

Annapurna Circuit with Tilicho Lake Trekking - 13 Days

URL: <https://nepalalternativetreks.com/trip/annapurna-circuit-with-tilicho-lake-trekking/>

Duration 13	Per Person Cost USD 710	Difficulty Moderate
Weather -10°C to 18°C	Accommodation Lodges	Meals Breakfast, Lunch, Dinner
Religion Buddhist, Hindu	Transportation Overland	Max Altitude 5416m
Region of Nepal Annapurna Region	Ethnic People Gurung, Thakali, Tamang	Daily Activity Approx. 5 - 6 hours
Best Seasons March, April, May, Sept, Oct, Nov	Geographic Terrain Mountain, Forest, Village, Lake	

Trip Highlights

- Trek to the beautiful Tilicho Lake at 4919 meters.
- Conquer Thorong La Pass, one of the highest passes in the world.
- Discover the natural and cultural beauty of the Annapurna region.
- Trek through the magnificent gorges, waterfalls, and glaciers.
- Witness the spectacular mountain views of Annapurna, Gangapurna, Manaslu, Dhaulagiri, Tilicho, and Nilgiri.
- Walk through the forests of rhododendrons, oaks, and highland pastures.
- Trek through the Annapurna Conservation Area and witness the diverse biodiversity.
- Visit the sacred pilgrim site, the Muktinath temple.
- Explore the unique cultures and traditions of the Gurung, Tamang, and Thakali ethnic communities.

Weather

January

-10°C to 5°C

February

-8°C to 7°C

March

-5°C to 10°C

April

-2°C to 12°C

May

0°C to 15°C

June

5°C to 17°C

July

7°C to 17°C

August

7°C to 18°C

September

5°C to 16°C

October

-2°C to 12°C

November

-5°C to 8°C

December

-8°C to 6°C

Trip Overview

Overview

The Annapurna Circuit with Tilicho Lake Trekking starts from Kathmandu as you drive to Chame via Bulbule. From Chame, you start your 13-day journey. The trekking route takes you through many rustic villages and settlement areas. As you gain altitude, you begin to notice the change in vegetation as the terrain gets barren.

Once you reach Manang, you acclimatize there for a whole day. The town is a famous acclimatization stop, and you can spend the day exploring the famous landmarks around Manang. The trail then takes you to Tilicho Lake via Khangsar. The views of Tilicho Lake and its surroundings are the main highlights of this trek.

After enjoying the views of the pristine lake, you challenge yourself to conquer the Thorong La Pass, one of the highest passes in the world. The trail then takes you to the Muktinath temple, a sacred pilgrimage site for Hindus and Buddhists. From Muktinath, you head to Jomsom and then fly to Pokhara. The trek comes to an end as you head back to Kathmandu via the Prithvi Highway.

With Nepal Alternative Treks and Expedition's Annapurna Circuit and Tilicho Lake Trek, you get to explore the marvelous beauty of the Annapurna region. Along with it, the warm hospitality and unique cultures of the local Gurung and Thakali communities make the trek more attractive.

About Us

Nepal Alternative Treks and Expedition guarantees to provide the best services during your stay in Nepal. The services we provide are top-class and per your liking. You can customize your trip itinerary as well. We have the best-certified staff and guides to plan your trips. Join us to make the most out of your journey in Nepal.

13 Days Annapurna Circuit with Tilicho Lake Trekking Day-to-day-Itinerary

Day 1: Drive to Besisahar

After an early breakfast, you hop onto the bus that will take you to Besisahar. You drive along the highway and enjoy the scenic views of the lush green hills. From Dumre, you head up to Besisahar. Overnight in Besisahar.

Destination:	Accommodation	Altitude:
160km drive to Besisahar(Avg.5 hours)	Hotel Yumphu or Similar category	(840 m./2772ft.)

Meals

Breakfast, Lunch, Dinner

Day 2: Drive to Chame

After an early breakfast, you drive towards Chame today. The ride will take around 4 hours in total, with brief rests in between. The vehicle will take you along the scenic hills. The road trip to Chame is rough and dusty as the roads are not well-made. Enjoying the views of the hills and valleys, you arrive at Chame. Overnight in Chame.

Destination:	Accommodation	Altitude:
55km drive to Chame (Avg. 4 hours)	Royal Garden Lodge or Similar category	(2,860m./9438ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Upper Pisang

Today is the first day of the trek. After an early breakfast, you venture along the Marsyangdi River. The trail starts with a steep trail into the dense forest. As you walk deep into the forest, you come across a

spectacular view of Paungda Danda rock. After that, the trail again ascends, and you head to Upper Pisang. The village of Upper Pisang has several homestays and teahouses. Overnight in Upper Pisang.

