



ANNAPURNA CIRCUIT TREK WITH TILICHO LAKE AND POON HILL TREK – 17 DAYS

Trip fact:

Designation : Nepal
Region : Annapurna Region
Duration : 17 Days
Maximum Altitude : 5,416m at Thorong La Pass

Outline Itinerary:

Day 01: Arrival in Kathmandu

Day 02: Kathmandu to Besisahar (760 m/2,493 ft) to Dharapani (1,860m/6,102ft)

Day 03: Dhrapani – Chame (2,670 m/8,759 ft)

Day 04: Chame – Upper Pisang (3,300 m/10,826 ft)

Day 05: Pisang – Manang (3,540 m/11,300 ft)

Day 06: Manang acclimatization

Day 07: Manang to Khangsar (3,374 m/12,250 ft)

Day 08: Khangsar to Tilicho Base Camp (4,150 m/13,615 ft)

Day 09: Tilicho Base Camp to Tilicho Lake to Siri Kharka (3,800 m/12,467 ft)

Day 10: Siri Kharka (3,800 m/12,467 ft) to Yak Kharka (4,050 m/13,287 ft)

Day 11: Yak Kharka – Thorong Phedi (4,525 m/14,525 ft)

Day 12: Trek from Thorong Phedi to Muktinath Temple (3,760 m/12,623 ft) via Thorong La pass (5,416 m/17,756 ft)

Day 13: Drive from Muktinath to Jomsom (2,720 m/8,924 ft) and continue to Tatopani (1,200 m/3,940 ft)

Day 14: Trek Tatopani to Ghorepani (2,860 m/9,385 ft)

Day 15: Early morning hike to Poon Hill (3,210 m/10,525 ft), then trek to Nayapul & drive to Pokhara

Day 16: Pokhara to Kathmandu (1,300 m/4,265 ft)

Day 17: Final departure



Image: Thamel, Kathmandu

Day 1: Arrival in Kathmandu Arrival day is all leisure.

As per your flight landing time, one of our team members will be at the airport to welcome you and escort you to the hotel. You'll have the remaining day to yourself. Before the day ends, we meet you in our office and introduce you to the trek guide. We end the day by packing for the trek. You'll have the rest of the night to explore Thamel and get ample sleep.



Image: Besisahar

Day 02: Kathmandu to Besisahar (760 m/2,493 ft) to Dharapani (1,860m/6,102ft)

The Kathmandu to Besisahar ride is long but comfortable and scenic. The route is well made and follows lush green hills. You'll be driving along the Trushil river and occasionally get to see beautiful waterfalls. From Besisahar we will head towards Dharapani and spend the night at Dhaparni.



Image: Dharapani

Day 03: Dhaprani - Chame (2,670 m/8,759 ft)

From Dharapani, we trek to Chame. We'll be trekking gradually ascends and involves rough sections. We pass by many small settlement areas and witness stunning landscapes along the way. The views of mountains and green hills are excellent.



Image: Pisang

Day 04: Chame - Upper Pisang (3,300 m/10,826 ft)

From Chame onwards, we begin walking alongside the Marshyangdi river. We soon come across the Paungda Danda rock, a massive rock rising 1,500 m from the Marshyangdi river. We walk past Bhratang (2,850 m) and cross a bridge near Swargadwari Danda. The route gradually ascends to Upper Pisang, offering stunning views of Annapurna II, Pisang Peak, Annapurna IV, etc.



Image: Manang

Day 5: Pisang - Manang (3,540 m/11,300 ft)

It's a beautiful walk from Pisang to Manang village. We walk following an uphill route to Ghyaru (3,670 m). The trail walks past a few mani walls, and we reach Ngawal (3,660 m). We'll walk on a winding route and ascend to Sher Gompa. From here, we cross a bridge and come across two routes that lead to Manang village.

We follow the upper route that presents breathtaking views of mountains like the Annapurna range, Gangapurna, Tilicho Peak, Chulu range, etc. With a short ascend, we keep walking on a downhill trail and reach Braka (3,439 m). Passing by 900 years old Braka Gompa, we ascend to Manang village and cross a bridge on the way.



Image: Gangapurna Lake or Ice Lake

Day 6: Manang Acclimatization We spend a rest day in Manang.

To acclimatize, we'll go on a hike to Gangapurna Lake or Ice Lake (4,600 m). The hike will acclimatize our bodies and also let us enjoy the beautiful scenery. Mountains like Annapurna, Pisang, Tilicho, Chulu Peaks, etc, are seen during the hike. Later in the day, we spend most of the time relaxing and exploring the village.

Day 07: Manang to Khangsar (3,374 m/12,250 ft)

Leaving Manang village, we'll follow a different route to Khangsar (3,734 m). On the way, we'll cross a bridge and witness tempting views of Gangapurna Himal, Annapurna III, Annapurna IV, etc. The trail from here onwards gradually ascends and passes by several gompas to Siri Kharka.



