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Thrilling Tilicho Lake Trekking

- Duration: 15 Days Days
- Max Altitude: 5,416 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights

- Follow the trekking trails with the Marshyandi river and natural wonders.
- Visit the oldest monastery in Braga, Pisang, and Manang villages.
- 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.
- The hospitality of the Thakali people and their culture.

Overview

Tilicho Lake Trekking is one of the popular trekking routes in the Annapurna Region, as it lets you witness the scintillating Tilicho on rather rugged terrain. Tilicho Lake, at an altitude of 4910 m, is the highest lake in the world for its size. The glacier melts on the northern slopes of [Annapurna and Thorang Peak](#) is collected in 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 close to nature and loves to be greeted by the warm, smiling faces of the people, then you can always opt for Tilicho Lake Trekking.

Tilicho Lake Trekking Itinerary

The 15 days of [Tilicho Lake Trekking](#) start as you drive to Syange from Kathmandu, witnessing various settlements, rivers, waterfalls, and landscapes. During this trek, you will cover places like Dharapani, Chame, Pisang, Manang, and Besisahar. You will also visit ancient [Buddhist monasteries](#) and explore the Gurung communities with distinct cultures and dialects. 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 the 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, will 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 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 have led many trekking groups throughout the country. We do not compromise on the quality of services to give you an unforgettable trekking experience.

Day 01

Kathmandu to Dharapani (1960m/6430ft)

You follow a zigzag trail beside the Marsayangdi River until you cross a suspension bridge over Marsayangdi. Then, you walk uphill to Tal, the first village in the Manang district, famous for its waterfalls. Passing through barley, potato fields, and pine forests, you reach Dharapani. O/N in Dharapani.

Day 02

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). O/N in Chame.

Day 03

Chame to Pisang (3300m/10824ft)

You climb past Mani walls as you enter the buckwheat fields in Telekhu. You will also glimpse 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. O/N in Pisang.



Day 04

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 05

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 local Manangi food. O/N in Manang.

Day 06

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 Khola, you continue on the trail by the River until Siri Kharka. O/N in Siri Kharka.

Day 07

Siri Kharka to Tilicho Base Camp (4140m/13,583ft)

You climb steep trails passing monasteries and Chortens through juniper and sea buckthorn bushes. You cross a few streams and follow a zigzag slope toward Tilicho Base Camp. O/N in the base camp.

Day 08

Muktinath (3800/12467ft)

This is the longest and most challenging part of our walk. However, since we are already in High Camp, we save ourselves from much pain. The team wakes you up early, i.e., 4 to 5 am. Then, we take our packed lunch and climb the Thorang Pass. After 3-4 hours, we reach the hilltop with the most beautiful view of the mountains. Filled with colourful flags, it's an excellent place for a photo session. After a short stop, we start walking down to Muktinath. If time permits, we might even walk down to Jomsom. From here, we can even walk to [Upper Mustang](#). O/N stay at the hotel in Jomsom/ Mukninath.

Day 12

Trek or Drive from Muktinath to Tatopani (1200m/3937ft).

Today, we woke up early for a short visit to the Muktinath. This holy temple of Nepal is filled with Hindu and Buddhist pilgrims. Next, we drive towards other popular places, such as Kagbeni and Jomsom, the headquarters of [Muktinath](#). We continue our off-road drive to Tatopani along the Kaligandaki gorges, the deepest gorges in the world. We enjoy a relaxing bath in the natural hot springs in the evening. O/N at hotel in Tatopani.

Day 13

Tatopani to Drive to Pokhara. O/N stay at the Hotel in Pokhara (B, L)

If you want to trek with Ghorepani Poon Hill combined, please let us know we will customize the itinerary. Check only [Ghorepani Poonhill Trek](#) for a shorter trek in Nepal.

After breakfast, we took a bus/ Jeep back to Pokhara and enjoyed the evening with the beautiful lake.

Day 14

Drive or flight Back to Kathmandu. O/N stay at the Hotel (B, D)

After the beautiful morning in Pokhara, we took a bus back to Kathmandu. Drive along the Prithvi highway is full of the beautiful scene of rivers and hills. We get to Kathmandu only in the evening. However, we will have some time for last-minute shopping in Thamel. Later, we all enjoy our last meal together as a team.

