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Annapurna Circuit with Tilicho Lake Trek

URL: <https://nepalbasecamptreks.com/trip/annapurna-circuit-with-tilicho-lake-trek/>

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

15

Accommodation

Tea Houses

Region

Annapurna Region Treks

Max. Altitude

5,416m/17,769ft

Nature Of Trek

Tea House

Best Season

Mar, Apr, May, Sep, Oct, Nov

Activity Per Day

4-7 hrs walking

Transportation

Domestic Flights & Roads

Tea Houses

BLD

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Highlights of Annapurna Circuit with Tilicho Lake Trek

The Annapurna Circuit and [Tilicho Lake Trek](#) offer you thrilling challenges with scenic trekking routes. Located in the Annapurna region of Nepal, you will pass through subtropical forests, alpine terrain, and high-altitude deserts while taking this trek. The off-the-beaten paths and the remote villages with diverse people are the major highlights of the journey. This trek leads you through some of the highest passes and the Tilicho Lake. Possessing some difficulty, it is generally recommended for experienced trekkers.

The **Annapurna Circuit trek** encircles the Annapurna Massif, and you will witness the **10th highest** mountain in the world, Mount Annapurna (8,091 m), and the **7th highest** mountain, Mount Dhaulagiri (8,167m), along with Mount Machapuchare (6,993m). Renowned for its cultural diversity, there are many groups of people residing here, from Tamang and Gurung to Thakali. Extending your trek towards Tilicho Lake, along with Annapurna Circuit, will take you to *one of the **highest lakes in the world at 4,919 meters***. However, preparing yourself for more challenges you will encounter on the journey would be best.

The trek to Tilicho Lake is often regarded as a highlight of the Annapurna Circuit. Completing this adventure will not just offer you with dramatic mountain scenery and landscapes but will also provide you a sense of accomplishment. As you traverse the Annapurna Circuit, you will face the challenge of crossing the **Thorong La Pass**, which stands at 5,416 meters, offering panoramic views of surrounding mountain peaks. With this adventure, you will create an unforgettable adventure in the lap of the Himalayas while also witnessing some of Nepal's high mountains.

Trip Overview

- With this adventure, you will reach one of the highest lakes in the world, **Tilicho Lake**. The turquoise blue water reflecting the snow-capped peaks is the major highlight.
- The highest point of the trek, Thorong La Pass, at 5,416 meters, offers you Panoramic views of the Himalayas like the Annapurna and Dhaulagiri ranges.
- You can experience the diverse landscapes, from subtropical forests and terraced farmlands to alpine meadows and desert-like terrain, with this trek.
- Most of the people living here are Gurungs, Thakalis, and Manangis. They follow Tibetan-inspired culture, which can be quite unique for you to understand and experience.
- The short hike towards Poon Hill offers you stunning sunrise views over the Annapurna and Dhaulagiri ranges.

15 Days Annapurna Circuit And Tilicho Lake Trek Itinerary

Day 1: Drive from Kathmandu to Besisahar

Today is the first day of our adventure toward the Annapurna region. We will start our adventure with a long drive from Kathmandu to Besisahar, the gateway to the Annapurna Circuit. Today's journey will take us to diverse landscapes. We will pass through the hilly areas and some remote villages with distant views of the Himalayas. Covering approximately 173 kilometers and towns like Dhulikhel and Muglin, we will make our way along the Trishuli and Marsyandi rivers. Once we arrive in Besisahar, we will prepare for the trek, check our gear, and rest for the trek ahead.

Trek Duration

7-8 hours

Highest Altitude:

760m/2,493ft

Day 2: Drive from Besisahar to Chame

Depending upon your preferences, we will either take a ride towards Chame or trek towards the destination. We will pass through villages like Bhulbhule and Ngadi, which offer a glimpse of local life. The waterfall, terraced fields, and a mix of subtropical vegetation are the major highlights of today's journey. If we opt to drive, it will take us along the Marsyangdi River, giving us views of cliffs and steep hills. Similarly, the trekking route will be moderate, with gradual ascents and occasional rocky.

