

16 Days Annapurna Circuit Trek with Tilicho Lake

Destination: Nepal

Trip Difficulty: Strenuous

Best Season: March - June & Sept - December

Max Elevation: 5416 M

16 Days Annapurna Circuit Trek with Tilicho Lake is a classic venture in the Annapurna region that allows you to explore the mighty Annapurna massif with a comfortable trekking itinerary.

This itinerary has been designed for a high-altitude friendly one which has included the day of acclimatization during the trek at the higher altitude area of the trek. Annapurna Circuit is an absolutely outstanding trek that has become one of the most famous treks in Nepal, at the same time, this is a challenging trek for beginners but our itinerary of 14 days is good and doable even for the beginner.

This 16-day Annapurna Circuit Trek includes Tilicho Lake which is located at an altitude of 4,949m meters above sea level and is a well-renowned place for pilgrimages of Hindu and Buddhist religions.

Hence, the task of hiking to Tilicho Lake is not an easy hike but with your determination and courage it's not an impossible way to make it, imagine how beautiful the lake is, it's truly mind-blowing, and offers 360-degree panoramic rewards the Himalayan Mountains view of Annapurna, Tilicho peak, Gangpurna and many more, standing right in front of the world's highest Tilicho Lake is truly the sound of the lifetime achievements.

Combining the beautiful cultural heritages sightseeing of four major places in Kathmandu and high-altitude trekking adventure into the massive Annapurna Region of Nepal, a real adventure of trekking to Annapurna begins from the historical city of Kathmandu where our travelers spend a few days to get experienced culture and nature by visiting beautiful places and its UNESCO world heritage sites of Swayambhunath stupa (Monkey temple),

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Pashupatinath Temple, Boudhnath Stupa and Basantpur Durbar square.

From Kathmandu we then take a bus ride to Besisahar and Chame, it's the capital of the region. From Chame, the Annapurna circuit trek towards Pisang, Manag, and Yak Kharka then reach the top of Throng La (5416m), Throng la itself is an amazing viewpoint that offers striking views of the mighty Annapurna and Dhaulagiri ranges. Enjoying the spectacular views and its landscape then we descend to the Muktinath by going downhill.

Muktinath is another main highlight of the trek because of the historical Buddhist and Hindu pilgrimages vital and its ancient temple, the place is surrounded by the mighty mountains of Dhaulagiri, and you will be entirely rewarded by this amazing landscape until you reach back to Kathmandu, from Muktinath we trek to Jomsom for 2 hours and that is the final trek of the journey and from Jomsom, we then take a local bus or Jeep to Tatopani for the next day, and finally Pokhara from Tatopani by bus.

As our trail leads us to the different valleys of the lower Mustang, there are a lot of opportunities to explore in coming back to Pokhara. However, the hot spring and the world's deepest gorge should not be missed.

As we reach Pokhara, there are numerous adventure activities such as boating, paragliding, ultra-light flight, city tour, bungee jumping, and hot balloons their thrill adventure sports can be done in your spare time in Pokhara, it's a city of paradise where travelers can enjoy with nature and culture of Nepal.

The 16 days Annapurna circuit trek with Tilicho Lake one is of the finest treks in the Annapurna region which is rightfully designed for trekkers who have a holiday for more than two weeks. However, we have several short treks to the Annapurna circuit which will be perfectly fit for you if your holidays are less than 2 weeks- see our following programs,

[8 Days Annapurna Circuit Trek \(https://www.alpineramble.com/annapurna-circuit-trek-8-days.html\)](https://www.alpineramble.com/annapurna-circuit-trek-8-days.html) (<https://www.alpineramble.com/annapurna-circuit-trek-8-days.html>)

[10 Days Annapurna Circuit Trek \(https://www.alpineramble.com/annapurna-circuit-trek-10-days.html\)](https://www.alpineramble.com/annapurna-circuit-trek-10-days.html)

