Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

Tilicho Lake and Round Annapurna Trek - 19 Days

Annapurna short trek – 5 days, as the name suggests it is the shortest trek in Annapurna region with the magnificent views of Himalayan ranges. Annapurna short trek is easy trek ideal for family trekking with kids. The trek goes around the Pokhara valley trekking and hiking through Australian camp and Sarangkot. The rhododendron forest blossom magnificently during the spring season making the trek a pleasing journey. We walk through small villages inhabited by variety of ethnic groups. Along the trek we see eye catching views of Annapurna Himalayan ranges. Mt. Annapurna I, Mt. Machhapuchre, Mt. Dhaulagiri, Mt. Nilgiri are some of the snow-capped mountains among many others.

Annapurna short trek -5 days begins once you arrive in Kathmandu. Next day we take a short mountain flight from Kathmandu to scenic and adventurous city, Pokhara. From Pokhara we drive to Phedi from where the actual trek starts. We head further towards Australian camp passing the small but beautiful Dhampus Village. The Australian camp is also famous for its spectacular mountain view. The very next day we cross Naudanda Village to reach Sarangkot from where you can see the bird's eye view of scenic Pokhara valley. We trek down to beautiful Pokahra City. Finally, we fly back to Kathmandu and this ends our trek.

Alternatives for Annapurna Short Trek

If you are looking to do a beautiful but short trek in Annapurna region, Annapurna Short trek is perfect for you. But if you want to do a easy but longer trek Ghorepani Poon Hill Trek can be your choice. However, if your trek need not be in Annapurna region many other standard short treks can be organized for you in other regions of Nepal. Also, we can customize Annapurna Short trek as per your interest. Please do write us your requirements and we will get right back to you.

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PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- nights' twin sharing accommodation with breakfast in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Tow nights' twin sharing accommodation with breakfast at a 3-star category hotel in Pokhara
- Guided sightseeing tour in Kathmandu including temple/monument entry fees and private vehicle
- Meals (breakfast, lunch and dinner) during the trek
- Best available teahouse/lodge accommodation (twin sharing) during the trek
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers : 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Pokhara – Kathmandu transfer by private vehicle (but tourist bus for solo trek)
- Kathmandu – Beshishahar transfer by private car and Beshishahar – Syange by public jeep
- Jomsom to Pokhara flight including departure tax.
- Duffle bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- TIMS and Annapurna Conservation Area Permit
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement **(**more on Nepal Visa Information)
- International/Domestic airfares
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu or Pokhara because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu or Pokhara (and also in the case of early return from mountain than the programmed itinerary)
- All kind of drinks (alcoholic, hot, or cold)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipments and clothing
- Tips for guides and porters (tip is expected)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu airport (1,338 m/4,390 ft)

Welcome to Nepal! As you land at Kathmandu airport, finish your custom formalities (visa, etc.) and get to the airport waiting terminal, you will find our representative waiting to greet you. He/she will be holding Icicles Adventure Treks and Tour signboard and your name. You will be then transferred to your respective hotel in our private vehicle. Accommodation: Hotel.

Day 2: Kathmandu (1,338 m/4,390 ft): Sightseeing and Trek Preparation

After breakfast, we start a guided tour to several medieval and spiritual sites in Kathmandu which are also listed as UNESCO World Heritage Sites including the historic Durbar Square, the sacred Hindu temple of Pashupatinath, the famous 'Monkey Temple' (Swayambhunath) and Buddhists shrine (Boudhanath) which is one of the large Stupas in the world. Later after sightseeing program, we will introduce you with your trekking guide and have a small pre-trip meeting. You can also take an opportunity to hire/buy any last-minute trekking equipment or bargain for your souvenirs at the many stores. You are advised to pack your things and be set up for your actual Everest base camp trekking adventure that will begin the next day. Accommodation: Hotel, Included Meal: Breakfast.

Day 3: Drive Kathmandu to Beshishahar to Syange (1100/3600 ft)

We make an early departure from Kathmandu this morning for Besisahar. It is a beautiful journey to the trek road head. We set off for Pokhara after breakfast. Driving today is adventurous and pleasant as it winds down hugging the mountain side through terraced fields. Following the side of Mahesh River, we come to the Trishuli River. We follow Trishuli River side all the way up to Mugling where Trishuli River confluences with the Marshyangdi River. After crossing a bridge over Marshyangdi River we head further west to Pokhara. If you are on the right pane of your vehicle the journey today provides plenty of opportunity to view cultivated terraced fields, rivers, streams, green valleys, rocky gorges, farmlands and typical rural life of Nepal. We take lunch break in a restaurant along the way. Leaving Besisahar we drive up to Syange. On this drive, the scenery will impress right from the moment of leaving Besisahar. The jeep track follows the Marshyangdi river upstream through gradually a narrowing and increasingly lush valley all the while with the water of the Marshyangdi raging violently below. Weather permitting provides great views of Himalchuli (7893m) and Ngadichuli (7541m) who belong to the Manaslu Range of mountains. Driving Time: 7-8 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 4: Trek start Syange to Dharapani (1,860m/6100 ft)