Trek Distance:

2,670m/8,760ft

Day 3: Trek from Chame to Pisang (3,300m/10,827ft)

Leaving Chame, we will follow a trail that becomes more challenging as we climb higher. The path will take us through Talekhu and Bhratang, small villages nestled in the forests. We will cross suspension bridges over the Marsyangdi River and walk along narrow trails carved into the side of steep hills. The difficulty level will increase as we gain altitude, with some steep ascents, but the surrounding views of Annapurna II and Lamjung Himal will make it rewarding. Pisang will greet us with its unique Tibetan-influenced architecture and stunning mountain views.

Trek Distance:

5-6 hours

Day 4: Trek from Pisang to Manang (3,540m/11,614ft)

After breakfast in the morning, we will start our journey from Pisang to Manang. Taking us to higher altitudes, we will pass through villages like Ghyaru and Ngawal. Throughout the route, you will start to witness the beautiful views of the Annapurna ranges and the Pisang Peak. We will pass Humde, where a small airstrip is located, and continue toward Braga, a village known for its ancient monastery perched on a hillside. As we get closer to Manang, the landscape will shift to a dry, arid region, typical of the Himalayan rain shadow.

Trek Duration

6-7 hours

Day 5: Acclimatization day in Manang (Explore Manang or hike to Gangapurna Lake or Bhojo Gompa)

Upon reaching Manang, we will take a day off. It helps us to adapt to the increasing altitude. Today, we can either explore the village, visit Gangapurna Lake, or take a short hike towards Bhojo Gompa. Gangapurna Lake, a glacial lake, provides a serene atmosphere with reflections of the Annapurna and

Gangapurna ranges. Alternatively, we can visit the Milarepa Cave, which is famous for its historical and spiritual significance. This day will be easy in terms of trekking difficulty but important for altitude adaptation.

Day 6: Trek from Manang to Siri Kharka (4,060m/13,320ft)

Resuming our journey, we will begin our trek towards Siri Kharka. It is a small settlement on the way to Tilicho Lake. The trek will be moderate, though the increasing altitude will make the air thinner, so we will pace ourselves carefully. Along the way, we will pass through Khangsar, a village rich in Tibetan culture, where we may stop to explore. The trail will be a mix of rocky paths and narrow ridges with spectacular views of the Annapurna range and Gangapurna. The climb will not be too steep, but as we gain altitude, it will become more important to stay hydrated and acclimatized.

Trek Duration

4-5 hours

Day 7: Trek from Siri Kharka to Tilicho Base Camp

Making our way towards another highlight of the trek, we will trek towards the Tilicho Base Camp today. It is one of the most remote parts of the entire trek. The more rugged paths and the landslide-prone area in today's journey make our trek more difficult. The narrow trail and steep drops are difficult. However, the incredible views of Tilicho Peak and the Great Barrier will keep us motivated. We will pass a few settlements as this part of the trek becomes more remote. Reaching Tilicho Base Camp will be a major achievement, where we will rest and prepare for the journey to the lake the next day.

Trek Duration

5-6 hours

Highest Altitude:

4,200m/13,779ft

Day 8: Trek from Tilicho Base Camp to Tilicho Lake and return to Siri Kharka

The most challenging part of the day will lead to the major highlight of the entire journey. We will start early in the morning to make the long ascent to Tilicho Lake, the highest lake in the world. The trail will be steep and exposed, with loose rocks making the climb demanding. As we approach Tilicho Lake, we will be surrounded by towering peaks. The stunning turquoise waters of the lake reflect the snow-covered landscape, which can be incredible. After spending some time at the lake, we will retrace our steps and return to Siri Kharka, making for a long but fulfilling day.

Trek Distance:

4,919m/16,138ft

Trek Duration

8-9 hours

Day 9: Trek from Siri Kharka to Yak Kharka

After our adventurous journey towards Tilicho Lake, we will move towards Yak Kharkha from Siri Kharkha today. Following the route towards Khangsar, the trail today offers grassy meadows and heard of yaks. With moderate challenges involved, we will pass through gentle ascents and descents. Yak Kharkha is another popular stop for acclimatization. However, our itinerary does not include it. The landscape of the village is barren and rocky, completely different than what you have been witnessing before. The views of the Annapurna and Gangapurna ranges will accompany us throughout the day.

