

Duration: 20 Days

Grade: Hard

Max Altitude: 5416

Group Size: 2 - 15

FROM

USD \$2290

PER PERSON

Trip Code: ATC102

Trip Highlights

- Embark on the legendary Annapurna Circuit with Tilicho Lake Trek, perfect for adventure seekers and nature lovers.
- Witness panoramic views of Annapurna, Dhaulagiri, Manaslu, and Nilgiri ranges along diverse landscapes.
- Experience the serenity of Tilicho Lake (4,919m), one of the highest lakes in the world.
- Explore traditional Gurung, Thakali, and Manangi villages, immersing in Nepali culture.
- Cross Thorong La Pass (5,416m), the highest point of the trek, for unforgettable Himalayan vistas.
- Walk along terraced fields, rhododendron forests, and winding Himalayan trails, spotting wildlife and prayer flags.
- Relax in cozy teahouses serving authentic local dishes like dal bhat, momos, and Thakali meals.

Overview

The Annapurna Circuit with Tilicho Lake Trek is an unforgettable 18-20-day adventure, weaving together natural beauty, culture, and high altitude challenges. Beginning in Besisahar, trekkers pass through subtropical forests, terraced farmlands, and alpine meadows. The journey peaks at Tilicho Lake and Thorong La Pass, offering stunning Himalayan panoramas. Along the way, traditional villages, monasteries, and sacred shrines enrich your cultural experience while high-altitude trails test physical and mental stamina.

Your adventure starts with a scenic drive from Kathmandu to Besisahar, followed by trekking through villages like Bahundanda, Chame, and Manang. Each day brings diverse landscapes, alpine vistas, and opportunities to acclimatize. Tilicho Lake's turquoise waters reflect surrounding snow-capped peaks, creating a mesmerizing natural spectacle. Crossing Thorong La Pass is a highlight of the trek, rewarding trekkers with panoramic views. The descent through Muktinath, Tatopani, and lush valleys completes the full circuit, showcasing Nepal's dramatic diversity and local life.

This trek requires moderate to high fitness, with 5–8 hours of trekking daily. Warm teahouses and local meals provide comfort, while the Himalayan landscapes and cultural encounters make this journey a life-changing experience for adventurers seeking both challenge and wonder.

Day-by-Day Itinerary

Day 1 Arrival in Kathmandu

Max Altitude: 1400m/4553ft Distance: 6.4 KM Stay: KGH 4* Hotel Thamel Meals: Welcome Dinner/ Breakfast

Upon landing at Tribhuvan International Airport in Kathmandu, a representative from Mercy Holidays warmly welcomes you and assists with your transfer to the hotel. After settling in, you meet your trekking guide for a detailed briefing covering the route, altitude profile, safety measures, and necessary gear checks for the upcoming adventure. This orientation helps ensure you are fully prepared for the days ahead. The rest of the day is free for rest or a short stroll around Thamel, Kathmandu's vibrant tourist district filled with cafés, shops, and trekking stores. Enjoy a relaxing first night in Kathmandu.

Day 2 Kathmandu to Besisahar to Jagat

Max Altitude: 1,300 m / 4,265 ft Distance: 205 Km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

After breakfast, begin a long but scenic drive from Kathmandu toward Besisahar and onward to Jagat. The journey follows the Trishuli and Marsyangdi river corridors, passing terraced farmlands, traditional villages, and lush mid-hill landscapes. As the road climbs gradually, the scenery transitions to deep river gorges and forested ridges. Though the drive takes several hours, the changing environment provides a wonderful introduction to rural Nepal. Upon reaching Jagat, a charming stone-built village, check in to your lodge and rest after the day's travel. Enjoy a peaceful evening surrounded by the sounds of the river and mountain atmosphere.