Image: Tilicho Base Camp

Day 08: Khangsar to Tilicho Base Camp (4,150 m/13,615 ft)

After having breakfast, we begin walking towards the base camp of Tilicho Base Camp. We will ascend and descend and walk by the landslide & rockfall area. Gradually, we'll descend to Khangsar Khola and make a long steep ascent to Tilicho base camp, crossing a suspension bridge.



Image: Tilicho Lake

Day 09: Tilicho Base Camp to Tilicho Lake to Siri Kharka (3,800 m/12,467 ft)

We may have to walk on snow on this part of the trail depending on the season and weather conditions. Leaving the base camp, we walk, enjoying views of the surrounding mountains. The trail steeply ascends to a teahouse at 5,014 m. It's a short descent to Tilicho Lake from here. The landscape at this lake is phenomenal. And we will be heading back to Siri Kharka and spend night there.



Image: Yak Kharka

Day 10: Siri Kharka (3,800 m/12,467 ft) to Yak Kharka (4,050 m/13,287 ft)

Today, we have a long day ahead of us. First, we walk back to Yak Kharka, following the same trail back. From here, we descend to Thare Gompa and continue trekking following the Upper Khangsar route. The trail further involves a long ascent and crossing a bridge over Thorong Khola. We keep ascending and reach Ghyanchang. Here onwards, we once again join the main Annapurna circuit route and ascend to Yak Kharka via meadows.



Image: Thorong Phedi

Day 11: Yak Kharka - Thorong Phedi (4,525 m/14,525 ft)

The trail to Thorong Phedi mostly ascends following rough, steep paths. We ascend to a ridge, passing by a landslide area, and cross a bridge. We'll reach Ledar (4,200 m) and keep ascending & descending until we reach the crossing point of Kone Khola. We'll cross two bridges at a close distance and make a steep climb to Thoron Phedi. Along the way, we can see great views of snowcapped peaks like Syagang (6,026 m), Thorong Peak (6,144 m), Khatungkang (6,484 m), Purkung (6,166 m), Jinjang (6,111 m), etc.



Image: Muktinath Temple

Day 12: Trek from Thorong Phedi to Muktinath Temple (3,760 m/12,623 ft) via Thorong La Pass (5,416 m/17,756 ft)

We'll cross the Thorong La pass today. The trail ascends to Thorong High Camp, and we descend to a bridge. Crossing the bridge, we walk past Dharmasala and steeply ascend, facing cold air to Thorong La pass. The view from the pass is surreal. After enjoying the views, we continue trekking on a downhill route. We'll see Thorong Khola along the way and reach a camping site. In this part of the route, we can see the glacier. The trail further passes by ruins of the yak herder's hut and ascends to Chambar Bhu (4,180 m). From here, ascend to Muktinath, crossing a bridge.



Image: Jomsom

Day 13: Drive from Muktinath to Jomsom (2,720 m/8,924 ft) and continue to Tatopani (1,200 m/3,940 ft)

Early in the morning, we'll visit the Muktinath Temple, one of the most sacred temples in Nepal and a pilgrimage site. The temple holds significant religious values for both Hindus and Buddhists. The Buddhists call this temple Chumig Gyatsa. The Muktinath Temple has 108 stone water sprouts. After that, we'll have breakfast and begin the jeep ride towards Jomsom. We'll be driving by beautiful villages like Jharkot (3,550 m), Khingar (3,280 m), Kagbeni (2,810 m), and Ekle Bhatti (2,740 m). We'll see rocky hills, glaciers, snow-capped mountains, and rivers.

Instead of ending our drive at Jomsom, we'll continue it to Tatopani. Driving alongside the foot of the hills, we reach Marpha. The trail drops Kobang (2,560 m), Kalopani (2,530 m), Ghasa (2,010 m), Kabre (1,615 m), and many other small settlement areas before we reach Tatopani. The drive is long, but the stunning mountain panorama will keep our accompany.



Image: Ghorepani

Day 14: Trek Tatopani to Ghorepani (2,860 m/9,385 ft)

Before we leave Tatopani, we'll enjoy natural hot springs. The trail descends to Ghara (1,700 m) and then to a Magar village called Shikha (1,935 m). From here, we keep walking, following the downhill path to Phalate (2,270 m). Walking through lush forests, we make it to Chitre (2,390 m) and ascend via rhododendron forests to Ghorepani village. It is a lovely village that offers views of mountains like Annapurna, Dhaulagiri, Nilgiri, Fishtail, Tukuiche, etc.