Trek Distance:

4,110m/13,484ft

Trek Duration

5-6 hours

Day 10: Trek from Yak Kharka to Thorong Phedi

We will continue our trek towards Thorong Phedi, the base camp for the famous Thorong La Pass crossing. The trail will be more challenging, with steeper ascents and the altitude becoming more of a factor. We will pass through Ledar, a small settlement, and continue on a path that can sometimes be narrow and exposed. The air will be thinner, so we will pace ourselves to avoid altitude sickness. Reaching Thorong Phedi, nestled below towering cliffs, will be our final preparation before crossing the Thorong La Pass, one of the highest trekking passes in the world.

Trek Distance:

(4,600m/15,091ft)

Trek Duration

4-5 hours

Day 11: Trek from Thorong Phedi to Muktinath (3,800m/12,467ft) via Thorong La Pass (5,416m/17,769ft)

Today's trek will take us to the highest altitude range of the overall trek. Considered to be the most demanding section of the overall trekking adventure, you will make your way through steep and rocky paths. Also, the oxygen level thins because of higher altitudes, which increases difficulty. However, it is all worthwhile when you reach the top. From there, you can witness breathtaking panoramic views of the Annapurna and Dhaulagiri ranges. After a short visit, we will descend our journey toward Muktinath. It is a sacred pilgrimage site for both Hindus and Buddhists. The descent will be long but easier.

Trek Duration

7-9 hours

Highest Altitude:

5,416m/17,769ft

Day 12: Drive from Muktinath to Tatopani

The next morning, we will take a ride from Muktinath to Tatopani, a natural hot spring in the region. The drive will descend rapidly as we leave the high-altitude desert region of Lower Mustang while entering

more lush, green landscapes. We will pass through Kagbeni and Jomsom, the district headquarters, before continuing through Marpha. As we reach Tatopani, the warmer climate and the opportunity to soak in the hot springs will be a welcome relief after the intense trek across the pass.

Trek Duration

5-6 hours

Highest Altitude:

1,200m/3,937ft

Day 13: Trek from Tatopani to Ghorepani

Adding thrill to our adventure, after a rejuvenating day, we will start our trekking journey. On day 13, we will move towards Ghorepani. It is a significant stop on the Annapurna Circuit. The trail will steadily ascend through rhododendron forests. We will pass small villages like Sikha and Chitre. This section will be moderately difficult, with a continuous uphill climb. The views of Dhaulagiri and Annapurna South from this village are spectacular. Ghorepani is the perfect place for you to relax while preparing yourself for the next morning's beautiful sunrise views.

Trek Duration

7-8 hours

Highest Altitude:

(2,860m/9,383ft)

Day 14: Hike to Poon Hill (3,210m/10,531ft) and trek to Nayapul, drive to Pokhara

Day 14 marks the last trekking adventure in the Annapurna Region. Waking up early, at about 4 am, we will hike towards Poon Hill. From there, we will witness the best panoramic sunrise views over the Annapurna and Dhaulagiri ranges. After enjoying this spectacular moment, we will start our descending journey. Upon reaching Ghorepani and having breakfast there, we will slowly make our way through downtown until we reach Nayapul. At Nayapul, we will complete our trek and drive to Pokhara, where we can relax and enjoy the lakeside city.

Trek Duration

7-8 hours

Highest Altitude:

3,210m/10,531ft

Day 15: Drive or fly from Pokhara to Kathmandu

Today marks the final day of our entire journey. Depending upon your preferences, we will either take a ride or a flight. The drive will be about 7 to 8 hours long. We will pass through hilly roads and some remote villages. Similarly, while taking a flight, you will reach Kathmandu in about 30 to 45 minutes. The choice is completely yours. Upon reaching Kathmandu, we will finally say goodbye to each other. Have a safe travel. Namaste.

Trip Information

Accommodation Facilities Available In Tilicho Lake Trek With Annapurna Circuit

The most common accommodations you will get during the Annapurna Circuit & Tilicho Lake Trek are teahouses. The accommodation ranges from 760m to 4600m in a remote location. Thus, expecting the most luxurious and nicest services here is not recommended. But we guarantee the teahouses available offer you a comfortable stay. The rooms you get feature shared rooms with twin beds, bedding, and blankets.

You will also get a communal dining area where you can relax and socialize. The friendly owner and fellow trekkers can make your stay in the teahouses memorable and adjustable. Also, most of them offer cozy sitting areas with wood stoves to keep warm. Depending on the location, teahouses offer shared toilets, which can be Western-style or squat toilets.