Day 3 **Trek Jagat to Dharapani**

Max Altitude: 1860m/6100ft **Walking: 5-6 hours** **Distance: 12-13 km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

Today's trekking route leads you through diverse and picturesque terrain as you leave Jagat and head toward Dharapani. The trail passes through small settlements, terraced fields, and dense subtropical forests. Along the way, you encounter waterfalls cascading down rocky cliffs and suspension bridges connecting remote hamlets. Traditional Gurung communities dot the route, offering glimpses into their daily life and unique architectural style. After several hours of steady walking, you reach Dharapani, one of the major junctions of the Annapurna region and the official entrance to the Manang district. Enjoy a relaxing evening with views of surrounding hills and valleys.

Day 4 **Trek Dharapani to Chame**

Max Altitude: 2670m/8760ft **Walking: 5-6 hours** **Distance: 12km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

Leaving Dharapani behind, you begin a scenic trek along forested pathways surrounded by pine, fir, and oak trees. The trail passes through the charming village of Bagarchhap before gradually ascending deeper into the Manang region. As you continue, the air becomes cooler and the landscapes increasingly alpine. Majestic mountain views, especially Lamjung Himal and Annapurna II dominate the horizon, offering excellent photo opportunities throughout the day. The peaceful sound of the river accompanies you until you arrive in Chame, the district headquarters of Manang. Enjoy the town's hot springs, local bakeries, and warm hospitality before settling in for the night.

Day 5 **Hike from Chame to Upper Pisang**

Max Altitude: 3300m/10827ft **Walking: 5-6 hours** **Distance: 12km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

Today's trek follows the beautiful Marsyangdi River through a dramatic landscape of steep cliffs, dense forests, and wide-open valleys. You cross several suspension bridges and pass apple orchards, popular for their fresh, crisp produce. One of the highlights is Paungda Danda, a massive curved rock face rising sharply above the valley. Throughout the walk, stunning views of Annapurna II and Lamjung Himal accompany you. After a steady ascent, you reach Upper Pisang, known for its traditional Tibetan-style architecture, monasteries, and spectacular panoramas of the Annapurna range. Spend the evening exploring the village and enjoying the high-mountain environment.

Day 6 **Trek Upper Pisang to Manang**

Max Altitude: 3700m /12140ft **Walking:** 3-5 hours **Distance:** 4-5 km **Stay:** Mountain Tea House **Meals:** Breakfast Lunch & Dinner

Choosing the scenic upper trail, you begin a breathtaking trek through high-altitude villages such as Ghyaru and Ngawal. This route offers some of the most impressive views in the entire Annapurna Circuit, showcasing the sweeping Annapurna range, Tilicho Peak, and the vast Manang Valley. The trail is steep in places but very rewarding, with chortens, mani walls, and prayer flags enriching the cultural atmosphere. After descending gradually, you arrive in Manang, one of the region's largest and most vibrant settlements. The town provides excellent accommodation, bakeries, and incredible mountain scenery. Relax and prepare for your acclimatization day.

Day 7 **Acclimatization Day in Manang**

Max Altitude: 4060m / 13320ft **Walking:** 4-5 hours **Distance:** 8-10 Km **Stay:** Mountain Tea House **Meals:** Breakfast Lunch & Dinner

Today is dedicated entirely to acclimatization, helping your body adjust to the increasing altitude. You can take a short hike to Gangapurna Lake or the viewpoint above it for fantastic views of glaciers and surrounding peaks. Another option is visiting the centuries-old monasteries that reflect Manang's deep Buddhist culture. Many trekkers also attend an informative altitude talk at the Himalayan Rescue Association, which provides valuable insights into high-altitude safety. Spend the rest of the day relaxing in Manang's cozy teahouses, cafés, or bakeries. This essential acclimatization day enhances your comfort for the challenging days to come.

