

- Tilicho lake (4949m) is the highest Place lake in the world.
- Cross throng la 5416m with amazing mountain view.
- Muktinath is the famous pilgrimage spot for both the Hindus and Buddhists religion.

Tilicho lake trekking situated in Annapurna region western part of Nepal. Tilicho Lake is (4949m) the highest place Lake in the world, this trekking combine with Annapurna circuit trekking. This is adventure trekking; the lake's water collects through glacier melts of Annapurna mountain range. The views of the lakes are extremely beautiful. Throng la pass is the highest place (5416m) of the Annapurna circuit trekking and famous pass western part of Nepal. This trekking surely gives you some of the memorable moments in your life.

Tilicho Lake and Thorong La Pass Trekking are considered to be a very safe holiday, and although parts of the treks are considered to be strenuous, it is the ideal route for adventurers lovers. Glacier Adventure Company carefully design itinerary with few rest days offers a special way to acclimatize safely. We learned never to rush a trek to altitude in the Himalaya, taking an extra few days makes all the difference to really being able to enjoy your Tilicho lake trekking. Anyone can join these treks that have a good health and knee walkers.

Trip Facts

Price:

USD 1585

Duration:

17 days

Accommodation:

Teahouse (Lodge to Lodge)

Meals:

Breakfast in Kathmandu/ Pokhara and all meals during the trek

Max. Altitude:

5416 meters

Group Size:

Minimum 1

Best Season:

February, March, April, May, September, October, November & December.

Daily walking Hour:

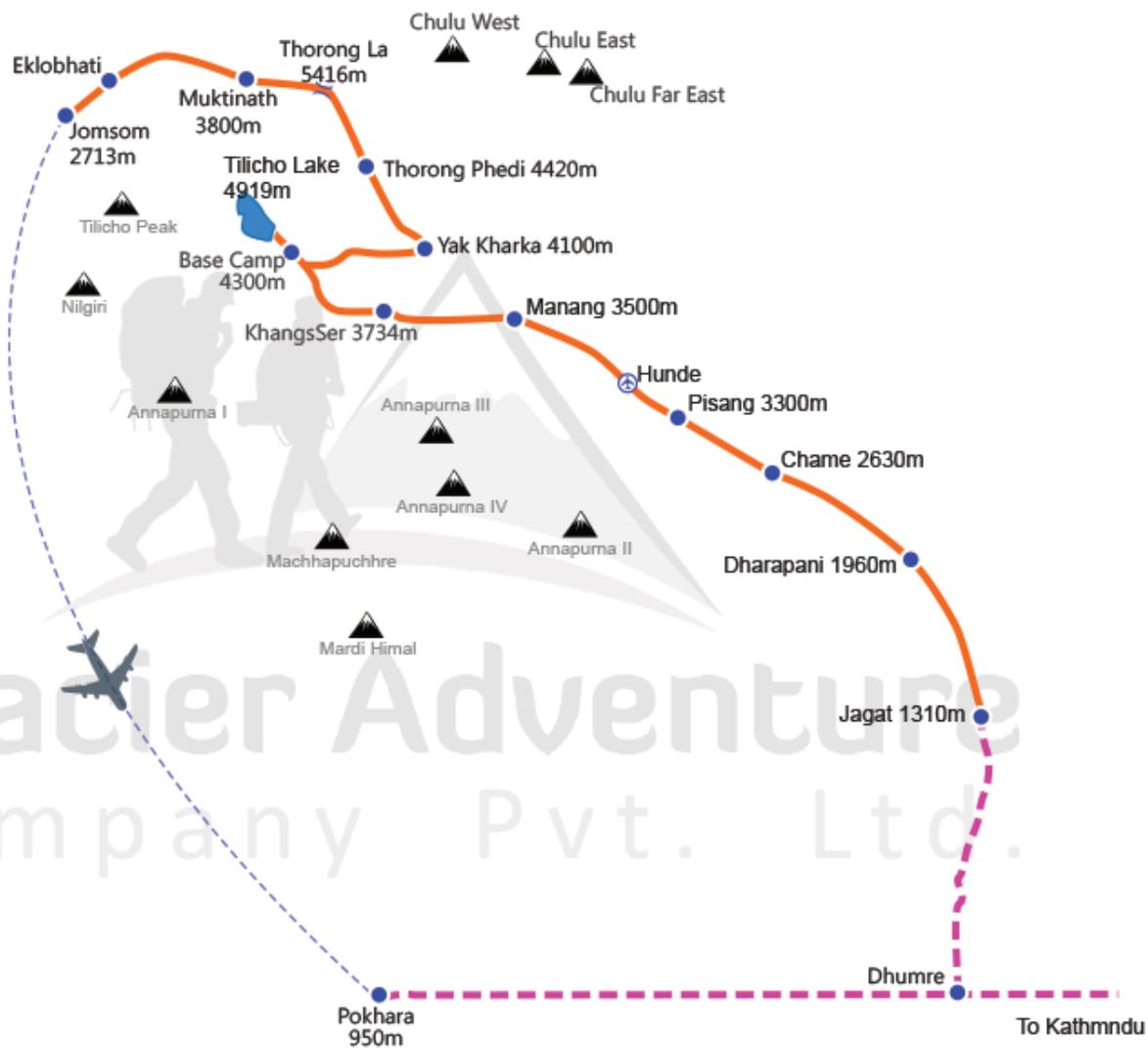
5 to 7 hours

Transportation:

Car/Van/Plane/Bus

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Route Map



Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m)

Accommodation: Guest house | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu Sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3: Kathmandu to Jagat (1430m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early morning after breakfast guide pick up you and go bus park, then drive along Kathmandu to Pokhara highway until Dumre after that follow the Marshyandi river to Besishar continue Jagat through the beautiful Nepalese countryside.

Day 4: Jagat to Dharapani (1820m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail continues to change, then cross a suspension bridge on the Marshyangdi River after that the trail ascending Tal village. After Tal, the trail crosses potato fields and pine forests to Khotro then continue to Dharapani. This is a beautiful village in Manang valley.

Day 5: Dharapani to Chame (2630m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail cross Bagarchhap and Danaque through a bank of the Marshyandi River than The trail is ascending Timang village through Pine and oak forest after that continue to Kot, finally reach in Chame. Trekker enjoys beautiful mountain views of Lamjung Himal, Manaslu Himal, and Annapurna II. Chame is a big village. In the past time, this was the headquarters of Manang district. There is a restaurant; hotel, ATM, Banks, and hospital are available.

Day 6: Chame to Pisang (3200m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast start to walk. The trail is cross dense forest, and narrow valley. Trekker sees amazing Gigantic Paungda Dada (Rock Hill) and Majestic panoramic mountain views, finally reach the beautiful village Pisang.

Day 7: Pisang to Manang (3500m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

There are two trails to Manang. Trekkers can choose which trail to go. If, you are physically fit and want to

more adventures Choose an upper trail. If you want to walk the beautiful trail bank of Marshyandi River, choose lower trails. Both trails join Mungi village, then continue to Manang. Today trekkers see Panoramic Mountain views Annapurna, Gangapurna and Pisang peak.

Day 8:Manang to Khangsar (3734m)

Accommodation: Guest house | **Meal:** Breakfast, Lunch & Dinner

Manang is a beautiful village and has a health post Shops and Restaurants. After breakfast, go on a short hike to a tea shop near the Gangapurna glacier. Enjoy magnificent mountain views, Gangapurna glacier and lakes and beautiful Manang village. Take your time after that back to the Hotel then a short walk (2hours) to Khangsar.

Day 9:Khangsar to Tilicho Base Camp (4300m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast start to walk. The trail ascends to Kharka passes through the monastery after that there are two trails. If you are physically fit and wants more adventures to choose the upper trail and if you do not want to more adventure you can use the lower route. Both trail trekkers see beautiful mountain views.

