Annapurna Circuit with Tilicho Lake Trek

14 Days Itinerary

Detailed Itinerary

Day 1: Drive from Kathmandu to Besisahar

Your journey begins with a scenic drive of about six hours from Kathmandu to Besisahar, the classic starting point of the Annapurna Circuit. The road passes small villages, terraced fields, rivers and rolling hills, and the landscape becomes more rural as you leave the city behind. Besisahar, in Lamjung District, is the main gateway to the Annapurna region, and you rest here for the night before the trek begins.

Max. Elevation	800 m (Besisahar)
Duration	6 hours drive
Accommodation	Guesthouse
Meals	Lunch, Dinner

Day 2: Drive to Dharapani via Chamje

A drive of five to six hours follows the Marsyangdi River up the valley through Bahundanda, Syange, Jagat and Chamje to Dharapani. The road is rough in places, and the valley grows steeper and greener as you climb, with waterfalls and small villages on the way. Dharapani is the first night on the trail, and the first view of the higher hills.

Max. Elevation	1,960 m (Dharapani)
Duration	5-6 hours drive
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 3: Trek to Chame

The trek proper begins. The trail follows the river through pine and oak forest, passing Bagarchhap, Danaque and Koto, and the valley opens as you climb. You reach Chame, the district headquarters of Manang, where there are hot springs, shops and your first views of the snow peaks around Annapurna II.

Max. Elevation	2,710 m (Chame)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 4: Trek to Pisang

From Chame you walk through apple orchards and dense forest, crossing the river on suspension bridges, with the curved rock face of Paungda Danda rising above the trail. The valley becomes drier and more open as you enter the upper Manang region. You end the day at Pisang, with clear views of Annapurna II and Pisang Peak.

Max. Elevation	3,300 m (Pisang)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 5: Trek to Manang

Today you walk through Ghyaru, Ngawal and Braga, with the Annapurna range, Gangapurna and Tilicho Peak in view for much of the day. The villages here have old stone houses, prayer wheels and monasteries. You arrive in Manang in the afternoon and have time to rest and walk around the village.

Max. Elevation	3,519 m (Manang)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 6: Acclimatization Day in Manang

A rest day to help your body adjust to the altitude. You can take a short hike to a viewpoint above Manang or to Gangapurna Lake, visit the monastery and talk with local families, then return to sleep at the same altitude. Drink plenty of water and rest in the afternoon.

Max. Elevation	3,519 m (Manang)
Duration	Short acclimatization hikes
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 7: Trek to Siri Kharka

You leave the main Annapurna Circuit trail and head up toward the Tilicho side valley, passing Khangsar village. The trail is quieter and more remote, with fewer lodges and open views of Annapurna III and Gangapurna. You stay at Siri Kharka for the night.

Max. Elevation	4,080 m (Siri Kharka)
Duration	4-5 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 8: Trek to Tilicho Base Camp

The path crosses steep, rocky hillsides and old landslide areas, so walk carefully and keep a steady pace. The landscape is dry and open, with Tilicho Peak and Nilgiri ahead. You arrive at Tilicho Base Camp in time to rest and prepare for tomorrow's early start.

Max. Elevation	4,140 m (Tilicho Base Camp)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 9: Hike to Tilicho Lake and Return to Base Camp

You start early for the steep climb to Tilicho Lake, one of the highest lakes in the world. The turquoise water sits below Tilicho Peak and a ring of glaciers and snow peaks. After time at the lake for photos, you walk back down to Tilicho Base Camp. It is a long day at high altitude, so walk slowly and keep drinking water.

Max. Elevation	4,949 m (Tilicho Lake)
Duration	5-6 hours hike
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 10: Trek from Tilicho Base Camp to Yak Kharka

You walk back down the Tilicho trail to Shree Kharka, then join the main Annapurna Circuit trail and climb to Yak Kharka, a high pasture where yaks graze. The path is open and windswept, with views of Gangapurna and Annapurna III behind you.

Max. Elevation	4,120 m (Yak Kharka)
Duration	6-7 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 11: Trek to Thorong Phedi

A short walk up the valley brings you to Thorong Phedi, the base of Thorong La Pass. You arrive early, so you can rest, drink water and prepare your gear and headlamp for the early start tomorrow. Go to bed early.

