

Manang Tilicho Lake Trekking in Nepal

<https://www.nectravels.com/package/manang-to-tilicho-lake-trekking/>

It's situated in the Annapurna range of the Central Nepal Himalaya Tilicho Tal (lake) at 4,919m is one of the highest of its size in the world. It stretches for 4km and is about 1km wide and lies at the foot of Tilicho peak 7,134 mtrs.

This Trans-Himalayan adventure begins after driving from Kathmandu to Besisahar. We will start the trek from Besisahar. This high passes trek is the habitat of the Himalayan tahr (mountain goat) and the elusive snow leopard, among other mammals. We have designed two routes both challenging and present some fine high altitude trekking.

This itinerary allows us to visit the temple at Muktinath, a holy pilgrimage site sacred to both Hindu and Buddhist pilgrims alike. The trip ends in Jomsom with an early morning flight to Pokhara.

Itinerary

Day 01: Kathmandu Arrival & transfer to Hotel (D)

Arrival in Kathmandu & transfer to Hotel. Briefing for trekking by our Manager.

Day 02: Kathmandu Sightseeing full day

Full day Kathmandu Sightseeing including Boudhanath Stupa, Swaymabhunath Stupa, Patan Durbar Square.

Day 03: Drive to Besisahar (760m). Trek to Khudi (800m).

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Day 04: Trek to Baundada (1310m).

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Day 05: Trek Bahundada to jagat (1430m).

Bahundada to jagat (1430m).

Day 06: Trek Jagat (1430m) to Tal (1920m)

Trek Jagat (1430m) to Tal (1920m)

Day 07: Trek Tal to Dharapani(1820m)

Tal to Dharapani(1820m)

Day 08: Trek Dharapani to Chame (2630m)

Dharapani to Chame (2630m)

Day 09: Trek Chame (2630m) - Pisang (3200m)

Chame (2630m) – Pisang (3200m)

Day 10: Trek Pisang (3200m) - Manang (3500m)

Pisang (3200m) – Manang (3500m)

Day 11: Acclimatization day at Manang

Acclimatization day at Manang

Day 12: Trek Manang to Khangsar Khadka (3734m)

Manang to Khangsar Khadka (3734m)

Day 13: Trek Khangsar Khaddka to Tilicho Base Camp (4300m)

Khangsar Khaddka to Tilicho Base Camp (4300m)

Day 14: Exploring the Tilicho Lake area.

Exploring the Tilicho Lake area.

Day 15: Trek back to Khansar(3500m)

Trek back to Khansar(3500m)

Day 16: Stay in Yak Kharka

Stay in Yak Kharka

Day 17: Trek to Thorong Phedi(4500 m)

Trek to Thorong Phedi(4500 m)

Day 18: Cross Thorang La pass(5415m) / trek down to Muktinath(3810m)

Cross Thorang La pass(5415m) / trek down to Muktinath(3810m)

Day 19: Trek down to Jomsom.

Trek down to Jomsom.

Day 20: Flight to Pokhara

Early morning Flight to Pokhara & Free day in Pokhara

Day 21: Drive or fly back to Kathmandu

Drive or fly back to Kathmandu. Overnight in Kathmandu

Day 22: Warm Departure

After breakfast transfer to Airport for flight to home.