

Tilicho Lake Trekking

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The trail runs along the popular Annapurna Circuit route. The trek starts in Besisahar and descends through the Manang Valley to the Kali Gandaki Valley. This route passes through Thorang La Pass (5416m), one of the highest and most difficult Himalayan passes.

Tilicho Lake Trek is an adventurous trek into the Annapurna region to reach Tilicho Lake (4919m), one of Nepal's highest Himalayan wetlands. Tilicho is a glacial lake with its source at Thorang La peak (6144m) and is considered an important pilgrimage site by both Buddhists and Hindus. Tilicho Lake Trek offers spectacular mountain views, lakes, rivers, deep valleys, and diverse biodiversity ranging from subtropical to 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 most difficult Himalayan passes, before dropping down to Jomsom. The pass provides intimate and breathtaking views of the Annapurna ranges, including Manaslu (8163 metres) and Hiunchuli (6441 metres).

An alternative route is to approach Tilicho Lake from the north and descend to Jomsom via Mesokanta La Pass (5120m). The Kali Gandaki gorge is a must-see on this trek. You will also visit Jomsom and the Muktinath or Chumig Gyatsa temples, as well as sample the famous local cuisine prepared by the entrepreneurial Thakali community.

Adventure Third Pole Treks provides trekking expertise and professional guides that are unlike any other. Tilicho Lake Trek is best experienced during the spring or autumn seasons.

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 gorge
- Spectacular views of Annapurna, Dhaulagiri and Manaslu ranges
- Visit Muktinath and Jomsom

Other Features:

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