High Route Adventure Pvt Ltd.

Email: info@highrouteadventure.com
Phone: +977 9851058664
Website: www.highrouteadventure.com

1. Annapurna Circuit with Tilicho Lake Trek

2. Overview

Annapurna Circuit with Tilicho Lake trek is a teahouse trek in the Annapurna Region which combines the classic Annapurna Circuit with a side trip to Tilicho Lake. On this 16-day journey, the trek circles the…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1400 meter | Stay: Teahouse

- Pick up and meet & greet at the airport
- Transfer to your hotel in Kathmandu
- Quick meet & greet with our team
- Trip preparation + briefing
- Overnight stay at your hotel

Annapurna Circuit Trek with Tilicho Lake **Traveler's note**: The airport is just a few minutes away from Thamel, the main touristic area of Kathmandu, where most of the hotels, souvenir shops, and restaurants are located. Try out the Nepalese MoMo, a traditional dumpling and a staple of Nepalese Cuisine!

Day 02: Drive to Besisahar

Altitude: 760 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Hotel Breakfast and check out • Drive with a local bus to Besisahar • Check-in at the teahouse • Explore around the market in Besisahar • Dinner and overnight stay at the teahouse Heading toward besisahar on Private Jeep **Traveler's note**: Did you know that the way to Besisahar is mostly along the Trishuli River, up to Dhumbre. From there the road heads into the amazing Marshyangdi Valley!

Day 03: Drive from Besisahar to Chame

Altitude: 2660 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Teahouse breakfast and check out • Drive via 4x4 to Chame • Pass by Jagat • Pass by Chyamche (Chamje), Tal, and Dharapani • View of Annapurna II 7,937m/26,040ft on your left and on your right a part of the Manaslu Range • Check-in at the teahouse at Chame • Dinner and overnight stay at the teahouse Chame Hotel **Traveler's note**: Did you know that from the Kundi you can see some of the first views of the Manaslu Mountain Range, just south of Mt Manaslu you can see the Ngadi Himal 7,871m/25,824ft and the Himalchuli 7,893m/25,896ft. A bit to the left you get to see the Lamjung Himal 6,983m/22,910ft! Near Chyamche (Chamje) we get to see one of the longest waterfalls stretching about 202m/663ft! Just before reaching Chame we can see a part of the Manaslu mountain range on your right side, and on your left the first views of the Annapurna II 7,937m/26,040ft and Annapurna massif range.

Day 04: Trek from Chame to Upper Pisang

Altitude: 3300 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Start the trek by heading up to Bhratang • Pass by Dhikur Pokhari • Stop by Lower Pisang • Continue by crossing the Marsyangdi Khola River • Ascend from here to Upper Pisang • Dinner and overnight stay at the teahouse Upper Pisang **Traveler's note**: Did you know that there are two routes leading to Manang, our next day's destination. The Upper and Lower Pisang route. We follow the Upper Pisang route as it promises the best views of Mt Annapurna and the Pisang Peak!

Day 05: Trek from Upper Pisang to Manang

Altitude: 3540 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Head for the Upper Pisang trail • Pass by Ghyaru • Reach at Nyawal • Continue on to Braga • Visit Braga and Braga Monastery • Trek a bit further uphill to Manang • Dinner and overnight stay at the teahouse Manang Gate **Traveler's note**: Did you know that that Braga has the biggest monastery in the whole Manang district? As you enter the Manang region you'll quickly notice a dryer and colder climate!

Day 06: Rest day at Manang

Altitude: 3540 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast • Acclimatization hike Option 1: hike to Bhojo Gumba Option 2: hike to Gangapurna Lake • Dinner and overnight stay at the teahouse View from Manang For trekkers with extra energy, this day also offers the option to hike to the breathtaking Manang Ice Lake (4,620 m).