Note: Instead of a long drive, you can take a 25-mins flight from Pokhara to Kathmandu. This way, you will have time to explore Pokhara and Kathmandu O/N at a 3-star hotel.

Day 15

Final Departure (B)

So, this is your final day in Nepal. Get your stuff packed and inform the driver about your flight time. A car will leave you at the airport a few hours before the flight for customs formalities. I wish you an incredible journey!!

What To Expect?

What's included

- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking. (2 persons 1 porter)
- Insurance, salary, equipment, transportation, local tax for guide.
- 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 charges

What's not included

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

FAQs

What is Tilicho Base Camp to Tilicho Lake distance?

Tilicho Base Camp to Tilicho Lake is 5 km (aerial distance), and trekking space is about 8kms. This takes about 5 hours of walking in the rough terrain of Tilicho. From Manang (a significant destination of [Annapurna Circuit Trek](#)), it's about 15.7 km.

What is the altitude of Tilicho Lake?

Tilicho lake's elevation is 4919 m above sea level. Formed from the ice of the Majestic Himalaya range, this is one of the highest-situated Glacier lakes in Nepal.

Is Tilicho the highest Lake in the world?

The Tilicho Lake of Nepal was previously regarded as a lake at a higher altitude..e, 4,919 meters. However, in 2019, another lake was discovered in the Singarkharkha of Chame, which replaced Tilicho on the list of the world's highest-situated lakes. Right now, the highest Lake in the world is [Kajin Sara Lake](#), at 5,200 meters above sea level.

What is the depth of Tilicho Lake?

Tilicho lake is 85m deep in the centre, and the surface area is 4.9 km². Shey Phoksundo Trek during [Dolpo Trek](#) is the deepest Lake in Nepal..e 200 meters.

Can you swim in Tilicho Lake?

No, not. Swimming, diving, and boating in Tilicho Lake are not allowed. Since this lake is very high altitude and the Water is cold, you can swim in Tilicho. The Lake remains frozen for almost half of the Year, and there's no point in swimming in such a glacier lake. It's just the proximity of the Pristine lakes that keeps you refreshed.

Why is Tilicho Lake Famous?

Tilicho Lake is one of Nepal's most popular trekking lakes. Mostly it is so famous because the landscape around the Lake is stunning. The semi-arid land of Manang is filled with colourful rocks and alpine grassland. Also, the fact that the Tilicho remained the world's highest-situated Lake for a long time made it popular among tourists. Its pristine blue Water and the surrounding Lake make it very popular. It's the second most popular trek in Nepal after [Gokyo Lake Trek](#).

The natural beauty around Tilicho Lake has remained untouched for centuries and gives people a true sense of wildlife worldwide. The rich biodiversity and culture in the trekking route of Tilicho also make it popular.

Additional Information



Tilicho Lake Nepal

Tilicho Lake Short Route

MyEveryTrip Tilicho Lake Trek Itinerary here is 15 days long. Although it doesn't take this long to trek to

Tilicho Lake, it covers everything right from the airport of Kathmandu. It takes four days to reach Manang and one day to stop here. Now, you can skip all these by directly driving to Manang from Besishar (the starting point of the [Annapurna Circuit trek](#)).

Walking from Besisahar to Siri Kharkha and then to Tilicho Base Camp would be best before you reach Tilicho. Then, getting back to Manang takes one day. You can get a jeep from Manang if you want Tilicho Lake's short route.

Here are different Tilicho Lake Trek Itinerary for a short trek

Tilicho Lake Trek 5 Days

To book the Tilicho Lake trek of 5 days, you shall first drive to Besisahar. You cannot directly reach Kathmandu to Manang on the first day. [Kathmandu](#) to Manang drive will be more than 14 hours and is only possible in a day if you have a private vehicle. Thus, we suggest you stay in Besisahar for one day before you drive to Manang.

Day 1: Get to Manang

As mentioned, a 5-day Tilicho Lake trek is only possible from Besishar. From Besisahar, you can drive to Manang Jeep. This is about 6 hours of ride, mainly on the newly built off-road trail.

