NEPAL TREK HUB PVT. LTD

Annapurna Circuit Trek Detailed Itinerary

Annapurna circuit trek with Tilicho Lake 14 Days Itinerary

1

Day 01 Arrival at Kathmandu

Activity: Arrival **Highlight: Briefing** **Altitude: 1,350m (4,429ft)** **Duration: Prep Day** **Distance: Airport Transfer**

Receive you from Kathmandu airport and transfer to the hotel, then briefing and preparation for the trek

2

Day 02 Drive to Dharapani 1900 M, 6233 Ft, Whole Day

Activity: Drive **Highlight: Trisuli River** **Altitude: 1,900m (6,233ft)** **Duration: 9-10 Hours**
Distance: 227km (139 mi)

Nepal Trek Hub will take you from the hotel to the transportation-available place, and together with the team, you will drive to Besi Sahar. The way to Besisahar is a black-topped road, but the road construction is ongoing on the last sections before the city of Besisahar. Trekkers can see different types of landscapes during the drive, such as the green forest, terraces, and might Trisuli and Marshyandri River. Rafters do the rafting on the Trisuli River. Once you reach Besisahar, you have lunch and start another drive to Dharapani, which is totally off-road, but some sections have a cemented road. It takes 4-5 hours to reach Dharapani.

3

Day 03 Dharapani to Chame village 2630 M, 6-7 Hours

Activity: Trekking **Highlight: Mt Manaslu View** **Altitude: 2,630m (8,628ft)** **Duration: 6-7 Hours**
Distance: 14km (9 mi)

Manaslu trek trails joins here to annapurna circuit trek. Check post is here to check your permits. The walk is pretty easy today. **Timang** is on the way to **Chame**, from where you would see the splendid view of Manaslu Range mountains and Manaslu itself. The trail becomes easier from here, as you cross **Thanchowk**, Koto, respectively, to reach **Chame**. **Koto** is the starting point of **Narphu Valley trek**; this is a control region trek and known as a hidden valley which later joins on **Ngwal**. A natural hot spring is here; you can take a bath.

4

Day 04 Chame to Pisang village 3300 M, 6-7 Hours

Activity: Trekking **Highlight: Apple Farm** **Altitude: 3,300m (10,826ft)** **Duration: 6-7 Hours**
Distance: 15km (9.3 mi)

Lamjung himal is perfectly visible from here. **Pisnag** is our destination today. Enjoyable walk from **Chame** to **Dhukur pokhari**. Pine and oak forests are everywhere on the trail. One of the biggest apple farms in Nepal you will see here. You can see **Annapurna II** perfectly. As you have lunch in Dhukur Pokhari, you will enjoy the view of Magnificent view. stay overnight at **Pisang**

5

Day 05 Lower Pisang to Manang 3540 M, 7-8 Hours

Activity: Scenic Trek **Highlight: Gyaru High Route** **Altitude: 3,540m (11,614ft)** **Duration: 7-8 Hours**
Distance: 19km (11.8 mi)

The magnificent view of the Himalayas can be seen from here. there is two way to go **Manag**. Our recommendation to trekkers is to take the way to **Gyaru**. We keep walking until there is a river appears. On the way, you can see a small but very beautiful lake. Now you need to climb very steeply, which might take 1.30 hours. Here is a small viewpoint from which people can see **Annapurna III**, **Annapurna II**, **Annapurna IV**, **Gangapurna**, **Tilicho peak** and many more. Locals are waiting for the trekkers to sell their bread and tea. The trail is now easier as it goes all the way through the forest to **Ngwal**. You do lunch here, then descend to the valley; you will reach **Braga** and **Manag** afterwards.

6

Day 06 Acclimatization day at Manang

Activity: Acclimatization **Highlight: Ice Lake Option** **Altitude: 4,600m (15,091ft)** **Duration: 6-7 Hours**
Distance: 12km (7.5 mi)

This is your acclimatization day. You have many options to hike here to keep your body acclimatize. your guide will explain you to go either **Ice lake** or **Gangapurna lake** hike.

