



Annapurna Circuit And Tilicho Lake Trek (5416m)

Details Itinerary

This trek from Discovery Mountain takes you on a circum-navigation of the Annapurna massif in central Nepal. In this trek we will cross Thorong-La Pass at 5,416 meters, one of the highest mountain passes in the world, visit Tilicho lake which is one of the most beautiful lake in Nepal. We will also come close to the world's deepest gorge - the Kali-Gandaki Gorge. We will enjoy the desert-like landscape of the Manang Valley, visit the temple of Muktinath, and walk along ever-changing landscapes of the Annapurna region.

The diversity and richness of the Annapurna Region is quite exciting. Culturally and naturally, this region garners international attention every year as one of the best places to trek in the world. Culturally speaking, there are the ethnic Gurung, Magar, and Thakali people with traditions of their own but share the village with people of not just other casts but of other ethnicities too! So it's like a mosaic of people - one household is significantly different from the other household in terms of food, lifestyle and even the dialect. Along the route you will see Buddhist mani walls and chortens hemmed with depictions of Hindu gods and goddesses - rarely in the world do you find such a harmony!

On the natural side of things, this trek is at par with similar other treks in Nepal. While the trails are mostly uphill and downhill, it's the turns and passes that make things interesting - you never know which peak the next right-turn might bring into view! You will come across natural hot spring, waterfalls, frozen lakes, alpine forests, and indeed a high-mountain pass in this Himalayan journey. Spread over several topographical and climatic zones, this region is the natural habit of a number of flora and fauna not found elsewhere in Nepal. The Annapurna Conservation Area protects the rich biodiversity including its numerous flora and fauna.

The best time to tour the Annapurna Circuit and Tilicho Lake Trek is in autumn and the second best time is in spring. Discovery Mountain highly recommends this trip for people of all age groups and all fitness levels.



Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	5416m
Duration:	:	15 Days
Walking Days:	:	10 Days
Activity:	:	Trek
Best Period:	:	MAR APR MAY SEP OCT NOV

DAY 1: ARRIVAL IN KATHMANDU (1365M)

Upon your arrival in Kathmandu, our staff will pick you up and transfer you to the hotel. You can have the rest of the day to yourself. Later, you'll be given a brief about the trip ahead.

DAY 2: DRIVE FROM KATHMANDU TO BESISAHAR TO JAGAT (1300M) 9/10H DRIVE

We begin by driving from Kathmandu via a scenic route to Mugling. After a brief stop there, take the route to Pokhara. Before arriving Pokhara, the road forks north to Besisahar. With a second stop at Besisahar, we take the route to Jagat.

DAY 3: TREK FROM JAGAT TO DHARAPANI (1965M) 6/7H TREK

It's a seven hour trek today. Starting after breakfast, we descend to the river and cross it. The terrain gets more and more beautiful as we head north until reaching Tal. At this point the giant peaks of Annapurna have already come into view. Take a rough trail from Tal, cross a dense forest to arrive at the village of Karte, and reach Dharapani in the Manang Valley where we will stay for the night.

DAY 4: TREK FROM DHARAPANI TO CHAME (2715M) 5/6H TREK

After breakfast, head along a forest and several ridges. The trail is rough today but the views are really great. Several high peaks of the Annapurna Range will be visible today. Take out your cameras and take some snaps, but pay attention to the trail as well. We will have plenty of stopovers, and the total walking duration is around five to six hours before we arrive at the village of Chame located at an altitude of 2,710 meters.

DAY 5: TREK FROM CHAME TO PISANG (3150M) 5/6H TREK

Starting early, we will trek along a steep path. It's lined by pine forests on either side. The landscape is dramatic, as we cross the rocks and suddenly arrive at a valley on the other side. The views from this point is nothing short of breathless. This is the road to Chame - with views of the mighty Himalayan peaks.

DAY 6: TREK FROM PISANG NGAWAL (3600M) 5/6H TREK

Today we begin our trek after breakfast, walking for about an hour to the first suspension bridge of the day. After crossing the suspension bridge, we ascend a steep trail that takes about an hour and a half to reach Gyaru. From Gyaru, we will have a magnificent view of Annapurna II, III, IV, and many other peaks. Once we have enjoyed and taken in the picturesque panorama of the entire Annapurna range, we head towards Ngawal.

DAY 7: TREK FROM NGAWAL TO MANANG (3550M) 3/4H TREK

We will head towards the magnificent and unspoiled Manang Valley, at an altitude of 3,550 meters. Leaving Ngawal, we will cross Muje and Barka with splendid views of Mount Annapurna and other peaks in the range, and depending on the timing, we will visit the oldest monastery in the Manang Valley. We will make a few stops along the way and gradually arrive in the Manang Valley for the night.

DAY 8: TREK FROM MANANG TO SIRI KHARKA (4040M) 4/5H TREK

Our trek from Manang to Siri Kharka is easier. We take the upper road that descends to a river that we will cross, then continue on a path that takes us through coniferous forests. After walking for about three hours, we reach the Tibetan settlement of Khangsar, but we will continue our journey forward to reach Shiri Kharka. On the trails, we will see magnificent views of Kangsar khang, Chulu west, gangapurna, Tilicho peak and many more.