Shower facilities are also available, although they may be basic and often come with a small fee. In higher-altitude areas, hot showers might be less frequent, and you can choose to use wet wipes or sponge baths to freshen up. When you book with us, you will enjoy a 14-night stay in carefully selected tea houses that offer the best accommodations available along the route.

Note: The cost of accommodations is low during the off-season.

Best Time to Hike the Annapurna Circuit & Tilicho Lake Trek

To get the most out of your trekking journey while enhancing your safety, it is essential for you to trek during the right season. But what is the best time to hike the Annapurna Circuit and Tilicho Lake Trek? The best time for Annapurna Circuit & Tilicho Lake Trek is spring and autumn. During these seasons, you will get clear skies, mild temperatures, and pleasant temperatures. Also, encountering the rainfall or clouds is also low. Thus, you can witness the breathtaking views of the surrounding landscapes. Aside from these two, the remaining two seasons, winter and summer, are quite challenging.

March to May (Spring)

Considered to be the perfect season for you to explore the beauty of the area, the spring season offers you beautiful views of surrounding landscapes. During this season, the temperature in higher altitudes ranges between 8°C to 0°C, which can be quite manageable. Also, during this season, you will see blooming rhododendrons and other wildflowers, which add vibrant color to landscapes, enhancing the overall experience.

June to August (Summer)

Summer welcomes monsoon season; thus, trekking during this season can be quite difficult. Although the temperature in higher altitudes ranges between 5°C to 23°C, which is quite warmer, the heavy rainfall makes the trail slippery. There is also a huge chance for landslides, making your journey more risky. Also, the clouds appear in the afternoon, creating visibility problems. You will also get a large number of leaches throughout the trek, which can be quite challenging.

September to November (Autumn)

Another ideal season for trekking is autumn. You will get mild temperatures between 5°C to 20°C. Like spring, during this season, you will also get clear views of surrounding landscapes and mountains. The green fades, and you can witness the golden/amber colors through the trek, which can be quite overwhelming. Also, the two major festivals of Nepal, Dashain and Tihar, fall during this season. Trekking during autumn will not only give you the chance to witness the natural beauty but also immerse yourself in the culture and traditions of Nepal.

December to February (Winter)

The winter season is moderately popular. Trekking during this season, you will have to cope with the decreasing temperature, which can range below -10°C. This can be quite challenging for most people. Also, the heavy snowfall during winter makes the trail steep and difficult to navigate. Furthermore, higher altitude accommodations are closed, increasing the difficulty of finding a place to stay. Trekking in the winter season is only recommended if you have prior experience in higher altitude places.

Food and Water availability during the trek

Food on the Annapurna Circuit & Tilicho Lake Trek caters to every individual's dietary preferences. Every teahouse's menu offers traditional Nepali dishes like dal bhat (lentil soup with rice), momo (dumplings), and various noodle dishes. In some, you can also find international cuisines, such as pasta, pizza, and pancakes. The meals at the higher altitudes may be made with dried or preserved foods, as fresh vegetables are hard to find.

Similarly, purification tablets or water filters are generally recommended for drinking water. Many tea houses offer boiled water for a small fee, which is also a safer option. If you are getting towards a higher altitude, it is very essential for you to stay hydrated. We recommend you have about 3 to 4 liters of water daily. You can refill water bottles at various points, but ensuring the water is treated or boiled is crucial for health.

Our trekking package includes breakfast, lunch, and dinner (BLD) at every stop, featuring a variety of traditional Nepali and Western meals to suit your taste. If you have special dietary preferences, from vegetarian or vegan meals, we also cater to you with this. Furthermore, we ensure you get access to safe drinking water through the boiled water options at the teahouses.

Elevation Gain on Annapurna Circuit & Tilicho Lake Trek

From	To	Starting Elevation	Ending Elevation	Elevation Gain
Kathmandu	Besishar	1,400 m	760 m	-640 m
Besishar	Chame	760 m	2,670 m	+1,910 m
Chame	Pisang	2,670 m	3,300 m	+630 m
Pisang	Manang	3,300 m	3,540 m	+240 m
Manang	Sri Kharka	3,540 m	4,060 m	+520 m
Sri Kharka	Tilicho Base Camp	4,060 m	4,200 m	+140 m
Tilicho Base Camp	Tilicho Lake	4,200 m	4,919 m	+719 m

