

Tilicho Lake Trek

Url: <https://www.glorioushimalaya.com/trip/tilicho-lake-trek/>

Duration

20

Max. Altitude

5,400m

Difficulty

Difficult

Group Size

Min 2 people

Transport

Plane, Car, Jeep, Bus

Meals

Breakfast in Kathmandu and Pokhara Hotel

Starts At

Kathmandu

Ends At

Kathmandu

Accommodation

Hotel lodges

Overview

Tilicho Lake Trekking takes you through Ancient Jomsom, with the venerated Lake of Tilicho, is said to be the highest in the world...and crossing Thorong La at 5,416m presents a wonderful challenge Trek which is a real test more for the mind than the body...but the glorious skyline shows off silver, gray and white mountains that glitters on a lovely weather day and the diverse ethnic communities we meet up on the way give us some sort of idea of the world we know and the world we are not familiar with...but want so much to learn off...

Tilicho Lake at an altitude of (4,949m) is a well-known place for pilgrimages. Hence, as we go to the high altitude to triumph over the view of the lake is not an easy task, but this trip is truly exciting, thrilling and more or less rewarding. Though trekking Tilicho Lake is a challenging trekking route it is one of the finest trekking routes in the Annapurna region. This trek displays a scenic view of much of the eastern side of the epic world-famous Annapurna circuit with sublime natural beauty, cultural and traditional values, stunning waterfalls and running clean water streams, and attractive floras and faunas.

Our trip begins with a cruise from Kathmandu to Besisahar and we hike from Besisahar, the path offers you fantastic views of gigantic peaks including Mt. Annapurna (8,091m) - 10th highest mountain of world, Mt Dhaulagiri, (8,167m)-worlds 7th highest, Manaslu,(8,163m)- worlds 8th highest, and Machhapuchhre at (6,993m). On the way to Tilicho Lake, you get serene views of waterfalls and

experience hiking across airy suspension bridges. But this route is a pretty tough trail. You have to walk at alpine altitudes and you have to cross the Thorung La pass at (5,416m). The rocky trails, high hills and hiking through rivers tend to pose challenges. But the rewarding landscapes give meaningful joy to accept the geographical obstacles.

Going through Manang is special as you can enjoy the natural beauty of this particular area. As we head to Upper Tilicho Lake, you will pass through several villages where you can haul up and learn about the culture and tradition of the local folks. After reaching Tilicho Base Camp and then finally ascending Tilicho Lake, you can view this superb Lake right in front of your very eyes. After digesting the beauty of Tilicho Lake, we make a beeline for Muktinath Temple - a sacred place for both Hindus and Buddhists. We must cross [Thorang La pass](#) (5,416m) on the way to Muktinath temple and go through some pretty villages. On the way, you will enjoy the thrills of altitude and enjoy the culture of people living on the way. Finally, reaching Muktinath and spending some beautiful moments at this quiet place, the landscapes here are simply stunning. We will then visit Jomsom and finally return to the city of lakes - Pokhara.

Check out our fixed itinerary for **Tilicho Lake Trekkor** just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

Itinerary

Day 01: Arrival Kathmandu and transfer to Hotel (1400m)

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior sherpa guide will come to meet you and give you a brief orientation about Tilicho Lake Trek. You can then go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world.

Day 02: Kathmandu Valley Sightseeing Tour

The capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. Patan and Bhaktapur are its two major neighboring cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. An orientation session for the trek, which commences the following day, will be organized in the evening.

Day 03: Drive to Beshisahar (830m) - 7 hrs drive

You drive along the Kathmandu-Pokhara Highway to Dumre and then follow the narrow and paved road by the Marshyangdi River to Beshisahar, the district headquarters of Lamjung district. All the local government offices are based here. From here, you get to see some well-known mountain peaks, a lot of natural green landscapes surrounding the valley and the daily activities of the happy local folks. This headquarters is the center from where the daily usable commodities are supplied to the different villages and numerous towns. Stay overnight at a lodge.

Day 04: Trek to Bahundanda (1300m) - 5 hrs walk

The first part of the trail passes on a flat level along the bank of the Marshyangdi River. You can enjoy the sceneries and the local culture of the Gurung community. After lunch, the trail goes steeply upwards to Bahundanda which takes about 2 hours. From this point, you can see the area surrounded by eye-catching scenarios with snow-capped mountains. Stay overnight at a lodge.

Day 05: Trek to Chamje (1405m) - 6 hrs walk

We will leave for Chamje after having breakfast. We hike a trail that goes downwards to Syange (1070m). On the way, you can have beautiful views of waterfalls making sounds as it strikes with stones. After that, we will cross Marsyangdi River by an airy suspension bridge and then following the same river up to Jagat. After we reach Jagat, we will have to climb up to Chyamje. Overnight at lodge/guesthouse.

