

## PRISTINE TILICHO LAKE AND THORUNG LA PASS TREK



**Tilicho Lake** is the highest lake in the world. It is situated in Nepal's Annapurna mountain range and has an altitude of 4,919 metres. The lake collects the glacial melt of the entire Annapurna mountain range and is a spectacle you have to see to believe: the views across the lake are incredibly beautiful.

The **Thorung La Pass** is the highest point of the **Annapurna circuit trek** (sitting at 5,416 meters above sea level) and is the most popular pass chosen by trekkers wishing to circumnavigate the Tilicho Lake. We are delighted to offer our customers the opportunity to take part in a Tilicho Lake and Thorung La Pass trek, which is very similar to the Annapurna circuit trek, but with more opportunity to enjoy lake views and explore the rich and diverse culture within many small Nepalese mountain villages.

### Incredible Views, Amazing Flora and Fauna

One of the most amazing factors of choosing this trek is the incredible array of flora and fauna that you can see on your journey. For visitors interested in native Nepalese wild life, there is often also the opportunity to see the Himalayan Mountain goat and the elusive snow leopard throughout the trek. Trekkers will also be able to enjoy views of some of Nepal's most famous peaks, whilst enjoying high quality dining and lodge sleeping experiences as part of your trek.

There is no bad time of the year to take part in this journey. However, the best times of year to visit Nepal if you wish to take part in the **Tilicho Lake** and **Thorung La Pass Trek** is during the spring, autumn or winter seasons: most visitors choose to avoid taking part in this trek during the summer months of July and August, although the region is still very beautiful at this time.

The **Tilicho Lake** and **Thorung La Pass Trek** is considered to be a very safe trek, and although parts of the trek are considered to be strenuous, it is the ideal route for both active adventurers and enthusiasts who have never taken part in a mountain trek before.

**Type:** 

**Trip Duration:** 18 days

### HIGHLIGHTS

- The pristine Tilicho lake, the highest lake in the world

*Nepal Hiking Pvt. Ltd. [NepalHiking.com]*

*Tel: +977 1 4362996, 4363334, +977 9851068290, 9851064389, 9841619995 (available 24/7)*

*E-mail: sales@nepalhiking.com | Website: www.nepalhiking.com*

*Open Hours: 09:30 - 18:00, Mon - Fri at S. Complex, N.B Bank Building, 2nd Floor, Nayabazar, Kathmandu, Nepal*

- Trek over the pass of 5416, the Thorung La Pass
- Incredible views, amazing flora and fauna
- Visit Muktinath, the place of Nirvana
- Experience guide and helpful porter are provided
- Accommodation, meals and all travel logistics are included

## ITINERARY

---

### **Day 01: Arrival in Kathmandu (1350m), at the Tribhuvan International Airport.**

One of our company Representatives will be there displaying your name card; welcoming you and transfer to your hotel (6-7 k.m). Overnight at hotel. B.B.

### **Day 02: Jeep drive Kathmandu to Jagat (1290m)**

We will introduce you with your guide at your hotel. After breakfast, you start your journey to Jagat (200 km., 7 - 8 hours drive); a scenic drive through Prithivi high way, river gorges; and villages. Overnight at Guest House. B.L.D.

### **Day 03: Trek to Tal (1675m, 5 -6 hours walking).**

Today you will start your first day walking following the Marshyandi river; and the rocky trail and reach to Tal village, a nice dome valley, and the first village in the Manang district. Overnight at Guest House. B.L.D.

### **Day 04: Trek to Danaque (2210m, 5-6 hours walking).**

Today you will walk through a wider and flat valley, then continue your walk with uphill and downhill to Dharapani, which is at the elevation of 1890m; the Tibetan influenced village where you will see and walk through a religious stone entrance. You will then walk to Bagarchhap at 2160m, a village with stone roofed houses; and then you will walk through pine forest and a religious mani-walls before you reach to Danaque. Overnight at Guest House. B.L.D.

