



Annapurna Circuit Trek with Tilicho Lake - 16 Days



Trip Facts

Destination	Nepal
Duration	16 Days
Group Size	2 - 30
Trip Code	dwt50
Grade	Challenging
Activity	Annapurna Treks
Region	Annapurna Region
Max. Altitude	5,416m at Thorung la high pass
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel Pokhara and Hotel/Lodge/Tea House during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu to Jagat via Besisahar, & Muktinath to Tatopani by Public transportation, Biret Pokhara to Kathmandu by Tourist bus

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Annapurna Circuit with Tilicho Lake Trek, One of the most popular treks in Nepal, circuit trek around the trip is a diverse

trek and an exciting journey, dramatic deep gorges,...

Its Notice to all our valuable clients who are joining Annapurna Circuit with Tilicho Lake trek with us that our journey will begin with a 7-8 hour local bus ride from Kathmandu to Besisahar or Bhulbhule (approx 172.9 km) which is included in the package, however, with an additional cost you can book a Private Jeep and while returning back to Kathmandu if you want to take a domestic flight from Pokhara to Kathmandu (20 mins approx) we can provide that with an additional cost excluded from the package. Despite being the gateway to Annapurna Circuit Trekking, Besishar lacks this facility Discovery world Trekking would like to recommend all our Valuable clients that they should arrive in Kathmandu a day earlier in the afternoon before the day we start our Annapurna Circuit Trek with Tilicho Lake the next day, To make sure that you'll attend our Official Briefing as an important Pre-meeting. The reason we do so is we want to make sure that you get proper mental guidance and necessary information just to have a recheck of equipment and goods for the journey so that if you have forgotten something then we'll provide you with that ASAP.

About the Trip

Annapurna Circuit with Tilicho Lake Trek, One of the most popular treks in Nepal, circuit trek around the trip is a diverse trek and an exciting journey, dramatic deep gorges, desolate high mountain passes such as Thorong La pass, relaxing hot spring, Buddhist and Hindu temples, delightful farming villages and at every turn a different view of the Annapurna summits.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

-  Crossing the world's widest pass – the Thorong La Pass at 5,416 metre
-  Highest altitude lake in the world , Tilicho Lake (4,949m)
-  See blue sheeps at Yak Kharka
-  Spectacular views of Mt. Annapurna, Thorung Peak, Nilgiri, Chulu west and Chulu east, Tukuhe Peak, Dhaulagiri, Lamjung Himal, Annapurna II, and Annapurna IV
-  Relax at hot springs in Tatopani
-  Magnificent lakes, glaciers, gorges, and waterfalls
-  Visit Muktinath ,a sacred place for both Hindus and Buddhists
-  Visit the beautiful Manang district and embrace the beauty of the place
-  Visit Barge Monastery, the largest monastery in Manang district

What is Included?

- ✔ Public transportation from Kathmandu to Jagat(trek start) and Muktinath to Tatopani
- ✔ Private transportation service From Birethanti(trek end) to Pokhara
- ✔ Pokhara to Kathmandu by Tourist Bus.
- ✔ A night accommodation with Breakfast (room with attached bathroom) at "Hotel Crown Himalayas" in Pokhara.
- ✔ Accommodation: Six nights room with attached bathroom at Dharapani, Chame, Pisang, Muktinath, Tatopani and Ghorepani, eight nights standard room at Jagat, Manang (2N), Siri Kharka(2N), Tilicho Base Camp, Yak kharka, and Thorang Phedi during the trek (Twin Sharing room)- 14 Nights
- ✔ All Standard Meals (15 Lunches, 14 Dinners and 16 Breakfasts) during the trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (12 or Above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers:1 porter "9 kg per trekker max limit").
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.

- ✔ Water purification tablets for safe drinking water
- ✔ Annapurna Conservation Area Permit (ACAP) Fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

✖ What is Excluded?

- ⊖ International flight airfare.
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Lunch and Dinner in pokhara.
- ⊖ Extra night accommodation, Meals in Kathmandu and Pokhara due to early arrival or late departure, early return from the trek.
- ⊖ Personal expense such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee extra porters etc.
- ⊖ Personal clothing and gear.
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

🔍 Overview

Annapurna circuit trek with Tilicho lake is a beautiful combination of trekking in the Annapurna region. **Tilicho Lake** is located at **(4,919m/16,138ft)** from sea level, which is the lake located at the highest altitude in the world. The circuit trek around the Annapurna with Tilicho Lake is one of the most popular treks in Nepal with a glimpse of the highest altitude lake, widest pass (**Thorong la**), amazing landscapes, blue sheep, hot springs, and many more.

This is a rewarding trek where you will be able to view panoramic sceneries of the Himalayas, including Mt. **Dhaulagiri (8,167m)**, Mt. **Annapurna I (8,091m)** Mt. **Manaslu (8,163 m)**, Mt. **Annapurna II (7,937 m)**, Mt. **Annapurna III (7,555m)**, Mt. **Annapurna IV (7,525m)**, Mt. **Annapurna south (7,219m)**, Mt. **Nilgiri (7,041m)**, Mt. **Fishtail** also called **Mt. Machhapuchhare (6,998m)**, Mt. **Hiunchuli (6,441m)**, Mt. **Lamjung Himal (6,986m)**, **Tukuche peak (6,920m)**, **Tilicho peak (7,134m)**. We get an opportunity to learn about the Tibetan way of life that strongly runs in Mustang valley. The circuit takes you through a number of climatic zones; you will pass rice paddy fields, subtropical forests, rural farmland, and glacial zones. There is a small chance of seeing a snow leopard in Yak Kharka along with blue sheep. We witness the beauty of the blue icy lake of Tilicho. Formed by the glacier melting from Annapurna the lake Tilicho reflects the surrounding mountains which are a truly unique and beautiful sight to see. We will also make a stop at Tatopani where, after days of trekking we can relax in their famous hot springs.