[12 days Annapurna Circuit Trek \(https://www.alpineramble.com/12-days-annapurna-circuit-trek.html\)](https://www.alpineramble.com/12-days-annapurna-circuit-trek.html)

[14 Days Annapurna Circuit Trek \(https://www.alpineramble.com/14-days-annapurna-circuit-trek.html\)](https://www.alpineramble.com/14-days-annapurna-circuit-trek.html)

[Annapurna circuit with Tilicho Lake trek \(https://www.alpineramble.com/annapurna-circuit-trek-with-tilicho-lake.html\)](https://www.alpineramble.com/annapurna-circuit-trek-with-tilicho-lake.html) - for more than a two weeks holiday

The guided trip will certainly be organized as per your choices for your convenience, don't hesitate to [contact us \(https://www.alpineramble.com/16-days-annapurna-circuit-trek-with-tilicho-lake.html\)](https://www.alpineramble.com/16-days-annapurna-circuit-trek-with-tilicho-lake.html) today at +977 9851175531 (WhatsApp), and we will answer your questions within 2 hours.

Additional Benefits

- Free Airport transportation on arrival and departure days (We will pick you up and drop you off)
- Trekking equipment such as the Sleeping bag, Down jacket, and walking poles (rental is included if needed)
- Duffle bag if required (Optional)
- Souvenir: Trekking route map/browser and printed ART's hiking T-shirt

- An Oximeter to measure your Oxygen and Pulse at a high altitude to find out your accurate health condition while you are trekking in the mountain.
- [WOKI TOKI \(https://en.wikipedia.org/wiki/Walkie-talkie\)](https://en.wikipedia.org/wiki/Walkie-talkie) - for communication during the trek

Highlights

- Ultralight heritages Sightseeing tour in Kathmandu
- Explore the mountain people, lifestyle, and culture.
- The outstanding views of Annapurna, Dhaulagiri, and Manaslu range.
- Reach Tilicho lake (4949m)
- Enjoy the view from Tilicho lake
- Crossing the gorgeous Throng La Pass at 5416 meters.
- Visiting the beautiful Muktinath temple
- Refreshing at natural hot spring

Day to Day Itinerary

Day 1: Arrival in Kathmandu and transfer to the hotel

Day 2: Drive from Kathmandu to Besishar

Day 3: Drive from Besishar to Chame

Day 4: Trek from Chame to Pisang

Day 5: Trek from Pisang to Manang

Day 6: Acclimatization day at Manang

Day 7: Trek from Manang to Sirikharka

Day 8: Trek from Sirikhraka to Tilicho base camp

Day 9: Trek from Tilicho base camp to Tilicho lake then back to Sirikhraka

Day 10: Trek from Sirikhraka to Yak kharka

Day 11: Trek from Yak kharka to Throng phedi

Day 12: Trek from Throng Phedi to Muktinath via Throng La pass (5416 m)

Day 13: Trek from Muktinath to Jomsom

Day 14: Drive from Jomsom to Pokhara by local bus/jeep

Day 15: Drive back to Kathmandu From Pokhara

Day 16: Final departure, you will be transferred to the airport as per your scheduled flight

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** on the full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government licensed, English speaking trekking guide.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers including Annapurna conservation **permit** and **TIMS card** (Trekking Information Management System)
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for the group 6 or above
- Transportation from Kathmandu – Besishar- Chame, and Jonson - Tatopani - Pokhara - Kathmandu by local bus / Jeep
- Supplementary snacks: energy bar, crackers, and cookies, etc.
- Seasonal fresh fruits desert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).

- **Emergency rescue** operation assistance in arranging in case of complex health condition (funded by your Travel Insurance)
- All government, Local taxes/ vat and official Expenses

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before or after the trek)
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.
- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance which has to cover emergency rescue evacuation from the high-altitude
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tips for guide and staffs (Tipping is expected)
- Any other expenses that are not mentioned in the Price Include section of this trek