Day 07: Trek from Manang to Siri Kharka

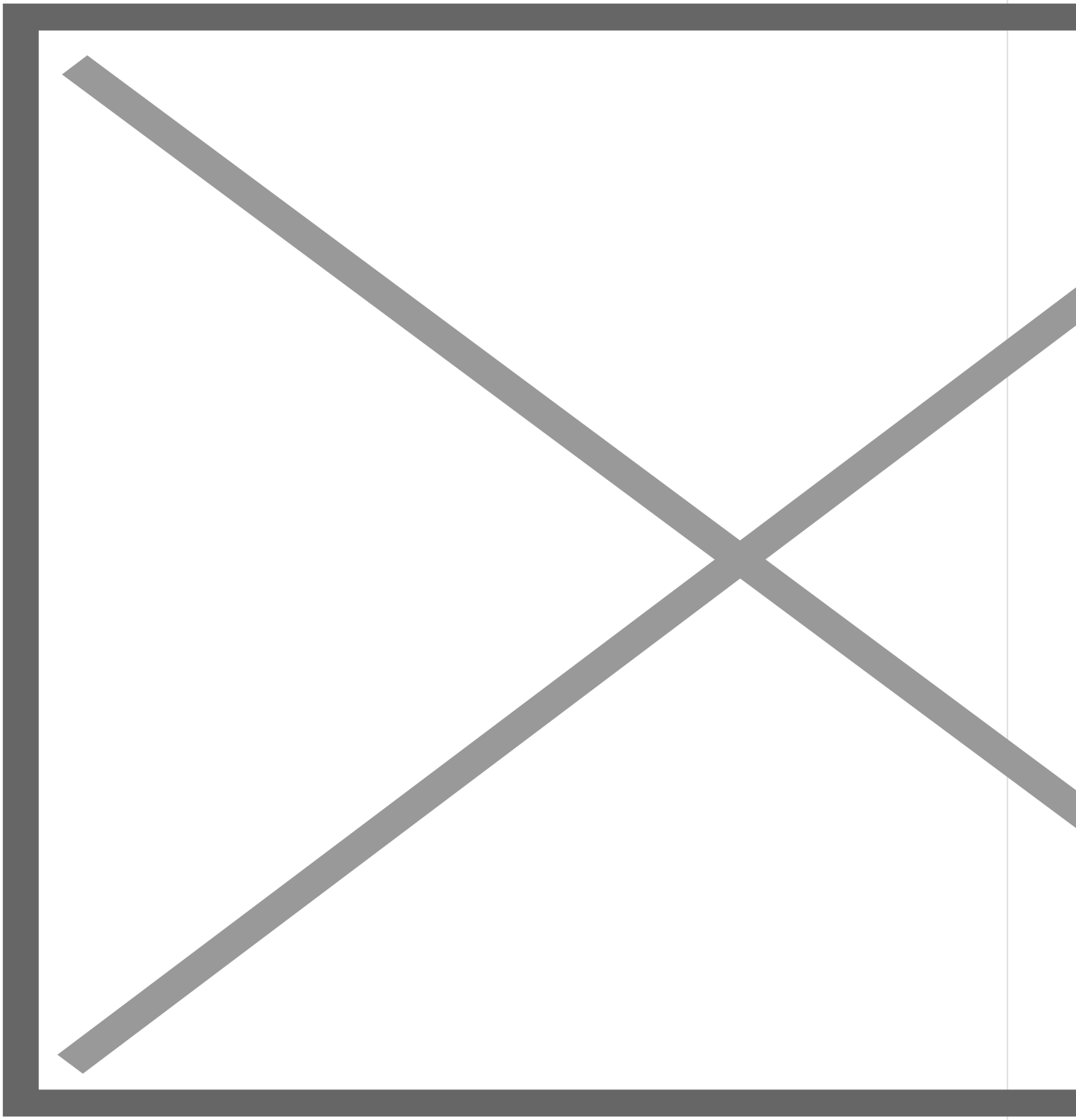
Altitude: 4060 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Trek via the western gate down the river • Cross the river and continue along its southern bank • Pass by Kangsar Village • Continue uphill to Siri Kharka • Dinner and overnight stay at the teahouseSri Kharka **Traveler's note**: Did you know that while trekking to Siri Kharka you get to see views of the Gungang Himal and Mt Chulu!

Day 08: Trek from Siri Kharka to Tilicho Base Camp

Altitude: 4140 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Head for Tilicho Base Camp • Follow the narrow trails leading gradually up to Base Camp • Dinner and overnight stay at the teahouse



Traveler’s note: Did you know that before reaching Tilicho Base Camp we pass by a landslide area, trek with caution and always listen to safety advice from your High Route Adventure trekking guide!

Day 09: Trek from Tilicho Base Camp to Tilicho Lake and Return back to Siri Kharka

Altitude: 4060 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • A steep climb starts the day off • Follow the side of the mountain until reaching an incline • Visit Tilicho Lake • Retrace back all the way down, back to Siri Kharka • Dinner and overnight stay at the teahouse Tilicho Lake **Traveler's Note:** Did you know that Tilicho Lake was once considered Nepal's highest lake? Today, it is recognized as Nepal's second-highest lake, after Kajin Sara Lake. Due to its extreme altitude and cold temperatures, there is little to no known aquatic life in the lake. Tilicho Lake is also mentioned in the ancient Hindu epic, the Ramayana, and is considered sacred by many Hindus.