Thorong la pass

Annapurna Circuit with Tilicho lake trek starts after an 8-10 hours drive from Kathmandu to Jagat via Besisahar and follows the trail to **Chame**, **Pisang**, and **Manang**. An acclimatization day is taken here to prepare for crossing the incredible **Thorung La pass**, we'll continue on 3 days hiking to magnificent Tilicho lake. We stay overnight at Siri Kharka a town near Manang, we continue the trail and head to Yak Kharka. The next day we hiked up to **Thorong Phedi**. And from Thorong Phedi to **Thorong La Pass (5,416m/17769ft)** which would definitely be one of those **lifetimes experience**. You'll see landscapes which are the rarest, peaks above 8,000 meters & many more offerings of Nature at its best. After passing the Thorong La pass we head down to Muktinath, which is the sacred pilgrimage site for Hindus and Buddhists From Muktinath we drive to Tatopani and spend the night. The next day we head up to Ghorepani, Poon Hill to Tadapani, Birethanti then we drive to Pokhara and drive back to Kathmandu.

Day to Day Itinerary

Day 1

Drive from Kathmandu to Besisahar(760 m/ 2492 ft) Towards Jagat (1,300m/4,265 ft)

Itinerary Facts

Driving hours (175 km/108 miles) 9-10 hrs

Highest Altitude 1,300m/4,265 ft

Early morning we **drive from Kathmandu** for about **6-7 hours (190 Km)** to the Besishar. In the way, we can see many beautiful villages, farms, flowing rivers and a glimpse of beautiful mountain ranges which definitely a perfect feast for eyes. As we'll be taking a local bus we might face some unplanned traffic or anything while changing local bus from Besishar that won't let us step **further ahead towards Jagat**. To avoid that scenario, if you want to book a private car/Jeep (excluded from the package - luxury private drive from Kathmandu itself) we can manage that or we can just stay a night there and Continue our drive tomorrow morning towards chamche to Dharapani height by Local buses available with comfort. With delving sun, our 1st day of **Annapurna circuit trek with Tilicho lake** will be successfully spent.



Overnight at "Tibet Guest House"



Included Meals: (Breakfast, Lunch, Dinner).

Day 2

Trek from Jagat (1,300m/4,265 ft) to Dharapani (1,860m/6,200ft)

Itinerary Facts

Trek Distance 15 km/9.3 miles

Highest Altitude 1,860m/6,200ft

Trek Duration 5 hrs

After breakfast we begin the 2nd day of our trek, we cross a **suspension bridge** and after a steep climb, we enter the **vicinity** of Manang region at the village named Tal, where we see several waterfalls forming a river by the sandy beaches. We follow trails through barley, rice, and **potato fields**. and pass through the **village of Kodo** which is one of the biggest villages in the **Manang valley**. We cross a **suspension bridge**, and after a short climb of the stone Kani, we reach **Dharapani**. In this way, our 2nd day of the Annapurna circuit trek with Tilicho lake will be successful.



Overnight at "Heaven guest house" with attached bathroom.



Included Meals: (Breakfast, Lunch, Dinner).

Day 3

Trek from Dharapani (1,860m/6,200ft) to Chame (2,610m/8,890ft)

Itinerary Facts

Trek Distance 15.5 km/ 9.6 miles

Highest Altitude 2,610m/8,890ft

Trek Duration 6 hrs

Today we'll follow the trail through a forest with pine, fir, oak, and **maple trees** by a river to reach Chame, the district headquarter of Manang district. Well be surrounded by the green forest around us and over us, we'll see remarkable views of Lamjung Himal, **Annapurna II**, and **Annapurna IV (7,525m)**. We'll also stop by small hot springs where we can relax for a while. With all the fun around the snow, our 3rd day of the Annapurna circuit trek with Tilicho lake will be successful. With all the fun around the snow, our **3rd day of the Annapurna circuit trek** with Tilicho lake will be successful.



Overnight at "Tilicho Guest House" with attached bathroom.



Included Meals: (Breakfast, Lunch, Dinner).

Day 4

Trek from Chame (2,610m/8,890ft) to Pisang (3,115m/10,200ft)

Itinerary Facts

Trek Distance 13.2km/8.2 miles

Highest Altitude 3,115m/10,200ft

Trek Duration 5 - 6 hrs

We walk through a steep and narrow valley to have our first view of **Paungda Danda rock face**, a curved rock face rising **1500m from the river**. From here, we also see clear views of **Annapurna 2** at the south and **Pisang Peak** in the north east. Next, we descend to the **Manang Valley floor**. With delving sun and calmness of manag valley floor, our 4th day of Annapurna circuit trek with Tilicho lake will be successful.



Overnight at "New Trekkers Hotel" attached bathroom.



Included Meals: (Breakfast, Lunch, Dinner).

