



Annapurna Circuit Trek with Tilicho Lake

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

Trekking

ACCOMMODATION

Hotel|Lodge|Tent

WALKING

5-7 hrs

MAX ALTITUDE

5,416

m

DURATION

16

Days

DIFFICULTY

Easy

Difficult

BEST SEASON

Spring, Autumn

Overview

The **Annapurna Circuit Trek with Tilicho Lake** is one of Nepal's most iconic trekking adventures, taking trekkers through an extraordinary variety of landscapes, from lush subtropical forests and terraced farmlands to alpine meadows, arid mountain deserts, and high Himalayan passes. The route circles the magnificent Annapurna Massif while visiting the breathtaking **Tilicho Lake (4,919m)**, one of the world's highest alpine lakes, renowned for its crystal-clear turquoise waters surrounded by towering snow-capped peaks.

The trek reaches its highest point at **Thorong La Pass (5,416m)**, one of the highest trekking passes in the world, rewarding adventurers with spectacular panoramic views of the Annapurna and Dhaulagiri ranges. Along the journey, trekkers experience the rich cultures of Gurung, Manangi, and Thakali communities while enjoying stunning views of **Annapurna I, Annapurna II, Annapurna III, Gangapurna, Tilicho Peak, Dhaulagiri, Nilgiri, and Machhapuchhre**. Combining dramatic scenery, diverse cultures, and thrilling high-altitude adventure, the Annapurna Circuit with Tilicho Lake is widely regarded as one of the finest trekking experiences in the Himalayas.

Services

INCLUDES

- **1. Airport Transfers** – Private airport transfers (arrival & departure) Meet and greet service by the 14 Peaks Expedition team
- **2. Accommodation & Meals** – 4 nights in a 5-star hotel in Kathmandu (Bed & Breakfast) Welcome dinner with the expedition team Three meals daily during the trek (Breakfast, Lunch & Dinner) Tea or coffee with meals Tea house or mountain lodge accommodation Seasonal fruits (where available) Safe drinking water at overnight stops
- **3. Transportation & Logistics** – Domestic flights (where applicable) Airport transfers Ground transportation as per itinerary Porter service (20–25 kg shared between two trekkers) Duffel bag transportation throughout the trek
- **4. Permits & Entry Fees** – National Park Entry Permit Conservation Area Permit (where applicable) Local Municipality Permit TIMS Card (where applicable)
- **5. Trekking Crew** – Licensed English-speaking trekking guide Assistant guide (group size dependent) Experienced porters Staff salary, insurance, accommodation, meals & transportation

- **6. Safety & Support** – First aid medical kit Emergency evacuation coordination 24/7 operational support from Kathmandu
- **7. Trekking Equipment** – 14 Peaks Expedition duffle bag Trekking route map
- **8. Documentation** – Official Trek Completion Certificate

EXCLUDES

- **1. Travel & Visa** – International airfare Nepal entry visa
- **2. Meals in Kathmandu** – Lunch and dinner in Kathmandu
- **3. Insurance** – Personal travel insurance Helicopter evacuation coverage
- **4. Personal Equipment** – Personal trekking gear and clothing
- **5. Personal Expenses** – Wi-Fi & internet Hot showers Laundry services Drinks, snacks & alcoholic beverages Charging electronic devices Personal medical expenses
- **6. Tips & Gratuities** – Tips for guides and porters
- **7. Additional Costs** – Extra accommodation due to flight delays or itinerary changes Any services not listed under Cost Includes

