Tilicho Lake Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**16 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4919m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,990 per person**

Trip overview

The Tilicho Lake Trek is a spectacular Himalayan adventure that leads to one of the highest lakes in the world, offering an extraordinary combination of high-altitude scenery, dramatic mountain landscapes, and rich cultural experiences. Nestled in the Annapurna region, this trek is a popular extension of the Annapurna Circuit and is ideal for trekkers seeking both challenge and natural beauty.

The highlight of the journey is Tilicho Lake (4,919 m), a pristine glacial lake surrounded by towering Himalayan peaks and rugged cliffs. The trek provides breathtaking views of mountains such as Annapurna II, Gangapurna, Tilicho Peak, and surrounding ranges. This trek is perfect for adventurous trekkers who want a mix of wilderness, altitude challenge, and cultural immersion.

Geography and Landscape

The Tilicho Lake Trek is located in the Annapurna region within Annapurna Conservation Area, following part of the famous Annapurna Circuit before branching off toward the Tilicho Valley.

The landscape is extremely diverse and dramatic. The lower sections of the trek pass through subtropical forests, terraced fields, and traditional villages along the Marsyangdi Valley. As the trail ascends, the scenery transitions into alpine terrain, with rocky slopes, narrow gorges, and glacial valleys carved by ancient ice movements.

One of the most challenging and scenic sections is the trail between Manang and Tilicho Base Camp, which traverses landslide-prone areas, steep cliffs, and high mountain ridges. Despite the difficulty, the route rewards trekkers with incredible views of snow-covered peaks and vast open valleys.

Tilicho Lake itself lies in a remote high-altitude basin surrounded by barren cliffs and glacial formations. Its deep blue waters reflect the surrounding Himalayan giants, creating one of the most breathtaking landscapes in Nepal. The sense of isolation and raw natural beauty makes this destination truly unforgettable.

Climate and Best Time to Trek

The best seasons for the Tilicho Lake Trek are spring (March–May) and autumn (September–November). These months provide stable weather conditions, clear skies, and safer trekking routes.

Spring offers pleasant temperatures and blooming rhododendrons in lower regions, while autumn is considered the best season due to clear mountain views and stable post-monsoon weather. Winter (December–February) is extremely cold, and heavy snowfall can block access to Tilicho Lake. The monsoon season (June–August) is not recommended due to landslides, slippery trails, and poor visibility.

Overall, autumn is the most reliable season for safe trekking and the best panoramic mountain views.

People and Culture

The Tilicho Lake region is influenced by the culture of the Manang and Gurung communities, with strong Tibetan Buddhist traditions. Villages along the route, especially in the Manang Valley, reflect a unique high-altitude lifestyle shaped by harsh geography and ancient trade routes.

Trekkers pass through settlements such as Manang, Khangsar, and Shree Kharka, where traditional stone houses, monasteries, prayer wheels, and mani walls reflect deep spiritual heritage. The local people primarily engage in yak herding, tourism, and seasonal farming adapted to high-altitude conditions.

In Manang, cultural highlights include ancient monasteries and traditional practices that have been preserved for centuries, offering insight into Himalayan Buddhist life.

The combination of challenging terrain, sacred alpine lake, and rich cultural heritage makes the Tilicho Lake Trek one of the most rewarding and adventurous journeys in the Annapurna region.

Highlights

- Explore Tilicho Lake (4,919m) – one of the world’s highest lakes
- Walk a section of the famous Annapurna Circuit
- Cross Thorong La Pass (5,416m) – iconic high-altitude pass Thorong La Pass
- Discover Tibetan-influenced culture in Manang and Muktinath
- Spectacular views of Annapurna, Gangapurna, and Chulu peaks
- Optional hikes to Ice Lake and Gangapurna Lake
- Experience high mountain deserts and glacial valleys
- Scenic journey via Pokhara, Nepal’s lakeside city.

Day-by-day itinerary

Day 1 : Arrive in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

We will pick you up from the airport. One of our representatives from Nord Extreme will be there to welcome and assist you upon arrival in Kathmandu. Our team from Nord Extreme will assist you with permit arrangements, trekking briefing, gear checking, and final trip preparation to ensure a safe and comfortable journey ahead.

You will also have free time to explore Thamel for any last-minute shopping or personal preparations before the trek begins.