### **Day 05: Trek to Chame (2630m, 4 hours walking).**

With rough and rocky trails, you will ascend to Tyanja at 2360m, and walk through forest; river bank and reach to Chame village, a quite big settlement as it is the central headquarter of the Manang district. Overnight at Guest House. B.L.D.

### **Day 06: Trek to Pisang (3300m, 5-6 hours walking).**

Today you will walk through the deep forest with some ascent and descent; crossing the Marshyangdi river on a long bridge at the elevation of 2910m. Then you will cross another bridge at the elevation of 3040m, from where the view of the soaring Paungda Danda rock face begins to appear. Now you are above the elevation of 3000m, and the valley opens up wider and wider. After a short walk through the open valley; you will reach to Pisang. Overnight at Guest House. B.L.D.

### **Day 07: Trek to Manang (3500m, 4 hours walking).**

Today's walking will be really a pleasure; walking through the pine forest; wider open valley, enjoying the landscapes, blue sky; tranquility of environment; and a just 4 hours easy walking to Manang. Overnight at Guest House. B.L.D.

### **Day 08: Acclimatization day**

Today you will spend the day making a side trip to the cave just above the Manang village (approx. 4200m) or visit the Ganga Purna Glacier lake. Overnight at Guest House. B.L.D.

### **Day 09: Trek to Khangsar Village (3700m - 4 hours walking)**

Now your adventure starts from here for Tilicho Lake! Tilicho Lake is just on the west of Manang; you will walk following the Khangsar river and reach to Khansar village; a traditional village; influenced with Tibetan culture. Overnight at Guest House. B.L.D.

#### **Day 10: Trek to Tilicho Base Camp (4200m, 5-6 hours walking)**

You will walk through a wider path passing a monastery and follow the newly constructed trail uphill toward the ridge. Today's walking could be quite tough; but equally interesting and amazing. Once you reach at Tilicho Base Camp, you will quickly forget all your tiredness; and be relaxed in the tranquil environment. Overnight at Guest House. B.L.D.

#### **Day 11: Day trip to Tilicho Lake (5200m, 6-7 hours walking for up and down)**

We advise you to start your walk early in the morning (between 5-6 am); which takes about 3-4 hours to reach Tilicho Lake, the pristine highest lake in the world. After taking photos and looking around you will return to Tilicho Base Camp; as there is no guesthouse in Tilicho Lake. Overnight at Guest House. B.L.D.

#### **Day 12: Trek to Yak Kharka (4200m, 5-6 hours walking)**

Walking downhill through Tenki Manang village and leaving marshyangdi valley, you will reach to Yak Kharka; a pasture land for Yak; and sheep. Overnight at Guest House. B.L.D.

#### **Day 13: Trek to Phedi (4450m) or High camp (4600m), 5-6 hours walking**

You will make a short ascend to cross the river at 4310 and make another ascend to reach Phedi. If you feel ok and you still have enough stamina, it is better to consider to go to High Camp for overnight stay; as to make easy for your next day journey to Thorung La Pass. Overnight at Guest House. B.L.D.

#### **Day 14: Trek over Thorung La (5416m) and trek down to Muktinath (3800m) - 7-8 hours walking**

Today's journey will be of course quite tough; but another attraction of your journey after making your visit to Tilicho Lake. It's also considerable to start the journey early morning between 5 and 6 am and reach to the top of Thorung la just after the sunrise. Once you are at the top, you will overwhelm with beauty of the nature. After taking photos; you walk down all the way to Muktinath. Overnight at Guest House. B.L.D.

#### **Muktinath:**

Muktinath means a place of Nirvana! There is a temple of Muktinath, which is dedicated to lord Vishnu and some Buddhist monasteries nearby. The place of Muktinath is a secret place for Hinduism and Buddhism. There are 108 spring waterspouts which runs forever and that surround the Muktinath temple.

Many pilgrims from India and Nepal visit this place to pay homage to Muktinath especially in the month of September. It's believe that all your sorrows you feel are relieved when you take bath in 108 waterspouts and pay a respect to the temple of Muktinath. Another highlight or attraction nearby the temple is the Jwala Mai temple; there is an eternal flame, which is being lighted up by natural gas just inside the temple).