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	12 Oct, 2026	Arrival in Kathmandu (1,400m) & Transfer to Hotel	1,400 m	B	Hotel	
2	13 Oct, 2026	Drive from Kathmandu to Besisahar (760m) and continue to Chame (2,710m).	2,710 m	B L D	Lodge	
3	14 Oct, 2026	Trek from Chame to Pisang (3,300m).	3,300 m	B L D	Lodge	
4	15 Oct, 2026	Trek from Pisang to Manang (3,540m).	3,540 m	B L D	Lodge	
5	16 Oct, 2026	Acclimatization day at Manang with a hike to Gangapurna Lake or Ice Lake.	3,540 m	B L D	Lodge	
6	17 Oct, 2026	Trek from Manang to Shree Kharka (4,060m).	4,060 m	B L D	Lodge	
7	18 Oct, 2026	Trek from Shree Kharka to Tilicho Base Camp (4,150m).	4,150 m	B L D	Lodge	
8	19 Oct, 2026	Hike to Tilicho Lake (4,919m) and return to Shree Kharka.	4,919 m	B L D	Lodge	
9	20 Oct, 2026	Trek from Shree Kharka to Yak Kharka (4,050m).	4,050 m	B L D	Lodge	
10	21 Oct, 2026	Trek from Yak Kharka to Thorong Phedi (4,450m).	4,450 m	B L D	Lodge	
11	22 Oct, 2026	Cross Thorong La Pass (5,416m) and descend to Muktinath (3,800m).	3,800 m	B L D	Lodge	
12	23 Oct, 2026	Trek from Muktinath to Jomsom (2,720m).	2,720 m	B L D	Lodge	
13	24 Oct, 2026	Fly from Jomsom to Pokhara.	822 m	B L D	Lodge	
14	25 Oct, 2026	Rest and sightseeing day in Pokhara.	822 m	B L D	Lodge	
15	26 Oct, 2026	Drive from Pokhara to Kathmandu.	1,400 m	B	Hotel	

Days	Date	Program	Altitude	Meals	Accommodation	Description
16	27 Oct, 2026	Final departure from Kathmandu.	-	-	-	

Gear List

Travel Documents

Valid Passport

Debit/Credit Card

PP Size Photos(4 Pieces)

Insurance Paper/Certificate

Emergency Contact Details

Medicine / First Aid Kits

Paracetamol 500 mg

Ibuprofen 400mg

Oral Rehydration Salts (ORS)

Cetirizine

Omeprazole

Cough Lozenges

Lubricating Eye Drops

Antiseptic Wipes

Blister Plasters

Aspirin 300mg

Loperamide

Ondansetron 4 mg

Antacid Tablets

Upper Body

Thermal Base Layer

Fleece Jacket

Heavy Down Jacket

Cotton T-Shirt

Dry-Fit Tshirt

Gore Tex Jacket

Light Down Jacket

Lower Body

Thermal Base Layer

Fleece Trousers

Trekking Pant

Under Wear

Down Pant

Gaiters for Trekking Boots

Gore Tex Pant

Foot Wear

Normal Socks

Trekking Shoes

Slippers

Hand

Thin Fleece Gloves

Wind Stopper Gloves

Head

Sun Cap

Fleece Hat/Warm Hat

Neck Gaiter

Eating & Drinking

Water bottle

Thermos

Bag Packs

Rucksack 35L-50L

Dry Bags

Duffle Bag

Climbing Equipment

Trekking Pole

Head Light

Miscellaneous

Pocket Knife

Nail Cutter

Umbrella/Rain Coat

Tenacious Tape Repair

Power Bank

Camera

Sun Stuff

Sunscreen

Lip Guard (SPF)

Moisturizer

Toiletries

Toothbrush

Towel

Wet Wipes

Toothbrush

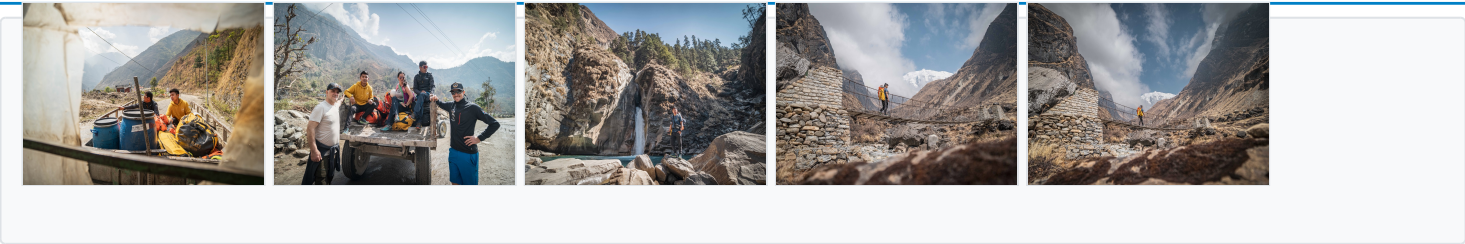
Shampoo

Body Lotion

Sleeping Stuffs

Sleeping Bag

Gallery



FAQs

What is the Annapurna Circuit Trek with Tilicho Lake?

