Sherpa Nomad Trek
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Annapurna Circuit Tilicho Lake Trek - 16 Days

ANNAPURNA CIRCUIT TILICHO LAKE TREK: LIFETIME JOURNEY TO PARADISE

The **Annapurna Circuit Trek with Tilicho Lake** offers the ultimate itinerary for those seeking an unforgettable experience. Renowned as one of the most iconic treks globally, it stands alongside the **Everest Base Camp Trek**, **Annapurna Base Camp Trek**, and the **Manaslu Circuit Trek**. This 16-day adventure not only allows trekkers to immerse themselves in the breathtaking Himalayan landscapes but also leads to Tilicho Lake, the highest glacier lake in the world at 4919m. Additionally, the trek includes crossing the Thorong La Pass at 5416m and visiting Muktinath, a revered temple set against a backdrop of stunning arid terrain. This journey provides countless opportunities to explore and appreciate the rich natural and cultural diversity that is truly unique and unlike any other experience.

The journey offers an extraordinary experience that you might not anticipate. It presents an opportunity to immerse yourself in the rich Nepali culture, characterized by deep humanity, a culture of sharing and caring, harmony with nature, and a multi-ethnic community. In every distinct climate zone, you will encounter various ethnic groups who live according to their traditions, livelihoods, and the remarkable history of their culture and civilization. Nature plays a crucial role, leading you to diverse locations with breathtaking views, and each step of the journey reveals stunning, scenic, and picturesque sights. The trek begins on the **Classic Annapurna Circuit trail**, following the path to Manang and including a visit to Tilicho Lake through the extremely rugged Himalayan terrain. You will pass through Khangsar village and reach the Tilicho Lake base camp. After reaching the **Tilicho Base Camp (4150m)**, you can hike to the turquoise waters of Tilicho Lake, one of the most beautiful lakes situated at a high altitude. It offers breathtaking views of the mountains and the lake, resembling a true paradise. Following this special journey, you will return

to Yak Kharka through the stunning Himalayan landscape, where you will join the **Annapurna Circuit Trek** and continue to the highest pass of the trek at Thorong La Pass, which stands at 5416m.

This high terrain and glacier provide splendid views of the towering mountains, showcasing their true majesty. Although the pass is challenging, the rewards it offers are unparalleled. Beyond Thorong La Pass, the journey treats you to views of the Mustang landscape, the Dhaulagiri range, Muktinath village with its temple and monasteries, and the stunning Kaligandaki Valley, which is flanked by the Annapurna and Dhaulagiri ranges, creating the world's deepest gorge. An important place to visit is Lubra village, where the Bon religion is practiced, and it is a beautiful village to explore for its stunning diversity before reaching Jomsom. Experience the breathtaking flight from Jomsom to Pokhara and then from Pokhara to Kathmandu. This remarkable adventure to the Annapurna Circuit and Tilicho Lake trek begins and ends in Kathmandu, with such a wonderful experience and best memories.

COST OF THE ANNAPURNA CIRCUIT TILICHO LAKE TREK FOR 2026-2027

The 16-day Annapurna Circuit Tilicho Lake Trek is the most adaptable and enjoyable option for adventure enthusiasts. The cost of this trek can vary based on factors such as duration, group size, service level, and other key elements. However, Sherpa Nomad Trek Pvt. Ltd offers a luxurious package at a reasonable price. You can expect costs ranging from USD 1200 to 1600 per person, depending on the size of your group. If you are traveling solo or with a small group, the price will differ from that of larger groups. The package includes airport pickup, private jeep transportation, porter services, flights, a guide, luxury accommodations in Kathmandu and Pokhara, mountain meals, mountain lodging, permits, and other services as detailed in the inclusions and exclusions section. Book the Annapurna Circuit Trek with Tilicho Lake through Sherpa Nomad Trek Pvt. Ltd for the best package, an excellent itinerary, luxurious service, reasonable pricing, safety and security, authenticity, and impeccable hospitality. Below is the cost breakdown based on group size for the

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Annapurna Circuit Trek with Tilicho Lake

- The cost of the Annapurna Circuit Trek with Tilicho Lake for a single person is USD 1600.
- For 2-6 people, the cost of the Annapurna Circuit Tilicho Lake is USD 1300 per person.
- For 7 to 10 people, the cost of the Annapurna Circuit Tilicho Lake is USD 1200 per person.