Day 10:Explore day Tilicho Lake (4919m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the main day to reach Tilicho Lake (4919m) Convert dream to reality. Tilicho Lake is the highest place lake in the world. After breakfast start walking takes several hours to reach Lake with the difficult trail. Take your time, Enjoy panoramic mountain views and back to base camp.

Day 11:Tilicho Base Camp to Yak kharka (4100m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast start to walk. The trail same way back to Until Kharka then the trail passes over Khang Sar Village after that the trail descends to Marshyandi river. When crossed river the trail join the main Annapurna circuit trekking, continue walking to Yak Kharka.

Day 12:Yak kharka to Thorong Phedi (4460m)

Walking hr: 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a short day. Already, high altitude Place so that Trekkers most follow AMS rules. The trail descends to the Marshyandi River, then the trail ascending to Thorong Phedi (4420m) then prepare for the next day.

Day 13:Thorong Phedi to Muktinath (3800m) via Thorong La Pass.

Walking hr: 8 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a long day, the trail ascending (1000m) and descending (1600m) After breakfast start early in the morning reach fast at Thorong La Top (5416m) otherwise sometimes weather condition (strong wind) affect the journey. On the trail and Thorong La top sees the beautiful mountain views. Finally, reach Muktinath. This is a beautiful village. Muktinath temple is famous the famous pilgrimage for Hindu and Buddhist religious groups. Mukti means Nirvana and Nath means temple. There exist one hundred eight taps and you can see the natural lamp in a Buddhist Monastery.

Day 14: Muktinath to Jomsom (2720m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail descends to Eklebhatti then the trail flat path until Jomsom through the bank of the Kaligandaki River. When reach Jomsom Prepare for next day and if you want can visit around Jomsom. This headquarters in Mustang district in the past time.

Day 15: Jomsom to Pokhara (950m)

Accommodation: Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Early morning after breakfast go to Jomsom airport and take a short flight Jomsom to Pokhara with beautiful mountain scenery then transfer to hotel in Pokhara. Your adventures finished take a rest and relax. Enjoy the day.

Day 16: Pokhara to Kathmandu (1300m)

Walking hr: 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Farewell dinner

Early in the morning drive tourist bus Pokhara to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

Day 17: Departure day

Meal: Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Tilicho lake with Thorong la pass trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can changes itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included. (3 nights)

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P. O. Box: 3951, Thamel, Kathmandu, Nepal,

Email: info@glacieradventurecompany.com | Web: www.glacieradventurecompany.com

- Standard twin sharing accommodation in Pokhara breakfast included. (1 nights)
- Wel-come and fair well dinner
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- Government licensed experience English speaking Guide. Two people one porter.4 people 1 Sherpa
- The required number of local staff and Porters to carry your luggage during the trek
- Food, accommodation, salary, insurance, equipment and medicine for all staff
- Annapurna conservation Park permits/TIMS
- Down Jacket and sleeping bag (which needs to be returned after the trek)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- Flight from Jomsom to Pokhara include airport departure tax at Jomsom airport
- All our government taxes
- Official expense

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc) .
- Personal trekking Equipment
- Tips for staff
- Others expenses which are not mentioned on Price Includes
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara(and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Tilicho Lake with Thorong la Pass trekking located the remote area in the Annapurna region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Tilicho Lake with Thorong la Pass trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and

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fun.

Acclimatization

Glacier Adventure's Tilicho Lake with Thorong la Pass trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, trekkers are wanted Tilicho Lake with Thorong la Pass trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Tilicho Lake with Thorong la Pass trekking is a remote mountain in the Annapurna region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Tilicho Lake with Thorong la Pass trekking. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

English Language.

Trekking guide training.

First aid course.

Conservation & Biodiversity

Porter care

Trekking is adventures. Porter's job is the hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains in the Annapurna region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as

team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Tilicho Lake with Thorong la Pass trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu, Pokhara and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