Day 06: Trek to Bagarchap (2160m) - 5 hrs walk

The journey today will be tiring as we will have to walk on the rocky trail. We will take a rocky path going with by side of Marshyangdi River upwards up to Tal (1675 m). Then we will cross a valley, and going ups and downs we will arrive at Dharapani (1890 m). After hiking a bit more, we will finally reach Bagarchap where we can see typical stone roofed houses. We crash out Overnight at a lodge/guesthouse.

Day 07: Trek to Chame (2630m) - 5 hrs walk

You climb through forests of pine and oak as you pass through Danaque (2210m.). Soon, there comes a small wooden bridge that will take you on a steeply ascending path up to Timang which lies at the bottom of Lamjung Himal. The trail goes then on a flat level until you reach Chame, where you will find government offices, shops, and hotels. Chame is the administrative headquarters for the Manang district. Stay overnight at a lodge.

Day 08: Trek to Pisang (3300m) - 5hrs walk

With Lamjung Himal (6893m) sparkling in the morning sun, you set off for Pisang. You continue through a fir and pine forest, climbing to a high, rocky area as the opposite bank becomes an impassable cliff. From this point, the valley becomes extremely steep-sided as you follow the path to Bhratang (2950m.).

You now walk through a pine forest and as the forest ends, the valley changes from a V-shape to a gentle U-shape, opening up a wonderful vista before you. You can see the east peak of Annapurna II as well as Pisang Peak (6091m.) to the north-east. Continuing, you come to a long Mani wall by a bridge and the lower village of Pisang. Stay overnight at a lodge.

Day 09: Trek to Manang (3540m) - 5 hrs walk

Beyond Pisang, the trail climbs a steep ridge that affords good views of the Manang valley and Tilicho peak (7145m.). Descending past Manang's airstrip at Hungde (3320m.), you come to a level area from where the north-east face of Annapurna III rises majestically above you. From the wide plains of the Sabje Khola Valley, Annapurna IV (7525m.) also becomes visible. Just beyond this point, you cross the considerably reduced flow of the Marshyangdi Khola via a wooden bridge to the tiny village of Mungji. After a short steep climb, you reach Manang which is a surprisingly large village for this remote mountain region. Stay overnight at a lodge.

Day 10: Acclimatization Day

We will hang around for one more day in Manang for acclimatization by observing beautiful views of green landscapes, silvery mountains, Chortens, and Monasteries. We can also explore the unique culture and lifestyles of local people. We bunk out overnight at our Lodge.

Day 11: Trek to Kangsar Village (3700m) - 4 hrs walk

After enjoying an awesome day at Manang, we will leave for Khangsar. We will go by a path that goes along the Khangsar River. Crossing the river, we will reach Khangsar village. This village is a very old-styled Tibetan influenced village and is also known as olden type villages of Nepal. Overnight at lodge/guesthouse.

Day 12: Trek to Tilicho Base Camp (4200m) - hrs walk

We continue from a western pass on a large path, passing a Gumpa (monastery). The route ahead goes on a recently constructed path up towards a high ridge. At one point is an intersection. One path maintains the altitude, traversing the slopes towards a place where the valley is narrow; the other continues to ascend towards the line of the ridge. The former is the old path, and is much more difficult as it goes on steep scree; the latter is the new path that goes a completely different way. Continue along the new path, reach a high crest, and descend on switchbacks carved out through the scree slopes to a side valley of the main valley. At its bottom is a brook. On the other side of it is a building known as the Tilicho Base Camp at an elevation of 4,200m. This is where rest out for an Overnight at a guesthouse.

Day 13: Trek to Tilicho lake and down back to Tilicho Base camp - 6 hrs walk

Today is the main day of our trekking. We will trek up to Tilicho Lake. After having breakfast, we will

hike to Tilicho Lake in the early morning, as the wind may interrupt us in case of delaying. Tilicho Lake is a cold place and is recorded as the lake at the highest altitude in the world. After spending some joyful moments at Tilicho Lake, we will descend to the Tilicho base camp. We bunk out tonight by this lovely lake at our guesthouse.

Day 14: Trek to Yak Kharka (4000m) - 5 hrs walk

As we hike slowly down from base camp, the trail ascends by nearly 500m to Yak Kharka. We make the climb steadily through Tenki Manang, leaving the Marsyangdi Valley. Continuing along the Jarsang Khola Valley, we reach Yak Kharka at 4,000m. as we hike by we observe that Herds of yaks and vegetations appear to thin out hereabouts. Overnight at our guesthouse.

Day 15: Trek to Thorong Phedi (4450m) - 5 hrs walk

Leaving Yak Kharka, you climb gradually to a ridge before descending to the headwaters of the Marshyangdi and crossing via a covered wooden bridge. After a short ascent up the mountain path on the right bank, you follow a narrow trail across an unstable spree slope and then descend to Thorong Phedi. Stay overnight at lodge.

