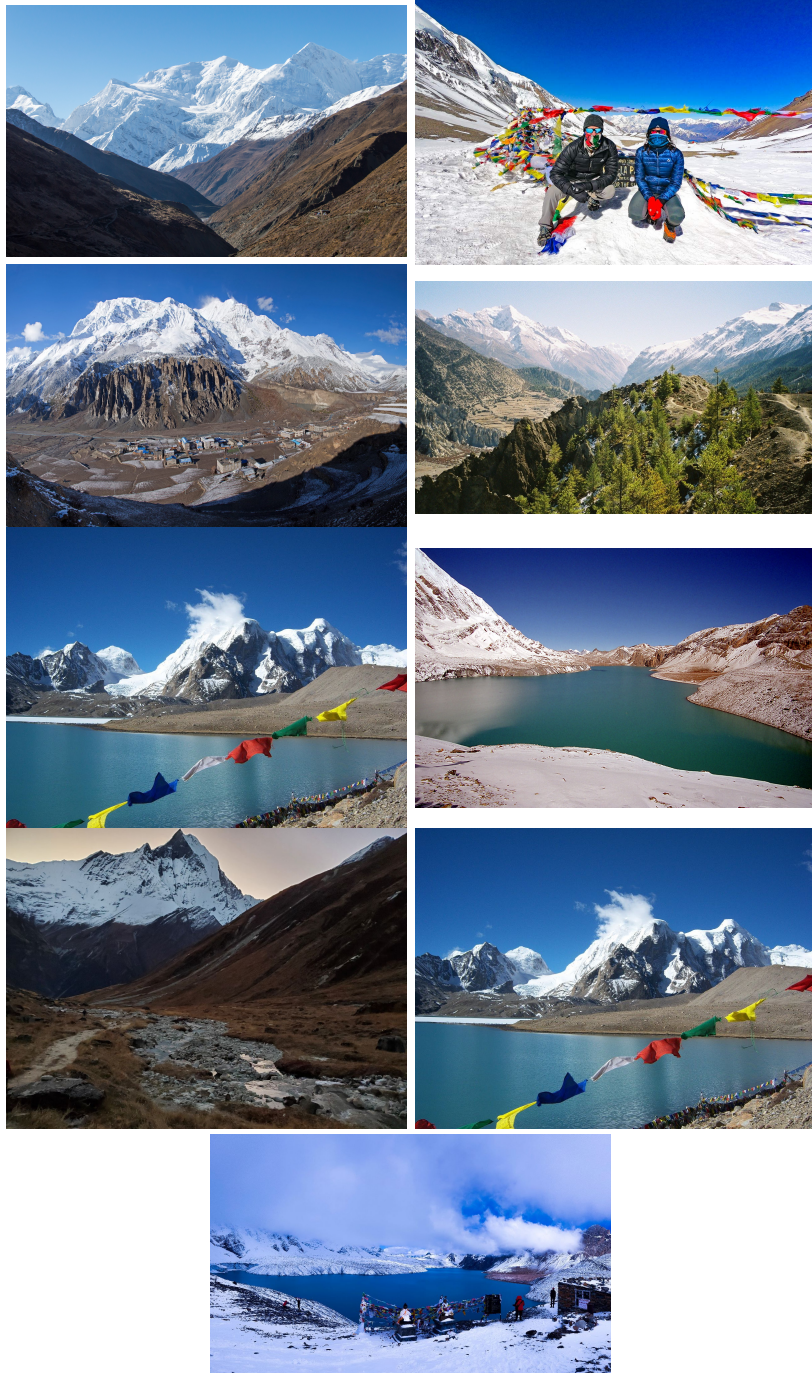


Luxurious Annapurna Circuit Trek with Tilicho Lake



Overview

Annapurna Circuit Trekking is popular as one of the adventurous trekking trails in Nepal. Also being a classical trek in Nepal, it bridges two distinct regions, Annapurna and Mustang and offers holistic insights of both regions. This is an ideal trek who love thrills of adventure along with vegetated landscaped to the arid kingdom of Manang and Mustang. You will visit the world's highest lake, "Tilicho Lake" which lies at 4919m altitude. One of the world's highest passes, Thorung La Pass (5416m) offers us real ecstasy of the adventurous trek. Stepping into awe-inspiring landscapes, cascading waterfalls, ethnic settlements and most important, dry and rugged landscapes in the lap of Himalayas are strikingly amazing to experience during this trial.

Facts About Annapurna Circuit

Location | Central Nepal

Trek length | Generally 14-16 days- This Trek with Himalayan Social Journey is planned for 14 Days.