Day 10: Trek from Siri Kharka to Yak Kharka

Altitude: 4110 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Retrace back downhill to Khangsar • Continue on to the Thorang Khola Valley • Ascend further to Yak Kharka • Dinner and overnight stay at the teahouse Yak Kharaka **Traveler's note**: did you know that Khangsar is only populated during festival times when yak herders gather for the festivities! Today's views are incredible and you'll quickly notice yak herds grazing in the valley.

Day 11: Trek from Yak Kharka to Thorang Phedi

Altitude: 4600 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Trek uphill towards Thorang Phedi • Pass Ledar village and ascend furthermore • Traverse through towering cliffs to reach Thorang Phedi • Explore around Thorang Phedi • Dinner and overnight stay at the teahouse Thorong Phedi **Traveler's note**: Today you can enjoy the views of Mt. Gundang, Mt. Syagang, Thorung Peak, and Mt. Khatungkan among others!

Day 12: Trek from Thorang Phedi to Muktinath via Thorang-La Pass

Altitude: 3710 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Head up to the Thorang La pass, one of the highest passes in the world • Cross the mountain pass from east to west (Manang to Muktinath) • The trail becomes more barren and the landscape becomes more of a Wild West • Continue on the downhill to Muktinath • Arrival in Muktinath • Dinner and overnight stay at the teahouse Thorong La Pass **Traveler's note**: Did you know that the Thorang-La Pass is one of the highest mountain passes in the world! Muktinath famous for its Temple with 108 water sprouts is said to have a healing and cleansing effect to all who take a dip in its holy water. This pilgrimage site is visited a whole year long by both Hindus and Buddhists.

Day 13: Trek from Muktinath to Jomsom

Altitude: 2670 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Visit the Muktinath temple with its 108 water sprouts • Start to trek by descending downwards • Head to the Kali Gandaki River to reach Kagbeni • Follow the Kali Gandaki river southwards to reach Jomsom • Dinner and overnight stay at the teahouse Jomsom **Traveler's note**: Did you know that Kagbeni and Jomsom are famous for their apple orchards, depending on the season you'll get to see these apple trees in full bloom!

Day 14: Fly from Jomsom to Pokhara

Altitude: 820 meter | Meals: Breakfast | Stay: Hotel

• Breakfast and check out • A morning flight takes us to Pokhara • Hotel transfer • Enjoy the amazing sights and activities in Pokhara • Overnight stay at the hotel Pokhara **Traveler's note**: While in this package there are no activities in Pokhara included, High Route Adventure is more than happy to arrange some for you, such as bungee jumping, paragliding, ultra-light flying, boating on Phewa Lake or a city sightseeing tour! Just request us during your booking.

Day 15: Drive to Kathmandu

Altitude: 1400 meter | Meals: Breakfast | Stay: Hotel

• Breakfast and check out • Transfer to the tourist bus park • Drive via tourist bus back to Kathmandu • Hotel check-in • Review of your trip • A complimentary farewell and thank you dinner is planned with a culture show • Overnight stay at

your hotel Pokhara Tourist Bus **Traveler's note**: It is also possible to fly back to Kathmandu, this will give you more time to spend back in Kathmandu as the flight just takes 25min, compared to the 6-hour bus ride.

Day 16: Departure from Kathmandu

Altitude: 1400 meter

- Breakfast and check out
- Transfer to the Airport to your destination Home

Farewell

5. Cost Includes

- Airport-Hotel-Airport pickup & drop-off by private vehicle
- Two nights' accommodation with B/B plan at 3- star category hotel in Kathmandu
- A night's accommodation with B/B plan at 3- star category hotel in Pokhara
- Kathmandu to Beshisahar public transportation & Beshisahar to Chame by public Jeep
- Jomsom to Pokhara flight
- From Pokhara to Kathmandu by tourist standard bus
- All standard meals during the trek (Breakfast/Lunch/Dinner)
- Teahouse/Lodge accommodation during the trek (Twin sharing room)
- Government license holder High Route Adventure experienced & qualified trekking guide(Leader) and Porter to carry trekkers' luggage(2 trekkers: 1 porter)
- Included their(guide & porter) meals, insurance, salary, lodging, transportation, and equipment
- Annapurna conservation area project(ACAP) permit fee
- TIMS fee (Trekkers Information Management System)
- High Route Adventure appreciation certificate after the successful trek
- Seasonal fresh fruit after dinner during the trek
- Farewell dinner at the end of the trek
- An hour trekking massage after completing the trek
- All government and local taxes
-