Siri Kharka	Yak Kharka	4,060 m	4,110 m	+50 m
Yak Kharka	Thorong Phedi	4,110 m	4,600 m	+490 m
Thorong Phedi	Thorong La Pass	4,600 m	5,416 m	+816 m
Thorong La Pass	Muktinath	5,416 m	3,800 m	-1616 m
Muktinath	Tatopani	3,800 m	1,200 m	-2,600 m
Tatopani	Ghorepani	1,200 m	2,860 m	+1,660 m
Ghorepani	Poon Hill	2,860 m	3,210 m	+350 m
Poon Hill	Nayapul	3,210 m	1,400 m	-1810 m
Nayapul	Pokhara	1,400 m	822 m	-578 m

Length & Trek Distance for Annapurna Circuit & Tilicho Lake Trek

The [Annapurna Circuit Trek](#) covers approximately 160 to 230 kilometers (99 to 143 miles), depending on the route variations and side trips taken. It lasts about 15 to 20 days and allows for acclimatization and exploration of the stunning landscapes and local culture. The distance can vary based on personal choices if you option for Poon Hill or Tilicho Lake. The highest point is Throng La Pass, which is at 5,416 meters.

In addition to the Annapurna Circuit, the trek to Tilicho Lake adds an extra 30 kilometers (about 18.6 miles) round trip from Siri Kharka, making it one of the highest lakes in the world. The total trekking distance of Annapurna Circuit, along with a detour to Tilicho Lake, can reach up to 260 kilometers (162 miles). This trek offers a mix of challenging terrains along with breathtaking views and cultural experiences, making it a rewarding adventure for trekkers.

A Typical Day In Annapurna Tilicho Trek

Starting off early, you will start your journey after having a morning breakfast, around 7 to 8 am. It is mainly determined by the duration and the nature of the walk. The first-morning section is relatively easy. After about 3 to 4 hours of walking, you will take a short break for lunch in a nearby teahouse. After a break of almost an hour, your trekking adventure starts again. Now, the section starts to get a bit steeper. Throughout the journey, it is generally recommended that you take frequent breaks and have meals and water to avoid altitude sickness.

With about 3 to 4 hours of hiking in the late afternoon, you will reach your destination. Upon reaching here, you will take a short rest. The meals are prepared early. You can have a meal in a communal space, chat with the local people, or travel with fellow travelers. After that, you will finally call it a day at about 7 to 8 pm. Or, as an alternative, if you are looking for a more fun adventure, you can indulge in reading books, playing Monopoly or cards, or watching mountaineering documents with other people.

Guided Vs. Solo: Which Option To Prefer For the Annapurna Circuit Tilicho Lake Trek

If you are trekking towards the Annapurna Circuit Trek with Tilicho Lake, then it is very recommended that you hire a guide. Although it is possible to trek solo, it requires good planning and preparation. If you hire a guide, which can cost around \$25 to \$30 per day, it can increase the overall efficiency and

safety of your journey. The guide is the one who looks after everything from your meals to accommodations and safety. As they are well trained and prepared, they will provide you with in-depth knowledge of the local culture and traditions.

Also, trekking with them, there is a low chance for you to miss out on any major places, as they are well aware of the local areas. Furthermore, they also know how to handle emergency situations, making you less worried about your overall journey. Hiring a guide means you are fully prepared. Traveling with us, we offer you a well-experienced guide, along with porters, to ease your overall journey. They are included in the 15-day package you choose with us. Our overall plan is to make your journey safe and memorable.

Annapurna Circuit Trek Map & Route With Tilicho Lake

Considered to be a diverse and rewarding adventure, we will follow a route that encircles the Annapurna massif. The starting point of the trek is Besishar. Upon reaching there, we will either take a ride towards Chame or take a hike that lasts from **6 to 7 hours**. While witnessing the lush greenery, alpine forests, and remote villages, we will finally reach Chame. Continuing our adventure, we will make our way through some other villages, such as Pisang and Manang. In Manang, we take an acclimatization day.

The challenges will increase in the upcoming days. We will now aim towards the Tilicho Lake. Overcoming the challenges and creating a memorable experience, we will finally reach Tilicho. Here, we will witness the beautiful turquoise lake reflecting the views of snow-capped mountains. Descending back, we will return to Siri Kharkha and prepare for upcoming challenges. We will pass through some other major places, such as Yak Kharkha and Thorang Phedi, before reaching Muktinath and moving towards the major highlight of the trek, Thorong La Pass.