Max. Elevation	4,420 m (Thorong Phedi)
Duration	3-4 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 12: Cross Thorong La Pass to Muktinath

You start well before dawn for the climb to Thorong La Pass, the highest point of the trek. At the top there are wide views of the Annapurna and Dhaulagiri ranges and prayer flags in the cold wind. From the pass you descend a long, steep trail to Muktinath, an important pilgrimage site for both Hindus and Buddhists. It is a long day, so walk at a steady pace and keep warm.

Max. Elevation	5,416 m (Thorong La Pass) / 3,800 m (Muktinath)
Duration	7-8 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 13: Trek to Jomsom

After a visit to the Muktinath temple, you walk down the dry, windy Kali Gandaki valley through Kagbeni and on to Jomsom, passing apple orchards and villages in the barren landscape of lower Mustang. Jomsom is the district headquarters, with shops, lodges and an airport.

Max. Elevation	2,715 m (Jomsom)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 14: Drive to Pokhara

A jeep takes you from Jomsom down the Kali Gandaki valley, one of the deepest gorges in the world, through Marpha, Tatopani and Beni to Pokhara. The road changes from dry, high country to green hills and farmland. You arrive in Pokhara in the afternoon, where the trek ends.

Max. Elevation	823 m (Pokhara)
Duration	7-8 hours drive
Accommodation	No
Meals	Breakfast, Lunch

Cost Include

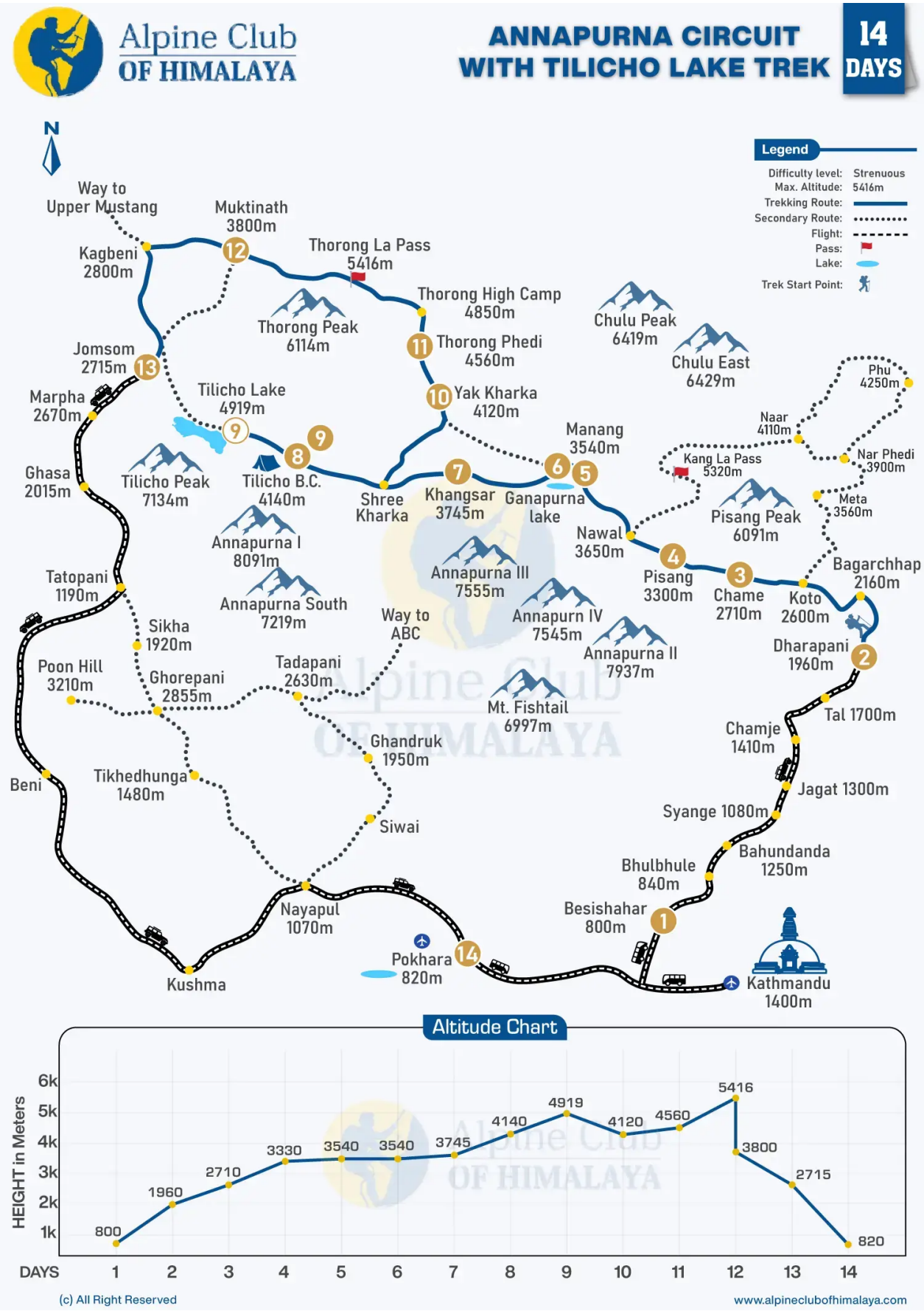
- Airport or hotel pickup in Kathmandu by private car, van or jeep.
- Overland travel from Kathmandu to Dharapani via Besisahar. Private jeep available (minimum 2 trekkers), otherwise shared bus and jeep arrangement.
- Jeep transfer from Jomsom to Pokhara (private jeep requires a minimum of 2 trekkers).
- Deluxe tourist bus from Pokhara to Kathmandu for the return journey.
- Experienced English-speaking trekking guide, with salary, food, accommodation and insurance covered.
- One porter for every two trekkers.
- Accommodation in teahouses or lodges throughout the trek.
- Full-board meals during the trek (breakfast, lunch and dinner) with local and simple international food.
- Fresh seasonal fruits during the trek.