We start early after breakfast. A rising and falling trail leads to Chamje, after which we cross a suspension bridge and climb through oak forest. We will notice a dramatic change in the landscape today as the valley narrows to a very deep gorge, and cascading waterfalls as the one here across the valley are a common sight in the feature for the next few days. The trail then emerges into a level valley where 'Tal', the next village is situated at the foot of a grand waterfall (1700m). Further we walk ahead past some mani stones Just after Tal Village. The local custom is to walk on the left-hand side of the Mani walls. We cross Marshyangdi river over suspension bridges couple of times before reaching Dharapani. Walking Time: 6-7 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 5: Dharapani to Chame (2,710m/8890 ft)

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It is a very gentle climb from Dharapani to Bagarchap, here we will be rewarded by sight of Annapurna II (7937m) looking up the valley. As we continue through Danakyue and climb up to Temang one cannot help but stop and look back to enjoy the view of the Manaslu Range. You will notice a general change in the vegetation today to pine and fir. The trail is fairly level from here for about an hour until after emerging out into a clearing which has a couple of tea houses and fields. We then descend to cross a bridge and climbing out we pass through Thanchok Village with its apple orchards. We reach Koto in about thirty minutes from Thanchok village and another thirty minutes to Chame, the headquarter of Manang District. Walking Time: 5-6 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 6: Chame to Pisang (3,300m/10824ft)

We spent the rest of the morning trekking through rich forest of blue pine and fir keeping alongside the river to Brathang. The old Brathang village used to be a Tibetan resistant camp fighting Chinese occupation of Tibet by making raids over the border. Today you see only an apple orchard with a couple of tea houses. We carry on walking through the forest, the trail clings on a cliff side for a while and as we cross the bridge, looking back the view of the huge rock face of Mui Tscho (Paunde Danda) is breathtaking rising about 1500m from the valley floor. After climbing steeply through the forest, there is a sudden change in the landscape as we enter the Upper Manang District. The valley becomes very broad and vegetation mainly pine, Juniper and berberis shrubs is very sparse. A beautiful and easy hour of walking in the shadows of Annapurna II brings us to Lower Pisang. By this point you would have trekked around to the north side of the Annapurnas and the views from here on are of Annapurna II and IV to the south and Pisang Peak and the Chulu East to the north. Walking Time: 5-6 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 7: Pisang to Manang (3,540m/11611 ft)

Today we continue through the drier upper part of the Manang district, cut off from the full effect of the monsoon by the Annapurna Range. People of this region herd the yaks and raise crops for a part of the year. Leaving Pisang, we have alternate trails form the north and the south of the Marshyangdi River which meets up again at Mungji. The southern route by Hongde, with its airstrip at 3,325m, involves less climbing than the northern route via Ghyaru and Ngawal villages. For better views, we take the northern route, i.e. through upper Pisang that follows the northern bank of the river. We come across a very picturesque village clinging on to a cliff side where the houses appear to be stacked on top of each other. Its Bragha village dominated by the oldest monastery of the region which is more than 500 years old. Upon reaching Manang, the rest of the day can be spent walking around the village and visiting the monastery and enjoying the view from the lodge and acclimatizing. Walking Time: 5-6 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 8: Acclimatization Day at Manang Village

We spend a day acclimatizing in Manang. It is recommended to stay active and take short walk to higher altitude is suggested to get acclimatized with the altitude. The whole day we spend doing some fine day walks and viewing the magnificent sights around the village. The upcoming next two days will be very demanding and tiring trek for us with swift gain in altitude. We should never be too confident with the altitude and should always be watchful. Bodzo Gompa or Gangapurna Lake is worth visiting sites from acclimatization point of view. Manang village houses Himalayan Rescue Association. Volunteer western doctors work here during the trekking seasons helping educate trekkers and researching on Acute Mountain Sickness (AMS). An altitude talk is held here every afternoon, which is

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definitely worthwhile attending. Walking Time: 3-4 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 9: Manang to Kangshar

From Manang we head out through the western gates and then we follow path down to the river. We cross the river and continue on the south side of it through coniferous forest towards Khangsar. One section is across a steep and exposed scree slope. Cross the Kangsar Khola on the bridge below Kangsar and ascend the slope to the village. Walking Time: 3-4 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 10: Kangshar to Tilicho Base camp (4150m/13612): 5-6 hrs

Continue from Kangsar on a large path. Pass a Gompa (monastery). The route ahead goes on a recently constructed path up towards a high ridge. At one point is an intersection. One path maintains the altitude, traversing the slopes towards a place where the valley is narrow; the other continues to ascend towards the line of the ridge. The former is the old path, and is much more difficult as it goes on really steep scree; the latter is the new path that goes a completely different way. Continue along the new path, reach a high crest, and descend on switch backs carved out through the scree slopes to a side valley of the main valley. At its bottom is a brook. On the other side of it is a building known as Tilicho Base Camp. Walking Time: 5-6 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 11: Tilicho Base Camp to Tilicho Lake [4920m/16137ft] and back to Tilicho Base Camp: 7-8 hours