Day 8 **Trek Manang to Siri Kharka**

Max Altitude: 4150m/13615 **Walking:** 3 hours **Distance:** 6 km **Stay:** Mountain Tea House **Meals:** Breakfast Lunch & Dinner

Leaving the bustling village of Manang behind, the trail gradually ascends toward the quieter and more secluded area of Khangsar. The landscape becomes increasingly barren and alpine, with clear views of Tilicho Peak standing tall in the distance. Stone-built houses and scattered shrubs dominate the terrain as you follow ancient pathways used by locals for generations. After a gentle yet steady climb, you reach Siri Kharka, a peaceful settlement offering magnificent mountain views and a calm atmosphere. The environment is perfect for rest and preparation before you approach Tilicho Base Camp. Enjoy a comfortable evening in this high-altitude village.

Day 9 **Trek Siri Kharka to Tilicho Base Camp**

Max Altitude: 4919m/16140ft **Walking: 7-9 hour** **Distance: 18-20 Km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

Today's trek takes you across rugged landscapes with sections known for loose rocks and landslide-prone terrain. Despite this, the trail is manageable with careful footing, and the dramatic surroundings make the journey worthwhile. As you walk, you are treated to views of towering cliffs, glacial streams, and sharp mountain ridges. The silence of the high-altitude environment adds to the adventure. After several hours, you arrive at Tilicho Base Camp, located in a barren but stunning amphitheater of mountains. Rest early and prepare for the next morning's ascent to Tilicho Lake, one of the world's highest alpine lakes.

Day 10 **Tilicho Lake Visit and Return to Siri Kharka**

Max Altitude: 4250m / 13945ft **Walking: 5 hours** **Distance: 8 km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

Start early to enjoy the spectacular ascent to Tilicho Lake, a pristine turquoise body of water surrounded by dramatic snow-covered peaks. The sunrise light reflecting off the lake creates an unforgettable sight. After spending time exploring the tranquil lakeside and capturing photographs, you descend carefully back along the same trail toward Tilicho Base Camp and onward to Siri Kharka. The return journey is easier as you lose altitude, allowing you to relax and enjoy the scenery. Upon reaching Siri Kharka, unwind with warm meals and views of the surrounding mountains before resting for the night.

Day 11 **Trek Siri Kharka to Yak Kharka to Ledar**

Max Altitude: 5416m/17700 **Walking: 8-10 hours** **Distance: 18-20 Km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

Rejoining the main Annapurna Circuit route, today's trek takes you through expansive alpine meadows and traditional grazing fields where yaks and horses roam freely. The trail offers unobstructed views of the high Himalayas and winds through small settlements such as Yak Kharka, a popular rest point for trekkers. As you continue, the landscape becomes more barren, showcasing the transition toward higher elevations. After a steady walk, you reach Ledar, a quiet and scenic stopover before approaching the high-altitude pass. Enjoy the peaceful environment, warm meals, and early rest in preparation for the following day's ascent.

Day 12 **Trek Ledar to Thorong High Camp**

Max Altitude: 3800m/12467ft Distance: 140 km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

Today's path leads steadily upward along narrow trails carved into the mountainside. The air grows thinner as you approach the high-altitude zone, requiring a slow and steady pace. After crossing a suspension bridge and navigating rocky terrain, you begin the final steep climb to Thorong High Camp. The surroundings here are stark yet incredibly dramatic, with snowy ridges towering above. High Camp serves as the final staging point before crossing Thorong La Pass. Spend the afternoon resting, hydrating, and preparing for an early start. Staying warm and conserving energy is essential at this altitude.

Day 13 **Cross Thorong La Pass to Muktinath**

Begin before dawn to tackle the challenging ascent to Thorong La Pass, the highest point of the trek at 5,416 meters. The climb is demanding but incredibly rewarding, with breathtaking Himalayan panoramas awaiting at the top. Take time to celebrate and capture photos at this iconic landmark. After enjoying the views, descend along a long, gradual trail toward Muktinath. As you lose altitude, the environment shifts dramatically, revealing Mustang's arid, desert-like landscapes. Muktinath, a sacred pilgrimage site for both Hindus and Buddhists, welcomes you with peaceful surroundings and ancient temples. Rest and recover after this memorable day.