Image: Poonhill

Day 15: Early morning hike to Poon Hill (3,210 m/10,525 ft), then trek to Nayapul & drive to Pokhara

Early in the morning, we'll hike to Poon Hill viewpoint to witness gorgeous sunrises and views of the Annapurna & Manaslu ranges. After that, we'll descend through the forested path to Nanggethanti (2,430 m). We'll be walking alongside the Bhurungdi Khola and descend to Banthanti (2,210 m). The path keeps descending through forests of rhododendron, magnolia, pine, oak, etc. We then walk past Ulleri (1,960 m), cross a bridge at Tikhedhunga (1,540 m), and descend to Birethanti (1,025) via Hille (1,430 m). We then drop to Nayapul and drive to Pokhara. Spend the evening enjoying the sunset at Phewa Lake.



Day 16: Pokhara to Kathmandu (1,300 m/4,265 ft)

After breakfast, we'll drive back to Kathmandu. The drive is as scenic as last time. Upon reaching Kathmandu, we'll drop you at the hotel. The remaining day is free. You can rest and do shopping. We end the day with a delicious farewell dinner and celebration. Today is the last full day in Kathmandu, so enjoy it as much as you can.

Day 16: Departure from Kathmandu

You leave Kathmandu today. Our team will be assisting you with check-out and airport departure. If you choose us, thank you for putting your faith in us. If you have any feedback, let us know freely. We'll do our best and work on it.



Cost Include:

- ✔ All ground transportation, including airport transfers, is done by private car.
- ✔ Drive from Kathmandu to Besisahar via bus.
- ✔ Drive Beshishar to Dharapani by sharing jeep
- ✔ Drive from Muktinath to Tatopani via Jomsom.
- ✔ Drive Nayapul to Pokhara by car.
- ✔ Drive from Pokhara to Kathmandu.
- ✔ One night accommodation in a standard hotel at Kathmandu with breakfast included. (as per the itinerary).
- ✔ One night accommodation in a standard hotel at Pokhara with breakfast included. (as per the itinerary).
- ✔ The best available lodge for two people to share during the trek.
- ✔ During the trek, you will be provided with three meals a day: breakfast, lunch, and dinner with one cup of tea.
- ✔ The best available lodge for two people to share during the trek.
- ✔ Certificate of completion of the trip.
- ✔ Taxes and official costs paid to the government.
- ✔ Oximeter to check your pulse, oxygen saturation, and heart rate twice a day (very helpful to check for signs of Altitude Mountain Sickness, or AMS). This will make sure that your trek is in the safest hands possible, no matter how experienced you are.
- ✔ A highly experienced, helpful, knowledgeable, friendly, English-speaking guide with all of his salary, food, drinks, lodging, transportation, and insurance covered.
- ✔ All papers that need to be done, Fees for entering permits you need to go while hiking.

Cost Exclude:

- ✘ Food that you will eat in Kathmandu for lunch and dinner.
- ✘ The cost of a visa to enter Nepal is: \$30 USD for a 15-day stay 30 Days - \$50, 90 Days - \$125
- ✘ International Airfare.
- ✘ Your personal expenses.
- ✘ All of the alcoholic and non-alcoholic cold and hot drinks you buy on trek (along the way and in the Tea Houses at night).
- ✘ All of the sweet desserts, like chocolate, cake, pie, and pudding.
- ✘ The tea houses have hot showers and places to charge your phone which will cost you about 2\$ to 5\$.
- ✘ Tip to the guide, the porter, and the driver. (Tipping is expected).
- ✘ Porter and all its charges,
- ✘ Porter Cost \$320 extra.
- ✘ Payable internet available. Cost is \$2.

Trip Highlight

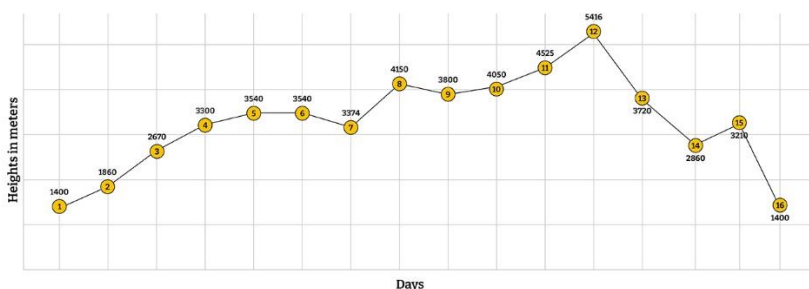
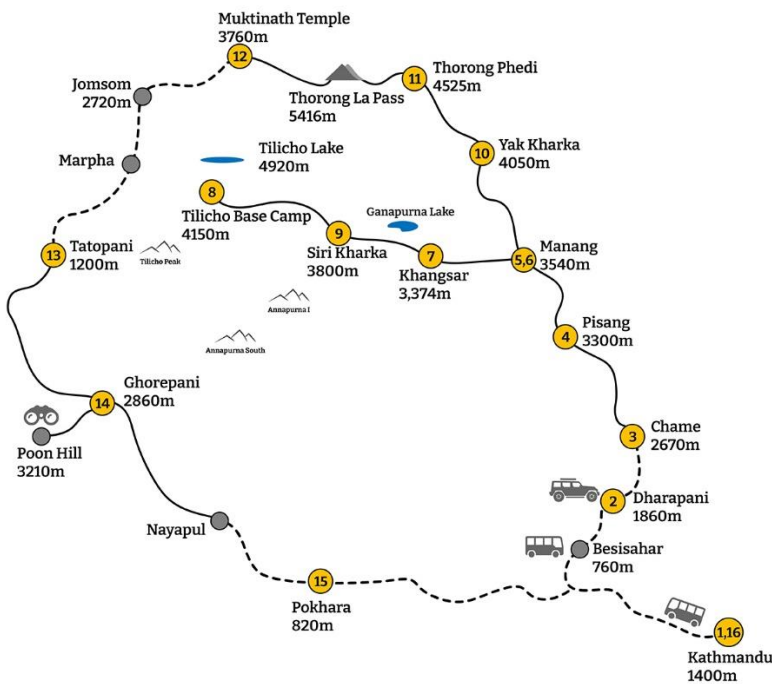


- ✓ Walk through lush rhododendron forests and meadows, crossing thrilling suspension bridges.
- ✓ Overnight stays in picturesque villages along the trail.
- ✓ Go on a side excursion to Gangapurna Lake (ice lake) during acclimatization day in Manang village.
- ✓ Unwind and relax at the shore of Tilicho Lake.
- ✓ Cross the highest pass in Nepal, Thorong La.
- ✓ Get blessing in the Muktinath Temple, a pilgrimage site.
- ✓ Walking along the deepest gorge in the world, Kali Gandaki gorge.
- ✓ Pass by beautiful apple orchards and white-washed houses on the way to Jomsom.
- ✓ Enjoy natural hot springs in Tatopani and hike to the famous Poon hill viewpoint to catch gorgeous sunrise.
- ✓ Spend a night in Pokhara, enjoying tranquility of Phewa Lake.

Route Map:



Annapurna Circuit With Tilicho Lake And Poon Hill - 17 Days



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Payment process

You need to pay a 25% deposit up front. If you pay with a credit card, you might have to pay an extra 4% charge.

Cancellation policy

The cancellation fees are calculated as a percentage of the total tour price:

- Cancellation one week before departure: 15% of full payment will be deducted.
- Cancellation on the same day: 25% of full payment will be deducted.
- No refund on cancellation after departure.
- If you need to postpone your trip, there won't be any additional charges i.e you'll be able to go on the trip at the originally booked amount.

List of Trekking Equipment for the trek

For trekking to Everest base camp, you will need the following. You can rent or buy most of the gear mentioned in Thamel, Kathmandu.

Head and Hand

- Sun Cap
- Wool/Fleece Hat
- Balaclava
- Neck Gaiter/High Neck
- Lightweight Synthetic Liner Glove
- Wind Stopper Fleece Gloves

Upper Body

- Short-Sleeved Shirts/T-shirts
- Lightweight Top/Thermo Coat
- Synthetic or Fleece Jacket
- Down Insulated Jacket

Lower Body

- Underwear
- Lightweight Long Underpants
- Midweight Long Underpants
- Trekking Pants
- Trekking Socks
- Sandals
- Lightweight Hiking/Trekking Boots



Toiletries

- Hand Sanitizers & Hand wash
- Wet Tissues
- Toothpaste
- Toothbrush
- Bath Soap
- Shampoo
- Moisturizers
- Laundry Soap
- Garbage Bag
- Eye Drops
- Zip-Lock Bags
- Sunscreen (-50 Spf)
- Lips Guard (-20/-50 Spf)
- Water Purification Tablets
- Baby Wipes or Wet Towels

Miscellaneous

- Swiss Knife
- Rucksacks (45 – 55 Ltr.)
- 1 Duffel Bag (provided by the company)
- Trekking poles
- Sleeping bag
- Torchlight
- Water Bottles
- Thermos/Flask
- Pack Towel
- Spare batteries
- Waterproof Stuff Sacks
- Satellite Phone (if possible)
- Solar chargeable power bank (optional)
- Journal/Pen
- Book/Board Game
- Bars & Snacks

Travel Document

- Valid Passport
- Valid Visa
- 4 PP Size Photo
- Insurance Paper (Medical & Rescue) & Contact Address
- Family/Company Contact Number & Address
- Credit Card



If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on Instagram ([@adventuremastertrek](https://www.instagram.com/adventuremastertrek)) or get in touch via [WhatsApp \(+9779851033195\)](https://www.whatsapp.com/+9779851033195). A member of our team will get back to you as quickly as possible and be happy to assist you further.

Kindest regards and namaste!

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We are recommended on



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