulagiri, Annapurna I, Annapurna South, Fishtail, Hiunchuli, Thapa Peak, Dhampus Peak, Tukuche peak, Baraha Shikhar etc. After Poonhill, we will return to Ghorepani, have a hot breakfast, and continue walking to Tadapani through rhododendron forest and overnight at a guesthouse. B/L/D

#### **Day 22: Tadapani to Chhomrong (2170m) Duration: 5 hrs**

The day begins with a steep descent through the forest. Leaving Tadapani, and then the trail eases as we reach Ghurjung, the village of the Gurung ethnicity. We will see the view of fishtail, Annapurna south and Himchuli from the close distance. Overnight at guest house. B/L/D

#### **Day 23: Chhomrong to Pokhara(800m)-about 5h**

Walk and 1h30 drive by car from Nayapul. On the way from Nayapul to Pokhara, we pass by the place called Lumle which is the most rainfall area in Nepal. B/B

#### **Day 24: Pokhara to Kathmandu(200km)**

Pokhara to Kathmandu(200km)-about 7 h by A/c tourist bus. The bus stops for breakfast and lunch on the way. B/B

#### **Day 25: Free day in Kathmandu**

Free day in Kathmandu and dinner at Nepali restaurant. B/B

#### **Day 26: Departure**

Final departure day.





## Cost Includes

- => Airport pickup and drop in a private vehicle
- => Hotel accommodation in Kathmandu and Pokhara in B/B basis
- => Tea house accommodation during the trek
- => Hot soup in the high places
- => Three times meal in the trek
- => Farewell dinner in Kathmandu
- => All the transportation as per the itinerary
- => A professional guide for trek and sightseeing
- => Porter service(2 trekkers: 1 porter)
- => Insurance for guide and porters
- => Food and accommodation for guide and porters
- => All necessary documents(Permits and TIMS)
- => All government and local taxes
- => Medical kit
- => Trip completion certificate
- => Trekking map as itinerary and
- => T-shirt from the company

## Cost Excludes

- => Entry Visa for Nepal.
- => International flight to and from Kathmandu
- => Lunch and dinner in Kathmandu and Pokhara
- => Travel and rescue insurance of clients
- => Personal expenses: Shower, battery charge during the trek, bar bills, mineral water, laundry
- => Extra night accommodation in Kathmandu and Pokhara in exception of the itinerary
- => Tips for guide and porters