Destination:	Accommodation	Altitude:
15km Uphill hike (Avg. 6 hours)	Mandala Hotel or Similar category	(3,230m./10659ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Manang

After breakfast, you hit the trail that goes along the barren landscape towards Manang. The trail opens up to the beautiful views of Annapurna and Pisang. As you gain altitude, the vegetation starts to get scarce. The Barge monastery is on the way, and you can make a quick trip of the place. After trekking for about 5 hours, you arrive at Manang. Overnight in Manang.

Destination:	Accommodation	Altitude:
14km Uphill hike (Avg. 6 hours)	Hotel Tilicho / Gangapurna Hotel	(3,450m./10350ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Acclimatization at Manang - Explore around

Since you'll be going to higher elevations, it is necessary to acclimatize yourself to the surroundings. The beautiful village of Manang is the best place to acclimatize. After breakfast, you head to the Himalayan Rescue Center and attend a session on how does rescue operations work. Then, you head to observe the majestic Gangapurna Lake and the glacier. In the afternoon, you can explore the village.

Destination:	Accommodation	Altitude:
Excursion around	Tilicho Hotel/ Gangapurna	Hotel(3,450m./10350ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Tilicho base camp

The trek resumes after a hearty breakfast. From Manang, you head west towards Khangsar Khola. The trail gets steeper as you start gaining altitude. Once you cross the river, you reach Khangsar. Then, you

ascend again to reach Shree Kharka. En route, you get to see the fantastic views of mountains like Annapurna and Gangapurna. From here onwards, the trail is easy, and you arrive at Tilicho Base Camp . Overnight in Tilicho Base Camp.

Destination:

16km Uphill hike
(Avg. 7 hours)

Accommodation

New Himalayan Hotel or
Similar category

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 7: Walk to Shree Kharka

You wake up to the picturesque views of Tilicho Peak and have your breakfast. You ascend to a steep slope and head to explore the Tilicho Lake. The trail continues along the pastureland, where you can see yaks and deer. After crossing the pastureland, you arrive at the breathtaking Tilicho lake with the Tilicho Peak in the backdrop. You return to the base camp after exploring the lake area and then descend to Shree Kharka . Overnight in Shree Kharka.

Destination:

16km Uphill hike
(Avg. 6 hours)

Accommodation

Himalayan hotel or
category

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Ledar

After cleaning up and having breakfast, you descend back through the trail you took to ascend. As you descend, you arrive at Tare Gumba, an ancient monastery. You can do a quick tour of the place if you want. Then, you head towards Khangsar village, and from there, you head towards Thorong Khola Valley. You ascend to a plateau after crossing Thorong Khola, which then leads you to Yak Kharka. You walk further ascend to Ledar. Overnight in Ledar.

Destination:

12km Uphill hike
(Avg. 5 hours)

Accommodation

Dhading Laxmi Hotel or
category

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Phedi

After cleaning up and having breakfast, you start the trek towards Thorang Phedi at the altitude of 4600 meters. Leaving behind Yak Kharka, you descend and continue to trek along the river and cross it. Then, the trail steeply ascends. Enjoying the mountain and valley views, you arrive at Thorong Phedi. Overnight in Phedi.

Destination:

9km Uphill hike
(Avg. 4 hours)

Accommodation

Thorong Phedi Base Camp(4,600m./14820ft.)
Lodge or Similar category

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Muktinath via Thorong La Pass (5416m.)

Today will be the longest day of the whole trek. You have an early breakfast and hit the trail that steeply ascends to the majestic Thorong La Pass, which is the highest point of this trek. From this pass, you can see the panoramic views of several mountain ranges like Annapurna as well as the alluring landscape. Then, you descend into the valley, enjoying the views arrives Muktinath. Overnight in Muktinath.

Destination:

18km Uphill hike
(Avg. 9 hours)

Accommodation

Town house or Similar(3,760m./12408ft.)
category

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 11: Trek to Marpha

You wake up early today and head to Muktinath Temple to pray. It is a sacred temple to both Hindus and Buddhists. After praying, you have your breakfast and hit the trail that goes along the austere landscape. The route leads you to Kagbeni, a village in the Kali Gandaki Valley full of beautiful sceneries. Enjoying the views, you then descend to Mustang district as you follow the Kali Gandaki River. Following the route along the flat terrain, you arrive at Marpha for the overnight stay.