Finally, upon reaching there, we now descend to Tadapani and Ghorepani while also taking a short hike to Poon Hill. From Poon Hill, we will trek to Nayapul and take a scenic ride back to Pokhara. The next day, we will take a flight to Kathmandu and finally end our 15-day adventure toward the Himalayas.

The highest point of the Annapurna circuit & Tilicho Lake Trek

The highest point of Annapurna Circuit and Tilicho Lake Trek is **Thorong La Pass**, which is located at an altitude of **5,416 meters**. Most of the sections of this adventure are above 4,000 meters. The starting and ending point of the trek, Besishar, is at the lowest altitude, 760 meters. Gradually making our way through the trail, on the 6th day, we will reach an altitude of 4,000 meters. For the upcoming 5 days, our trail passes above 4,000 meters of journey. In the 12 days, the elevation started to decrease below as we started to descend back from Thorang La Pass.

Crossing Thorong La is physically demanding due to the thin air and steep inclines, requiring proper acclimatization and stamina. Upon reaching the point, you will witness the towering peaks of the Annapurna and Dhaulagiri ranges. Aside from the Thorong La Pass, another high point is Tilicho Lake, which sits at 4,919 meters. It is one of the highest lakes in the world, offering a challenging ascent. You will pass through rugged terrain, but the breathtaking beauty of the pristine turquoise lake reflecting the snow-capped peaks makes the effort worthwhile.

Altitude sickness

As the Tilicho Lake and Annapurna Circuit involve high-altitude passes, it is very likely for you to get altitude sickness. Also known as acute mountain sickness, altitude sickness will happen when your body

struggles to adapt to the lower oxygen level at a higher altitude. As you ascend and climb over 3,000 meters, it is likely that you will get it. Some of its symptoms include headaches, dizziness, nausea, shortness of breath, and fatigue. It can also be life-threatening with some conditions like high altitude cerebral edema (HACE) or high altitude pulmonary edema (HAPE).

To avoid altitude sickness, it is very important for your body to get proper sound **acclimatization** in your itinerary. A full day of rest will help your body adjust to the thinning air, thus making your body friendly with the higher altitude and low oxygen level. Proper acclimatization not only reduces the risk of AMS but also enhances your trekking experience. It allows you to feel more energized and capable of handling the physical demands of high-altitude trekking.

Tips To Protect From Altitude Sickness

- You should avoid rapid climbing. Ascend gradually. Your itinerary should include a proper acclimatization plan.
- Throughout the trek, stay hydrated. Drinking about 3 to 4 liters of water protects you from dehydration, which is important to avoid altitude sickness.
- Pay attention to your body. If you find any symptoms of altitude sickness, it is essential to take a rest. If the situation worsens, you should descend immediately.
- It is very recommended you avoid alcohol and caffeine as it dehydrates you.
- You should trek at a higher altitude and return to a lower altitude to sleep. This allows your body to acclimatize without overexertion.

Permits and Documents Required for this Trek

To trek to the **Annapurna circuit with Tilicho Lake Trek**, you need two permits: an **Annapurna Conservation Area Permit** and a **Trekker's Information Management System (TIMS) Card**. *Getting these two permits is mandatory as it helps your safety and the conservation of the region's natural resources.*

Annapurna Conservation Area Permit (ACAP)

As the trekking trail lies within the **Annapurna Conservation Area**, this permit is essential for you to make an entry. *This permit helps fund the conservation of the region's biodiversity and local communities.* To obtain this permit, you can get to the **Nepal Tourism Board Office in Kathmandu or Pokhara**, or you can also get it at the entry checkpoint of the Conservation Area.

Trekkers Information Management System (TIMS)

This permit card is issued to maintain the record of all trekkers. This enhances the safety of trekkers during the journey. You can get this card from either the **Tourism Board in Kathmandu or Pokhara**. Also, if not there, you can get it from the **entry points in Besisahar**. Mainly, there are two types of TIMS cards: *green for independent trekkers and blue for organized groups*.