6. Cost Excludes

- Extra night accommodation in Kathmandu and Pokhara in case of early arrival or late Departure
- Dinner and lunch in Kathmandu and Pokhara
- Wifi, Internet & Hot shower during the trek
- All kinds of beverage items
- Private vehicle arrangement (additional cost required)
- Nepal visa fee
- Travel and medical insurance
- International flights
- Personal expenses(laundry, bar bills, phone calls, etc)
- Tips for guide, porter, and driver (tipping is expected)
- Any unseen expenses due to circumstances

7. Equipment / Packing List

The Annapurna Circuit with Tilicho Lake is a world-class trekking route in Nepal. From lush valleys to high mountain passes, and the stunning Tilicho Lake—one of the highest lakes in the world—this trek covers it all. But with varied terrain and temperatures ranging from warm and sunny to cold and snowy, packing smart is key. Here's a detailed gear list based on real trail experience to help you prepare confidently for this adventure.

?? Trekking Essentials

Duffel Bag (80–100L)
Your main bag will be carried by a porter or pack animal. Use a rugged, weather-resistant duffel.

Daypack (30–35L)
You'll carry this yourself. Pack essentials like water, jacket, sunscreen, snacks, and camera.

Rain Cover
Showers and snow can appear suddenly. Most daypacks come with one—if not, buy separately.

Trekking Poles
Highly recommended, especially for steep sections and the **Thorong La Pass**.

Sleeping Bag (Rated to -10°C/14°F)
Nights at high altitudes can be freezing. Rentals are available in Kathmandu or Pokhara.

Water Bottles + Hydration Bladder
Carry a **2L bladder** for ease and **2 bottles (1L each)** as backup.

? Footwear & Clothing

? Footwear

- Hiking Boots: Waterproof and broken-in
- Camp Shoes or Sandals: For relaxing in lodges
- Gaiters (optional): Helpful in snow or slush

? Clothing (Layer for All Seasons)

Base Layers

- 2 moisture-wicking tops (long and short sleeve)
- 1–2 thermal base layers for cold nights

Mid Layers

- Lightweight fleece or wool pullover
- Down vest (ideal for layering without bulk)

Outer Layers

- Insulated down jacket (essential above 4,000m)
- Windproof and waterproof shell (jacket + pants)

Trekking Pants

- 2 pairs breathable hiking pants
- 1 warm pants or leggings for lodge evenings

Trekking Shirts

- 2–3 moisture-wicking T-shirts (quick-dry)

Socks & Underwear

- 4–5 pairs hiking socks (plus 1 warm pair for sleeping)
- 3–4 pairs of quick-dry underwear

? Head & Hands

- Warm hat (wool/fleece beanie)
- Sun hat or cap
- Neck gaiter or buff
- Thin liner gloves
- Warm insulated gloves (waterproof recommended)

?? Lodge Comfort

Lodge Clothes
Pack a comfy set for evenings: warm top, pants, socks

Sleeping Bag Liner
Optional, but adds warmth and hygiene

Towel (Quick-Dry)
For basic washes or paid hot showers

Pillowcase
Lodge pillows aren’t always fresh—having your own is handy

? Toiletries & Hygiene

- Toothbrush, toothpaste, biodegradable soap
- Wet wipes (for body cleanups)
- Toilet paper (bring 2 rolls—can restock on trail)
- Hand sanitizer
- Small mirror, nail clipper
- Lip balm with SPF
- Sunscreen (SPF 30+)

? Health & Hydration

Water Purification

- Tablets, drops, or a SteriPen
- Safe drinking water is not always available

First Aid Kit

Include band-aids, ibuprofen, antiseptic, altitude tablets like **Diamox**

Hydration Supplements

Electrolytes like Nuun or ORS for long days

Vitamins/Protein

Bring light snacks like energy bars, protein powder

? Tech & Extras

- Headlamp (plus spare batteries)
- Power bank (solar charger optional)
- Charging cables and plug adapters (Nepal uses Type C, D, M)
- Camera or phone with extra memory
- Dry bags or packing cubes
- Trekking map (offline apps like Maps.me or Gaia are useful)

? Documents & Money

- Passport (plus 2 copies)
- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (Trekkers' Information Management System)
- Travel insurance that covers trekking above 5,000m
- Cash (at least NPR 25,000–30,000 or USD $200–$300) for meals, snacks, and charging