

Tilicho Lake Trekking

Duration: 15 Days Days

Max Altitude: 5,416 m

Destination: Nepal

Trip Grade: Easy

Best Season: Autumn, Spring

Trip Highlights

- Follow the trekking trails with Marshyandi river and natural wonders.
- Visit the oldest monastery in Braga, Pisang and Manang village.
- Culture of Tibetan and Gurung (Buddhist and Bon culture).
- World highest Tilicho Lake (4919 M).
- Stunning view of Mt Manaslu (8163m), Annapurna 1 (8091) and Dhaulagiri (8167m) Crossing Throng La Pass (5416m).
- Hindu sacred temple Muktinath with Buddhist Monastery.
- Hospitality of Thakali people and their culture.

Trip Overview

Tilicho Lake Trekking is one of the popular trekking routes in the Annapurna Region as it lets you witness the scintillating Tilicho on a rather rugged terrain. Tilicho Lake, at an altitude of 4910 m, is the highest lake in the world for its size. The glacier melt on the northern slopes of Annapurna and Thorang Peak is collected in the Tilicho Lake. Tilicho lake trek takes you through some of the most beautiful places of the Annapurna region accompanied by a spectacular vista of the snow-capped mountains. If you are a person who enjoys being in close proximity to nature and loves to be greeted by warm smiling faces of the people, then you can always opt for Tilicho Lake Trekking.

The 15 days Tilicho Lake Trekking starts as you drive to Syange from Kathmandu witnessing various settlements, rivers, waterfalls, and varying landscape. You will cover places like Dharapani, Chame, Pisang, Manang and Besisahar, during this trek. You will also visit ancient Buddhist monasteries and explore the Gurung communities who have their distinct culture and dialect. The rugged but beautiful terrains, the green flora, the diverse fauna, the smiling and friendly faces of the people, the gigantic views of the mountains, glaciers and lakes, the diverse culture and beautiful monasteries, will lead you to the mesmerizing

Tilicho Lake. The enchanting Tilicho Lake with its deep blue water shining against the snow-covered rocks is sure to take your breath away. Along the way, you will have a breathtaking view of the Himalayas including Annapurna massif (8091m), Dhaulagiri (8167m), Gangapurna (7455m) and Lamjung Himal (6983m) among others. The trek will come to an end as you walk back to the beautiful village of Manang to join the Marsayangdi River trail. The best season to do the Tilicho Lake Trekking is from March to May and September to mid-December.

My Everest Trip provides you with experienced and knowledgeable guides, who has led many trekking groups throughout the country. We do not compromise on the quality of services in order to give you an unforgettable trekking experience.

Detailed Itinerary

Day 01: Arrival in Kathmandu (1300m/4264ft) then picked up from there to Hotel. We will give you a warm reception upon your arrival in Tribhuvan International Airport. You will then be escorted to your hotel. 0/N at the hotel.

Day 02: Kathmandu: Sightseeing and Trek Preparation Early in the morning, you will be taken to four of the seven world heritage sites in Kathmandu—Swayambhunath, Kathmandu Durbar Square, Pashupatinath, and Boudhanath. Before dinner, you will be briefed about your trek by your guide. 0/N at the hotel.

Day 03: Drive from Kathmandu to Syange (1100m/3608ft) After breakfast, you drive to Syange leaving Kathmandu behind. You pass alongside beautiful rivers, waterfalls, and varying landscape, en route to Syange. 0/N in Syange.

Day 04: Trek from Syange to Dharapani (1960m/6430ft) You follow a zigzag trail, beside Marsayangdi River, until you cross a suspension bridge over Marsayangdi. Then, you walk uphill to Tal, the first village in Manang district, famous for its waterfalls. Passing through barley and potato fields, and pine forest, you reach Dharapani. 0/N in Dharapani.

Day 05: Dharapani to Chame (2710m/8891ft) You continue to walk on the south bank of Marsayangdi River as you walk through pine, oak, hemlock, maple, and rhododendron forests and apple orchards on the way to Chame. You will follow a mule trail to reach Chame from where you can see a panoramic view of Annapurna II (7937m), Annapurna IV (7525m), and Lamjung Himal (6983m). 0/N in Chame.

Day 06: Chame to Pisang (3300m/10824ft) You climb past Mani walls as you enter the buckwheat fields in Telekhu. You will also catch a glimpse of the tremendous Paungda Danda rock face as you ascend. You, then, continue the steep ascent towards Upper Marsayangdi through fir and pine forests. You will have a good view of Pisang Peak (6091m) and Annapurna II (7937m) when you arrive in Pisang. 0/N in Pisang.

Day 07: Pisang to Manang (3500m/11482ft) You pass through picturesque villages painted with Mandalas, and trek through yak pasturelands and terraced farmlands.

You will climb a steep ridge to Ngwal (3660m) for a stunning view of the Annapurna range and the Marsayangdi River Valley. O/N in Manang.

Day 08: Manang: Acclimatization day Today, you explore the famous Manang village as you acclimatize. Here, you will have a spectacular view of Gangapurna (7455m) as a backdrop to the traditional stone houses. You can also enjoy the local Manangi food. O/N in Manang.

Day 09: Manang to Siri Kharka (4060m/13,320ft) You descend from old Manang and reach Marsayangdi River passing by a Chorten. After crossing a suspension bridge at Jharsang Kholā, you continue on the trail by the River until Siri Kharka. O/N in Siri Kharka.

Day 10: Siri Kharka to Tilicho Base Camp (4140m/13,583ft) You climb through steep trails passing monasteries and Chortens through juniper and sea buckthorn bushes. You cross few streams and follow a zigzag slope towards Tilicho Base Camp. O/N in the base camp.

Day 11: Visit Tilicho Lake (4,949m/16,138 ft) then back to Siri Kharka You walk through slippery moraines as you climb up to the pristine Tilicho Lake. You will have an amazing view of Tarke Ghyang and Kangsar along with Gangapurna Himal (7455m). After spending some time there, you will hike back to Siri Kharka. O/N in Siri Kharka.

Day 12: Siri Kharka to Manang (3500/11482ft) You then descend following the same trail from Siri Kharka to Manang. O/N in Manang.

Day 13: Manang to Pisang (3300 m/10824ft) You then descend back to Pisang leaving behind the Chortens, Mani walls, pine forests, and the Himalayas. O/N in Pisang.

Day 14: Drive from Pisang to Kathmandu via Besisahar The travel back from Pisang passes through Besisahar which goes along the Marsayangdi River. Upon reaching Kathmandu, you can either rest or stroll around for souvenir shopping. O/N at the hotel.

Day 15: Final Departure Our team representative will drive you to Tribhuvan International Airport to connect you with your flight.

What's included

- Airport/hotel pick up and drop off by private car
- At least two nights 3 star hotel in Kathmandu Bed and Breakfast plan
- Meals on full board (breakfast, lunch and dinner) in whole trekking
- Trekking map
- An experienced government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment's, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)

- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charge

What's not included

- Meals in Kathmandu before and after trekking,
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment's

Contact Us

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