



## Annapurna Circuit Trek Via Tilicho Lake - 23 Days

Annapurna Circuit Trek via Tilicho Lake is one of the **popular lakes** in Nepal which is located at the highest altitude of 5000m in the Annapurna Region. It is formed with the collection of the melting portion of the entire northern slopes of **Annapurna and Thorand Peak**. The images of the peaks around the **Tilicho lake** reflect on the glittering face of Tilicho lake.

If you are a true nature lover and are seeking for the long travel in nature then The Annapurna Circuit Trek is a fantastic trek to enjoy each and every moment of your travel. The Annapurna Circuit trek presents a natural glimpse which contains the varieties of rare as well as one of the most diverse flora fauna in the world.

You will walk through the terrace farms, natural landscapes, habitats and all which can't be explained in words. The main highlights of Annapurna Circuit trek are the view of the three giant peaks **Mt Fishtail, Annapurna and Dhaulagiri** along with the best experience of **Nepali Cultural** tribes such as Gurungs and Magars.

You will also get a great opportunity to visit the beautiful Ghandruk village, which is one of the most eye-catching villages in Nepal as well as the village of the Gurkha Soldiers during the Annapurna Circuit trek. Annapurna Circuit also leads us to Manang, Jomsom and the Religious **Mukthinath region**. The trail also consists of pine, oak and **rhododendron** all along the way.

Annapurna Semi Circuit Trekking can be also the best alternative to the trekkers who of want to **easy trek** but still, it offers with the best memories of your lifetime.

We will start Annapurna Semi Circuit trek from Besisahar which is a beautiful city of Lamjung, where we can get a fresh environment away from the crowds.



## **PRICE INCLUDES**

- Local bus fare to Besisahar and Nayapul to Pokhara by private car
- Pokhara to Kathmandu by tourist bus
- One night twin sharing room in Pokhara
- Trekking permits and TIMS card
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

## **PRICE EXCLUDES**

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## ITINERARY IN DETAIL

### Day 1: Kathmandu to Besisahar

On the first day of our trip will be taking a local bus to Besi Sahar from Kathmandu

### Day 2: Trek to Syange

Our very first day of our trekking we trek through trail way will be to Syange (1100m). We have easy path however a bit long trail to take on this day.

### Day 3: Trek to Taal

On the third day we cross the first suspension bridge over the Marshyandi River and encounter the beautiful, tall and gorgeous waterfall. We then follow the river to the stone village of Jagat (1300m) before climbing through the forest to Chamje at 1400 meters. And finally to Taal (1700m), the very first village to Manang district.

### Day 4: Trek To Chame

On the day four we reach to Chame, Chame is the head quarter to Manang District. We can also enjoy the hot spring in Chame and we have the views of the Himalayas including Lamjung Himal, Annapurna II, and Annapurna IV (7,525m).

### Day 5: Trek to Pissang

On the 5th day a steep and narrow path through a very dense forest will bring us to the dramatic curved rock face, rising 1500m from the river. This is probably the steepest part of the Marshyangdi Valley, so steep that the trail is carved into the vertical rock. After passing this last bit of rock, the valley opens up with majestic vistas. And right where the valley widens stands the PaungdaDanda, a massive sloping rock face that rises over 1500m above the trail. We trek for a while before reaching Lower Pissang where we spend the night.

### Day 6: Trek to Manang

On the 6th day of trek we may have two routes to Manang, one that takes us to the trail up to Upper Pisang via Ghyaru. This trail has the excellent views of the beautiful landscape and the mighty mountains mount Annapurna and Pissang (6091m). And the other one goes down to southern route of Marshyandi River by Hongde with its airstrip that involves lesser climbing comparatively to Northern route. The choice is yours, since we meet up at Munchi whichever route we take. We shall be noticing a contrast in the landscape and vegetation from today onwards. The cold and dry climate also creates a much harsher environment.

### Day 7: Rest at Manang

On the 7th day we will take a day rest at Manang in order to stay fit for our next day trip so, on this day also we shall be doing continuous day walks and capture the magnificent views around the village. We have the option to go for a hike to Gangapurna Lake or Braga village and visit the oldest BrakaGumba.

### Day 8: Trek to SiriKharka

On the 8th day we are be trekking to SiriKharka, route way to Tilicho Lake. On the way to our destination we will be seeing the beautiful village fully influenced with the old Tibetan life style which is also known as the last village of



Nepal. We shall be passing by few gompas including ThareGompa just before SiriKharka.

