



PEACE NEPAL TREKS

... guiding you through your journey of a lifetime.

Tilicho Lake Annapurna Circuit & base Camp Trek

OVERVIEW

One of the most iconic treks in the world, the Annapurna Circuit and Base Camp Trek is sure to give you an unforgettable experience and lifelong memories. You will be surrounded by some of the most spectacular mountains anywhere on earth, including three of the world's highest; Annapurna 8,091m, Manaslu 8,163m, Dhauligiri 8,167m and the "Matterhorn of the Himalayas" – Machhapuchare.

Our trek is designed to last 19 days and includes a visit to Tilicho Lake, which at 4,919 metres above sea level is also one of the highest on earth. Starting from Kathmandu we will take either local or private transport across towards Besisahar which is the gateway for the Annapurna Circuit.

Continuing the journey, we will spend our first night at Jagat before finishing the drive the following day at Chame, where the trek begins. Throughout you will stay in a wide range of villages – both Nepali and Tibetan – and you will notice the shift in cultures from place to place. Likewise the landscapes will start with paddy fields, farmland and forests before getting into the more rugged beauty of the Himalayas.

Annapurna when literally translated means "Full of Food" and the Goddess of Harvests features prominently in many of the homes. A 160km round trek, or 230km at its longest route, this is suitable for first timers and experienced trekkers alike.

This trek is one of the most popular in the region, but can also be split into sections for those with tighter time limits. Days 1-12 can easily be broken off while a 5-day trek around the Ghorepani area makes for an excellent taster for those unable to do the whole thing.

ITINERARY

- Day 1

Arrival at the Tribhuvan International Airport, transfer to Hotel

After your arrival in Kathmandu our representatives at the airport will transfer you to your hotel and help you in check in.

- Day 2

Drive Kathmandu to Besisahar 830m 5 hours via local bus or private and catch local jeep to Jagat 3 hours, overnight stay in Jagat.

In the morning, our trekking crew will pick you up at the hotel and catch the transportation to Besisahar before transferring to a local jeep to Jagat where we stay overnight.

- Day 3

Drive Jagat to Chame about 3 hours and trek to Bhratang

After breakfast, we drive about 3 hours to Chame which is headquarters of Manang district, than we start walking towards Bhratang. The Himalayan views of Lamujng Himal, Annapurna will be impressive from the start.

- Day 4

Trek Bhratang to Pisang (3300m), 0/N in Pisang (2160m).

The trail from Chame to Upper Pisang offers a panoramic view of the Lamjung, Annapurna, Tilicho, Chulu East and Pisang peaks.

▪ Day 5

Trek Pisang to Manang (3351m), 0/N in Manang 0/N in Chame.

Today we leave the Sherpa village of Pisang, passing through forests of pine until we reach the village of Humre. From Humre we continue on to Manang.

▪ Day 6

half day rest and walk about 1:30 hours to Khangsar village, 0/N Khangsar

Manang is our first acclimatization stop as we prepare for the next high altitude section of the trek. We do half day rest and walk in the afternoon in Khangsar village for overnight stay.

▪ Day 7

Trek Manang to Tilicho base camp (4,200m), 0/N Tilicho Base Camp.

The trail towards Tilicho base camp can be a bit tricky so we will need to walk along a small path to reach in base camp. The downward slope towards Base Camp is much easier.

▪ Day 8

Early morning, we walk towards the Tilicho lake to see the lake and the beautiful mountain ranges of Annapurna and the Gangapurna Himal. There is nowhere to stay here, so it will be a round trek and we will need to carry all

our provisions for the day.

▪ **Day 9**

**Trek Tilicho Lake to Yak Kharka (4000 meters) 5 hours.
0/N Yak Kharka**

We walk base camp to Yak Kharka above the Khangsar village along an unmarked trail.

▪ **Day 10**

Trek Yak Kharka to Thorong Phedi or High camp (4450 meters), 0/N Thorong Phedi

An hours walk from Yak Kharka the trail passes through Ledar before climbing along the east bank of Jasang Khola and descending to Thorang Phedi.

▪ **Day 11**

Today we start early from Thorang Phedi and continue uphill before we reach the famous Thorang La Pass. The trail then drops down hill until we reach Muktinath. Muktinath is considered to be sacred by the followers of both Hinduism and Buddhism..

▪ **Day 12**

Drive via local jeep Muktinath to Tatopani, 0/N Tatopani

There is off road drive between Muktinath and Tatopani which is often busy and dusty. All part of the adventure!

▪ **Day 13**

Tatopani to Ghorepani (2853m), 0/N in Ghorepani

Crossing the hanging bridge over the Kali Gandaki river, we reach the village of Shikha. From Shikha we walk for three more hours before we arrive in Ghorepani.

▪ **Day 14**

Ghorepani to Chuire (2630m). 0/N in Tadapani.

In Ghorepani, just after an hour's walk we reach the famous Poon Hill. The view from the top of this beautiful place is superb. The mountains that can be observed from the hill are the Annapurna I, Annapurna South, Tukucho, Nilgiri, Hiunchuli and Dhaulagiri. After taking in the beauty of Ghorepani we continue walking to Tadapani.

▪ Day 15

Trek Tadapani to Sinuwa (2360m). 0/N in Sinuwa.

From Tadapani the trail is a downhill walk through rhododendron and oak forests before we reach Chhomrung for lunch. After an hour in Chhomrung we trek to Sinuwa where we will camp overnight.