Destination:

14km Uphill hike
(Avg. 6 hours)

Accommodation

Hotel Paradise or Similar(2,650m./8745ft.)
category

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 12: Drive to Pokhara

This is your last day in the lap of the mountains. You have breakfast in the early morning and jump on bus ride to Pokhara. You will enjoy an adventurous and exciting drive through World's deepest Kaligandaki Gorge, Rups water fall and natural hot spring - Tatopani along the road. Overnight in Pokhara.

Destination:

160km Drive
(Avg. 6 hours)

Accommodation

Hotel Kausi

Altitude:

(820m./2706ft.)

Meals

Breakfast, Lunch

Day 13: Drive to Kathmandu

Finally, the trek has come to an end, and you say goodbye to the majestic Annapurna range. After breakfast, you board on tourist bus that will take you back to Kathmandu. The drive through the Prithivi Highway is pleasant as you enjoy the beautiful sceneries of the hills and rivers. By late afternoon, you arrive at your hotel.

Destination:

200km Drive to Kathmandu(1295m./4273ft.)
(Avg. 6 hours)

Altitude:**Meals**

Breakfast

What do you get in the Trip?

- Tribhuvan International Airport Transfer (Airport + Hotel + Airport) in Kathmandu.
- One night hotel accommodation (Hotel Kausi) in Pokhara.
- Lodge (Twin share basis) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) along the trek.
- One highly experienced, first aid trained, fluent English speaking, local language speaking, friendly and government authorized trekking guide and required porters (one porter for two persons).
- Guide/ Porter's food, accommodation, salary, insurance, transportation and equipments.
- Overland transportation as per mentioned in the itinerary.
- Annapurna conservation area project (ACAP) and necessary permits .
- A trekking map, duffle bag, Oxygen saturation check up every day, Trekking completion certificate and company T-shirt etc.
- Government tax and service charge etc.
- Assistance for Emergency Rescue Evacuation.
- Public Liability Insurance .

Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, desert, battery charge, hot shower, laundry, phone bill and bar bill.
- Personal Travel insurance.
- Tips for guide and porters. (Highly suggested).

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 1	USD \$950.00 PP USD \$850.00PP
Group Of 2 - 4	USD \$810.00 PP USD \$710.00PP
Group Of 5 - 8	USD \$780.00 PP USD \$680.00PP
Group Of 9 - 12	USD \$750.00 PP USD \$650.00PP
Group Of 13 - 16	USD \$720.00 PP USD \$620.00PP
Group Of 17 - 20	USD \$690.00 PP USD \$590.00PP
Group Of 21 - 24	USD \$660.00 PP USD \$560.00PP

Route Map

13 Days

Annapurna Circuit with Tilicho Lake Trekking Route Map



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Legend

Difficulty Level: Moderate

Main Hiking Route: ———

Secondary Route: ·····

View Point:

Mountain:

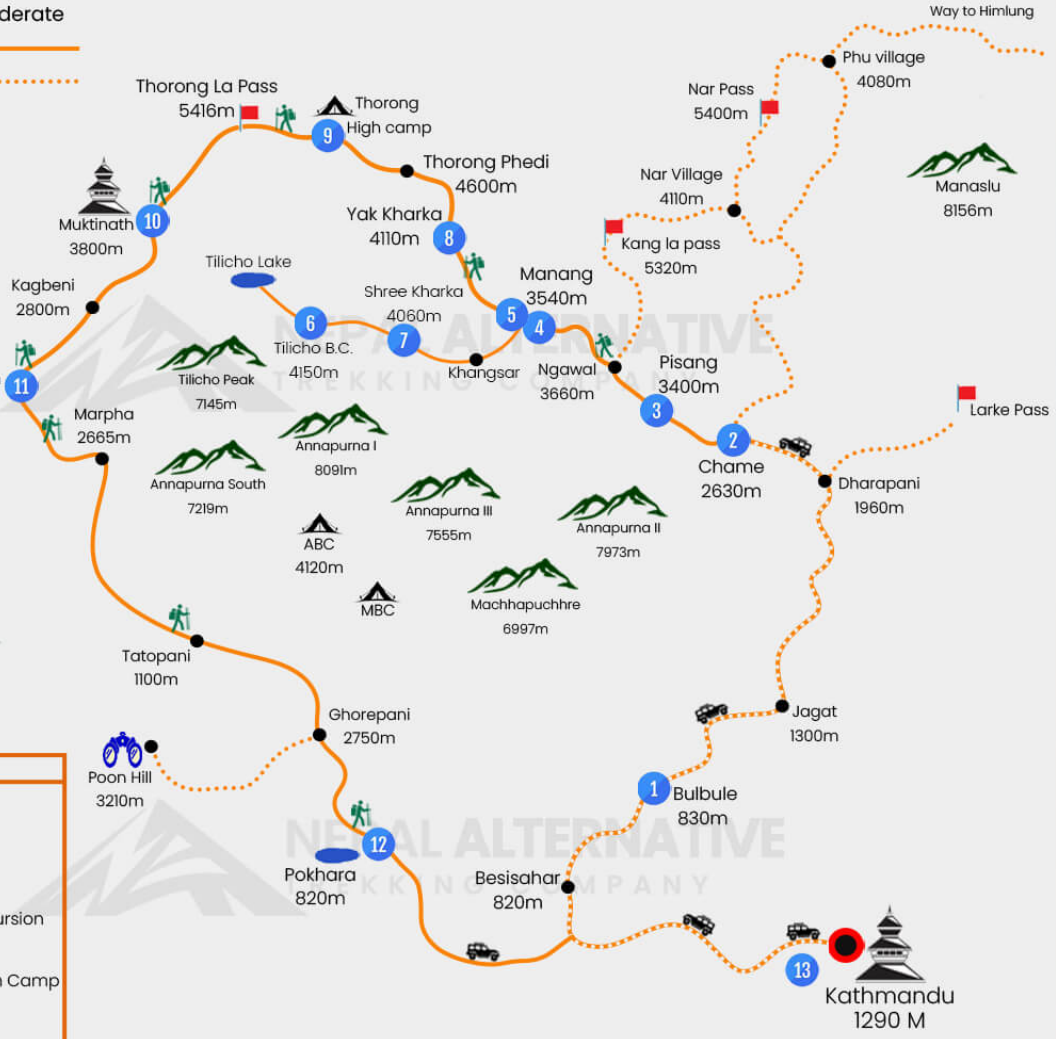
Lake:

Monastery:

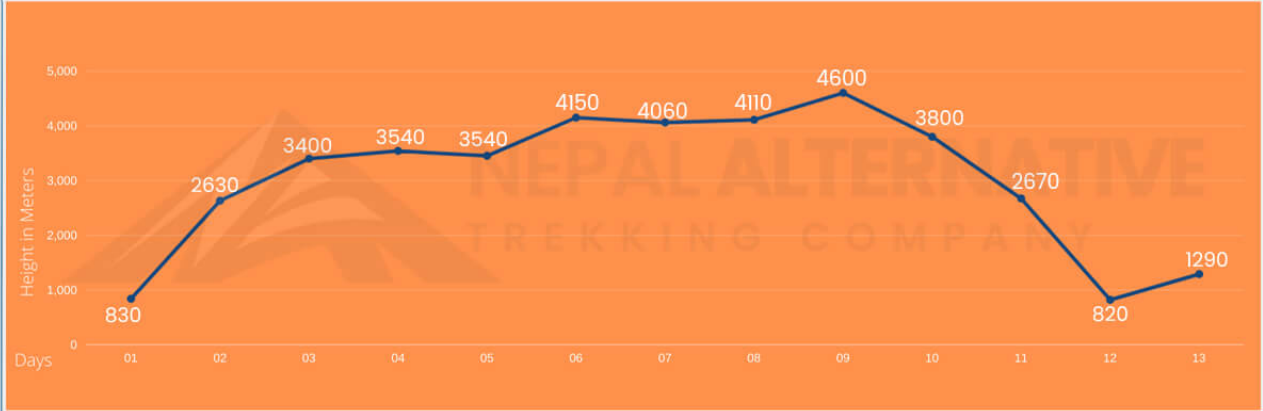
Pass:



Itinerary Highlight	
Day 01:	Bulbule
Day 02:	Chame
Day 03:	Pisang
Day 04:	Mangang
Day 05:	Manang Excursion
Day 06:	Yak Kharka
Day 07:	Thorong High Camp
Day 08:	Muktinath
Day 09:	Marpha
Day 10:	Pokhara
Day 11:	Kathmandu



Altitude Chart



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[Download Route Map](#)

ESSENTIAL INFO

Best time to visit Annapurna Circuit with Tilicho Lake

The best time to do Annapurna Circuit with Tilicho Lake Trekking is during the spring and autumn season. During this time of the year the climate, temperature, and weather are stable and suitable in Nepal. Besides, if you travel here during this time of the year you will fully enjoy the beauty of the surroundings. Therefore, if you travel here during this time then it can double your fun and experience. However, this trek also can be done during the monsoon season.