Day 2 : Trek & Permit Preparation in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 2–4 hrs · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to final trek preparation and official permit arrangements. Our Nord Extreme team will handle all necessary trekking permits required for the Annapurna and Tilicho region, ensuring smooth documentation before departure.

You will also attend a detailed pre-trek briefing covering the full itinerary, altitude awareness, safety protocols, weather conditions, and daily expectations during the expedition.

A full gear check will be conducted, and assistance will be provided for renting or purchasing any missing equipment. The rest of the day is free for relaxation or exploring Kathmandu.

Day 3 : Drive to Dharapani (1,960m) via Besisahar

Altitude: 1,960m

Walk: 8–9 hrs drive · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

An early morning departure takes you on a long but scenic drive through lush hills, river valleys, and rural settlements. After reaching Besisahar, you switch to a jeep for an off-road journey along the Marsyangdi River toward Dharapani.

Along the way, enjoy views of waterfalls, terraced fields, and traditional hillside villages. Dharapani marks the entry point into the Annapurna region and the official start of the trekking section.

Day 4 : Trek to Chame (2,670m)

Altitude: 2,670m

Walk: 5–6 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Your trekking journey begins along the Marsyangdi River, crossing suspension bridges and walking through pine and fir forests. The trail is rich with waterfalls, small settlements, and scenic river valleys.

Upon reaching Chame, the district headquarters of Manang, you will begin to notice your first clear views of Lamjung Himal and Annapurna II.

Day 5 : Trek to Upper Pisang (3,300m)

Altitude: 3,300m

Walk: 5 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

The trail becomes more dramatic, following cliffside paths and crossing deep gorges. After a suspension bridge crossing, the ascent to Upper Pisang begins.

Upper Pisang offers stunning panoramic views of Annapurna II and IV and is a better acclimatization stop compared to Lower Pisang, with traditional stone houses and Tibetan-influenced culture.

Day 6 : Trek to Manang (3,540m)

Altitude: 3,540m

Walk: 6 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today's route passes through Ghyaru and Ngawal, ancient Buddhist villages with stone houses, prayer flags, and mani walls. The cultural atmosphere becomes more Tibetan-influenced as you ascend.

Manang is a key acclimatization hub with dramatic changes in landscape—dry, alpine, and surrounded by towering peaks.

Day 7 : Acclimatization Day in Manang (3,540m)

Altitude: 3,540m

Walk: 2–6 hrs (optional hikes) · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

A rest and acclimatization day to help your body adjust to higher altitude. You may take short hikes to Gangapurna Lake or longer excursions to Ice Lake (4,600m) for better acclimatization.

You can also visit Bhojo Gompa and attend altitude awareness sessions organized by the Himalayan Rescue Association.

Day 8 : Trek to Siri Kharka (4,060m)

Altitude: 4,060m

Walk: 5 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Leaving the main Annapurna Circuit trail, you begin ascending toward the Tilicho route. The trail becomes more remote and rugged, passing through rocky terrain, juniper shrubs, and yak grazing areas.

The landscape is increasingly alpine and isolated, offering a true wilderness trekking experience.

Day 9 : Trek to Tilicho Base Camp (4,150m)

Altitude: 4,150m

Walk: 4 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today's trail is narrow and exposed, carved into steep hillsides. Careful footing is required as you approach Tilicho Base Camp.

The scenery is dramatic and raw, with glaciers, cliffs, and distant peaks creating an unforgettable high-mountain atmosphere.

Day 10 : Hike to Tilicho Lake (4,919m) and Return to Siri Kharka

Altitude: 4,919m

Walk: 7–8 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

An early morning start leads to a challenging ascent to Tilicho Lake, gaining significant elevation through steep alpine terrain.

At the lake, you are rewarded with breathtaking views of turquoise waters surrounded by snowy cliffs and glaciated peaks. After spending time at the lake, descend carefully back to Siri Kharka

Day 11 : Trek to Yak Kharka (4,050m)

Altitude: 4,050m

Walk: ~6 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Rejoining the main Annapurna Circuit trail, the route becomes more open with alpine meadows and grazing yaks.

You cross rivers and wooden bridges while enjoying wide Himalayan views and peaceful high-altitude landscapes.

Day 12 : Trek to Thorong Phedi (4,540m)

Altitude: 4,540m

Walk: 4 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

The trail steadily ascends toward the base of Thorong La Pass. The terrain is rocky, dry, and increasingly high-altitude.

This is an important preparation stop where you rest, hydrate, and prepare for the long pass crossing the next day.

Day 13 : Cross Thorong La Pass (5,416m) to Muktinath (3,760m)

Altitude: 5,416m

Walk: 8–9 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

An early pre-dawn start leads to the challenging ascent of Thorong La Pass, one of the highest trekking passes in the world. The climb is steep and demanding, but the summit offers spectacular views of the Annapurna and Dhaulagiri ranges.

After celebrating at the pass, descend steeply to Muktinath, a sacred pilgrimage site for Hindus and Buddhists.

Day 14 : Drive to Jomsom, Fly to Pokhara (820m)

Altitude: 820m

Walk: 2–3 hrs drive + 25 min flight · Stay: Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Drive along the Kali Gandaki Valley to Jomsom, followed by a scenic flight to Pokhara.

After days in high altitude, you will enjoy the warm climate, lakeside relaxation, and café culture of Pokhara.

Day 15 : Drive or Fly to Kathmandu (1,400m)

Altitude: 1,400m

Walk: 25 min flight / 6–8 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Return to Kathmandu by flight or scenic drive. The rest of the day is free for shopping, sightseeing, or a farewell dinner. Optional visits to Bhaktapur or Patan Durbar Square can be arranged.

Day 16 : Final Departure

Altitude: 1,400m

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for your onward flight. You leave Nepal with unforgettable memories of high passes, alpine lakes, and the rich culture of the Himalayas.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrive in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 2 · Trek & Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 3 · Drive to Dharapani via Besisahar · 1,960 m · day 18°C / night 7°C
- Day 4 · Trek to Chame · 2,670 m · day 14°C / night 2°C
- Day 5 · Trek to Upper Pisang · 3,300 m · day 11°C / night -2°C
- Day 6 · Trek to Manang · 3,540 m · day 10°C / night -3°C
- Day 7 · Acclimatization Day in Manang · 3,540 m · day 10°C / night -3°C

- Day 8 · Trek to Siri Kharka · 4,060 m · day 7°C / night -7°C
- Day 9 · Trek to Tilicho Base Camp · 4,150 m · day 7°C / night -7°C
- Day 10 · Hike to Tilicho Lake and Return to Siri Kharka · 4,919 m · day 3°C / night -12°C
- Day 11 · Trek to Yak Kharka · 4,050 m · day 8°C / night -7°C
- Day 12 · Trek to Thorong Phedi · 4,540 m · day 5°C / night -10°C
- Day 13 · Cross Thorong La Pass to Muktinath · 5,416 m · day 1°C / night -16°C
- Day 14 · Drive to Jomsom, Fly to Pokhara · 820 m · day 24°C / night 14°C
- Day 15 · Drive or Fly to Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 16 · Final Departure · 1,400 m · day 21°C / night 10°C

What's included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 night 3 star hotel in Kathmandu with bed & breakfast basis.
- 1 night 2 star hotel in Pokhara with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Annapurna Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. Visa Fees

- Nepal Entry Visa: Visa fee for entering Nepal (available on arrival at Tribhuvan International Airport or through a Nepalese embassy).

2. International Flights

- International Airfare: Flights to and from Kathmandu.

3. Travel Insurance (Mandatory)

- Comprehensive Coverage: Travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and unforeseen circumstances.

4. Personal Expenses

- Lodge Services: WiFi, hot showers, battery charging, and laundry services.
- Beverages: Soft drinks, bottled water, alcoholic drinks, and snacks not included in meals.

5. Tips and Gratuities

- Guide & Porter: Tips for trekking guide and porter (customary but not compulsory).

Dates & prices

- 02 Mar 2027 – 17 Mar 2027 · USD 1,990 · Available
- 16 Mar 2027 – 31 Mar 2027 · USD 1,990 · Available
- 06 Apr 2027 – 21 Apr 2027 · USD 1,990 · Available
- 20 Apr 2027 – 05 May 2027 · USD 1,990 · Available
- 04 May 2027 – 19 May 2027 · USD 1,990 · Available

Best time to visit

Best months: March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit

- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in teahouses and mountain lodges along the trekking route.

Lower sections such as Dharapani, Chame, and Manang offer relatively comfortable lodges with better facilities. As the trail ascends toward Tilicho Base Camp and Tilicho Lake, accommodation becomes very basic due to extreme altitude and harsh conditions.

Rooms are typically twin-sharing with simple bedding and shared bathroom facilities. Near Tilicho Base Camp, accommodation is extremely limited and often crowded.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek. Meals are freshly prepared and designed for high-altitude energy requirements.

Typical menu options include:

- Traditional Dal Bhat set meals
- Noodles, pasta, and fried rice
- Soups, potatoes, and vegetables
- Eggs, pancakes, and Tibetan bread
- Tea, coffee, and hot drinks

Food options become limited at higher elevations due to remoteness.

Difficulty & Physical Requirements

The Tilicho Lake Trek is classified as moderate to strenuous, suitable for trekkers with good fitness and prior trekking experience.

Daily trekking ranges from 5 to 8 hours, with steep ascents, narrow landslide-prone trails (especially near Khangsar and Tilicho Base Camp), and high-altitude walking conditions.

No technical climbing is required, but endurance and careful pacing are essential.

Permits

Required permits include:

- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (Trekkers' Information Management System)

All permits are arranged by the trekking agency.

Best Season

- Spring (March–May): Stable weather, clear mountain views, and blooming landscapes
- Autumn (September–November): Best visibility and safest trekking conditions
- Winter (December–February): Extremely cold with snow-covered trails
- Monsoon (June–August): Not recommended due to landslides and slippery paths

Transportation & Access

The trek typically begins with a drive from Kathmandu to Besisahar, followed by a jeep ride to Chame or Manang.

From Manang, the route diverges toward Khangsar and Tilicho Base Camp before ascending to Tilicho Lake.

Many itineraries also combine this trek with the Annapurna Circuit and Thorong La Pass.

Safety & Acclimatization

Due to high altitude and challenging terrain, proper acclimatization is essential.

Key safety considerations include:

- Gradual ascent via Manang for acclimatization
- Careful trekking on landslide-prone sections
- Monitoring altitude sickness symptoms
- Weather awareness near the lake region

Guides provide navigation support and emergency assistance when needed.

Travel Insurance

Comprehensive travel insurance is mandatory and must include:

- High-altitude trekking coverage (up to at least 5,000m+)
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Trip cancellation and accident coverage

Additional information

Guide & Porter Services

Licensed guides are strongly recommended due to the remote and high-risk nature of the route.

Porters assist with luggage transport, allowing trekkers to focus on difficult high-altitude sections with a light daypack.

Cultural & Natural Highlights

The Tilicho Lake Trek is known for its dramatic landscapes and Himalayan wilderness:

- Stunning turquoise waters of Tilicho Lake
- Views of Annapurna II, Gangapurna, and Tilicho Peak
- Rugged alpine terrain and glacial valleys
- Tibetan-influenced villages in Manang
- Remote and less-crowded trekking environment
- High-altitude wilderness experience
- Optional connection with Annapurna Circuit and Thorong La Pass

Essential Equipment

Recommended trekking gear includes:

- High-quality trekking boots
- Layered alpine clothing system
- Warm down jacket (-20°C recommended)
- Waterproof jacket and trousers
- Gloves, hat, buff, and sunglasses
- Trekking poles (essential for steep terrain)
- Sleeping bag suitable for cold conditions
- Daypack (30–40L)
- Personal first aid kit

Communication & Connectivity

Mobile network coverage is available in lower Manang but becomes weak or unavailable toward Tilicho Base Camp and the lake area.

Wi-Fi is limited and unreliable in higher sections.

Why Choose the Tilicho Lake Trek?

This trek is ideal for adventure seekers looking for high-altitude Himalayan beauty:

- Visit one of the world’s highest lakes, Tilicho Lake
- Stunning alpine and glacier scenery
- Less crowded alternative within Annapurna region
- Option to combine with Annapurna Circuit trek
- Challenging and rewarding high-altitude adventure
- Tibetan cultural experience in Manang Valley
- Dramatic landscapes and wilderness trekking
- One of Nepal’s most iconic high-altitude side treks

Frequently asked questions

How difficult is the Tilicho Lake Trek?

The Tilicho Lake Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Tilicho Lake Trek?

For the Annapurna region the best months are March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What permits do I need for the Tilicho Lake Trek?

You need the Annapurna Conservation Area Permit (ACAP) and the trekkers' TIMS card. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Tilicho Lake Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Tilicho Lake Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Tilicho Lake Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Tilicho Lake Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/tilicho-lake-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com