▪ Day 16

Trek Sinuwa to Himalaya. 0/N in Himalaya (2920m).

The trail now drops as we descend down a stone staircase and then cross the Chhomrung Khola. After climbing high above the Modi Khola the trail continues up hill to Kuldi before descending again to Himalaya.

▪ Day 17

Trek to Machapuchare Base Camp (3700m) or Annapurna Base Camp (4130m). 0/N at either Base Camp

From Himalaya we follow the trail high above the river and walk until we reach the Machapuchare Base Camp which is at a lower altitude and a slightly shorter distance than the Annapurna Base Camp. We can choose where to stay.

▪ Day 18

Trek Annapurna Base camp to Sinuwa, 0/N in Sinuwa

If we stayed in Machapuchare Base Camp last night then we can visit Annapurna Base Camp this morning. After some exploring in the area we will descend to Sinuwa.

▪ Day 19

Trek Sinuwa to Kimche and drive to Pokhara, 0/N Pokhara

Today, we walk towards Kimche via the hot spring in Jinu. At Kimche our trek ends and we will take road bound for Pokhara.

Note: Above holiday itinerary can be customized as our guest specific requirements and can make shorter and longer. We design your holidays accordingly.

INCLUDES

- Return transfers from International airport to your hotel.
- one night stay at the Hotel in Kathmandu.
- All government taxes and Annapurna conservation entry fees.
- TIMS CARD (Trekking Information Management System).
- Required number of experienced English speaking guides and support staff (we pay for their daily wages, insurances, trekking equipments, food and accommodation).
- 18 days porter wages and his insurances/meals/accommodation/equipments
- 18 days guide wages and his insurances/meals/accommodation/equipments
- Rescue arrangement in emergency situation & worst weather condition
- 17 nights Lodge accommodation during the trek on tea house services.

- necessary ground transportation depending upon your request (via tourist bus or private vehicle).
- Kathmandu to Jagat via Local bus.
- Trekking place Tikhedunga to Pokhara via Jeep
- Pokhara to Kathmandu via tourist bus.
- Trekking poles, sleeping bag/duffle bag(we provide these if necessary).
- Trekking maps.
- Rubbish disposal.
- PNT service charge and government taxes.

Medical support: An emergency first aid kit is carried by the support staff at all times.

Accommodation and meals: During tea house treks our guests pay for their food (breakfast/lunch/dinner) at the lodge while we provide guides/accommodation/necessary permit and transportation. It can be USD \$25 per person each day for food (Lunch/dinner/breakfast)

Water: Mineral waters are available at all stops during tea house treks. You can also use tap water if you choose to use water purification tablets.

EXCLUDES

- All meals in Kathmandu/Pokhara city and on trek.
- extra nights hotel stay in Kathmandu and Pokhara city
- Tips to guides and support staff.
- Additional costs in case of emergency (You must have adequate travel insurance to cover any kind of emergencies, such as ground transportation & Heli rescue/medical/hospitalization.medical etc).
- Your International flight ticket airfare
- energetic chocolate/energy drinks/alcohol/mineral water/cigarettes/packing food snacks etc
- Additional medication for altitude sickness

(Acetazolamide etc).

- Personal expenses and any other unforeseen expenses, such as Laundry/WIFI on trek/phone call/hot shower/batteries charge
- Personal trekking equipment.
- Nepal entry visa fees which can get up on your arrival in Kathmandu airport
- Services not mentioned herein

Travel Insurance: –

Travel Insurance is mandatory for all clients who choose to trek or climb with us. The insurance should cover you in case of emergencies like accidents, altitude sickness and ambulance and helicopter rescue charges if required. Please carry a copy of your insurance papers while travelling in Nepal and do send us a copy as well. This will help us in making all the necessary arrangements in case of any sort of emergencies.

SEASONS

Nepal has four climatic seasons

- Spring : March – May
- Summer: June – August
- Autumn: September – November
- Winter: December – February

While there are no seasonal constraints on traveling to Nepal, different regions are best visited in different seasons. Once you inquire about any trekking itinerary we'll email you regarding the best season for that particular trek.

EQUIPMENTS

Check-list of personal equipment:

- Good standard trekking boots
- Camping shoes/thongs
- Socks-polypropylene
- Down Jacket
- Fleece
- T-shirts
- Trekking trousers
- Shorts (both casual and for treks)
- Swim wear
- Sun Hat
- Woollen Hat
- Nylon Windbreaker
- Gloves
- Gaters
- Strong Rucksack
- Sleeping Bag
- Water Bottle
- Torch/headlamp (with spare batteries)
- Toiletries/soap
- Toilet paper
- Sun block
- Travel Towel
- Wet-wipes
- Medication (cough medicine, throat soothers, water purification tablets)
- Sunglasses
- Binoculars
- Camera & lenses
- Memory cards
- GPS Tracking Units may be helpful
- Altimeter
- Compass
- Book/music player/pack of cards

- Padlock
- A plastic bag for waste
- Energy/snack bars

The following equipment are needed during the Climbing period:

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(Warm Down Jackets, Sleeping Bags, Warm Trousers, Koflach Shoes, Trekking Shoes and Sandals, Perfectly fitting Crampons, Gaiters, Ice Axe, Jumar, Ice Screw, Rock, Picton, Snow Bar, 2 locking Carabiners, Gloves, Sun Glasses, Head Light, Helmet, Rope, Stove, Harness, Figure -8, Gore – Tex Jackets).