Annapurna Circuit with Tilicho Lake Difficulty

The difficulty level of this trek is moderate. However, it's a 13-day long trek so it can be done by a rookie or new trekker. If you are a new trekker, then you might face the difficulty of altitude sickness. Therefore, an experienced guide is highly recommended. Similarly, you will have to hike through rugged and rocky terrains on your trek. So, make sure you are prepared for the difficulty. This trek tests your stamina so be prepared for that as well. In addition, you should be mentally tough. The remote route, unpredictable weather, and limited facilities and connectivity can mentally stress the trekkers. So you need to have mental resilience. It is recommended that you do exercises to build your physical stamina and endurance. Trekking research can help you to mentally prepare for the Annapurna Circuit with Tilicho Lake Trekking difficulty.

Acclimatization Day During the Trek

Acclimatization is crucial for minimizing the risk of altitude sickness. It is the process of letting your body adjust to the high elevation and its surroundings. During the Annapurna Circuit with Tilicho Lake Trek, trekkers will need to acclimatize. The highest point of the trek is 4,919 meters at the Tilicho Lake. Hence, many trekkers will experience altitude sickness due to the high elevations.

Nepal Alternative Treks' Annapurna Circuit with Tilicho Lake Trekking itinerary has an acclimatization day at Manang. Manang is situated at an elevation of 3,450 meters and serves as an important stop during our trek. During acclimatization, it is necessary to stay active. So, we will spend a day exploring around Manang and letting our body adjust to the surroundings. We will visit the Himalayan Rescue Center and attend a session. Likewise, we will observe the Gagapurna Lake, and glacier, and explore the village.

During the trek, trekkers should keep themselves hydrated. They should avoid excessive caffeine and alcohol intake. Excessive smoking is also not recommended. If trekkers experience altitude sickness symptoms despite acclimatization, they can take medications. But if the symptoms persist, immediate descent to a lower elevation is necessary.

Meals and Accommodation

We provide the Lodge with twin share basis accommodation during the trekking. Similarly, all meals include Breakfast, Lunch, and Dinner during trekking. Likewise, we also provide Western and Nepali foods which are very healthy. In addition, the lodges we provide are very secure and comfortable too. But we don't provide any kinds of soft and hard drinks. Also, trekkers have to bear the expenses for hot

showers, laundry, phones, and bar bills by themselves. Hotel accommodation and meals in Kathmandu are also not included in our package.

Last Minute Booking For Annapurna Circuit With Tilicho Lake

If you missed booking in advance and looking for a last-minute booking for Annapurna Circuit with Tilicho Lake Trek, Nepal Alternative Treks is here for you. We provide last-minute bookings with no additional or hidden charges. You can book the trek 24 hours before the scheduled departure and leave everything to us. We will make sure to comply with your needs and preferences and help to arrange a memorable trekking experience.

We have 24/7 customer service so you can contact us anytime. Also, we provide an online briefing before your departure and our departure dates are 100% guaranteed. You can contact us via phone (+977-9851130491) or email address (info@nepalalternativetreks.com) for further information or queries.

Documents and Paperwork Needed For ACT With Tilicho Lake Trek

Trekkers will need to obtain certain documents and paperwork for the Annapurna Circuit with Tilicho Lake Trek. It includes the following:

Visa

Without a visa, foreigners cannot enter Nepal. So, foreigners need a Nepal visa to travel across Nepal. The visa can be obtained before arriving in Nepal via the Nepal Embassy situated in the respective country. Another option is to obtain the visa on arrival at the Tribhuvan International Airport, Kathmandu. The costs for a visa are as follows:

- 15 days single entry: USD 30
- 30 days single entry: USD 50
- 90 days single entry: USD 120

TIMS Card

Every trekkers need to obtain the TIMS (Trekkers Information Management System) card for trekking in Nepal. The card takes the information of the trekkers including their name, nationality, itineraries, emergency contact, etc. This information helps to ensure the safety and security of the trekkers during emergencies or at times of natural disasters. The card can be obtained through a government-registered trekking agency in Kathmandu or Pokhara.

- TIMS card: NPR. 2000 for foreigners and NPR. 1000 for SAARC nationals

ACAP

Another document and paperwork trekkers need for the Annapurna Circuit with Tilicho Lake Trekking is the Annapurna Conservation Area Project Entry Permit (ACAP). The trekking routes access the conservation area. Similarly, the project supports the preservation of the region's nature and cultural heritage. Hence, trekkers have to get a permit. It is available in Kathmandu as well as in Pokhara. You

can also obtain the permit at the checkpoints but it can cost additional fees.

- ACAP: NPR. 3000 for foreigners and NPR. 1000 for SAARC nationals
- Note: Children below 10 years are free

Travel insurance

You need travel insurance for the Annapurna Circuit with Tilicho Lake Trek. The travel insurance should cover the medical expenses along with emergency helicopter rescue and treatment at higher elevations. Since the trekking route lies in remote and high elevations, there is a risk of altitude sickness. The travel insurance helps to cover the medical expenses that can potentially occur.