Distance | this varies depending on route and whether you take optional side treks, but generally between 170km - 230km

Height of Annapurna 1 Main (the highest mountain in the Annapurna Massif) | 8091m

Highest point of the trek | Thorung La Pass - 5416m (17,769ft)

Highlights

- Breathtaking view of Annapurna Range
- Crossing the high pass Thorung La (5416m)
- Exploring world's highest lake, Tilicho lake (4919m)
- Explore the different Nepalese culture
- Visit religiously important Hindu Temple Muktinath
- Tibetan Plateau
- Guided tour of UNESCO listed world heritage sites of Kathmandu Valley
- Lush jungles and terraced fields on the way

Journey Route to Annapurna Circuit Trek

Annapurna Circuit trekking commences from Manang after driving 2 days from Kathmandu. The trail then ascends along Kaligandaki Valley. We will also experience the deepest gorge, Kaligandaki Gorge. You will reach to world's highest lake, Tilicho lake, which below the North Face of Tilicho and is extremely cold and shimmering in the light. Tilicho lake also has significance for Hindus and is mentioned in one of their holy scriptures. Gradually, the trail takes you to Thorang La Pass which offers you astounding views of mountain giants including Dhaulagiri and Annapurna massif. Then, the trails pass via arid valleys Manang and Mustang. Tatopani is one of the striking highlights of this trekking where we can dip our body into a natural hot spring. The experience will be, of course pleasing.

Muktinath is a prominent site to visit on this trek. It is a popular Hindu pilgrimage site. 108 water spouts and a natural flame which never goes out are prime attractions of Muktinath. The trek ends with our flight to Pokhara from Jomsom followed by a drive or flight to Kathmandu.

Outline Itinerary (14 Days)

Day 1 : Arrival Day

Your arrival to Tribhuvan International Airport and transfer to hotel. At evening welcome dinner with cultural show at local restaurant.

Activities: Airport pick-up and welcome dinner

Max Altitude Kathmandu (1400m)

Overnight Hotel Aloft/ Hyatt Place Kathmandu.

Meal Welcome Dinner

Day 2 : Drive to Chame

After warm breakfast, we will head towards Chame from Kathmandu. The drive is about 9 -10 hours and is full of the beautiful scenery of mountains, rivers and lush jungles. We pass through paddy and muddy fields witnessing the green hills, snowcapped mountains and beautiful waterfalls on the way. Leaving Besisahar, behind we head towards, Chame headquarter of Manang. Before reaching Chame, you will pass through Danaque and ascend a steep path up to Timang which lies at the bottom of Lamjung Himal.

Max Altitude Chame (2650m)

Duration 8 to 9 hours drive

Overnight Guesthouse

Meal Breakfast

Day 3 : Drive to Manang

Today, after a warm breakfast, we will drive towards Upper Pisang.

After few hours of drive, we will reach to a beautiful valley with a great view of Annapurna II as well as Pisang Peak. Then, we will drive to Manang valley. From the ridge, you will get to see a wonderful Manang Valley and Tilicho lake. On the way, you come across a surface area from where you can get a breathtaking view of Annapurna III, and from the wide plains of Sabje Khola, you will get a beautiful view of Annapurna IV.

Max Altitude Manang (3540m)

Duration 4 to 5 hours drive

Overnight Guesthouse

Meal Breakfast

Day 4 : Acclimatization Day in Manang

Acclimatization day. Today we spend a day acclimatizing in Manang. The whole day we spend by doing some fine day walks to Gangapurna Glacier or Annapurna III Base Camp or Monastery and overlooking the magnificent views around the village. And the daytime is best to gain altitude.

Max Altitude Manang (3540m)

Duration Acclimatize

Overnight Guest House

Meal Breakfast

Day 5 : Trek to Shree Kharka from Manang

Your hike today takes you through pine trees on a comparatively simple route to the Tibetan town of Khangsar. Gungang Himal and Mt. Chulu make up the majority of the mountains that are with you today. After a short distance, you arrive to Shree Kharka, where you spend the night.

Max Altitude Shree Kharka (4060m)

Duration 4 to 5 hours trek

Overnight Guest House

Meal Breakfast

Day 6 : Trek to Tilicho Base Camp (4150m)

Today, you will walk across the Annapurna region to the Tilicho Base Camp. Today's trail passes through landslide-prone areas, therefore caution is advised. Your journey consists of walking on a small path made of loose rocks, which makes today's trek relatively challenging. It is prone to landslides, so you must move slowly and carefully, making today's walk a little strenuous. The views of Tilicho Peak and neighboring mountains are breathtaking from Tilicho Base Camp.