DAY 9: TREK FROM SIRI KHARKA TO TILICHO BASE CAMP (4145M) 4/5H TREK

We will leave Siri Kharka in the morning and trek towards Tilicho Base Camp. The path should be easy, but it passes through landslide-prone areas. From the trails, we get to enjoy the impressive rock formations along with magnificent snow peaks - including Tilicho Peak.

DAY 10: VISIT TILICHO LAKE (5100M) AND BACK TO SIRI KHARKA 4/5H TREK

This is one of the special days of the trek as we will be viewing Tilicho Lake itself. But we start our day early in the morning at Tilicho Base Camp to avoid afternoon wind. The path is quite steep, and after laboring for two to three hours, we will reach Tilicho Lake - one of the highest lakes in the world. A wellknown French expedition team referred to Tilicho Lake as The Great Ice Lake. Tilicho lake sits surrounded by the majestic peaks - Tilicho Himal, Annapurna Range, and Nilgiri Himal. After enjoying the views of Tilicho Lake, we retrace our path back to Siri Kharka, where we will be spending our night.

DAY 11: TREK FROM SIRI KHARKA TO YAK KHARA (4050M) 4/5H TREK

From Siri Kharka, we descend to the Khangsar Village. On the way, we pass Tare Gumba, a thousandyear-old monastery, but our journey continues following a rock wall that takes us out of Khangsar and leads us to Thorong Khola Valley and finally to Yak Kharka. From Yak Kharka, you can get glorious views of the Annapurna mountain ranges. If you are lucky, you may also get sight of blue sheep.

DAY 12: TREK FROM YAK KHARKA TO THORANG PHEDI (4550M) 3/4H TREK

Thorang Phedi is actually the base of the popular Thorang-La Pass. "Phedi" literally means "base". After breakfast, we leave Yak Kharka and trek uphill, cross a river to Ledar village where we make a stop. Rest for some time, then trek through cliffs and arrive at Thorang Phedi. Here we will be staying for the night.

DAY 13: FROM PHEDI TO THORONG PASS- MUKTINATH (3790M) 8/9H TREK

In the morning you will see how wonderful the views of the mountains are. Drinking your coffee or tea, you might want to identify the mountains one by one - but these are lesser known mountains with legends of their own. Pack your bags, for it's a long day with nearly nine hours of walking. First, trek to Thorang-La Pass, one of the highest mountain passes in the world. Enjoy the feeling, take some photos, and move on. Next, we will be trekking to the Valley of Muktinath on the other side of the pass. It's mostly a similar kind of terrain today once you head towards Muktinath, where you will stay for the night.

DAY 14: TREK FROM MUKTINATH TO KAGBENI TO JOMSOM (2740M) 6/7H TREK

Leaving behind the pilgrimage site of Muktinath, we head towards Kagbeni immediately after breakfast. Further, the windy village of Jomsom past Kagbeni, used to be a trading town when business was flourishing between Tibet and Nepal in the middle ages. Today, it is a quiet village at the foot of the mountains. Once here, you can visit the Ecological Museum frequented by trekkers. Enjoy your stay at Jomsom tonight in the vicinity of the mountains before heading back to Pokhara tomorrow.

DAY 15: FLY FROM JOMSOM TO POKHARA (875M) 18M

Catch an early-morning flight from Jomsom as later in the day flights are not operated due to high winds. It can get so windy in Jomsom that the locals have stories about flying boulders and sweeping stones! In Pokhara, you can enjoy the rest of day sipping beer by the lake or, if you feel like it, resting in the hotel room. In the evening though, do not miss the “Thakali” daalbhaat in Pokhara.

DAY 16: FLY FROM POKHARA TO KATHMANDU (25 MINUTES)

Today you will fly from pokhara to Kathmandu. Once you are in the capital, have a free day enjoying shopping, hot-water bathing, relaxing in a sauna, or simply seeing around town. Stay overnight at the hotel.

DAY 17: KATHMANDU SIGHTSEEING

After breakfast, we will take you on a sightseeing tour of some iconic places in the Kathmandu Valley, that will essentially include UNESCO World Heritage sites. In the evening, you are invited to join us for a farewell dinner.

DAY 18: DEPARTURE ON YOUR DESTINATION

According to your schedule, we will take you to the airport for your flight ahead.

INCLUDED IN THE COST

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- 3 -star (Radisson hotel) accommodation in Kathmandu with: Breakfast, Lunch and Dinner
- 3 -star (Waterfront resort) accommodation in Pokhara with: Breakfast, Lunch and Dinner
- Attach bath room accommodation where will be possible with: Breakfast, Lunch and Dinner
- Only 2 nights guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, and trekking map are yours to take
- All necessary paperwork and trekking permits: ACAP and TIMS
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Domestic flight from Jomsom to Pokhara
- Domestic flight from Pokhara to Kathmandu
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- All Government local taxes

NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu and Pokhara
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Radisson hotel or similar hotel 5 star in Kathmandu and Pokhara: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the teahouses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Annapurna circuit and Tilicho lake Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We

support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Annapurna Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness) Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Manang which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -10° or -15° (*)
- Fleece sleeping bag liner (optional)

FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- long-sleeved thermal tops and full-length long johns

- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Lightweight waterproof over trousers
- Suitable shorts
- Walking trousers
- A pair of high rise walking boots
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Thick walking socks
- Warm gloves
- Hat and scarf

DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70liters cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

PRACTICAL ITEMS

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Female hygiene products
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

MEDICAL

- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine

- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant
- Water purification tablets or water filter

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.