Cost

Permits	Cost For Foreign National	Cost For SAARC Nationals
ACAP	\$30	\$3.5

TIMS For Individual	\$20	\$6
TIMS for Group	\$10	\$3

Documents Needed For Permits

- Two passport-sized photos
- Copy of your passport
- Travel insurance details
- Trek Itinerary
- Tourist visa for Nepal

Annapurna Base Camp Or Annapurna Circuit Trek With Tilicho Lake

The choice of a trekking route completely depends on your preferences. However, there are certain factors for you to make a consideration with. *If you are looking for a **longer and more thrilling adventure** in the Annapurna Region, the Circuit Trek with Tilicho Lake can be the better option for you.* On the contrary, *if you are looking for a more **easy trek** with short hiking days, the ABC trek awaits you.* However, if your plan is to witness the Annapurna mountain with closer mountain views, then opt for ABC, as Circuit Trek offers little distant views of snow-capped mountains.

In terms of difficulty, the circuit trek, as merged with Tilicho Lake, is compared to ABC, which is more challenging. However, for the budget-friendly option, ABC can be the perfect choice for you. Circuit Trek is considered to be less popular than base camp treks. With a circuit route, you will witness slightly fewer crowds. This can be a huge advantage, as you will witness the beautiful surrounding views and do not have to worry about accommodations. To choose the perfect trekking option for you, you should consider all the factors before finalizing your trekking destination.

By booking with us, you will be able to experience many trekking adventures in the Annapurna Region. Some of our popular packages aside from Annapurna Circuit Trek With Tilicho Lake include:

Classic Annapurna Trek

Short Annapurna circuit trek

[Annapurna Base Camp Trek](#)

Communication & Electricity Around Annapurna Circuit & Tilicho Lake Trek

On the Annapurna Circuit & Tilicho Lake Trek, electricity is available at most tea houses. This allows you to charge devices like cameras, phones, and power banks. However, as you ascend to higher altitudes, electricity may be solar-powered, and charging may come at an extra cost. It is advisable to carry a power bank to ensure backup power, especially in remote areas with limited or unavailable electricity.

Communication facilities like Wi-Fi are also available in several tea houses along the trek. However, the connection can be slow or unreliable, especially at higher altitudes. Mobile network coverage is generally good in lower regions but becomes patchy in more remote areas like Tilicho Base Camp. You should buy a local SIM card (NTC or Ncell) for better connectivity and to keep in touch with family or friends.

Travel Insurance

Getting travel insurance is **not mandatory**, *but it is generally recommended. Travel insurance helps you provide financial security against unforeseen events such as accidents, illness, flight cancellations, and emergency evacuations.* Since trekking at high altitudes involves potential risks like altitude sickness, injuries, or extreme weather conditions, having travel insurance ensures you are covered for medical treatments, helicopter evacuations, and hospitalization if necessary.

Choosing a policy that covers high-altitude trekking up to **5,400** meters is important, as standard travel insurance often has altitude limits. Ensure the insurance includes emergency evacuation by helicopter, as reaching remote areas for medical help can be difficult without it. Additionally, the insurance should cover trip cancellations or interruptions, loss of personal belongings, and delays. With comprehensive travel insurance, you can trek with peace of mind, knowing you are protected against potential risks.

Packing list for Annapurna circuit & Tilicho Lake Trek

The packing list and gears mainly depend on the trekking season. However, there is a list of things that you can include as an essential for your trekking adventure to the Himalayas. Although the porter is assigned to you, it is very recommended not to carry more than 9 to 10 kg, as he will also be carrying the luggage of other adventurers. Hence, based on the list we prepared, we recommend you make your packing list. This not only helps to make your trekking adventure safe but also makes the work of a porter easier.

Layering:

Base Layers: These will be your first line of insulation, so opt for moisture-wicking, quick-drying fabrics. Bring at least:

2-3 thermal tops (long-sleeve)
2-3 thermal bottoms

Mid Layers: For warmth, especially at higher altitudes.

1-2 fleece jackets or wool sweaters
Insulated trekking pants

Outer Layers: Windproof and waterproof jackets and pants are essential to protect against rain, snow, and wind.