Day 2: Trek to Shree Kharkha

Same as the MyEveryTrip Tilicho Base Camp Itinerary explained earlier.

Day 3: Trek to Tilicho Base Camp

Same as the MyEveryTrip Tilicho Base Camp Itinerary explained earlier.

Day 4: Tilicho Lake to Shree Kharkha

Same as the MyEveryTrip Tilicho Base Camp Itinerary explained earlier.

Day 5: Shree Kharkha to Manang and drive back to Besisahar.

From Shree Kharkha, we start the trek quite early in the morning. You can get to Manang at noon if we start the walk before 5 am. After lunch here in Manang, we shall then drive to Besisahar. Depending upon the weather and condition of the road, the public jeep from Manang might or might not be available now. If not, you might have to book a private Jeep or travel tomorrow morning.

Pokhara to Tilicho Lake Trek

Whether from Kathmandu or [Pokhara](#), the Tilicho Lake Trek itinerary is almost similar. Instead of driving to Besisahar from Kathmandu, you will simply be driving to Besisahar from Pokhara and following the route mentioned above.

Since the distance from Pokhara to Besisahar is a bit less than that from Kathmandu, we might be able to reach Besisahar before noon on the first day and then drive to Manang on the same day. This means you don't need to stay in Besishar for an additional day, thus making your Tilicho Lake trek precisely five days. On the last day, we might be able to get back to Pokhara if you are driving in a private jeep.

Otherwise, you must stay in Manang or Besisahar for the fifth day and return to Pokhara on the 6th.

Tilicho Lake Trek Cost

MyEverestTrip Tilicho Lake Trek cost \$1240, including all transportation, accommodation, food, and a guide. Being a slightly off-beaten path, this trekking in the Annapurna region is quite remote. There are only a handful of tea houses along the way, and the accommodation/food in this trekking region is quite expensive. However, the Tilicho Lake Trek cost is very reasonable compared to other popular treks, such as the [Everest Base Camp trek](#).

A room in the Hotel at Tilicho costs USD 5 to USD 7. But you must pay for everything else, like Wi-Fi, electricity, and a hot shower—the food costs about \$ 30 daily. The most significant portion of the fee goes for transportation from Kathmandu to Manang and then back to Kathmandu in a private vehicle. The price for a guide and Porter is also high, i.e., about \$40 per day. And lastly, there's the permit for Tilicho Lake Trek, which costs about \$50. If you aim for a Tilicho Lake Trek solo with Guide and Porters, the cost can go up to \$1500. Independent Travellers in a group spend about Tilicho Lake trek Price of about \$900 because they share the cost of a guide, porter, and accommodation.

Tilicho Lake Trek Cost For Nepali

Tilicho Lake cost Trek for Nepali is low when they don't have to pay for a guide and accommodation. Traveling from Kathmandu to Besisahar is about Rs 600, and Besishar to Manang in a jeep is about Rs 2500. Food costs about Rs 1500 per day, and accommodation costs Rs 500. Nepalese don't need to pay for the permit or even electricity. So, for Nepalese, a 6-day Tilicho Lake trek from Kathmandu costs about Rs 20,000.

Tilicho Lake Trek Difficulty



Tilicho Lake Trek

How challenging is the Tilicho Lake trek? This is among the most frequently asked questions while we are on the trekking route of Tilicho. Trek in the Himalayas is luxurious, but with the correct

determination, it's not that hard. This trek is more accessible than other high-altitude treks, such as the [Everest Three Pass Trek](#) and [Island Peak Climbing](#).

Tilicho Lake Trek Distance

As for our Tilicho Lake route, this is about 150 km of walk. Depending upon whether you drive to Syange, Chame, or Manang, the Tilicho Lake Trek distance differs significantly. For each day of the Tilicho Lake Trek, you need to walk 6 to 8 hours of the Tilicho Lake trek. Covering 15 km daily is not difficult if you have a good level of physical strength. A few months of cardio exercises before the tour with a backpack can be helpful.

Tilicho Lake Altitude

Since we will be walking above 3000 m for days, altitude will significantly impact us. At such heights, the lower oxygen level might cause altitude sickness in the body. This is why it's essential to stroll and let our bodies acclimatize. Also, you must drink enough water and avoid foods, including alcoholic drinks, that keep you dehydrated.