- All necessary trekking permits, including ACAP and TIMS.
- Duffle bag for carrying trekking gear.
- Required trekking equipment available on request.
- First-aid medical kit, including an oximeter to monitor oxygen levels and pulse at altitude.
- Trekking completion certificate.
- ACH trekking T-shirt and route map.
- All government taxes and service charges.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- Travel insurance, which is strongly recommended for Himalayan trekking (must cover high-altitude trekking and emergency evacuation).
- Helicopter or emergency evacuation costs.
- Hotels and meals in Kathmandu and Pokhara.
- Personal expenses such as bar bills, laundry, snacks and bottled drinks.
- Hot showers, Wi-Fi and charging fees where applicable.
- Personal trekking equipment.
- Tips for guides, porters and the driver.
- Single room supplement.
- Any services or expenses not specifically mentioned under the cost includes section.

Trip Map


Alpine Club OF HIMALAYA
ANNAPURNA CIRCUIT WITH TILICHO LAKE TREK
14 DAYS
N
Legend
Difficulty level: Strenuous
Max. Altitude: 5416m
Trekking Route:
Secondary Route:
Flight:
Pass:
Lake:
Trek Start Point:
Way to Upper Mustang
Muktinath 3800m
Kagbeni 2800m
Thorong La Pass 5416m
Thorong High Camp 4850m
Thorong Peak 6114m
Thorong Phedi 4560m
Chulu Peak 6419m
Chulu East 6429m
Jomsom 2715m
Marpha 2670m
Tilicho Lake 4919m
Yak Kharka 4120m
Phu 4250m
Naar 4110m
Manang 3540m
Nar Phedi 3900m
Kang La Pass 5320m
Ghasa 2015m
Tilicho Peak 7134m
Tilicho B.C. 4140m
Shree Kharka
Khangsar 3745m
Ganapurna lake
Meta 3560m
Pisang Peak 6091m
Annapurna I 8091m
Nawal 3650m
Annapurna III 7555m
Pisang 3300m
Chame 2710m
Koto 2600m
Bagarchhap 2160m
Tatopani 1190m
Annapurna South 7219m
Annapurn IV 7545m
Annapurna II 7937m
Way to ABC
Sikha 1920m
Dharapani 1960m
Poon Hill 3210m
Ghorepani 2855m
Tadapani 2630m
Mt. Fishtail 6997m
Tal 1700m
Chamje 1410m
Ghandruk 1950m
Beni
Tikhedhunga 1480m
Jagat 1300m
Syange 1080m
Siwai
Bahundanda 1250m
Bhulbhule 840m
Nayapul 1070m
Besishahar 800m
Pokhara 820m
Kathmandu 1400m
Kushma
Altitude Chart
HEIGHT in Meters
6k
5k
4k
3k
2k
1k
DAYS
800
1960
2710
3330
3540
3540
3745
4140
4919
4120
4560
5416
3800
2715
820
1 2 3 4 5 6 7 8 9 10 11 12 13 14
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