The Annapurna Circuit Trek with Tilicho Lake is one of Nepal's most scenic high-altitude trekking routes, combining the classic Annapurna Circuit with a visit to Tilicho Lake (4,919m), one of the world's highest lakes. The trek passes through diverse landscapes, traditional Himalayan villages, lush valleys, alpine terrain, and the dramatic Thorong La Pass (5,416m), offering an unforgettable Annapurna trekking experience.

How difficult is the Annapurna Circuit Trek with Tilicho Lake?

The Annapurna Circuit with Tilicho Lake is considered a moderate to challenging trek because of the long walking days, changing terrain, and high altitude. The highest point is Thorong La Pass at 5,416 meters, while Tilicho Lake reaches 4,919 meters. Good physical fitness, proper acclimatization, and a gradual trekking itinerary are essential for a safe and enjoyable journey.

How many days are required for the Annapurna Circuit and Tilicho Lake Trek?

The duration generally ranges from 14 to 20 days, depending on the starting and ending points, transportation arrangements, acclimatization schedule, and itinerary. A well-planned Annapurna Circuit Trek itinerary should allow sufficient time for altitude acclimatization while including key destinations such as Manang, Tilicho Lake, Thorong La Pass, Muktinath, and the Kali Gandaki Valley.

What is the highest altitude reached on the Annapurna Circuit Trek?

The highest point of the trek is Thorong La Pass at 5,416 meters (17,769 feet). Tilicho Lake is located at approximately 4,919 meters (16,138 feet). Because of the significant elevation gain, proper acclimatization is an important part of the Annapurna Circuit trekking itinerary.

When is the best time to do the Annapurna Circuit Trek with Tilicho Lake?

The best seasons for the Annapurna Circuit Trek and Tilicho Lake are generally spring (March to May) and autumn (September to November). These months usually offer stable weather, clearer mountain views, and favorable trekking conditions. October and November are particularly popular for excellent visibility, while spring brings blooming rhododendrons and colorful landscapes.

Is Tilicho Lake included in the Annapurna Circuit Trek?

Yes. Tilicho Lake can be incorporated into the classic Annapurna Circuit Trek as a side trip from the Manang region. The route typically includes additional trekking days for acclimatization and the journey to Tilicho Lake before continuing toward Yak Kharka and Thorong La Pass. This combination makes the trek more diverse and rewarding than the standard Annapurna Circuit route.

What mountains can I see during the Annapurna Circuit with Tilicho Lake?

The trek offers spectacular views of some of the Himalayas' most impressive peaks, including Annapurna I, Annapurna II, Annapurna III, Annapurna IV, Gangapurna, Tilicho Peak, Dhaulagiri, Manaslu, and Nilgiri, depending on the route and weather conditions. The changing landscapes provide opportunities for stunning mountain photography throughout the journey.

What type of accommodation is available during the Annapurna Circuit Trek?

Accommodation is generally provided in comfortable local teahouses and mountain lodges along the route. Rooms are usually simple and typically include twin beds, mattresses, pillows, and blankets. Facilities become more basic at higher elevations. Most teahouses offer meals and common dining areas, while hot showers, charging facilities, and Wi-Fi may be available at an additional cost in some locations.

Do I need previous trekking or mountaineering experience for the Annapurna Circuit with Tilicho Lake?

Previous high-altitude trekking experience is helpful but not mandatory. However, trekkers should have good cardiovascular fitness and be comfortable walking for several hours a day over varied terrain. Training with regular hiking, walking, stair climbing, and endurance exercises before the trek can help prepare for the demanding sections, particularly the ascent to Tilicho Lake and crossing Thorong La Pass.

What permits are required for the Annapurna Circuit Trek with Tilicho Lake?

Trekkers generally need the Annapurna Conservation Area Permit (ACAP) and the applicable Trekkers' Information Management System (TIMS) card/registration for the Annapurna region. Your trekking agency or guide can arrange the required permits and registrations before or during the trek, allowing you to focus on the journey and experience the Himalayas.