Day 14 **Drive Muktinath to Jomsom to Tatopani**

Max Altitude: 1190m/3905ft Distance: 78 km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

This day offers a remarkable transition in scenery as you leave the dry desert landscapes of Mustang and descend into lush green valleys. Begin with a drive to Jomsom, the windy headquarters of Mustang, known for its apple orchards and mountain views. Continue the journey toward Tatopani, passing through charming villages and river valleys. Upon reaching Tatopani, relax in the natural hot springs, which are popular among trekkers for relieving muscle tension and fatigue. The warm waters provide excellent rejuvenation after days of trekking. Enjoy a peaceful evening, delicious meals, and the soothing atmosphere of this beautiful village.

Day 15 **Trek Tatopani to Ghorepani**

Max Altitude: 2874 Walking: 7-9 hours Distance: 15 km Stay: 3-5* Star Hotel Meals: Breakfast Lunch & Dinner

Today's trek begins with a gradual climb through terraced farmland, small villages, and dense forests of rhododendron, the region's signature flowering tree. As you ascend, beautiful mountain views and picturesque rural scenery accompany you. Local communities along the way greet trekkers warmly, offering insight into traditional lifestyles. The trail becomes steeper as you approach Ghorepani, a vibrant hilltop settlement famous for its colorful houses and panoramic Himalayan views. Ghorepani sits at the base of the popular Poon Hill viewpoint, making it a favorite stop among trekkers. Rest and prepare for your early morning hike to catch the sunrise.

Day 16 **Poon Hill Hike, Trek to Bhanthati Ullari, Drive to Pokhara**

Max Altitude: 3210m / 10531ft Walking: 3-4 hours Distance: 25 Km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

Start before dawn to hike up to Poon Hill, one of Nepal's most famous viewpoints. Witness a breathtaking sunrise over the Annapurna and Dhaulagiri ranges as golden light spreads across the peaks. After enjoying the spectacle, return to Ghorepani for breakfast and begin your descent toward Bhanthati Ullari. The trail winds through rhododendron forests and charming hamlets with beautiful natural surroundings. Upon reaching Bhanthati Ullari, board a vehicle for the scenic drive to Pokhara. In Pokhara, enjoy relaxing lakeside vibes, stunning mountain reflections, and comfortable accommodation. Overnight in this beautiful city.

Day 17 **Pokhara Free Exploration Day**

Max Altitude: 822m / 2,697 ft Stay: Mountain Tea House Meals: Lunch / Breakfast

Today is your well-deserved free day in Pokhara, giving you the chance to relax or explore the city at your own pace. You can stroll along the lakeside, enjoy a peaceful boating trip on Phewa Lake, or visit popular spots like the World Peace Pagoda, Devi's Falls, or the International Mountain Museum. The café culture here is vibrant, so it's also a great day to unwind with good food and stunning mountain views. Whether you prefer adventure activities or quiet sightseeing, Pokhara offers something for every traveler.

Day 18 Pokhara to Kathmandu

Max Altitude: 1400m/4553ft Stay: 3-5* Star Hotel Meals: Breakfast

After breakfast, depart from Pokhara and return to Kathmandu either by a scenic tourist bus or a short, convenient flight. The overland journey offers views of hills, rivers, and villages, while the flight provides incredible aerial vistas of the Himalayas. Upon arrival in Kathmandu, check into your hotel and enjoy a relaxed afternoon exploring the city. In the evening, celebrate your successful trek with a farewell dinner, often featuring traditional Nepali cuisine and cultural performances. Spend the night in Kathmandu, reflecting on the unforgettable experiences of your Annapurna Circuit and Tilicho Lake adventure.