#### **Day 15: Drive to Jomsom (2713m, 2 hours drive.).**

Grab your opportunity to experience yourself traveling in local jeep in trans-Himalayan range with dusty and bumpy roads. You may not get this opportunity if you travel again after 5 or 10 years as the road may have been constructed with cement concrete road by the time. Overnight at Guest House. B.L.D.

#### **Day 16: Flight to Pokhara (20 minute flight)**

Flights is operated early morning between Pokhara and Jomsom. Thus, you need to get up earlier; pack up your stuffs and get ready for a 20 minute flight back to Pokhara. Overnight at Hotel. B.L.D.

**Afternoon:** Free time for relaxation or sightseeing.

**Day 17: Drive to Kathmandu (200 k.m, 6 hours drive).**

A scenic drive through Prithivi highway. Overnight at Hotel. B.B.

**Day 18: Departure**

Transfer to Airport for your onward Journey. Farewell!

**Abbreviation:** B.B>Bed and breakfast, B.L.D> Breakfast, Lunch and Dinner.

**Trip option / extension:**

**Mesokanto La Pass (5099m)**

If you wish to extend this trek making more adventurous, here is an alternative trail to reach Jomsom, avoiding the traditional route via Thorung La Pass (5416m).

For this you need to spend 2 nights at tent.

Day 01: From Tilicho Lake trek over Mesokanto La Pass (5099m) and trek down to Nama Phu (3500m), 6 hours walking. Overnight at tent.

Day 02: Trek to Thinigaon (3280m, 6 hours walking)

Day 03: Trek to Jomsom (4 hours walking)

**Trip option / extension from Jomsom**

Day 01: From Jomsom, take a local jeep / bus to Tatopani (1200m, 49 k.m, 5 – 6 hours drive).

**Attractions:**

*Driving through the deepest Kaligandaki gorge in the world.*

*Enjoy natural hot spring at Tatopani in the bank of Kaligandaki river.*

**Day 02: Trek to Poon Hill (3210m), famous for incredible of sunrise and Himalaya range.**

**Day 03: Trek to Ghandruk (2000m); the finest traditional Gurung village.**

**Day 04: Trek to Kimchi and drive to Pokhara.**

---

**COST DETAILS**

**Cost Includes**

- Airport pickup and drop- off by car.
- 2 nights twin sharing room in Kathmandu inclusive of breakfast.
- Meals (breakfast, lunch and dinner) with a cup of tea / coffee in each meal during the trek.
- Twin sharing room at guest houses / lodges during the trek.
- 1 English speaking guide.
- 1 supporter (porter) in proportion of 2 members.
- Surface transfer between Kathmandu and Beshisahar on private car; then drive to Jagat on local jeep.
- Surface transfer from Muktinath to Jomsom in local jeep.
- Annapurna conservation & TIMS permit.
- 1 night twin sharing standard accommodation in Pokhara, inclusive of breakfast, lunch and dinner.

---

**Nepal Hiking Pvt. Ltd. [NepalHiking.com]**

**Tel: +977 1 4362996, 4363334, +977 9851068290, 9851064389, 9841619995 (available 24/7)**

**E-mail: sales@nepalhiking.com | Website: www.nepalhiking.com**

**Open Hours: 09:30 - 18:00, Mon - Fri at S. Complex, N.B Bank Building, 2nd Floor, Nayabazar, Kathmandu, Nepal**

- Flight from Jomsom to Pokhara.
- Surface transfer between Pokhara and Kathmandu on private car.
- Government tax and service charge.

#### **Cost Excludes**

- Any meals in Kathmandu other than breakfast.
- Travel insurance.
- International airfare to and from Nepal
- Nepal entry visa fee US\$ 30 (duration 60 days from date of issue)
- Items of a personal nature
- Any kind of alcoholic drinks, hot water, hot shower, cold drinks, laundry, phone call, internet.
- Tips for guide, porters, driver...

**NOTE:** Tipping is expected but it is not mandatory.