From Tilicho Base Camp the path covers that route. Continue along the shore to a little plain. Leave the lake here and aim for a small saddle in the ridge above. The path is rather steep and there is plenty of lose scree and boulders. The first pass Reach and descend to a valley on the other side. Follow it upwards and step on to a flat glacier. It has no crevasses and is safe. Follow its left (south) side upwards. Leave it where an obvious saddle westward is visible. Go through this watershed. There is a little lake. Continue ahead on a faint path, lose a little altitude, and then gain another saddle. On the other side, one descends in to a small valley that turns south. Coming out of it one has reached the western shore of Tilicho Lake. We spend some time exploring the lake and we trek back to Tilicho Base Camp for overnight. Walking Time: 7-8 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 12: Tilicho Base camp -Yak Kharka (4,110m/13,484ft)

From Tilicho Base Camp we trek down to Kangsar and continue towards Yak Kharka. The trail passes through ancient old Mani walls in a pleasant meadow and then reaches a river. After crossing a small river on a wooden bridge and walking for some amount of time we reach small village of Yak Kharka. Little but gradual ascent is the key to avoiding altitude problems. Overnight at Yak Kharka. Walking Time: 6-7 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 13: Yak Kharka - Thorong Phedi (4,600m/15,092ft)

We make our way to the foot of the pass, Thorong Phedi today. Thorong Phedi is a small busy settlement catering to the needs of tired trekkers and climbers. Trekkers like us use this point as a base camp. Some visitors also attempt a hike to the High Camp today so that the next day can be easier for them. But, Himalayan Glacier's team leader does not advise for this. Although we will have a tough day tomorrow, we stop at Thorong Phedi so that we can sleep

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sound rather than a risky sleep in higher altitude at High Camp. Walking Time: 3-4 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 14: Thorong Phedi to Thorong La (5416m/17764ft) to Muktinath (3,800/12,467ft)

Today is a long trek starting before sunrise at 4 am to reach the pass by 9-10am otherwise weather conditions (strong winds) will affect the journey, particularly at the Thorung La Pass (5,416m). We climb steeply on a regular route which is quite easy to follow. However, some problems may arise due to the altitude and snow. It often causes terrible problems to cross the pass if it is covered by heavy snow. About four hours climb up to the pass marked by the chortens and prayer flags will reward you with stunning views from the top of the pass. Another four hours of walking will take you to the holy town of Muktinath.

Muktinath means the place of Nirvana and is home to the Muktinath temple as well as several monasteries. It is said that all sorrows you feel are relieved when visiting the temple, which is a scared pilgrimage site for both Hindus and Buddhists. The prime pilgrimage month is September. The temple is dedicated to Lord Vishnu and has 108 waterspouts around it. Another attraction nearby is the Jwala Mai Temple which has a gorgeous natural spring and an eternal flame fueled by natural gas. Walking Time: 7-8 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 15: Trek to Jomsom (2700m/8856 ft)

We head along the trail down to the Eklebhatti, and then follow the Kali Gandaki River to Jomsom. Jomsom is large town with many facilities, it is also the headquarter and the official town for the entire Mustang district where all the district government offices are present. Walking Time: 5-6 hours, Accommodation: Local lodge, Included Meal: B, L, D.

Day 16: Morning flight to Pokhara. Sightseeing around Pokhara

A 30-minute morning flight takes us to Pokhara from Jomsom. Once we arrive at Pokhara airport, we then drive to the hotel. In the afternoon, we will have a sightseeing tour around Pokhara valley, which covers Phewa Lake, Devi's water fall, Museum, Tibetan refugee settlement and Gupteshower cave, etc. Overnight at a hotel. Flight Time: 30 minutes. Accommodation: Local lodge. Included Meal: B, L, D

Day 17: Contingency day (sightseeing in Pokhara if everything went smooth)

The day today is a complimentary day just in case Jomsom to Pokhara flight get delayed or cancelled because Jomsom to Pokhara flight is highly affected by the mountain weather. If everything went smooth as planned, you can use this day for sightseeing around Pokhara, which is a nice city to relax after a long trek. Accommodation: Hotel, Included Meal: B, L, D.

Day 18: Drive back to Kathmandu

We drive back to Kathmandu today. Try to get left pane of your vehicle to enjoy the greeneries, mountains, river gorges, villages and terraces during the drive. In the evening, we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances. Driving Time: 6 hrs. Accommodation: Hotel, Included Meal: Breakfast.

Note: You have the option to extend your trip with an extra day at Pokhara (Pokhara is a beautiful city to relax after a long trek), Chitwan Jungle Safari, rafting adventure, Bungee Jumping, Kayaking, Canoeing, Kathmandu valley

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shopping tour, Bhaktapur and Patan sightseeing, scenic Everest flight, mountain biking and other activities.

Day 19: Depart Kathmandu-Airport drop

Your Tilicho Lake and round Annapurna Circuit Trek concludes today. Our airport representative will drop you at the international airport in Kathmandu for your departure flight from Nepal. We hope beautiful Nepal, the magnificent Himalayan sceneries, and unique cultural experience you got along your Annapurna Circuit Trek will stay in your memory lifelong and you will go back home with a sense of achievement. Included Meal: Breakfast.