### **Day 9: Trek to TilichoLake and return to Tilicho BC**

On the 9th day we shall be trekking towards Tilicho Base Camp (4150m). The path is covered with small crystals and shrubs on both side of the trail that follows to juniper and sea buckthorn bushes. Some places along the trail we even get to cross a few streams. Our main goal for the day is Tilicho Lake (4920m), other than that we have outstanding view of Tarkeghyang, Gangapurna and the Khangsar Kang and last but not least for the day is a wonderful sunset. It presents a dramatic spectacle reflection of the surrounding peaks however it is frozen solid most of the season. After spending the wonderful time at Tilicho Lake, we shall follow the trail back to Tilicho Base Camp.

### **Day 10: Trek to YakKharka/ChuliLedar**

On the 10th day we will be heading towards Yak Kharka (4050m) catching up the route to old Khangsar. And following the unmarked path just above us we meet at the tea shop just between Ghunsang and Yak Kharka. And we now follow the way to Yak Kharka.

### **Day 11: Trek to ThorongFedi/High camp**

On the 11th day we will have an upward following trail to Throng Phedi (4525m). On the way we will be seeing one of the best views of Mt. Gundang, Mt. Syagang, Thorung Peak and Mt. Khatungkan. We shall be taking rest in either Throng Phedi or at the High Camp.

### **Day 12: Trek to Muktinath**

On the 12th day we will continue our trek by crossing Throng la pass which is our main goal for the day so we are waking up early in the morning and walk ahead with the lights on. After making through Throng La pass we shall reach in Muktinath (3760m) in a few hours of walk. It is believed that all our sorrows and pain are relieved when visiting this very temple. The place is surrounded with several other monasteries as well.

### **Day 13: Trek to Kagbeni**

On the 13th day we reach to kagbeni. Since we are on the other side of Manang most of the land we see will be dry and looks somewhat like the desert. We will continue our trek walking by the bank of KaliGandi River. Most of the time, we will descend with closer view of stupas and really old traditional house and civilization of Mustang.

### **Day 14: Trek to Marpha**

Descending from Kagbeni village we reach to Marpha. The barren landscape of this area resembles Tibet. Marpha is also famous as the apple in Nepal where one can enjoy different items made from apple like apple pie, and wines. Apple Brandy is another local specialty that we may be lucky enough to taste.

### **Day 15: Trek to Kobang (2560m)**

On the 15th day we will pass through the valley following the Kali Gandaki River. On this trail, we will have the opportunity to view Annapurna I (8091m) and beautiful landscapes.

### **Day 16: Trek to Kalopani (2530m)**



On the 16th day we will be trekking through the traditional village of the ethnic Thakali people. Also we will be seeing panoramic views of Dhaulagiri, Tukucho, Nilgiri, Fang and Annapurna I mountains. And in our surroundings will be lots and lots of apple garden.

#### **Day 17: Trek to Ghasa**

On the 17th day we will keep passing on by the beautiful villages on our way. Ghasa (2010m) is another beautiful valley we are taking rest at.

#### **Day 18: Trek to Tatopani**

On the 18th day we will continue beating our feet towards Tatopani (1190m). On our way we will emerge into subtropical forests, lush with vegetation and see power house that supply regular electricity in this area. In the end reaching Tatopani we get to relax in hot water.

#### **Day 19: Trek to Ghorepani (2860m)**

On the 19th day the trek will lead through the rhododendron forests with a terraced farmland surrounded with glowing mountains.

#### **Day 20: Trek to Tada pani via Poon Hill**

On 20th day we will have an early morning sunrise to catch up at Poon hill (3193m). From here we will be able to get a close up look at most of the mountains including Annapurna and Dhaulagiri ranges. After taking few photos and sight-seeing of the mountains we head back to Ghorepani and then head towards Tadapani.

#### **Day 21: Trek to Ghandruk**

Our trip on 21st day will be in the lands of Rhododendron trees. In the time of this flower season the jungle fully turns into red valley covered with blooming Rhododendron and cherry blossoms. Just in few minutes of walk from the jungle is a Ghandruk (1940m), a Gurung residence.

#### **Day 22: Trek to Nayapool and to Pokhara**

Final day of the trail trip comes to an end at Nayapool and then after we take private Jeep to Pokhara and take accommodation in one of the fine hotel.

#### **Day 23: Kathmandu**

And early in the morning we will take tourist bus to Kathmandu.