

Tilicho Lake – The Jewel of the Annapurna Himalayas

Overview:

The Tilicho Lake Trek is a scenic high-altitude trekking route in the Annapurna region of Nepal, leading to Tilicho Lake (4,919 m), one of the highest lakes in the world. Set among the dramatic mountains of the Annapurna range, the lake is surrounded by rugged alpine terrain, glaciers, and high mountain slopes, with Tilicho Peak and other Himalayan peaks forming an impressive backdrop.

The journey begins in Chame and follows the Marsyangdi Valley through traditional mountain villages including Upper Pisang, Manang, and Khangsar before reaching Tilicho Base Camp. Along the way, the landscape changes from pine forests and green valleys to dry, rocky terrain and high alpine environments. The route also provides opportunities to experience the culture and traditions of the local Gurung, Manang, and Tibetan-influenced communities, with overnight stays in mountain teahouses along the trail.

The main highlight of the trek is the challenging ascent to Tilicho Lake (4,919 m). Starting from Tilicho Base Camp, the trail climbs steadily through rugged high-altitude terrain before reaching the lake, where the surrounding mountains and glacial landscape create a striking Himalayan setting. The return journey follows the mountain trails back through the Annapurna region, allowing trekkers to experience the changing landscapes from a different perspective.

The Tilicho Lake Trek is well suited to trekkers looking for a high-altitude adventure that combines dramatic mountain scenery, remote trails, traditional Himalayan villages, and a challenging walk to one of Nepal's most remarkable alpine lakes. With its varied terrain and relatively less-traveled route, Tilicho Lake offers a rewarding experience for those seeking to explore beyond the main Annapurna trekking trails.

Quick facts:

Cost: USD per Person

Destinations: Pokhara / Manang / Tilicho Lake

Duration: 13 Days

Trek starting point: Besisahar

Trek ending point: Besisahar

Grade: Moderate

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 4,919 m

Activities: Hiking & trekking, cultural tour, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrival at Kathmandu**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight stay at a hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

Morning wake-up and breakfast in the hotel

Our guide will meet you at your hotel and brief you about the upcoming trek. He will guide you through all the formalities and necessary paperwork required for the trek.

After that, we then do a sightseeing tour in Kathmandu Valley of famous UNESCO world heritage sites like Boudhanath, one of the largest Stupas in the world & Swayambhunath, a famous monkey temple. Apart from Sightseeing, we also get a TIMS card and permits for our trekking on this day. In the evening, we do initial preparation for the trek.

Overnight stay at a hotel.

□ **Day 3: Drive from Kathmandu to Chame (2,670 m) via Besisahar : 9 – 10 hours drive**

Our Tilicho Lake Trek begins with a scenic drive from Kathmandu to Besisahar, passing through the beautiful countryside of central Nepal. The route follows the Prithvi Highway alongside the Trishuli River before continuing towards Besisahar, passing through terraced hills, riverside settlements, and traditional villages. After reaching Besisahar, we continue the journey by a local jeep along the rugged mountain road towards Chame, following the spectacular Marsyangdi Valley.

The jeep ride from Besisahar to Chame offers a closer look at the changing landscapes of the Annapurna region, with views of waterfalls, deep gorges, pine forests, and towering Himalayan peaks. After approximately 9–10 hours of combined driving, we arrive at Chame (2,670m), the gateway to the Manang Valley and the starting point of our trek towards Tilicho Lake.

Surrounded by peaceful mountain scenery, Chame provides the perfect place to rest before beginning our trekking adventure. Overnight stay at a local teahouse in Chame.

□ **Day 4: Trek from Chame to Pisang (3,210 m): Walking Distance | 13 – 15 | 5 – 6 hours**

Leaving Chame, we begin our trek through the beautiful Marsyangdi Valley, following a scenic trail surrounded by pine forests, towering cliffs, and spectacular Himalayan landscapes. The route crosses suspension bridges, passes small settlements, and winds through narrow valleys, with magnificent views of Annapurna II, Lamjung Himal, and Pisang Peak accompanying us throughout the day. As we gradually gain altitude, the landscape becomes more open, offering an impressive glimpse of the higher Annapurna region.