Day 19 Free Day in Kathmandu

Max Altitude: 1400m/4553ft Stay: 3-5* Star Hotel Meals: Breakfast / Farewell Dinner

This free day allows you to explore Kathmandu at your own pace. Visit iconic UNESCO World Heritage Sites such as Pashupatinath Temple, Boudhanath Stupa, Swayambhunath, and Patan Durbar Square for a deeper cultural experience. Alternatively, take a relaxing walk through Thamel's vibrant markets for souvenirs, mountain gear, or local handicrafts. Cafés and rooftop restaurants offer perfect spots to unwind and enjoy views of the city. Optional activities include spa treatments, food tours, or short cultural excursions. Enjoy your final full day in Nepal, soaking in the rich culture and warm hospitality of the Kathmandu Valley.

Day 20 Departure Day

Max Altitude: 1400m/4553ft Meals: Breakfast

Your journey comes to a close as you prepare for your departure from Nepal. After breakfast, take some time to pack and reflect on your adventurous 20-day trek through the Annapurna Circuit and Tilicho Lake. A representative from Mercy Holidays will arrive at your hotel to transfer you to Tribhuvan International Airport. They will assist with luggage and ensure you reach the airport comfortably and on time for your flight. As you say goodbye to Nepal, carry with you unforgettable memories of high Himalayan passes, scenic valleys, cultural encounters, and breathtaking landscapes that made this trip extraordinary.