Similarly, travel insurance can also cover incidents like baggage loss, trip cancellation, or postponement. Ensure that you fully understand the terms and conditions of the travel insurance before you buy one. Make sure it has everything that covers the potential risks, expenses, and emergencies.

Fitness and experience requirements

Annapurna Circuit with Tilicho Lake Trekking is 13 days. So, you need to be both physically and mentally fit. In addition, you should have experience climbing small peaks because if you try to climb this peak then it will be difficult for you to complete this trek. So, we recommend you first climb small peaks and then come after to climb this peak. In addition, if you decide to do this trek despite your lack of experience then we highly recommend hiring an experienced guide. Furthermore, you should not have any heart and blood-related diseases. Most importantly, you should be very passionate about the trek.

Climate and weather

The temperature of Annapurna Circuit with Tilicho Lake Trekking is mostly stable and moderate. It is normally 15°C-20°C throughout the year. So, it is suitable throughout the year. Annually, a lot of trekkers trek here. But, the best time you could get to visit here is during the spring and autumn seasons. During this time of the year, you will experience the best climate and weather.

Safety and security

Annapurna Circuit with Tilicho Lake Trekking is a moderate-level trek, but it can get a little difficult for new trekkers. Therefore, the safety and security of the trekkers are important factors for our company. Similarly, we take full care of our consumer and their property. Similarly, our trip constantly operates monitoring every area of our travel. So, you should not worry about your belongings when you are traveling with us. Likewise, the accommodation facility we provide is also very safe for your stay. So, you can fully enjoy yourself.

Gear List

Gears required for the trek vary upon destination and season. During the Annapurna Circuit with Tilicho Lake Trekking, trekkers will go from lowland to highland regions and then descend on lowland. Thus, the weather and temperature can vary depending on the elevation. As you move to higher elevations, the

weather starts to change rapidly and become unpredictable. Therefore, you should prepare proper gear to make your trekking experience more comfortable.

Trekkers need to prepare proper clothing items to suit the varying temperatures. It can be warm in lower regions but can get cold as you move to the higher regions. So, carry long-sleeved shirts, lightweight pants, down jackets, windproof/waterproof jackets, insulating layers, moisture-wicking thermal inner wears, socks, and gaiters. Similarly, carry hats, scarves, sweaters, and gloves to keep yourself warm in higher elevations.

A lightweight and sturdy boot helps you to hike on uneven terrains more comfortably. It should also have good ankle support to prevent any injury. Trekkers will also need a good backpack of 40-50 liters with an adjustable strap. As you will have to carry all the equipment and supplies, it needs to be comfortable to carry. The other great list includes an adjustable trekking pole, sleeping bag, raincoat, thermal/water bottle, headlamp, charging devices, and adapters.

Trekkers can also carry power banks, extra batteries, toiletries, and personal hygiene products. The Annapurna Circuit with Tilicho Lake Trek lies in remote areas so there are limited facilities and amenities. Proper gear preparation can help to make the challenging trek a little more comfortable. Similarly, it can also aid in the safe trekking journey.

Frequently Asked Questions

Is this trek safe for tourists?

Yes, this trekking area is safe for tourists. Annapurna Circuit with Tilicho Lake trek route has not been affected by the earthquake in 2015. Also, there is no burst of epidemics or viral diseases or covid-19 . The country is politically stable. However, sudden non-violent protests and occasional strikes are frequent. They usually do not have much impact on tourists, but it is better to avoid leaving hotels on such days. We also recommend you to keep yourself updated with the local news.

The government and other respective bodies are continuously are trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of accommodation in different trekking trails for tourists.

What are the physical fitness and other criteria required for this trek ?

Although it is a moderate trek, some of the days, trails pass through the steep lanes with climbs and ascents that can be demanding and tiresome, so it is beneficial for all travelers to exercise daily from a month before their trip. This helps the body get accustomed to the physical work required during the journey.

Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek and are advised to seek medical advice or consent from their doctors before the trek.

When is the best season for this trek ?

The best season to trek in this route is during autumn (September to November) as the weather is stable, dry, and clear. Also, the atmosphere is merry during these seasons, as autumn is the major festive season of the country. Another favorable season for trekking is during spring (March to May) as the trails become more vibrant and pleasing with the blooming of different wildflowers and Rhododendrons. The days are clear and perfect for trekking.