By late afternoon, we reach Upper Pisang (3,300m), a traditional Himalayan village renowned for its ancient monastery, Tibetan-influenced culture, and breathtaking panoramic views of the surrounding mountains. After trekking approximately 13–15 kilometres in around 5–6 hours, we settle into a local teahouse and enjoy the peaceful atmosphere while preparing for the next stage of our journey towards Tilicho Lake. Overnight stay at a local teahouse in Upper Pisang.

▮ **Day 5: Trek from Upper Pisang to Manang (3,540 m): Walking distance | 15 – 16 km | 6 – 7 hours**

Continuing our journey through the Annapurna region, we follow the scenic upper trail from Upper Pisang towards Manang, one of the most beautiful sections of the trek. The route takes us through the traditional villages of Ghyaru and Ngawal, where we walk along peaceful mountain paths surrounded by breathtaking views of Annapurna II, Annapurna III, Gangapurna, Tilicho Peak, and the Chulu ranges. The higher trail offers incredible Himalayan scenery while allowing us to gain altitude gradually, which is important as we continue towards the higher sections of the Tilicho Lake Trek.

As we make our way into the wide and beautiful Manang Valley, the landscape becomes more open, with dramatic mountain views and a strong Tibetan-influenced culture. We arrive at Manang (3,540m), a traditional Himalayan village known for its stone houses, monasteries, prayer walls, and stunning surroundings. After trekking approximately 15–16 kilometres in around 6–7 hours, we settle into a local teahouse and enjoy the peaceful atmosphere of this remarkable mountain village. Overnight stay at a local teahouse in Manang.

▮ **Day 6: Acclimatization day at Manang**

Spending an acclimatisation day in Manang allows us to adjust gradually to the increasing altitude before continuing towards Tilicho Lake (4,919m). Rather than remaining completely inactive, we take short hikes around the village and nearby viewpoints to help our bodies adapt while enjoying the spectacular Himalayan scenery. Popular excursions include the hike to Gangapurna Lake, Ice Lake, or gentle walks around Manang village, offering breathtaking views of Gangapurna, Annapurna II, Tilicho Peak, and the surrounding mountains.

This rest day also provides an excellent opportunity to explore the unique culture and traditions of the Manang Valley, visit local monasteries, observe traditional stone-built villages, and experience the lifestyle of high-altitude Himalayan communities. After a rewarding day of exploration and acclimatisation, we return to our teahouse in Manang and prepare for the next stage of our journey towards Tilicho Lake. Overnight stay at a local teahouse in Manang.

▯ **Day 7: Trek from Manang to Khangsar (3,734 m) : Walking Distance: 6 – 7 km: 3 – 4 hours**

Leaving the beautiful village of Manang, we begin our journey towards Khangsar, the gateway to the remote Tilicho Lake region. The trail follows the scenic Marsyangdi Valley before gradually branching away from the main Annapurna Circuit route. Along the way, we walk through peaceful landscapes with views of Gangapurna, Annapurna III, Tilicho Peak, and the surrounding Himalayan peaks. The quieter trail offers a more secluded trekking experience as we move away from the busier sections of the Annapurna region.

As we approach Khangsar (3,734m), the landscape becomes more rugged and alpine, with traditional stone houses and dramatic mountain surroundings creating a true Himalayan atmosphere. After trekking approximately 6–7 kilometres in around 3–4 hours, we arrive at Khangsar, a small traditional village where we can rest and prepare for the challenging trail towards Tilicho Base Camp and Tilicho Lake. Overnight stay at a local teahouse in Khangsar.

▯ **Day 8: Trek from Khangsar to Tilicho Lake Base Camp (4,150 m): Walking Distance: 7 – 8 km | 4 – 5 hours**

Today's trail takes us deeper into the remote Tilicho Valley as we make our way from Khangsar towards Tilicho Lake Base Camp. The route gradually climbs through a rugged Himalayan landscape, following a dramatic trail above the Khangsar Khola with impressive views of Tilicho Peak, Gangapurna, and the surrounding snow-covered mountains. As we move further into this less-travelled part of the Annapurna region, the peaceful surroundings and untouched landscapes create a truly remarkable trekking experience.

The trail includes some steep climbs and narrow sections, making this a challenging yet rewarding day of the Tilicho Lake Trek. Upon reaching Tilicho Lake Base Camp (4,150m), we find ourselves surrounded by spectacular alpine scenery and towering Himalayan peaks. After trekking approximately 7–8 kilometres in around 4–5 hours, we settle into the teahouse at base camp and prepare for the next day's adventure to Tilicho Lake, one of the highest lakes in the world. Overnight stay at a local teahouse in Tilicho Lake Base Camp.