Day 16: Trek to Muktinath (3800m) via Thorong La pass (5400m) - 8 hrs walk

You need to work hard to reach Muktinath as today we will walk for about 8 hours. Though it is hard, it is the most special day of our trekking. We will start our journey in the early morning at about 4 am so that we can reach Thorang La pass at about 9-10 am. If we delay it then the weather may create some difficulties. We will climb steeply which is not so difficult. But a high attitude and the massive snows around can cause some problems. After we climb for 4 hours, we will be at the top of Thorang La pass marked by the chortens and prayer flags and also you can enjoy stunning views. After this, it takes some 4 hours more to reach the holy place - Muktinath. Muktinath is a pilgrimage spot for both Hindus and Buddhists. It is believed that you can be free from all your pains and sorrows after you visit this so-called holy site. You can bathe under the 108 waterspouts around the temple. You can also visit Jwala Mai Temple where you can see natural spring and an everlasting flame fueled by natural gas. Overnight at guesthouse.

Day 17: Trek to Jomsom (2720m) - 5 hrs walk

Today is the last day of our trek on these beautiful mountains, we will move through the trail of Kagbeni or Lupra to reach Jomsom. This day we will trek along Kali Gandaki River to reach Jomsom. Jomsom is a strong windy little town in a cold valley. You can get startling memorable views of Tilicho Mountain and beautiful wet hills. Overnight at lodge.

Day 18: Early in the morning Fly to Pokhara (850m) - 30 minutes flight

This takes about 25 minutes and stays overnight at our hotel in Pokhara. The flights are available during the morning time. The strong breeze blows during the afternoon and frequent change of the weather prevents the flight landing and taking off in the afternoon. During the flights in the morning, the sky looks very clear which makes you able to enjoy the splendid views of different mountain peaks. Overnight at the hotel.

Day 19: Drive back to Kathmandu (1400m) - 7 hrs drive

While driving from Pokhara to Kathmandu, we head up to Damauli, Dumre, Mugling, and Kurintar where Nepal's first Cable car is operated to reach Manakamana Temple, this is a temple where most Nepalese come to have their wishes granted before leaving home or getting married. From Naubise we climb up to Thankot, the gateway to Kathmandu and finally reach our hotel & a lovely soft warm bed.

Day 20: Departure Day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

Trip Includes

- All the airport pick-ups and drop-offs by private vehicles.
- 1-day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- 3-nights of 3-star standard hotel accommodation in Kathmandu city inclusive breakfast.
- 15-nights of twin sharing local lodges accommodations while on the trek.
- 1-night of hotel accommodation in Pokhara city inclusive breakfast.
- Domestic flight from Jomsom to Pokhara include airport tax.
- An experienced and government certified trekking guide for the trek.
- Supporting porters to carry your belongings during the trek. (1 porter for 2 guests)
- All the necessary trekking permits and paperwork for the trek.
- All the ground transfers by bus, jeep, and car.
- Rain protection duffel bag and sleeping bag to use for the trek.
- All government taxes and the company service charge.
- First aid medicine for the trek.
- Trip achievement certificate after the successful trip completion.
- Nepalese cuisine farewell dinner at a typical local restaurant with a cultural dance show.

Trip Exclude

- International flights and Nepal entry visa.
- Meals during the trek.
- Entrance fees for Kathmandu sightseeing.
- Lunch and dinner in Kathmandu and Pokhara hotel stay.
- Extra costs such as hot shower, charging, mineral bottled water, cold drinks and use of WIFI while on the trek.
- Your travel insurance.
- Gratitude to the guide and porters.

Checklist

What you should bring depends largely upon where, when and how you are trekking. The main stress while trekking is on keeping warm and dry while still being lightweight. At altitudes above 3,000 meter, you will need warm clothing at all times, while at lower altitudes, you will need to keep warm only in the evenings.

And for lower altitudes, fleece jackets are adequate, while at higher altitudes down jackets are advisable.

Waterproof, windproof jackets and pants, well broken in footwear, head cover is also recommended. Good hiking shoes, a pair of sandals, sleeping bags, down jacket, sunglasses, warm woolen hiking socks, lightweight warm gloves, drinking water bottle, water purification tablets (which is highly recommended) a Swiss army knife, torchlight, sun block cream, toiletries, one quick drying towel, first aid kit and a very good route map are other things that come very handy. You also need a camera to take home memories of the trip. Please find the details trekking gear checklist below.

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

Contact Us, Head Office

Address:

P.O. Box No. 8349
Thamel, Kathmandu
Nepal

Mobile: [+977-9843760242](tel:+977-9843760242) (Viber, Hotline)

WhatsApp: [+977-9813637616](tel:+977-9813637616)

Email: info@glorionshimalaya.com