December to February is the coldest time of the year. From June to August, the region experiences the summer season. Humidity increases along with the temperature. Hence, the monsoon starts, which makes the skies cloudy, and the roads muddy and slippery. There are chances of flooding and landslides throughout the country as well.

Is Travel Insurance compulsorily required to trek in this route ? Does your company pay for the Travel Insurance of guides and porters?

While booking a trek with us, we do require you to have travel insurance that must cover medical and emergency helicopter rescue with evacuation expenses at 5500m. altitude for trekking members. You should provide the insurance documents before you depart for the trek.

If you do not or cannot find an appropriate insurance policy, we will assist you with one. It will help you in potential altitude sickness and unforeseen events due to sudden weather changes.

Yes, we do pay for the insurance policy of our team members. Nepal Alternative Treks fund the expenses for insurance of all of its members along with their meals, salary, lodging, transportation, and other necessary equipment.

What is Acute Mountain Sickness? What happens if we fall sick?

As you ascend, the atmospheric pressure decreases. Hence, the amount of oxygen available also decreases. When your body is unable to acclimatize adequately to a rapid decrease in oxygen volume, altitude sickness occurs. Its symptoms are nausea, vomiting, headache, lack of appetite, exhaustion, muscle aches, rapid pulse even at rest (+/- 120 beats per minute), and insomnia.

To avoid AMS, our itineraries include acclimatization days in between. You should walk at a slow and steady pace, eat enough carbohydrates, and drink plenty of water. You could eat chocolates and toffee while walking and avoid alcohol and smoking.

Our guides are well-trained to handle emergencies like AMS and other sicknesses. They know how to use an oxygen meter to monitor blood oxygen saturation levels at high altitudes. They can facilitate you with other medical kits (First Aid) and health check-up as per necessity.

If you happen to have symptoms of AMS or the feeling of being sick, you have to report it to your guide immediately. You must not ascend any further, take rest, and take medicines like acetazolamide or Diamox. If symptoms persist, you must descend to a lower altitude and visit a doctor immediately. If the condition seems to worsen, we shall coordinate with your insurance company for helicopter evacuation.

Can we change money along the trek ? Can we pay by credit card or foreign currency ?

You can change money in Manang and Jomsom but you may not get a good rate as Kathmandu. We recommend you to change money at Thamel. Credit card and foreign currency are not accepted along the route. You will find cash machines (ATM) in Jomsom and Manang but you are better to take enough cash from Kathmandu.

What is the weight limit for porters ?

Usually, we arrange one porter for two trekkers, and one porter carries weights up to 20 kilograms. Hence, each trekker's luggage should weigh only up to 10 kilograms. However, if your essentials weigh more than that, we can provide you a personal porter with some additional costs.

What kind of food will be provided during this trek?

Our package includes three meals per day, breakfast, lunch, and dinner. Dinner and lunch include the authentic Nepali Daal-Bhat (rice and lentils) along with seasonal vegetables, spinach, and pickle. If you do not like it, you can choose any item from the wide range of menu offered by the lodges.

Tea houses and lodges serve Nepalese, Asian, and Continental food, and even pizzas. The food is prepared hygienically, but the taste of western food might not meet your expectations as there are minimal resources available. We usually suggest eating vegetarian food to avoid falling ill. We ensure hygienic food and clean kitchen to avoid food poison and enough nutrition and immunity needed for the mountain walk.

How can drinking water be managed in the mountain ?

Bottled plastic water is readily available along route at USD 1 per liter. However, we recommend you carry your own water bottles. You can fill them up with filtered water wherever possible and purify them using chlorine or iodine. We shall provide water, purification drops, and tablets. You can fill up safe drinking water stationed in Annapurna Conservation Area.

How long will we have to hike each day during the trek?

An average day of trekking involves around 4 to 6 hours of hiking, including breaks for meals as needed. The average distance covered depends on the terrain and altitude, but ranges from 10 to 15 kilometers on average.

Along the way, you will have many chances for photography and other personal interests such as bird watching and discovering local areas of interest like natural springs, hot water ponds, and even exploring flora and fauna.

What are the documents that we need to bring for this trek ?

You need to submit the following documents that should be sent via email :

- A copy of passport,
- Passport-sized photos,

- Flight details,
- Copy of travel insurance (it has to cover Heli rescue and medical evacuation) and other documents required to claim it.

What are the accommodation arrangements during the trek?

In this trekking trail, the accommodation options are teahouses and lodges only. Nepal Alternative Treks generally manages your accommodation in best available teahouses or lodges that provide single or double rooms, mostly in dormitory-style. The bed has a mattress, pillow, and blanket. Very few teahouses offer a room with a heater, and the blanket provided by the teahouse alone will not be enough to withstand the cold. So, it would be better to carry a warm sleeping bag. You can buy or hire one at the rental shops in Kathmandu.