Even when we take such precautions, the symptoms of headache, body pain, nausea, and shortness of breath might be prominent. As symptom sight-seeing, we will be walking down to a lower altitude. In severe conditions, helicopter rescue will be arranged per your insurance policy.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.

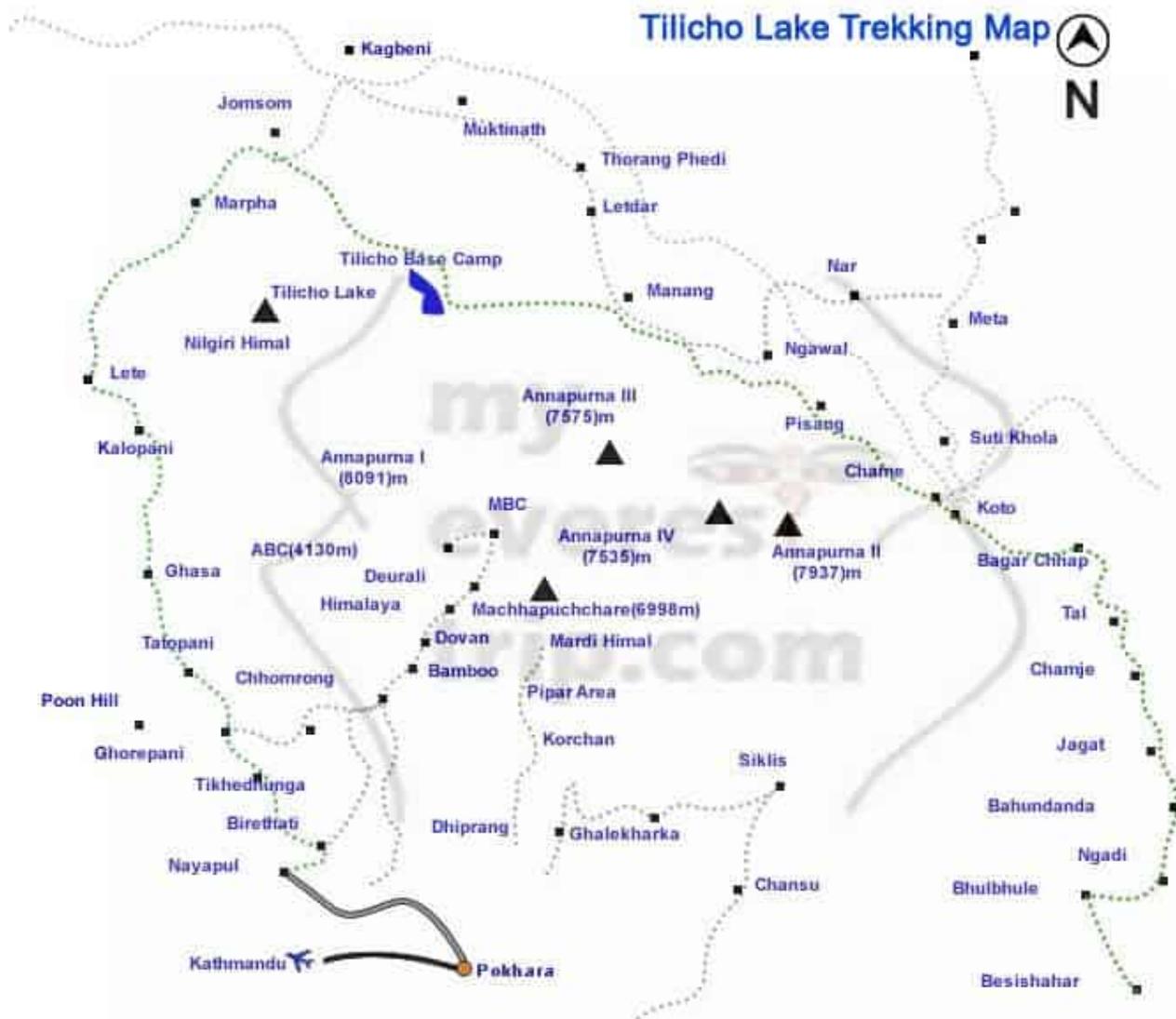


Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map



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