

Annapurna Circuit Trek With Tilicho Lake

Facts

Destination: Nepal

Trip Difficulty: Moderate

Trip Style: Lodge to Lodge Trek

Transport: Private Vehicle / Bus

Food: Breakfast + Lunch + Dinner

Accommodation: Hotel + Teahouses + Lodges

Group Size: Min 2

Max Elevation: 5,416 meters



Annapurna Circuit Trek with Tilicho Lake is a unique blend of two of the most popular adventures in the Annapurna region. This exciting exploration in the north-central part of the



Himalayas takes you on an exhilarating journey in the second mainstream Himalayan trekking route in [Nepal \(https://www.marveladventure.com/nepal-at-a-glance\)](https://www.marveladventure.com/nepal-at-a-glance) . At the same time, it also adds the magnificence of the **highest pristine lake in the world** to your remarkable adventure.

Tilicho Lake Annapurna Circuit Trek circumnavigates the 10th highest peak in the world, **Mt. Annapurna (8,091 meters)**, and also explores the highest lake in the world, Tilicho Lake (4,920 meters). Both of these major destinations in the Annapurna region are two of the most sought-after trekking routes in Nepal, and [Marvel Adventure \(https://www.marveladventure.com/contact-us\)](https://www.marveladventure.com/contact-us) has designed this efficient trekking route to experience routes in a single itinerary plan.

[Annapurna region \(https://www.marveladventure.com/people-and-culture-of-annapurna-region\)](https://www.marveladventure.com/people-and-culture-of-annapurna-region) is a popular Himalayan destination in the world thanks to its abundant natural beauty, incredible landscapes, culturally immersive trekking trails, thrilling mountain passes and enchanting mountain views. So, this exciting mix of two significant routes in this remarkable destination known for its cultural and natural magnificence will certainly sum up one of the best adventures in your life.

Best Time for Annapurna Circuit Trek With Tilicho Lake



Annapurna Circuit with Tilicho Lake can be done throughout the year. However, of course, there are seasonal challenges that you have to face on the trekking route, depending on the



season of your visit.

If you want to completely avoid any kind of hurdles during your Annapurna Circuit Tilicho Lake adventure, we suggest you to set the date for peak seasons. Spring and autumn are the most ideal seasons for a comfortable trekking experience in Nepal.

The weather during these peak seasons is stable, and you can expect to enjoy a magnificent experience under pleasant temperatures. However, both of these seasons have their own specialty that you should consider before setting the date.

Spring is generally known for its lush landscapes and breathtaking views of the Himalayan across the stunning vistas. This is also a perfect timeframe if you are a nature lover and have an interest in wildlife-birdlife. (Temperature averages around **8 °C to 31 °C**, from start to end)

On the other hand, autumn is known for having the most suitable climatic conditions, clear-crisp views of mountains, dry trekking trails, and incredible cultural celebrations. If you want to expand the horizon of your exploration and add cultural magic to it, autumn is another top contender on the list. (Temperature averages around **31 °C to 10 °C**, from start to end).

Annapurna Circuit Trek via Tilicho Lake Trek Difficulty



Annapurna Circuit Trek With Tilicho Lake is undoubtedly one of the best trekking adventures in Nepal to explore the Himalayas. However, during this trekking trail, as you traverse across



the high-altitude circuit trek route and also explore the highest lake in the world, the expedition can be slightly demanding.

But don't worry; it is not a strenuous journey that needs a certain skill set and experience. In fact, this is one of the **moderate-level** trekking experiences in the country. You will be able to successfully complete this incredible Himalayan journey even without any experience.

One of the key factors that you have to pay proper heed to in this adventure is **altitude sickness**. You will commence your exhilarating trekking journey from **Ngadi** (930 meters) and will have to overcome high elevation points above 4,000 meters in the adventure, like **Tilicho Base Camp** (4,140 meters), **Tilicho Lake** (4,920 meters), **Shree Kharka** (4,050 meters), **Yak Kharka** (4,120 meters) and **Thorong La Pass** (highest, 5,416 meters).

Similarly, the total trekking distance of this adventure is around **160 km to 230 km** (100 miles to 145 miles). The average trekking distance per day in this exploration is about **5 to 7 hours**. Thus, the Annapurna Circuit Trek With Tilicho Lake is certainly a demanding expedition, but these are things that you can easily overcome with a proper preparation mindset.

Highlights

- Rewarding journey on two of the most sought-after trekking routes in the north-central Himalayan region
- Incredible bio-diversity of the Annapurna Conservation Area
- High Himalayan pass, Thorong La Pass
- Tare Gumba and Bhraga Monastery (over 900 years old)
- Significant religious site for Buddhists and Hindus, Muktinath Temple
- Breathtaking views of the Himalayan peaks like Annapurna, Dhaulagiri, Manaslu, Lamjung Himal, Nilgiri, Chulku, Thorung, Tukucho and other surrounding peaks
- Kali Gandaki Gorge, the deepest gorge in the world



-
- Culturally rich trekking trail that passes through the charming Magar, Gurung, Thakali, and Manangi settlements

Day to Day Itinerary

Day 01: Kathmandu [1,400 meters/ 4,593 feet] to Ngadi [930 meters/ 3,051 feet] drive

Day 02: Trekking from Ngadi to Jagat [1,300 meters/ 4,265 feet]

Day 03: Jagat to Dharapani [1,860 meters/ 6,102 feet] trek

Day 04: Dharapani to Chame [2,670 meters/ 8,759 feet]

Day 05: Trekking from Chame to Lower Pisang [3,200 meters/ 10,498 feet]

Day 06: Lower Pisang to Manang [3,519 meters/ 11,545 feet] trek

Day 07: Rest day at Manang

Day 08: Trek from Manang to Khangsar [3,753 meters/ 12,312 feet]

Day 09: Khangsar to Tilicho Base Camp [4,140 meters/ 13,582 feet] trekking

Day 10: Tilicho Base Camp to Tilicho Lake [4,920 meters/ 16,141 feet] to Shree Kharka [4,050 meters/ 13,287 feet]

Day 11: Trekking from Shree Kharka to Yak Kharka [4,120 meters/ 13,517 feet]

Day 12: Yak Kharka to Thorong Phedi [4,560 meters/ 14,960 feet]

Day 13: Trek from Thorong Phedi to Muktinath [3,760 meters/ 12,335 feet] via Thorong La Pass [5,416 meters/ 17,769 feet]

Day 14: Muktinath to Tatopani [1,190 meters/ 3,904 feet] drive

Day 15: Driving from Tatopani to Pokhara [Pokhara / 2,690 feet]

Cost Includes

- Airport pickup and drop by private vehicle
- Standard meals (breakfast, lunch and dinner) during the trek

- Government license holder guide
- Strong and helpful porter with proper equipment (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- All land transportation as per itinerary
- TIMS (Trekking Information Management System) card
- Annapurna Conservation Area Project (ACAP) entry permit
- One night standard Hotel in Pokhara on a BB basis
- Comprehensive first aid kit
- Government taxes and official expenses

Cost Excludes

- International airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- All the expenses of a personal nature
- Any kind of drinks and desserts during the trek
- Tips for guide and porter (Tipping is expected)