7

Day 07 Trek to Tilicho Base Camp 4150 M, 6-7 Hours

Activity: Trekking **Highlight: Shree Kharka View** **Altitude: 4,150m (13,615ft)** **Duration: 6-7 Hours**
Distance: 15km (9.3 mi)

Trekking to Tilicho Base Camp is a little longer in distance. Leaving **Manag** near **Tanki Manag**, there are two trails; we follow the lower trail to go to Khangsar. The trail is quite easy, as most of the time we cross the pine forest to reach Khangsar; then, from here, the exciting parts begin. The landscape is very colourful. Yak pastures, **yak** are everywhere on the trail. **Blue ship** can be also seen on the trail. The first part is quite an ascent when we cross the **Shree Kharka**; the trail goes down. The risky part is here. The stone might fall from the hill as the landscape is very steep. The Tilicho Base Camp is on the confluence of two rivers.

8

Day 08 Tilicho Lake 4949 Meter and back to TBC

Activity: Lake Visit **Highlight: Highest Lake** **Altitude: 4,949m (16,237ft)** **Duration: 7-8 Hours**
Distance: 10km (6.2 mi)

The exciting day begins by waking up early in the morning to go to **Tilicho Lake**. Trekkers need to climb slowly but steadily until near Tilicho Lake. The view on the way to Tilicho Lake is just mesmerising. **Manaslu**, **Himlung** and Many mountains you can see from here. Finally, when you are on the bank of the lake, you will see the highest lake in the world. Back to the Base camp, you rest today here because it is **riskier to go further because of stone falls**

9

Day 09 Trek to Yak Kharka 4,000 M, 6-7 Hours

Activity: Trekking **Highlight: High Pastures** **Altitude: 4,000m (13,123ft)** **Duration: 6-7 Hours**
Distance: 16km (10 mi)

Yak Kharka is our overnight destination. As we leave the Base camp, the dangerous area we can crosses early in the morning. **Shree Kharka** is a place where the two trails separate; we go to the upper trail to Yak Kharka with several ups and downs. during the trek, we can see many fields for **Yak and Ships**

10

Day 10 Yak Kharka to Thorong high Camp 4850 M, 6-7 Hours

Activity: Trekking **Highlight: Thorong Phedi** **Altitude: 4,850m (15,912ft)** **Duration: 6-7 Hours**
Distance: 6km (3.7 mi)

Walking from Yak Kharka, you will see the yak pasture. The trail gently climbs onwards to **Thorong Phedi**, 4,450 meters (14,599ft). There is an area where you need to be very careful because of stonefall. You can have lunch here or can have a couple of cups of tea and coffee to strengthen your stamina. Now the trail is very steep and full of moraine; after continually hiking for 1.30 hours, you can reach Throng High Camp.

11

Day 11 Thorong High camp to Muktinath (Pass Day) 3800 M, 8-9 Hours

Activity: Pass Crossing **Highlight: Thorong La 5416m** **Altitude: 5,416m (17,769ft)** **Duration: 9-10 Hours**
Distance: 14km (8.7 mi)

It is a challenging day of the trek today. Generally, trekkers start their trek early, around 4:00 clock to 5:0 o clock. The earlier you start, the better for you. As you are already on very high land, it is quite harder for you to gear up. As you use it, it would be quite easier for you. The way to Thorong is not so steep. The trail climbs slowly but gradually up. On the way to **Thorong la pass**, you can also get tea and coffee in the shop. It is generally 3 Hours climb to Thorong La pass. As you arrive at **Thorong la pass**, it is windy and cold here. You can see the mountain on the Mustang side. The trail is now to go down. All the way down to Muktinath. Overnight at Muktinath

12

Day 12 Muktinath to Pokhara

Activity: Drive **Highlight: Kaligandaki Valley** **Altitude: 800m (2,625ft)** **Duration: Whole Day**
Distance: 175km (108 mi)

As you finish the walk, today you will take the local bus to **Pokhara**, 800 meters. The bus stops often for local people to get on and off. You can see the village like **Jomsom**, **Syang**, **Marpha**, **Kalopani**, **Kobang**, **Ghasa**, **Dana**, **Tatopani** then beni and reaches to pokhara. It is quite an adventure driving because of the local bus. You can also do jeep driving here.

13

Day 13 Drive to Kathmandu

Activity: Drive **Highlight: Return Journey** **Altitude: 1,350m (4,429ft)** **Duration: 8-9 Hours**
Distance: 210km (130 mi)

Full-day scenic drive from Pokhara back to the capital city, Kathmandu.

14

Day 14 Departure from Kathmandu

Activity: Departure **Highlight: Farewell Nepal** **Altitude: 1,350m (4,429ft)** **Duration: Flexible**
Distance: Airport Drop

Transfer to the international airport for your final departure from Kathmandu.