THE HIGHLIGHTS OF THE ANNAPURNA CIRCUIT TILICHO LAKE TREK

- Experience the breathtaking Annapurna Circuit Trek along with an exploration of Tilicho Lake.
- Delight in the diverse climates, villages, landscapes, vegetation, and natural beauty.
- Discover the unparalleled beauty of the Annapurna Circuit Trek and marvel at the stunning scenery.
- Enjoy the panoramic views of the mountains and valleys from Pisang, Gyaru village, and Manang.
- Take a trip to Gangapurna Lake, Ice Lake, Ancient monasteries, and Manang village.
- Hike to Tilicho Lake, one of the highest lakes in the world, situated at an elevation of 4919m.
- Witness the majestic views of Annapurna II, Annapurna IV, Gangapurna, Chili, Pisang Peak, Tilicho Peak, and more.
- Reach the summit of Thorong La Pass at 5416m, recognized as one of the most stunning high passes globally.
- Explore Muktinath village, its temple with 108 holy taps, monasteries, Kaligandaki Valley, and the Dhaulagiri range
- Visit Lubra Village to observe the Bon religion and enjoy the breathtaking views of the world's deepest gorge and apple orchards.
- Conclude your adventure with a scenic flight from Jomsom to Pokhara and Kathmandu.

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel**

Day 2: **Drive from Kathmandu to Dharapani (2000m): 7-8 hours**

Day 3: **Trek from Dharapani to Chame village (2640m): 5-6 hours**

Day 4: **Trek from Chame to Pisang Village (3300m): 6-7 hours**

Day 5: **Trek from Pisang to Manang (3440m): 6-7 hours**

Day 6: **Free Day in Manang Village / Hike to Ice Lake**

Day 7: **Trek from Manang to Khangsar Village (3734m): 4 hours**

Day 8: **Trek from Khangsar Village Trekking to Tilicho lake base camp (4150m): 5 hours**

Day 9: **From Tilicho Base Camp to Tilicho Lake (4920m) and trek back to base camp**

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Day 10: Trek from Tilicho Base Camp to Yak Kharka (4000m): 6 hours

Day 11: Trek from Yak Kharka to Thorong Phedi (4400m): 4 hours

Day 12: Trek from Thorong Phedi to Muktinath (3700m), via Thorong La Pass-5416m, 7-8 hours

Day 13: Trek from Muktinath to Jomsom Village (2750m) via Lubra village: 7 hours

Day 14: Flight to Pokhara from Jomsom , Free Time in Pokhara

Day 15: Flight to Kathmandu from Pokhara

Day 16: Departure

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PRICE INCLUDES

- International Airport pick-up and drop-off service
- 2 nights Luxury Hotel Accommodation in Kathmandu at **Hotel Ramada Encore**
- One Night Pokhara Accommodation in Hotel Middel Path with complimentary breakfast
- Kathmandu to Dharapani by comfortable private Jeep
- All the logistical arrangements
- 13 Nights of Mountain Accommodation in a private Room at the best lodge, subject to availability.
- Mountain Meals (Breakfast, Lunch, & Dinner)
- A professional English-speaking local guide
- 2 Guests: 1 Porter to carry your heavy backpack.
- Fresh Organic fruit, nuts, and energy bars every day on the trek
- Wifi, Hot shower, and charging facility
- 3 Cups of Tea or Coffee every day during the trek.
- Requires permits (TIMS & ACAP Fees)
- Gov Tax and Official Fees.
- Scenic Flight from Jomsom to Pokhara after the trek.
- Scenic flight from Pokhara to Kathmandu by Plane
- Trekking gear like a sleeping bag, map, and a duffel bag
- Farewell Dinner in Kathmandu
- Baggage storage service

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PRICE EXCLUDES

- Nepal Visa Fees (15 Days -30$ P/P, 30 Days -50$ P/P)
- Travel Insurance ideal for safe travel
- Drinks like (Drinking Water, Soft and Hard Drinks, and extra Tea or Coffee)
- Trekking gear
- Chitwan safari Tour: 2 nights/3 days at USD170 per person
- Tips for the Driver, Guide, and Porter
- Paragliding in Pokhara: 80$ P/P
- Trishuli River Rafting: 60$ per person
- Kathmandu Sightseeing at USD 80 per person

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 2–3 long-sleeve hiking shirts
- 3 pieces of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-5°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/Thermos
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes

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