



Annapurna round with Tilicho Lake Trekking - Itinerary

1. Arrival in Airport

After you arrive in Airport, our SAT representative will be there to pick you up and drop you off in designated location for overnight stay. You can take rest or read articles on trekking. At evening we will have a short briefing regarding the trip.

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 car or bus. And in the evening trek preparation and small meeting is held to further literate you about the trekking routes, porters, guides, rules and necessary equipment. You get to observe many beautiful heritages in the valley with amazing architectures, temples and structures built by the ancient emperors like Pashupatinath Temple, Boudanath Stupa, Swabhunath stupa or the main three Durbar Squares.

3. Kathmandu to Besi Sahar 6-7 hrs

Our journey will be around 6 hours of drive to Besisahar. And along the way you will be seeing giant White Mountains, rivers, green sceneries and stunning landscapes. Reaching at Besisahar you observe, the region is a small market with dense settlements surrounded by green hills. Next day, you observe the remote style of living life above the Besisahar. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

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 Bahundada. 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. The most interesting thing to observe while trekking to Chamje is a waterfall. During the route we also observe some warm settlements of people from different ethnic communities with different cultures and traditions. Overnight stay in Chamje. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Chamje to Bagarchhap (2160m) 5 hrs

Our trek starts early in the morning through the steep uphill course of Marshyangdi River. Passing the farm lands and settlements of different communities we reach to the first village of Manang, Tal (1675m). Reaching at Manang Tal, we walk through the wide and flat valley with ups and downs which leads us to Dharapani (1890m). From Dharapani 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 and being highly influenced by the Tibetan culture. 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.) of Paungda Danda rock can be seen. Crossing this rock can be an adventure before we reach to the accommodating area in lower Pisang. The amazing landscapes and settlements of people from different communities are another main thing you get to observe while on the trek from Chame to 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. Walking on the upper trail of Manang district, takes us through the flat green plateau where you get to observe the grazing domestics and lifestyle of remote area people. 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. So, here we observe the Tibetan cultures and then walking down the gorge, we pass through the panoramic views of Annapurna ranges. Along with this we explore the Tore monastery while trekking along the bank of Khangsar river. 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) & back to Tilicho Base Camp (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 a cold barren place and upon arrival you can witness the spectacular beauty of nature. And later return back to Base Camp. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

14. Tilicho Base Camp to Yak Kharka (4000m) 5 hrs

After breakfast, we follow the trail which is 4000 meters above the Khangsar village and passes through old Khangsar. Then you will be trailing from unmarked territory and down to cross the river on an old bridge between Gumsang and Yak Kharka. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

15. Yak Kharka to Thorong Phedi (4450m) 5 hrs

This day we trek to the foot of Thorang La & we will have to climb uphill, cross a suspension bridge and ascend down a towering cliff. During the trek we are rewarded with the wonderful view of Mt. Gungdung, Mt. Syangboche, Thorung Peak & Mt. Khatungkang. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

16. Thorung Phedi to Muktinath (3800m) 6-7 hrs

From Thorang Phedi, we finally will be heading to the world's highest pass, Thorang La Pass (5416m). From this elevated venue you are guaranteed to witness some magnificent views of Dhaulagiri ranges. And then the trail ascends towards Chhabarbu making our way to Muktinath in the evening. Muktinath is famous for shrines worshipped both by Hindus and Buddhists. Overnight stay in Muktinath. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

17. Muktinath to Jomsom (2720m) 5 hrs.

Through the Ekle Bhatti and alongside the Kali Gandaki River we reach Jomsom. Jomsom is a large town and headquarter of Manang district with many facilities. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

18. 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 a hotel.

19. 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.

20. Trip concludes in Kathmandu

Last day, you can either safely make return journey to home or you can join for another exciting adventure

with Sunrise Adventure Treks. And according to flight schedule you will be escorted to airport approximately 3 hours earlier of your departing time to catch flight to your next destination.

INCLUSIONS

- International and domestic airport arrivals and departures
- Accommodation at hotel in Kathmandu on BB plan (as per the choice of the trekkers)
- Domestic flight fare as per the itinerary including airport tax
- All necessary paperwork for permit (national park entrance, TIMS card)
- Accommodation at the hotels / lodges in the trekking trail
- All meals (breakfast, lunch and dinner) in the trekking
- An experienced English speaking trek leader (trekking guide) and assistant trekking guide (4 trekking members), and porters (one porter between two trekkers) to carry luggage including their meals, accommodation, wages, equipment and accident insurance.
- First aid medical kit
- All government and local taxes
- Farewell dinner

EXCLUSIONS

- International airfare to and from Kathmandu
- Nepal visa fee
- Excess baggage charges for the domestic flight
- Lunch and dinner in Kathmandu
- Travel and rescue insurance for trekking members
- Any additional expenses due to domestic flight delay or cancellation
- Any other expenses of personal nature (phone calls, laundry, bar bills battery recharge, hot shower and boiled water in the trekking).
- Gratuity for the trekking staffs

URL: <https://sunriseadventuretrek.com>