Max Altitude Tilicho Base Camp (4150m)

Duration 3 to 4 hours Trek

Overnight Guest House

Meal Breakfast

Day 7 : Trek to Tilicho lake and trek back to Shree Kharka

Today, early in the morning you will get up and head towards Tilicho lake. The first section of the trail is a steady ascent to Tilicho Lake. After few hours walk, you can see the gorgeous Tilicho lake, which is awaiting you, on the other side of the water shed. This lake is below the North Face of Tilicho and is extremely cold and shimmering in the light. Many of us will be fascinated by the lake's beauty. Tilicho lake also has significance for Hindus and is mentioned in one of their holy scriptures. You will eventually head back to Shree Kharka after taking some time to take in the breathtaking vista.

Max Altitude Tilicho lake (4919m)

Duration 6 to 7 hours Trek

Overnight Guest House

Meal Breakfast

Day 8 : Trek to Ledar

Today, you will ascend a steep trail through leaving Shree Kharka. You will cross along the Jarsang River eventually reach Yak kharkha which is pasture land for grazing Yaks and then reach Ledar.

Max Altitude Ledar (4200m)

Duration 5 to 6 hours Trek

Overnight Guest House

Meal Breakfast

Day 9 : Trek to Thorang-La High camp

Today, you will leave behind Ledar and head towards High Camp. The trail is rough as we will be crossing through the narrow path over Kali Gandaki River. The trail is tough way straight up and down in few places.

Max Altitude Thorang-La High camp (4925m)

Duration 6 to 7 hours Trek

Overnight Guest House

Meal Breakfast

Day 10 : Trek to Muktinath via Thorong-La pass

Today, is a little tough day, as you will be crossing Thorung La Pass. You will follow the trail to Muktinath.

Max Altitude Thorong-La pass, (5416m)

Duration 6 to 7 hours Trek

Overnight Guest House

Meal Breakfast

Day 11 : Drive from Muktinath to Pokhara

Today, you will visit the Muktinath for few hours. In Muktinath, you will visit Muktinath temple, one hundred eight water spouts and monastery. After a wonderful day in Muktinath, today you will take a private Jeep from Muktinath and drive to Pokhara.

Max Altitude Muktinath (3760m)

Duration 7 to 8 hours Drive

Overnight Hotel Pokhara Grande or similar

Meal Breakfast

Day 12 : Sightseeing tour in Pokhara

After breakfast, sightseeing tour in Pokhara city. You will have an option to do helicopter tour in Annapurna Base Camp. We can arrange it upon your request.

Activities: Pokhara Sightseeing Tour

Max Altitude Pokhara (822m)

Overnight Hotel Pokhara Grande or similar

Meal Breakfast

Day 13 : Flight from Pokhara to Kathmandu and Kathmandu Sightseeing tour

You will take an early flight to Kathmandu after your breakfast. Get freshened up in Kathmandu hotel and full day sightseeing tour of



Kathmandu valley (Pashupatinath Temple, Boudhanath, Swoyambhunath, and Patan Durbar square).

Activities: Pokhara-Kathmandu flight and Kathmandu Day tour

Max Altitude Kathmandu (1400m)

Overnight Hotel Aloft/ Hyatt Place Kathmandu

Meal Breakfast

Day 14 : Departure Day

After an early breakfast, our representative will drive you to the airport for your flight to your country Or you may join your next trip. (B)

Activities: Airport drop

Max Altitude Kathmandu (1400m)

Meal Breakfast

Include / Exclude

- Airport pick up and drop
- Five-star category hotel in Kathmandu (Hotel Aloft/Hyatt Place Kathmandu or similar) and Pokhara (Pokhara Grande) in twin sharing bed and breakfast basis
- Transportation by private transportation from Kathmandu - Besisahar - Chame - Manang and Muktinath – Pokhara
- Pokhara- Kathmandu flight
- Accommodation in best possible lodges with breakfast during the trekking in twin-sharing basis
- Meals, accommodation, insurance and other expenses of trekking crew
- Guided sightseeing tour in Kathmandu and Pokhara
- TIMS and necessary permit for trekking
- Necessary equipment (sleeping bag and duffle bag if necessary) during the trek
- Welcome dinner on Day One
- All government taxes and office expenses
- Lunch and dinner during the trip (Meal cost about 4\$ - 7\$ dollar per item depending on the place where you eat)
- City sightseeing entry fees in Kathmandu (NRs 200+ 400+ 1000+1000)
- Annapurna Base Camp Heli Tour
- Personal expenses



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

Our Contact

House No 244, Buddha Tole Marg, Kumari Club, Shorakhutte

reservation@hsj.com.np

+977-01-4952211, +977-9865452271 (Whats app)