▯ **Day 9: Trek from Tilicho Base Camp to Tilicho Lake (4,919 m) and return to base camp | Walking Distance | 10 – 12 km: 5 – 6 hours**

The highlight of our Tilicho Lake Trek begins with an early morning hike from Tilicho Lake Base Camp towards the magnificent Tilicho Lake (4,919m), one of the highest lakes in the world. The trail gradually ascends through a rugged alpine landscape, with dramatic mountain cliffs and breathtaking views of Tilicho Peak and the surrounding Himalayan ranges. As we approach the lake, the peaceful atmosphere and stunning turquoise waters create an unforgettable experience in the heart of the Annapurna region.

After spending time at Tilicho Lake, taking in the incredible scenery and capturing memorable moments, we retrace our steps back to Tilicho Lake Base Camp. Although the hike is challenging due to the high altitude and steep terrain, the beauty of the landscape makes every step worthwhile. After trekking approximately 10–12 kilometres in around 5–6 hours, we return to the base camp for a well-earned rest. Overnight stay at a local teahouse in Tilicho Lake Base Camp.

▮ **Day 10: Trek from Tilicho Base Camp to Manang village (3,540 m): Walking**
Distance: 15 – 16 km | 6 – 7 hours

The trail continues as we leave Tilicho Lake Base Camp and make our way back towards the beautiful Manang Valley. Retracing part of the route through the remote landscapes of the Tilicho region, we descend gradually through rugged mountain terrain while enjoying impressive views of Tilicho Peak, Gangapurna, Annapurna III, and the surrounding Himalayan ranges. The return journey offers a different perspective of the landscapes we passed earlier, with peaceful trails and dramatic scenery throughout the day.

As we approach Manang Village (3,540m), the familiar sight of traditional stone houses, monasteries, and prayer walls welcomes us back to this beautiful Himalayan settlement. After trekking approximately 15–16 kilometres in around 6–7 hours, we arrive in Manang and enjoy a well-deserved rest before continuing towards the higher sections of the Annapurna region. Overnight stay at a teahouse in Manang.

▮ **Day 11: Drive to Besisahar (760 m): 7 – 8 hours drive**

Our journey continues with a scenic drive from Manang to Besisahar, following the winding mountain roads through the beautiful Marsyangdi Valley. As we descend from the high Himalayan landscape, the scenery gradually changes from alpine terrain to green hills, rivers, waterfalls, and traditional villages. The drive offers a final opportunity to enjoy the remarkable landscapes of the Annapurna region while passing through the diverse environments we have experienced throughout the trek.

After several hours on the mountain road, we arrive in Besisahar, the gateway town of the Annapurna region. The drive takes approximately 7–8 hours, depending on road and weather conditions. Upon arrival, we can relax and reflect on the unforgettable experience of exploring Tilicho Lake and the Annapurna Himalayas. Overnight stay at a lodge in Besisahar.

▮ **Day 12: Drive from Besisahar to Kathmandu (1400 m): 6 – 7 hours**

The journey continues with a scenic drive from Besisahar to Kathmandu, following the winding roads alongside the Marsyangdi and Trishuli Rivers. As we leave the Annapurna region behind, the route passes through beautiful hills, terraced farmland, riverside settlements, and vibrant local communities, offering one last glimpse of the diverse landscapes of central Nepal.

After approximately 6–7 hours of driving, depending on road and traffic conditions, we arrive in Kathmandu, marking the completion of our Tilicho Lake Trek adventure. Once back in the capital, we can relax and enjoy the comforts of the city while reflecting on the unforgettable memories created during our Himalayan journey. Overnight stay at a hotel in Kathmandu.

▯ **Day 13: Farewell and final departure**

After completing our unforgettable Tilicho Lake Trek, we enjoy our final moments in Kathmandu before departure. Depending on the flight schedule, we can spend some time exploring the city, shopping for souvenirs, or simply relaxing before heading to the airport.

Our team will assist with the necessary arrangements and transfer us to Tribhuvan International Airport for our onward journey. We depart Nepal with wonderful memories of the Himalayan landscapes, traditional mountain villages, and the incredible experience of trekking to Tilicho Lake, carrying home stories that will last a lifetime.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Domestic flight
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Lunch and dinner in Kathmandu and Pokhara
- ☒ Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section.

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.