Day 5

Trek from Pisang (3,115m/10,200ft) to Manang (3,540m/11,300ft)

Itinerary Facts

Trek Distance 17km/10.6 miles

Highest Altitude 3,540m/11,300ft

Trek Duration 5 - 6 hrs

We trek on the upper trail through upper **Pisang via Geru**, we choose this trail as it offers outstanding views of north face **Annapurna II, III, IV, Gangapurna, Tilicho, and Pisang Peak**. as we ascend well feel the air turn cold, dry, and harsher. The trail goes through Tibetan settlement and we get a chance to explore Buddhist culture in a short visit to **Barge Monastery**, the largest in Manang. With the delving sun, our 5th day of the Annapurna circuit trek with Tilicho lake will be successful.



Overnight at "Hotel Himalayan Singi"



Included Meals: (Breakfast, Lunch, Dinner).

Day 6

Rest and Acclimatization day at Manang

For our body to acclimatize we spend this day **exploring Manang**, early morning we hike up to **Gangapurna Lake** and **Base Camp** spend the day admiring **Annapurna III, Tilicho, Pisang** and **Chulu Peaks**, roam around Manang Village and Monasteries. during the afternoon we may visit the **Himalayan Rescue Association** in Vraga village where we will be briefed about acute **Mountain Sickness**, its symptoms, and preventions. By adapting the environment to Acclimatization, our 6th day of the Annapurna circuit with Tilicho lake will be successful.



Overnight at "Hotel Himalayan Singi"



Included Meals: (Breakfast, Lunch, Dinner).

Day 7

Trek from Manang (3,540m/11,300ft) to Siri Kharka (4,060m/13,320ft)

Itinerary Facts

Trek Distance 12 km/ 7. 4 miles
Highest Altitude 4,060m/13,320ft
Trek Duration 4-5 hrs

Today's trek will be a little easier. we take the upper route which follows a path down to a river. We cross the river, walk through coniferous forests, after -3 hours of walking we arrive at the **Tibetan settlement Khangsar**. After an hour more of walking, we reach **Shiri Kharka**. Throughout the trek, we will have a clear view of **Gungang Himal** and **Mt. Chulu**. With the amazing view of **Gungang Himal & Mt. Chulu**, our 7th day of the Annapurna circuit trek with Tilicho lake will be successful.

 Overnight in Siri Kharka.

 Included Meals: (Breakfast, Lunch, Dinner).

Day 8

Trek from Siri Kharka (4,060m/13,320ft) to Tilicho Base Camp (4,150m/13,583ft)

Itinerary Facts

Trek Distance 8 km/ 4.9 miles
Highest Altitude 4,150m/13,583ft
Trek Duration 5 hrs

Today we walk an easy path that leads through the **middle of the landslides area** where we can view **impressive rock formations**, we trek up till Tilicho base camp where we can get a good view of Tilicho Peak and other snow Covered Mountains – With a **mesmerizing view of Tilicho peak**, our 8th day of Annapurna circuit trek with Tilicho lake will be successful.

 Overnight at Lodge.

 Included Meals: (Breakfast, Lunch, Dinner).

Day 9

Visit Tilicho Lake (4,920m/16,138 ft) then back to Siri Kharka (4,060m/13,320ft)

Itinerary Facts

Trek Distance 11 km/ 6.8 miles
Highest Altitude 4,920m/16,138 ft
Trek Duration 5-6 hrs

We start the day early to avoid afternoon wind. After a steep consistent climb of 2-3 hours we reach **Tilicho lake**, The highest lake in the world also referred to as **"the great ice lake"** by the leader of the French expedition team. This is a large sparkling lake that lies at the foot of the north face of **tilicho peak**, after spending some time here we take the same route back to **Siri kharka**.

 Overnight in Siri Kharka.

 Included Meals: (Breakfast, Lunch, Dinner).

Day 10

Trek from Siri kharka (4,060m/13,320ft) to Yak kharka (4,060m/13,020ft)

Itinerary Facts

Trek Distance 8.4 km/5.2 miles
Highest Altitude (4,060m/13,020ft)
Trek Duration 4-5 hrs

We descend to the uninhabited **Khangsar village**, pass **Tare gumba**, a **thousand-year-old monastery** then follow a rock wall out of **Khangsar** to descend a bridge in the Thorong Khola valley. We go across a river, hike up to a plateau to reach yak kharka . from here you can see **Annapurna mountains range**, other peaks, blue sheep (bharal in Nepalese language) and if you are lucky you might spot a snow leopard.



Overnight at "Hotel Gangapurna"



Included Meals (Breakfast, Lunch, Dinner).

Day 11

Trek from Yak Kharka (4,060m/13,020ft) to Thorong Phedi (4,525m/14,525 ft)

Itinerary Facts

Trek Distance 8.5 km/ 5.2 miles

Highest Altitude 4,525m/14,525 ft

Trek Duration 4-5 hrs

We walk uphill to **Thorong Phedi**, a small busy settlement with an amazing view of mountains and landscapes. On our way, we get the best views of Mt. Gudang, **Mt. Syagang**, **Thorung Peak**, and **Mt. Khatungkan**.



Overnight at "Thorong High Camp Hotel"



Included Meals: (Breakfast, Lunch, Dinner).

Day 12

Trek from Thorong Phedi (4,525m/14,525 ft) to Muktinath Temple (3,760m/12,623ft) Via Thorung La high pass (5,416 m/17,756 ft)

Itinerary Facts

Trek Distance 15.6 km/ 9.6 miles

Highest Altitude 5,416 m/17,756 ft

Trek Duration 9 hrs

Today's the most challenging part of the trip, we'll cross **Thorung La pass**, one of the highest passes in the world, and the highest point of the trek. we have to wake up early morning at 3 to complete this challenge. we have to push ourselves through the icy air, and high altitude but the view from the Thorong La pass will make it totally worth it. We will see a panorama of majestic **Himalayan peaks** extending northwards into **Tibet**, at the back we can see several of the main peaks of Annapurna. We then descend all the way to Muktinath, a sacred place for both **Hindus and Buddhists** . The Buddhists call it **Chumig Gyatsa**, which in Tibetan means "**Hundred Waters**".



Overnight at "Hotel Town House Muktinath" with attached bathroom.



Included Meals: (Breakfast, Lunch, Dinner).

Day 13

Drive from Muktinath (3,760m/12,623ft) to Jomsom and Tatopani (1,200m/3,940ft)

Itinerary Facts

Driving hours (113km/70 miles)-6-7

Highest Altitude 3,760m/12,623ft

We'll visit **Muktinath temple** before continuing our journey on a local bus ride to **Tatopani**. It will be a rough drive through the **deepest gorges in the world**. We will go from the arid highlands to lush green forests Tatopani is famous for natural hot springs; it is a place where we can soak in the **hot springs**.



Overnight at "Dhaulagiri Lodge" with attached bathroom.



Included Meals: (Breakfast, Lunch, Dinner).

Day 14

Trek from Tatopani (1200m/3,940ft) to Ghorepani (2,860 m/9,385 ft)

Itinerary Facts

Trek Distance 17 km/10.5 miles

Highest Altitude 2,860 m/9,385 ft

Trek Duration 6-7 hrs

We ascend to **Ghorepani** through villages of **Sikha and Chitre**, the villages of ethnic thakali people. we go through a terraced farmland with mountains all around. then pass lush forests filled with **rhododendron, birch, magnolia** we stop at Ghorepani, a **beautiful village** located at a ridge top.



Overnight at "Hotel Snow Land" with attached bathroom.



Included Meals: (Breakfast, Lunch, Dinner).

Day 15

Early morning hike to Poon Hill (3,210 m/ 10,525 ft) -then trek to Birethanti (1,039 m/3,250 ft)-Drive to NayaPul - Pokhara

Itinerary Facts

Trek Distance 12.5 km / 7.7 miles

Highest Altitude 3,210 m/ 10,525 ft

Trek Duration 4-5 hrs

Driving hours 2hrs

We'll ascend to **Poon Hill (3,210m)** early morning to view sunrise over the whole **Annapurna, Dhaulagiri** massif including Mt Machhapuchhre (Fishtail), natural view of sunrise and the warm **sun kissing** surrounding the rice terrace. A favorite spot among photographers After visiting Poonhill, we will trek back to Nayapul then drive to **Pokhara**.



Overnight at "Hotel Crown Himalayas" with attached bathroom.



Included Meals: (Breakfast, Lunch).

Day 16

Drive from Pokhara (820 m/ 2,690 ft) to Kathmandu (1,350 m/4,450 ft) Distance(200km/ 124miles) - 6-7hrs

Itinerary Facts

Driving hours (200km/ 124miles) - 6-7hrs

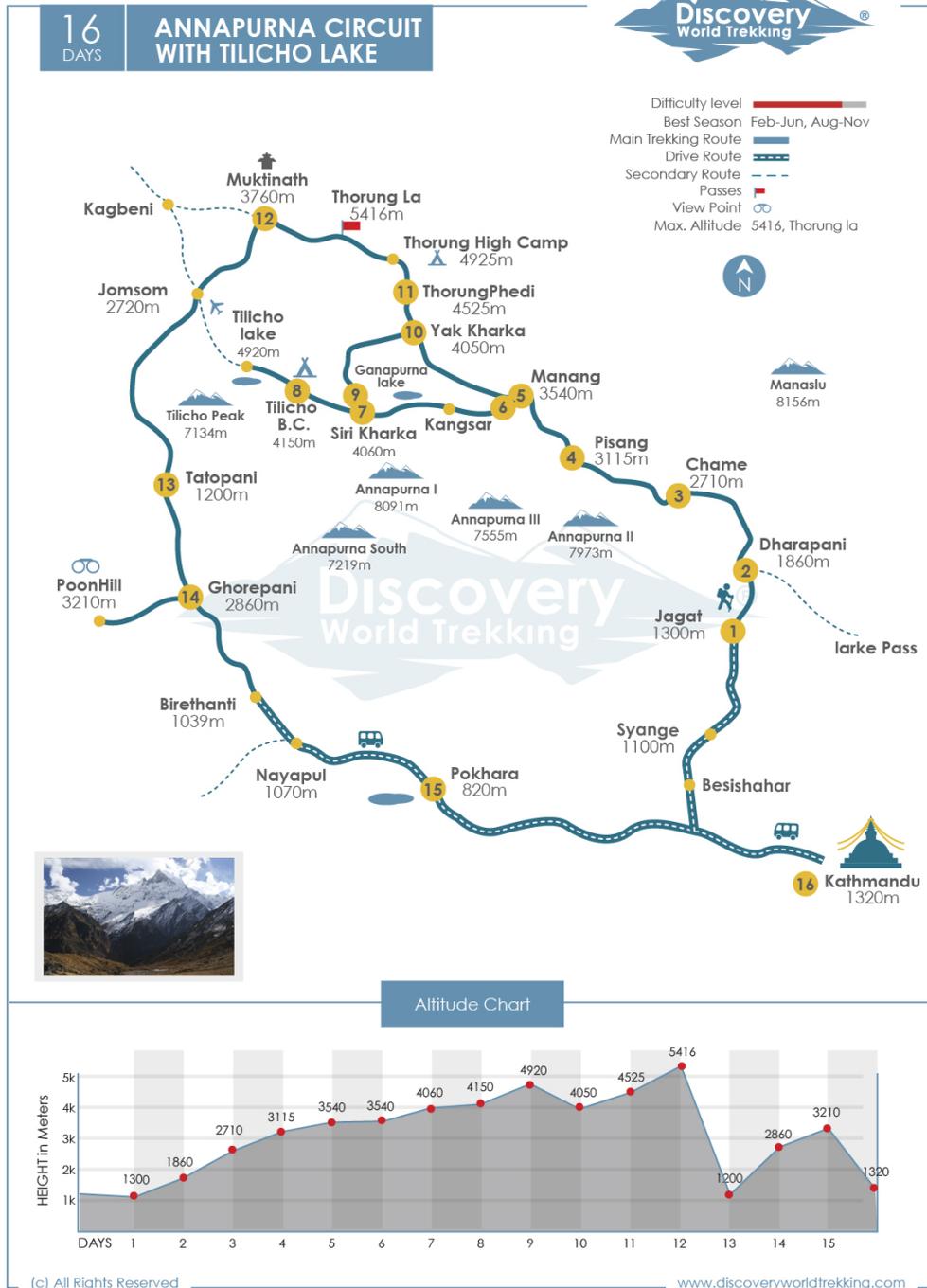
After breakfast, we'll drive back to Kathmandu on a tourist bus. **You may also choose to return by a 25-minute flight** (not included in the package). Our trek package completes at Kathmandu

We wish you a memorable journey trekking **Annapurna Circuit to Tilicho Lake**.



Breakfast

Route Map



Trips Notes

Annapurna Circuit with Tilicho Lake Trek Safety

Discovery World Trekking complies with the Nepal Tourism Board guidelines with our extra safety & perks in Annapurna Circuit with Tilicho Lake Trek.

Apart from Geographical safety, Discovery World Trekking has taken precautions in following things to make travel as safe as possible making the most out of it without any worry!

- Our guides are well trained with Intensive wilderness First Aid
- Trek leaders and guides have years of trekking experience who can help you if there is any kind of uneasiness and assure happiness & satisfaction is guaranteed.
- We'll have High-quality masks & Gloves with sanitizers for everyday use throughout the journey for the DWT team assisting you.
- Encouragements and motivation will be everyday perks
- Food & Accommodation in mountains will be rechecked for extra hygiene.

Annapurna Circuit Tilicho lake Trek In Nepal

Annapurna Circuit Trek starts from Kathmandu, after your arrival at Tribhuvan International Airport. You'll require an overnight rest at Kathmandu after such a long flight depending on the country you're coming from. On the very next day, early in the morning, we drive for approximately 8-9 hours to the **village of Jagat**, the starting of our Annapurna Circuit Tilicho lake trek in Nepal.

Local Transportation (Kathmandu to Besisahar -Jagat, Muktinath to Tatopani) is included in the package. private jeep is available at an extra cost

Free Airport Transfer Service from Tribhuvan International Airport

On Every Trekking Packages like Annapurna Circuit, Discovery World Trekking welcomes you at Tribhuvan International Airport with Marigold Garland's **traditional offering which** symbolizes purity, goodwill, auspiciousness, and compassion), then directly transfer you to the hotel of your choice.

Discovery World Trekking can Assist you on your Hotel booking at Kathmandu

Annapurna Circuit with Tilicho Lake Trek Accommodation

The 16 days trek **includes fifteen nights** lodge to lodge stay at a mountain and one night in Pokhara hotel where we use the best available lodge and select the best accommodation **in the Annapurna region**. We provide **Six nights room** with attached bathroom at Dharapani, Chame, Pisang, Muktinath, Tatopani, and Ghorepani, **eight nights standard room** at Jagat, Manang (2N), Siri Kharka(2N), Tilicho Base Camp, Yak kharka, and Thorong Phedi during the trek (**Twin Sharing room**).

We spent one night in a hotel **in Pokhara** with a room and attached bathroom, TV, 24 hours hot water, power, and laundry facility.

For solo trekker -a single private room with attached bathroom in the available lodge, single private accommodation in other places of the itinerary.

Two nights of Hotels in Kathmandu before and after the trek is required which is not included in the package.

Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

Breakfast | Dinner | Lunch included in Annapurna Circuit Trek Package

Annapurna Circuit with Tilicho Lake Trek is all over high elevations near the world's highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such **humongous Himalayan trails**.

The meal on this trek is very convenient but not as in cities.

There will be **16 Breakfasts, 15 Lunch, and 14 Dinners** will be provided in the trek.

Some of the popular menu items are -

Sixteen breakfasts - (Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

Fifteen lunch - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

Fourteen dinners - Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.)are available on the menu during the trek.

The best selected from the menu of the lodge will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shortened. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit. Though plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage you to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest avoiding such items during such high elevation treks.

Note- Lunch and dinner at Pokhara shall not be provided by the company.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

Annapurna Circuit with Tilicho Lake Trek Best time

The weather is one of the most important factors to look at when deciding to trek to the **Annapurna Circuit with Tilicho Lake trek** cause no one is beyond nature. Trekking is possible throughout the year but certainly, there are ups and downs in every season, It is best suited to trek during the spring and the autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops, and thick sun-blocking clouds also fade. The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, Trek during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, cold temperature but that's what excites many trekkers.

Although trekking is possible throughout the year each season has different advantages and attractions and advantages offered for trekking in the Annapurna region. The temperature in the mountains also depends according to the altitude range – the higher the altitude, the lower the temperature. In brief, below are the detailed information about the climatic condition of every quarter of months.

March to May - Spring

Destination towards **Annapurna circuit trek with Tilicho lake** in Spring (March-May) is a season in which mountain lovers and travel enthusiasts come to trek in a very large number. In this season, the climate is mild, the rainfall is quite low and the trekking conditions are perfect. The mean daily temperature in the high elevation is **8 to 0 degrees C**. Lower regions along the trek are even warmer making it pleasant for any nature lover.

Trekking season begins after March in the spring. By April, the trek route throughout the Himalayas will be rewarded with different full blossom rhododendrons of red, pink, and white even at an elevation of over 3,000 meters. The temperature starts rising from mid-March up to mid-May. The weather is cool at this time. The sky is very clear and you can enjoy the clearest views of the mountains.

June to August -Summer

In trek the **Annapurna Circuit Tilicho lake trek** in between July to August, you are signing up for summer. The summer season falls in the month of June, July, and August. Summer is the month of the hottest temperature and therefore has the most pleasant trekking conditions compare to other months. But the monsoon that coincides with the summer means that you have to be more careful with your preparation as the trekking trails might be wet and slippery.

It usually rains during this season. Monsoon generally begins around the end of June and continues up to the second

week of August. The temperature during the days usually ranges from **10°C to 23!** and gets relatively colder at night (5°C to 10?) mornings are usually clear with clouds building up during the afternoon and disappearing again at night. Though the rain may cause some problems. various plants bloom during this season, the valleys will be green and totally different view than during other seasons.

September to November -Autumn

Autumn (**September, October, November**), like Spring, is a season that invites travelers around the world to trek in the Annapurna Circuit with Tilicho lake trek. Moderate temperatures, mild wind, and low precipitation make Autumn a season of wonderful trekking conditions.

This is a favorite among tourists with the most favorable weather and perfect climate condition. The sun shines brightly the skies are clear you get a superb view of mountains and the temperature is perfect for the daytime trek. you can enjoy spectacular starry skies since the sky is clear at night. The monsoons will be over by early September and the weather ranges from mild to warm days. Daytime temperatures can reach up to 20c in high altitudes, the nights are colder with temperatures that may go down around 5c. the greens that grew during monsoon fade to golden/amber proving a spectacular contrast against the crystal blue skies, grains are ripening in the enclave. The environment is clean and the lowlands are lush. The biggest festivals of Nepal like Dashain, Tihar also fall during these seasons. It is also a busy season, the clearest month, with the crisp and sparkling sky. The daytime temperatures at this month are usually the most stable, from mild to cool conditions the humidity is also pretty dry with very cold nights.

December to February- Winter

Winter (December - February) treks in the **Annapurna region** are as popular as the Spring or Autumn treks. The places along the Annapurna circuit and Tilicho lake trek can be cold during the winter but that's what excites most trekkers. The temperature of the Annapurna circuit and Tilicho lake trek itself can be as low as -10 degrees C which tempts trekkers to visit this region in pleasant climatic conditions.

The coldest time is from December through early February, after late February, the climate gradually gets warmer Temperatures to get cold dropping to -5 degrees C at high altitudes. daytime is pleasantly and relatively warm with sunshine. Despite being cold the skies are usually very clear, mountain views are at their best. with snowy caps, it might snow and the ground will be snow the trails are the least busy at this time.it may not be the best season for beginners but experienced trekkers will have no problem.

Weather in the Himalayas can be unpredictable and change quickly; the temperature can vary vastly from day to night.

Acclimatization

Our **Annapurna circuit trekking with Tilicho package** provides one day rest in Manang for proper acclimatization, where there is a significant risk of being affected by altitude sickness also called acute mountain sickness. Altitude sickness is preventable but can be fatal if the symptoms are ignored .our trip itinerary is designed for slow and steady ascending so the body can adapt to the new altitude **All Our trekking leader and guide have extensive first aid training and well -experienced in the Himalaya** we urge to inform your group leader and guide at first signs of the symptoms, and use oximeter to monitor your oxygen level and help in early detection of the symptoms. We guarantee your health will be in reliable hands. Your trek leader or guide will suggest precautions. The best way is to take your time and drink plenty of water every day. If it is severe the only cure for altitude sickness is to descend immediately. Please note that your group leader has the ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than others.

Physical Condition & Experience Requirements

Annapurna circuit trekking with Tilicho lake hike is a challenging grade trek in the Annapurna region. The hiking is generally 4 to 7 hrs a day, with regular breaks to take in the stunning mountain views. Trek routes on Annapurna involve long climbs, steep descents, and straightforward roads following a **good trial**. To accomplish trek, past hiking experience would be an added advantage although no technical experience and skills are necessary. **Trekkers who are able to hike 5 to 6 hours a day at a reasonable pace** with a light day pack can take part in our short Annapurna circuit with Tilicho lake trekking. some days require longer waking hours So you must be reasonably fit and prepared for long days. Trekking at higher altitudes is physically demanding than trekking in the lower altitudes. **Exercising and jogging regularly for a couple of weeks prior** to the trip is a good idea to enhance our stamina **the fitter we are, the more enjoyable experience** we will have during the trekking.

To join our Annapurna circuit trekking with **Tilicho lake**, all participants should be in good health condition with normal physical fitness and have a positive attitude, self-confidence, and strong determination. It is very important to make sure you are as healthy as possible before starting a trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

Trekking in Group | Solo Trip | Backpackers

We organize a group as well as a private trek. The price of group discount is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

Regular Annapurna Circuit Trek Activity

The Annapurna Circuit Trek starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a **wholesome breakfast**, we set off on the day's walk around 7 AM to 8 AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served around midday on the route to the next destination and we continue after about an hour of rest.

The afternoon walk is generally shorter; about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will have free time to explore nearby places. **Dinner is served around 6 PM to 7 PM**. After dinner and before going to bed, we indulge in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like **monopoly, cards, and watch available mountaineering documentaries**. Most of the foreigners indulge in light and fun learning of **Nepalese language** from our crew or read books before heading off to bed for a well-deserved sleep

Communication on Annapurna circuit trek with tilicho lake hike

On the **Annapurna Circuit with Tilicho Lake Trek**, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety purposes.

We'll communicate with all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi **service available with an extra cost**) for good access of connecting.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

Electricity and battery recharge, water on the trek

Throughout the lodges at **Annapurna circuit trek with tilicho lake**, electricity for the camera and mobile battery recharge is available with an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water purification pill is will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. **Meals and accommodations in Kathmandu** are up to our clients themselves as all kinds of hotels/lodges (both luxury & budget) can be booked easily online or even we can do it on request.

All our valuable clients will have to bring personal spending money with them to cover the costs of **meals and accommodations in Kathmandu and lunch and dinner in Pokhara**, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) that can be changed to rupees here cause during the trek as only Nepalese currency is accepted.

Travel insurance for Annapurna Circuit with Tilicho Lake Trek

Annapurna Circuit Tilicho Lake Trek is a challenging journey as it involves exploring pristine 4,920m Tilicho Lake, and

crossing 5, 416m Thorung La High Pass. This mountain journey is not for a usual visit, potential high altitude sickness, and other unforeseen events such as injury, illness, flood, landslide or sudden climate changes, etc may face.

Travel insurance is a significant part of our booking condition for The Annapurna circuit and base camp trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitudes for trekking members.

We can **recommend insurance companies** to help you but we don't directly get involved in the sale of an insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy.

Trekking members are kindly requested to send their detailed insurance information once they book trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue **operation, transfer for emergency medical** help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

Tourist Visa | Visa on Arrival | Nepal Visa Information

Visa is available on arrival at Tribhuvan International Airport upon entry in Kathmandu for many nationals and at Nepal borders of India and Tibet. Visa can be easily extended to the central immigration office.

www.immigration.gov.np; Visa application requires a passport with at least 6 months until expiration and one passport-size photo. The **current cost of a visa for 30 days is US\$50**(to be paid in cash) for 30 days that is required to make it in cash. Other currencies are also accepted although rates may differ. Other nationalities should check entry requirements. visitors are requested to specify return flight tickets, time intended to stay in Nepal. We recommended you schedule at least 1-2 days extra at the end of the trip just in case there is a delay. If no delay occurs we can arrange additional activity for your time in Nepal. To help calculate the exact dates of these crossings we have found the website www.timeanddate.com to be very useful.

The children under the age of 10 will get a free visa. Please be advised to check the current regulation. Visa regulation can change without prior notice. Citizens of china as well as citizens of the South Asian Association for Regional Cooperation (SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka) get a free visa. countries not entitled to get a visa upon arrival are Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan If you are a citizen of one of these countries, please contact your local Nepalese embassy.

Currency Exchange | USD to NPR | Pound to NPR

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = Approx Rs.100-118 NPR)

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee notes in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank.

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

How Much Luggage can I take during Annapurna circuit with tilicho lake Trek?

The weight limit for your luggage, Porters will be assigned to carry your luggage. Two people will be assigned one porter, combined luggage should not exceed more than **18 kgs. We never overload our porters.** but a should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what the essentials, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free.

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

Equipment Checklist

Depending on the season you wish to go trekking you may have to make adjustments to clothing and equipment however these are the necessities list we prepared to keep your comfort and utility in mind.

We never recommend our clients to bring over equipment that is not necessary for the trek.

Head

-  Sun hat or scarf
-  Winter hat or insulating hat or a wide-brimmed hat
-  Headlight with extra batteries

Face

-  Sunscreen
-  Sunglasses with UV protection
-  Face/body wipes

Hands

-  Lightweight gloves
-  Heavyweight winter gloves

Body

-  Hiking shirts
-  Long sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring lightweight wool)
-  Polypropylene underwear
-  Down jacket (available for rent in Kathmandu)
-  Sweater
-  Waterproof jacket and pants

Footwear

- Hiking Boots that been worn in
- Thick wool socks (Take an extra pair of thick light socks)

Essential gear

- Backpack or daypack (Size depends on whether you take porter or not)
- Thermal bottle
- Water purification
- Trekking pole
- Sleeping bag (-15 degree bag is best in the high altitude trekking)
- Toiletries (toilet papers, tooth paste, tooth brush,)

Toiletries

- Medium size drying towel
- Toothbrush
- Toothpaste
- Deodorant/ floss
- Biodegradable bar soap
- Nail clippers
- Small mirror

Personal accessories

- Money
- Watch
- Cell phone
- Camera

Extra items

- First aid kit
- Extra passport photos and photocopies of passport
- Notebook and pen
- Binoculars

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
06 Dec, 2021 - 21 Dec, 2021	\$4650 \$860
09 Dec, 2021 - 24 Dec, 2021	\$4650 \$860

Departure Dates	Price
12 Dec, 2021 - 27 Dec, 2021	\$1650 \$860
15 Dec, 2021 - 30 Dec, 2021	\$1650 \$860
18 Dec, 2021 - 02 Jan, 2022	\$1650 \$860

FAQ's

How long is Annapurna Circuit Trek?

Annapurna Circuit Trek in Nepal is one of the most alluring and thrilling treks you could have in one life. Starting from Kathmandu, reaching up to Thorong la pass has by far the most to offer. Manang, Muktinath Temple, Jomsom, Tattopani Ghorepani poon hill are a few highlights from the menu of Annapurna Circuit. As Annapurna Circuit Trek has much attraction to offer, it can be as short as 10 days and going as long as 27 days.

What are the Annapurna Circuit Trek packages for?

Discovery World Trekking facilitates Annapurna Circuit Trek - 10 days, Annapurna Circuit Trek - 14 days, Annapurna Circuit Trek with Annapurna Base is Camp- 27 days, Annapurna Circuit Trek with Tilicho Lake - 16 days, Annapurna Sanctuary Trekking - 9 days and Annapurna Trek - 20 days. Please call us at +9779840055491 for more information visit our website www.discoveryworldtrekking.com/.

What is the best time to trek Annapurna Circuit?

Annapurna Circuit Trek with Tilicho lake is at its best around Spring (March-June) and Autumn (September-November) is the most favorable time to enjoy the magnificent views of Annapurna ranges and Dhaulagiri Peaks. However, Guided Tours can be done in most of the season to coordinate with your holiday plan with the safest journey possible.

What is the weather condition and temperature at Annapurna Circuit Trek?

Annapurna circuit Tilicho lake weather conditions throughout the year.

Month	Day	Night	Weather
March to May	18-22 °C	8-10 °C	Crystal clear views, colorful blossoms of rhododendron and other wildflowers
June to August	20-25°C	10-12 °C	Favorable for northern areas of Annapurna trails
September	18-22 °C	8-12 °C	Most favorable time
October to November	15 °C	7-8 °C	Clear Blue skies, least haze, fresh and vitalized natural vegetation
December to February	7-12 °C	2-8 °C	A low number of trekkers on the trails, picturesque landscapes

What about the Insurance of guides and porters?

All Discovery World Trekking staff members have **insurance** coverage, and in addition to salary, we also cover their meals, lodging, transportation, and necessary equipment costs.

Is there any luggage limit for porter?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you to your destination.

What documents do I need for Annapurna Circuit Trek?

You need to submit the following documents after the advance payment deposit and all the documents should be sent via email.

-  A copy of passport,
-  Passport size photos,
-  Flight details,
-  Copy of travel insurance (it has to cover heli rescue and medical evacuation).

What is the booking and payment method for Annapurna Circuit Trek?

You need to pay 10% in advance and rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged extra amount as service fee by the bank. So, Discovery World Trekking recommend you to pay in Cash to enjoy the benefit of discount. Any currency is accepted.

Is there a cancellation or refund policy?

Discovery World Trekking **has** cancellation and refund policies. Please visit our terms and conditions page for more information.

I usually get altitude sickness. Is there any possible option to avoid it?

Discovery World Trekking has a well-trained group of team members to deal with these issues. Our team member has oximeter to monitor the oxygen level at high altitude and have regular health check-up facilities. Discovery World Trekking also provide emergency rescue service. However, you can reduce the chances of altitude sickness by:

-  **Cutting off caffeinated, alcoholic, and smoking items**
-  **Drinking at least 4 liters of water a day**
-  **Trekking slowly**
-  **Not skipping the acclimatization days**
-  **Continuing with Diamox, if any symptoms show up**
-  **Drinking Garlic Soup**

What is the lodging like in Annapurna Circuit Trek?

Discovery World Trekking manages a teahouse/lodge accommodation during the trek. Generally, there are twin sharing rooms and squat style toilets, normally outside the room or house. Teahouses/lodges provide blankets but it's a good idea to bring your own sleeping bag as there are no heating systems inside the rooms. Some places may offer hot gas and running water for a shower with an additional fee.

Is the drinking water safe in the trails to Annapurna Circuit?

Bottled water is easily available at a low cost. You need to drink mineral water or boiled or filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu or Pokhara. Discovery World Trekking also provides water purifier pills.

Do I need to bring my own medicines for Annapurna Circuit Trek?

If you are allergic to specific medicines, it is better to consult your doctor and bring your own. Discovery World Trekking regards its clients as its family. So, Discovery World Trekking will facilitate you with medical kits and other safety concern to avoid altitude sickness and other probable sicknesses.

I am a vegetarian. Will I get enough meals during the trek?

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages are **suitable for all - vegans, vegetarians, and non-vegetarians.**

Is there an airport pick-up service by the company?

Discovery World Trekking representative will be at the arrival lounge of Tribhuvan International Airport holding a pamphlet with your name on it. They will take you to your hotel in a private vehicle.

Can I hire the gear in Nepal?

Discovery World Trekking will introduce to dozens of shops for hiring your gears.

Is Wi-Fi available during the trek?

Yes, most guesthouses offer Wi-Fi for a small charge.

Is Annapurna Circuit Tilicho lake difficult?

Annapurna Circuit with Tilicho lake is a fairly challenging trek in Nepal. However, on guided tours, if you reasonably fit and can walk at a steady pace, it's definitely more adevneture than rather challenge



Discovery World Trekking

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Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

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Quick Questions? Email Us

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Talk to an Expert

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