- A down jacket (preferably one that is packable and lightweight)
- Gore-Tex jacket (waterproof)
- Waterproof trekking pants
- Clothing Items
- Trekking T-Shirts (3-5 pairs)
- Trekking Shorts (1-2 pairs)
- Underwear (enough pairs for the trek duration)

Warm Hat made up of fleece or wool

- Sun Hat/Cap
- Waterproof Gloves

- Buff/Scarf

Footwear:

- Trekking Boots should be sturdy, waterproof, and broken-in with ankle support.
- Camp Shoes/Sandals (1 pair)
- Gaiter, especially the Thorong La Pass.
- Trekking socks (4-5 pairs)

Trekking Equipment:

- Trekking Poles
- Backpack (durable 30-40L daypack)
- Trekking companies provide a Duffle Bag (optional).
- Water Bottles (Two 1-liter bottles)
- Sleeping Bag: A high-quality, 4-season sleeping bag

Personal Accessories:

Headlamp/Flashlight

Sunglasses

Sunscreen & Lip Balm with high SPF (50+)

Trekking Towels

Toiletries:

- Toilet Paper and Wet Wipes
- Sanitizer Gel
- Biodegradable Soap & Shampoo
- Toothbrush and Toothpaste

First Aid and Medication:

- Altitude Medication (Diamox)
- Blister Treatment: Moleskin, band-aids, and antiseptic cream for blister management.
- Painkillers: For headaches, muscle pain, or altitude sickness.
- Water Purification Tablets/Drops
- Personal Medication: Any prescribed medication you need during the trek.

Electronics and Gadgets:

- Camera/Phone
- Power Bank (20,000mAh or more)
- Portable Solar Charger (optional)
- Adapters
- Snacks and Supplements:
- Energy Bars, Nuts, Dried Fruits: Quick energy boosters during long trekking days.
- Electrolytes
- Protein Bars/Protein Powder
- Instant Coffee/Tea Pack

Documents and Essentials:

- Passport and Visa
- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (Trekking Information Management System)
- Insurance Documents
- Cash

Optional Items:

- Notebook and Pen
- Travel Pillow
- Reading Material
- Binoculars (optional)

Annapurna Circuit Sleeping Bag Rating

You will encounter a wide range of temperatures for the Annapurna Circuit Trek. The temperatures in higher altitudes like **Thorong La Pass** (5,416 meters) and Tilicho Lake (4,919 meters) can drop well below freezing. A sleeping bag with a comfort rating between -10°C to -15°C is ideal to ensure a comfortable night's sleep in these colder regions. This rating allows you to stay warm even in the harshest conditions at higher elevations. Choosing a 4-season sleeping bag that is both **lightweight** and *easily compressible is advisable, making it more convenient to pack and carry.*

Packing Tips for Annapurna Circuit & Tilicho Lake Trek

Layering: Since the trek will take you through varied climates, it is essential to dress in layers. You can add or remove layers depending on the temperature.

Pack Light: Avoid overpacking. You should keep your backpack around 9-10 kg and let your porter carry any extra weight.

Break in New Gear: Make sure all new items, especially shoes and backpacks, are broken in before the trek to prevent discomfort and injuries.

FAQs

How long is the Annapurna Circuit trek?

The Annapurna circuit trek is approximately 160 to 270 kilometers long. The distance mainly depends on the specific route you will choose based on your preferences. You can complete this trek within 15 to 20 days of challenges. Encircling Annapurna massif, you will pass through diverse landscapes and rugged terrain for this adventure.

How difficult is Tilicho Lake Trek?

The Tilicho Lake trek is considered to be a challenging adventure. The involvement of high altitudes,

remote locations, and steep ascents increases the difficulty of your overall journey. Also, you have to navigate narrow paths and rugged terrain, which also can be quite challenging. To complete this adventure, you must need proper acclimatization and physical fitness.

Which is better, Annapurna Circuit or base camp?

The choice of your trek completely depends on your personal preferences. If you are a beginner and looking for an easy trekking trail with shorter days, Annapurna Base Camp can be the perfect option, similarly, if you want some thrilling adventure with some challenges. The Circuit Trek is for you. For the close-up views, ABC is better than Annapurna Circuit.

Which is the hardest hike in Nepal?

Although the Annapurna Circuit with Tilicho Lake trek is challenging, the Dhaulagiri Circuit Trek tops it in terms of difficulty. Considered to be the hardest hike in Nepal, with the Dhaulagiri Circuit Trek, you will pass through extremely high altitudes and challenging weather. It is only suitable for experienced trekkers, while a beginner with proper preparation can complete the Annapurna Circuit trek.

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal