Tilicho Lake Trekking

Duration: 15 Days 14 Night | Location: Nepal



Trip at a glance

Category: Annapurna region

Location: Nepal

Duration: 15 Days 14 Night

Difficulty: 4/10

Trip Style: Trekking & Hiking

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: Tilicho Lake Trek (5000 m)

Summary

Tilicho Lake Trekking Tilicho Lake Trekking is one of those places that have had next to mythic connotation. Explore one of the topmost trekking trails,

Overview

Trip Introduction

Tilicho Lake Trekking is in Western part of the Nepal at Manang district. Tilicho Lake Trekking is one of those places that have had next to mythic connotation. Explore one of the topmost trekking trails in the world laden with cultural and geographical diversity. Amazing View From Ghorepani Rhododendron forest , input the marvelous beauty of Jomsom and get caressed with softly blowing winds . Nar phu valley trek

Amazing Kali Gandaki valley enchants your eyes. The circuit holds extensive cultural and natural enigmas, discover it once and feel its worth. It is the highest lake in the world. Tilicho Lake Trekking start from Besisahar, following Marsyandi River pass from Manang village (Annapurna Journey trail). We turn west to the last village Khangsar, then pass Tilicho Base camp on the way to Tilicho Lake (5000 m). Manalsu circuit trek

In addition to returning by the same route, it is possible to cross by path behind the lake and descended Jomsom in the Kali Gandaki valley. This is a splendid summer trek, as rewarding as it is challenging . This Trans Himalayan adventure begins with the spectacular flight from Kathmandu Pokhara up to Marsyandi valley to the airstrip to Hongde, in Manang district. Leaving lodges on the main trail to head up towards Tilicho Lake, there High High Himalayan reaches are the habitat of the Himalayan Thar, snow leopard among the mammals. In this trial, we see the charming Thakali village of Marpha. Annapurna Circuit Trek

Day by day itinerary

Trip Itinerary

Day 1: Arrival at Kathmandu.

Upon your arrival at Kathmandu, you will be welcomed heartily by a company representative at the airport and transfer to hotel with a short briefing session reflecting ancient local tradition, shrines, and temples found over here. Overnight in Kathmandu. (1000m).

Day 2: Drive from Kathmandu to Besisahar by Nagdi (7600m).

After having a charming and spectacular view of natural green forest on the way to Besisahar following through Trisuli river you will reach Besisahar after 6 hours journey you will experience one of the most

beautiful villages, streams, rivers, paddy fields. Nagdi Overnight.

Day 3: Trek from Nagdi to Chyanche (1310m).

The route follows the Marsyandi River upstream, crossing the long suspension bridge and passing a beautiful thin waterfall with a fine bathing pool. We ascend to the town of Bahundanda, Bahun reserving hills. There are good views to the north and a little known hot spring as well.

Day 4: Trek from Chyanche to Danaque (2160m).

The gorge becomes more impressive after leaving Chame with the beautiful way and natural outstanding. We cross into the district of Manang and see more Bhote People. These are primarily agro-pastoralists and the real Trans – Himalayan traders of the region. The route climbs gradually to the town of Bagarchhap (butcher's Shop). The houses of Danaque here are flat-roofed because there is less rainfall than in the south.

Day 5: Trek from Danaque to Chame (2670m).

Leaving Bagarchhap the valley becomes slender and picturesque. The vegetation is temperate with broad-leaved forest. Chame, the district headquarter of Manang make you frequent touch with the religious building and hot spring to witness.

Day 6: Trek from Chame to Pisang (3200m).

You continue your unrelenting narrow valley of pine, hemlock and cypress forests. The trail through a serene forests leads to lower Pisang (1000m Higher) is a must for an amazing view of Annapurna 2. This arid region is a rain shadow of Himalaya.

Day 7: Trek from Pisang to Manang (3540m).

You will follow two routes, lower routes and higher routes where later one taking longer than but offering outstanding views of Annapurna Himal and few trekkers. Both routes converge in the large and interesting village of Braga, which is the seat of the oldest monastery in the area. The Gompa is about 900 years old and belongs to Kargyupa sect of Tibetan Buddhism, and contains some unique works of arts. At the end of the day, your destination reaches Manang, the place having a cultural display of Sherpa & Gurung people.

Day 8: Manang (3540m).

Today's acclimatization at Manang which is beat spends the day after climbing to higher elevation from Pokhara through the vigorous trail on foot. Manang itself is a spectacular location with many attraction

of lakes, caves, moraine, hills, monastery or local activities of the town.

Day 9: Trek from Manang to Khangsar (4050m).

After crossing up from Manang, there will be a scarcity of facilities. You will cross small tributaries and contour along pleasant meadows with occasional birch groves. There is chance to see herds of blue sheep. Through the estuary of Marsyandi River, you can have a sunset view in the mountains all around. Khangsar is one of the old residency for Tibetan people.

Day 10: Trek from Khangsar to Tilicho lake Base camp (4750m).

Today, you gain altitude gradually, and spend the night at Tilicho lake base camp, meaning camp at the nearby heaven. Leaving the Marsyandi River, we are at the hilltop and just by the highest lake in the world. If you are lucky enough, you may spot a snow leopard nearby here at dusk. It's a base camp for crossing Tilicho pass.

Day 11: From Tilicho Lake Base Camp to Trek from Khangsar.

After crossing up from Manang, there will be a scarcity of facilities. You will cross small tributaries and contour along pleasant meadows with occasional birch groves. There is chance to see herds of blue sheep. Through the estuary of Marsyandi River, you can have a sunset view in the mountains all around. Khangsar is one of the old residency for Tibetan people.

Day 12: Trek from Khangsar Manang

Today's acclimatization at Manang which is beat spends the day after climbing to higher elevation from Pokhara through the vigorous trail on foot. Manang itself is a spectacular location with many attraction of lakes, caves, moraine, hills, monastery or local activities of the town.

Day 13: Drive from Manang toto Besisahar

You will fly to Pokhara early in the morning; descend through green forest hills, all the way to the valley floor, with the biggest gorge, spectacular mountain views from where we can make our way to the city of Pokhara.

Day 14: Drive from to Besisahar to Kathmandu.

The route follows the Marsyandi River upstream, crossing the long suspension bridge and passing a beautiful thin waterfall with a fine bathing pool. We ascend to the town of Bahundanda, Bahun reserving hills. There are good views to the north and a little known hot spring as well.

Day 15: Transfer to International airport for your final departure by the representative.Includes:

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Airport picks up and drops by car.

Meals (breakfast + lunch+ dinner) during trekking

Accommodation (Teahouse / Hotel / Lodge or Camping) while on the trek.

An experienced Government licensed holder guide and porter. Note: 2 guest = 1 porter.

Food, drinks, insurance, salary, equipment, transportation, local tax for Guide and porter.

All Ground transportation.

Medical supplies (first aid kit will be available).

All necessary paper works and conservation entry permits.

Travel & Rescue arrangement.

TIMS (Trekkers' Information Management System).

All government taxes.

Exclusions

Meals while in Kathmandu or Pokhara.

Your Travel insurance.

International airfare.

All kinds of drinks (Alcoholic, hot and cold drinks).

Personal shopping and laundry etc.

Personal trekking Equipment.

Tips for trekking staff and driver. (Tipping is expected).

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.

- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Duration: 15 days.

Highest Altitude: Tilicho Lake Trek (5000 m).

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Highest Point: Tilicho Lake Trek (5000 m).

Type of Tour: Trekking, Hiking, Walking, Culture.

Trekking Hour: Approximately 6-7 hours each day.

Trekking Duration Total Days: 15 Days.

Tilicho Lake Trekking is one of those places that have had next to mythic connotation. Explore one of the topmost trekking trails in the world laden with cultural and geographical diversity. View the stunning landscape of Rhododendron forest at Ghorepani, input the marvelous beauty of Jomsom and get caressed with softly blowing winds.

Amazing Kali Gandaki valley enchants your eyes. The circuit holds extensive cultural and natural enigmas, discover it once and feel its worth. It is the highest lake in the world.

Tilicho Lake Trekking Start from Besisahar, six hours buses riding from Kathmandu following Marsyandi River pass from Manang village (Annapurna Journey trail). We turn west to the last village Khangsar, then pass Tilicho Base camp on the way to Tilicho Lake (5000m). In addition to returning by the same route, it is possible to cross by path behind the lake and descended Jomsom in the Kali Gandaki valley. This is a splendid summer trek, as rewarding as it is challenging.

Departure

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Review

Trip gallery

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Plan your journey with our team

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