What kind of toilet facilities are there? Will we be able to take a shower in Mountain regions?

Lodges and teahouses in this trekking route have excellent infrastructure and are likely to have western-style toilets, and sometimes even attached toilets. Finding toilet paper is costly in these areas, so we advise you to carry plenty of your own.

If you need to use the toilet while trekking, we will try to find the nearest lodge, if possible; otherwise, you will have to manage it somewhere in the forests. Please respect the environment by placing the used toilet paper in a plastic bag so that you can dispose of it later.

Usually, Nepal Alternative Treks arranges accommodation with proper shower facilities. Please understand that it becomes difficult to arrange running showers and hot water facilities as the altitude increases. So, in remote mountainous regions, showers cost some extra money.

Can we hire trekking gears in Kathmandu?

Yes, there are plenty of shops around Thamel that sell as well as rent all the necessary gear for trekking. These shops have great varieties of goods ranging based on their brand as well as price. We will help you with buying or hiring all the necessary equipment. Yes, there are plenty of shops around Thamel that sell as well as rent all the necessary gear for trekking. These shops have great varieties of goods ranging based on their brand as well as price. We will help you with buying or hiring all the necessary equipment.

Is it possible to recharge batteries and electronics during the trek ?

Nowadays, all kinds of facilities, including recharging batteries and electronics, are available in this route and also have electricity and recharging facilities available for a minimal service charge.

Also, note that the Nepalese plugs are of Type D, and the voltage is about 220-240 V. So, make sure that your devices are chargeable. Otherwise, you shall require adapters and voltage stabilizers.

Is it possible to communicate with friends and family back home while on trek ?

There are mobile networks, internet data, and Wi-Fi available in some parts of this region, and you can

connect to your friends and family back home.

For mobile network and internet data, you will require a Nepalese SIM-Card. If you wish to buy a Nepalese SIM-Card, we will assist you in getting it. You can buy a SIM-Card from local distributors easily with some fees. We recommend **Namaste** SIM to have better network coverage and 4G data uses.

What if the guide/porter leaves alone on the trail?

Guides and porters will always walk together with you, but, sometimes in case if there is no communication available to reserve lodge in advance, your porter may have to go ahead to book a room in an excellent lodge for the night. Our guides /porters will not leave you behind otherwise.

If by any chance such a circumstance occurs, you have to contact us immediately. We will then connect to our guides/porters and get back to you. We assure you.

What is the weather and temperature like we can expect during the trek?

The temperature could range around and above 25 degrees Celsius in summers and decrease below -20 degrees Celsius in winters. During autumn and spring, temperature ranges around 10 to 20 degrees Celsius, making it suitable for trekking purposes.

Is there a risk of altitude sickness during the Annapurna Circuit with Tilicho Lake Trek?

Yes, there is a risk of altitude sickness during the Annapurna Circuit with Tilicho Lake Trek. The highest elevation during the trek is at 4,919 meters. The oxygen level drops after the 3,000-meter elevation. Therefore, it is common for trekkers to experience altitude sickness during the trek.

What permits are required for the Annapurna Circuit with Tilicho Lake Trek?

The trekkers will need a TIMS (Trekking Information Management System) card and ACAP (Annapurna Conservation Area Entry Permit) for the Annapurna Circuit with Tilicho Lake Trek. These permits can be obtained either from Kathmandu or Pokhara.

Do I need travel insurance for the trek?

Yes, you need to have travel insurance for the Annapurna Circuit with Tilicho Lake Trek. The travel insurance must cover your medical and emergency expenses including the helicopter rescue and evacuation expenses at high elevations. The insurance also covers baggage loss, trip postponement, or cancellation.

Can beginners do the Annapurna Circuit with Tilicho Lake Trek?

Yes, beginners can join the Annapurna Circuit with Tilicho Lake Trek without a problem. But you must have a good physical fitness. The trek can be physically and mentally demanding. So, be prepared to walk for 5 to 6 hours a day on varied terrain while on trek. Nepal Alternative Treks' package comes with an experienced guide and porter who will support beginners to complete the trek.

Should I carry medicines for the Annapurna Circuit with Tilicho Lake Trek?

If you have personal prescription medications, you should carry enough supplies to last for the duration of the trek. Additionally, you can carry medications like acetazolamide (Diamox) for altitude sickness, painkillers, allergy medication, and antibiotics. Consult with healthcare professionals for medical advice before you begin your journey.

Address

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