Tilicho Lake Trek

Itinerary & costs · 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**

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).

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