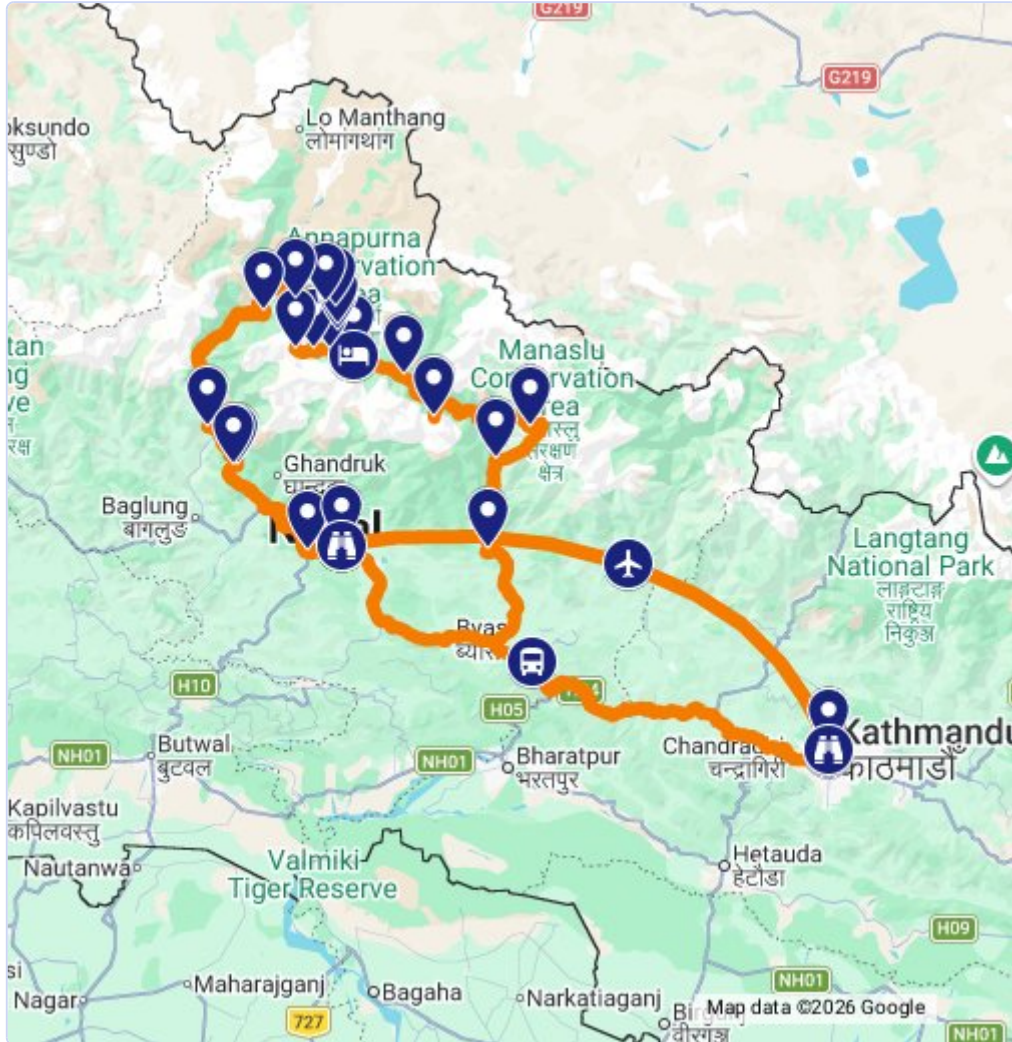
What's Included

Cost Includes

Cost Excludes

- Airport pickup and drop-off in Kathmandu
- Hotel stay in Kathmandu (2 nights)
- Teahouse accommodation during the trek
- All meals during trekking (breakfast, lunch, dinner)
- Licensed English-speaking trekking guide & porter service
- Annapurna Conservation Area Permit (ACAP) and TIMS card
- Trekking map, duffel bag, and trek completion certificate
- First aid kit & emergency oxygen supply
- All government taxes
- International flights and Nepal visa
- Personal trekking gear & clothing
- Meals in Kathmandu & Pokhara (except those specified)
- Tips for guides, porters, and drivers
- Optional sightseeing or mountain flights
- Costs from itinerary changes, flight delays, or emergencies

Route Map



Trip Notes

Best Seasons for the Annapurna Circuit with Tilicho Lake Trek

Before heading on the trek, it is important to choose the right season for safe and enjoyable trekking. The best times to trek the Annapurna Circuit with Tilicho Lake are spring and autumn:

- Spring (March to May): Enjoy clear skies, blooming rhododendrons, lush valleys, and moderate temperatures. This season is ideal for photography and nature enthusiasts.

- Autumn (late September to November): Crisp air, excellent visibility, and stunning Himalayan panoramas. This season offers the safest trekking conditions with festive local culture along the trail.

It is recommended to avoid the monsoon (June to August) due to heavy rain, slippery trails, and potential landslides. Winter (December to February) brings extreme cold and many teahouses close at higher elevations, making trekking more challenging.

Food and Accommodation during the Annapurna Circuit with Tilicho Lake Trek

Accommodation

Throughout the trek, trekkers stay in locally run teahouses that provide basic but comfortable twin-sharing rooms. Most rooms have shared bathroom facilities, though some larger villages like Manang or Muktinath may offer attached bathrooms for an additional cost. Rooms are typically clean, warm, and equipped with blankets, providing cozy lodging amid remote Himalayan landscapes. Communal dining areas allow trekkers to gather, share stories, and enjoy the warmth of the stove after a day on the trail.

Food

Meals are freshly prepared at the teahouse kitchens with a mix of local and international dishes. The staple is dal bhat (rice, lentils, vegetables), usually served unlimited. Trekkers can also enjoy Tibetan bread, momos, noodles, soups, eggs, pancakes, and limited Western options. Hot beverages such as tea, coffee, and lemon water are available, while drinking water is generally safe but often purified with tablets or boiled. Food choices simplify at higher elevations, but basic nutrition is always available.

Transportation for the Annapurna Circuit with Tilicho Lake Trek

The trek begins with a drive from Kathmandu to Besisahar (5-7 hours), passing rivers, hills, and small villages. During peak seasons, private jeeps or buses can be used for faster transfers. After completing the trek, travelers can either fly from Jomsom to Pokhara (25-minute flight) or take a scenic 6-7 hour drive. Pokhara is then linked back to Kathmandu by bus or private vehicle. Flight delays and road traffic may occur, so a buffer day is advised.

Preparation Tips for the Annapurna Circuit with Tilicho Lake Trek

Trekking the Annapurna Circuit with Tilicho Lake reaches high altitudes up to Thorong La Pass (5,416m). Physical and mental preparation is crucial for a safe and enjoyable trek.

Key tips:

- Start 6–8 weeks of pre-trek training, focusing on cardio, leg strength, and stamina. Uphill walking or stair climbing is ideal.
- Practice multi-day hikes with a backpack to simulate trekking conditions
- Break in trekking boots to prevent blisters.
- Learn about altitude sickness, symptoms, and preventive measures.
- Stay hydrated and maintain a nutritious diet.
- Use acclimatization days in Manang and before Thorong La Pass to prevent sickness.
- Pack lightweight, layered clothing for varying weather conditions.
- Build mental toughness for unpredictable weather, trail conditions, and altitude changes.
- Consult a doctor regarding health conditions and medications like Diamox for altitude adjustment.

Annapurna Circuit with Tilicho Lake Trek Packing List

Clothing:

- Thermal base layers (tops and bottoms)
- Warm fleece or down jacket
- Waterproof jacket and pants
- Trekking pants and moisture-wicking t-shirts
- Warm hat, sun hat, inner and outer gloves
- Wool socks and underwear

- Scarf or buff for dust and sun protection

Personal Items:

- Sleeping bag rated for -10°C or lower
- Quick-dry towel and eco-friendly toiletries
- Sunscreen, lip balm, moisturizer

First Aid & Health:

- Personal medications and Diamox
- Painkillers, antiseptic cream, band-aids, blister kits
- Water purification tablets or a water bottle filter

Electronics & Documents:

- Headlamp with extra batteries
- Power bank, adapter, and charging cables
- Camera or smartphone
- Passport, permits, travel insurance, and copies

Book the Annapurna Circuit with Tilicho Lake Trek with Mercy Holidays!

This trek is not just a journey; it's a once-in-a-lifetime adventure. Explore stunning peaks, serene Tilicho Lake, Thorong La Pass, and diverse Himalayan cultures. Mercy Holidays ensures safe, expertly guided trekking experiences with thoughtfully planned itineraries and local support. Visit our office in Maharajgunj, Kathmandu, or contact us for more information and bookings.

FAQ

How long is the Annapurna Circuit with Tilicho Lake Trek?

The trek spans 18-20 days, including acclimatization, rest days, and buffer for weather.

Is prior trekking experience required?

No, beginners can do it with good fitness, though prior trekking experience helps

How difficult is the trek?

Moderate to strenuous; daily hikes of 5-8 hours, high altitude up to 5,416m.

Is the trek safe?

Yes, with proper acclimatization, guides, and preparation.

Do I need permits?

Yes, the Annapurna Conservation Area Permit (ACAP) and the TIMS card are required.

What is the highest point?

Thorong La Pass at an altitude of 5,416m is the highest point, offering breathtaking panoramic views of the Himalayas

What accommodation is available?

Teahouses offer simple twin-sharing rooms; some villages may have private bathrooms.

Can I charge devices?

Charging is available for a small fee; solar power is limited at higher altitudes.

Is Wi-Fi available?

Wi-Fi is available in some villages, such as Manang and Muktinath, but it usually comes at an additional cost.

What's the food like?

Dal bhat, momos, noodles, soups, pancakes, and local specialties. Options get simpler at high altitudes.

Risk of altitude sickness?

Moderate to high risk above 3,500m. Acclimatization, hydration, and pacing help prevent it.

Do I need a guide or porter?

Guides are highly recommended; porters can help carry loads, making the trek easier.

How cold does it get?

Nights at high altitudes can drop to -10°C to -15°C. Layered clothing and a warm sleeping bag are essential.

Can I trek solo?

Yes, you can, but caution is advised at high altitudes. It's generally safer and more convenient to hire a guide and book a complete package through a trekking agency.

Emergency evacuation process?

Helicopter evacuation is the primary option in case of emergencies. Make sure your travel insurance covers high-altitude trekking before starting