



## **Tilicho Lake Mesokanto La Trekking - Itinerary**

### **1. Arrival in Airport**

You will be welcomed in Nepal and our SAT representative will be there to pick you up. You will be dropped off in designated location for overnight stay. At evening we give you the brief description about your trip. You can take rest or read articles on trekking.

### **2. Sightseeing & Trek Preparation**

Kathmandu sightseeing trip will begin in the morning. You can either do it alone or join group we can arrange you a car or bus. Kathmandu city holding many ancient monuments and architectures listed under the world heritage sites of Nepal offers a chance to know the ancient cultural and ritual values of Nepalese people. And in the evening trek preparation and again small meeting is held to further literate you about the trekking routes, porters, guides, rules and necessary equipment. Meals included: Breakfast

### **3. Kathmandu to Besi Sahar 6-7 hrs**

Our journey will be around 6 hours of drive to Besisahar after having the early breakfast. And along the way you will be seeing giant White Mountains, rivers, green sceneries and stunning landscapes. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

### **4. Besi Sahar to Bahundanda (1300m) 5-6 hrs**

Afterwards we will be trekking around an hour to reach Khudi. Khudi offers the first glimpses of Manaslu Range and then trek to Bahundanda. And along the way we have to pass the typical local houses and diverse cultural and ethnic tribes while exchanging greetings (Namaste). Our route passes through subtropical forest and rice terraces of Sera. Then comes the 60m waterfall after passing Bhulbule and slowly we will be arriving to Ngadi Khola (river), which we will be crossing by suspension bridge. And finally route takes us gently upward to Bahundanda, an attractive village in the saddle of a long ridge at 1300m. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Baundanda to Chamje (1410m) 5-6 hrs**

After breakfast, we trek through steep trails reaching village of Syange. And after crossing several suspension bridges comes Chanje en-route Jagat. Baundanda to Chamje is a trek to explore the typical Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **6. Chamje to Bagarchhap (2160m) 5 hrs**

Through the steep uphill course of Marshyangdi River, we reach to the first village of Manang, Tal (1675m). And then the wide and flat valley with ups and downs leads us to Dharapani (1890m) from where further trail leads us to the Bagarchhap welcomed by the stoned entrance. Bagarchhap is a typical Tibet influenced village with apples and maize fields. Meals included: Breakfast, lunch and dinner and finally an overnight stay in

trekking lodge.

## **7. Bagarchhap to Chame (2630m) 5 hrs**

Climbing to Tyanja (2360m) and through the forest and river leading to Kopar and a little bit closer to reaching Chame, headquarter of Manang District. From here we can see great views of Annapurna II and come across two small hot springs. And you are sure to encounter a local community who are believed to be migrated from Tibet in the past. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **8. Chame to Pisang (3300m) 5 hrs**

After the stay in Chame we pace forward crossing some narrow paths and dense forest. Right after the hours of walk, the steep and big rock (1500m.) can be seen. Crossing this rock can be an adventure before we reach to the accommodating area in lower Pisang. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **9. Pisang to Manang (3540m) 5 hrs**

The Moments passing through Geru is excellent that offers us stunning landscapes and magnificent view of Mt. Annapurna and Pisang. Today we will be going to Barge monastery, also the biggest monastery of whole Manang. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **10. Acclimatization day at Manang village (3540m)**

To stay fit for further journey and atmospheric adaptation we take a day off here in Manang for acclimatization. For the whole day we will be doing some walk around the village viewing beautiful mountain sceneries. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **11. Manang to Khangsar Village (3700m)**

After acclimatization at Manang village our journey to Khangsar village begins through the western gates and river. Khangsar village is still in Tibetan style and known as the Tibetan village of Nepal. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **12. Khangsar to Tilicho Base Camp (4200m) 5 hrs**

Passing through the monastery we begin to conquer our destination. Through the high ridge, slopes and narrow valleys we ascend toward the line of ridge. New path leads us to high crest and descending through screed slopes comes the main valley where its bottom is a brook. On the other side is Tilicho Base Camp (4200m). Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **13. Trek to Tilicho Lake (5200m) & Tent(4200m) 6 hrs**

It is better to start off early in the morning in order to avoid wind. It takes around 4 hours to reach Tilicho Lake, the highest lake of the world. Tilicho Lake is cold barren place and upon arrival you can witness the spectacular beauty of nature. And we will be camping there. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **14. Trek to Nam Phu (3,510m) via Mesokanta La (5,099m)**

Today's trekking will pass through very dry place known as Mesokanta and finally reach a place known as Nam Phu. Not to worry, Annapurna and Dhaulagiri massifs are still with us and it is better to cross the pass early because in the daytime wind gets strong. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **15. Trek to Jomsom (2720m)**

From Mesokanta, we will be heading Jomsom. Jomsom is also known as Dzongsam or New Fort and offers great view of Mountains like Dhaulagiri and Nilgiri. The panoramic view can be dramatic with green hills and slopes. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **16. Fly to Pokhara from Jomsom**

From Jomsom we take flight to Pokhara. Time here in Pokhara can be spent relaxing or going up for adventure. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

### **17. Pokhara to Kathmandu (Fly or Drive)**

For the return trip two options are available, you can either take easy 25 minute flight to Kathmandu or take longer 7 hours of scenic drive to Kathmandu, the choice is yours. Both the means are great with beautiful mountain views during flight and fascinating views of landscapes in drive. Meals included: dinner by our side and finally an overnight stay in hotel.

### **18. Trip concludes in Kathmandu**

Last day, you can either safely make return journey to home or you can join for another exciting adventure. And according to flight schedule you will be escorted to airport approximately 3 hours earlier to catch flight to your next destination.

## **INCLUSIONS**

- Airport pick up and departure and all ground transportation during trips
- Hotel in Kathmandu two or three star category in twin sharing bed and breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- All entry fees TIMS card and entry Permit
- Domestic Flight according to Itinerary
- Sleeping bag and Down jacket for trek necessary equipment's during the trek
- One cultural show and dinner program

## **EXCLUSIONS**

- International Flight extra meals in cities
- Airport tax and monuments entrance fees
- All personal expenses such as bar bills, beverage, snacks etc.
- Tips to guide and porter and your insurance.