



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

Expedition 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.

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

Trip 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)
- Electrolyte tablets
- Cetirizine
- Omeprazole
- Cough Lozenges
- Lubricating Eye Drops
- Antiseptic Wipes
- Blister Plasters
- Aspirin 300mg
- Dexamethasone 4 mg
- Loperamide

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Warm Jacket
- Wind Proof Jacket
- Heavy Down Jacket
- Cotton T-Shirt
- Dry-Fit Tshirt
- Gore Tex Jacket

Lower Body

- Thermal Base Layer
- Fleece Trouser
- Trekking Pant
- Under Wear
- Down Pant
- Gaiters for Trekking Boots
- Normal Socks
- Gore Tex Pant

Foot Wear

- Trekking Shoes
- Sport 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
- Duffle Bag
- Dry Bags

Climbing Equipment

- Trekking Pole
- Head Light
- Tape Sling

Miscellaneous

- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Hot Water Bag
- Tenacious Tape Repair
- Altimeter Watch
- Satellite Phone(Optional)
- GPS Tracker
- Power Bank
- Camera

Sun Stuff

- Sunscreen
- Lip Guard
- Moisturizer

Toiletries

- Toothbrush
- Towel
- Wet Wipes
- Toothbrush
- Shampoo
- Body Lotion

Sleeping Stuffs

- Sleeping Bag Liner