

Overview

Tilicho base camps with Throng la pass trek is one of the challenging high pass trek in Nepal. In this trek we explore the Tilicho Lake. The Lake is situated 4,912 Meter high from the sea level and known as the one of the highest lake in the World.

Until the 1974 the route to Tilicho pass and base camp was almost closed for climbers and expeditions. It need 3-4 days extra days to get this Popular Lake. Since there is Tea house in the Tilicho Base camp Nowadays, camping is not required.

Final approach to the lake is done in a day hike from the lodge at Tilicho Base Camp. Most of the trekkers usually attempting the cross the watershed between Manang and Kali Gandaki Valleys over Throng La pass (5,416 M).

This combine itinerary with Tilicho Base camp trek with Tilicho Lake and Throng la pass is "a figment of some ones fantasy" and the locals in Manang had little knowledge of the route too, and were often thought to be slightly unfriendly, as they were known for not being particularly keen on working as human beasts of burden for various expeditions that had passed. When asked to porter they had simply refused! Manang is no ordinary village. Its people are heavily involved in international trade, due to passport privileges granted in the past.

Itinerary Details

Day 01 : Kathmandu (1,337 M)

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with Guide Nepal Holidays display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa customs. You will be transfer to hotel by Private Vehicle. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks/Juices. Company Manager will meet you as per your prefer time & will provide detailed Plans and Briefing about the trip. At the Evening we will offer you welcome dinner at best authentic Nepali restaurant where you can enjoy the best Nepali food and cultural show. Dinner included overnight stay at best hotel in the Kathmandu.

Day 02 : Kathmandu - Besi Sahar (760 M)

After Breakfast. Our trekking guide will come to the hotel at 07:00 hrs to pick you with private transport to leave for Besi Shahar (185km) and will take us about 6 hours. Along the journey you will witness some spectacular scenery of White Mountains, green hills, rivers and hamlets. All meals included overnight stay at Lodge.

Day 03 : Drive to Tal (1700M)

Today we take Local jeep to drive up to Tal. The newly build road allows us to drive by Local jeep. We can see wonderful views of waterfalls, village, rivers and Marshyandi Valley along the way to Tal All meals included overnight stay at Lodge.

Day 04 : Trek To- Dharapani (1860 M)

We pass on the right bank by a recently developed path. The villages are very "mountain", stone walls, slate roofs and wooden balconies. All meals included overnight stay at Lodge.

Day 05 : Dharapani - Chame (2600 M)

On leaving the village, discover our first " 8000 " prayer walls and gompas . Halfway through the village of Timang (2570 m) offers a beautiful view of Manaslu. A Koto, Annapurna II is in focus, exceptional views. All meals included overnight stay at Lodge.

Day 06 : Chame- Pisang (3060M/ 10039ft)

Estimated time: 4-5 hours We will first pass the older part of Chame and climb up to Telekhu at 2840 meter and continue with a long pleasant and mostly level walk through the forest to Brathang, which lies at 2950 meter. After the trail rounds a bend here we will see the first view of the dramatic Paungda Danda rock face, a tremendous curved slab of rock rising more then 1500 meter from the river. We will cross back to the south bank of the Marsyangdi on a suspension bridge at 3080 meter and then make a long gentle climb over a ridge through blue pine forests. After this the trek will be reasonably level as it heads to the upper part of Manang valley to Pisang. This town marks the beginning of the region known as Nyesyang, the upper portion of the Manang district. All meals included overnight stay at Lodge.

Day 07 : Pisang- Manang (440M/ 11286ft)

Estimated time: 4-5hours Today our trek will slowly climb up to the Tibetan-style village of Bryaga at 3500 meter following the valley floor. At Bryaga we will see houses stacked one atop the other, each with an open veranda formed by a neighbour's rooftop. The gompa, perched on a high crag overlooking the village, is the largest in the district and has an outstanding display of statues. We then continue through a very arid countryside, dominated by weird cliffs of yellow rock, eroded into dramatic pillars alongside the trail to reach today's destination, the village of Manang, where the shops are surprisingly wellstocked with all the things you might want to refuel on. All meals included overnight stay at Lodge.

Day 08 : Acclimatization Day At Manang

Today we stay in Manang where we can do a short hike to ascent slightly higher to for instance Khangsar, which is a 200 meter ascend. It is important to have a relatively restful day today, to allow your body to acclimatize to the higher altitudes and thinning air. It also gives us the possibility to wash some of our clothing. All meals included overnight stay at Lodge.

Day 09 : Trek To Khangsar Village (3,700 Meters). 4 Hours

After acclimatizing at Manang we continue our adventure towards the Tilicho Lake, situated on the west end of Manang following the path down to the river. After crossing the Khangsar Khola, we reach Khangsar and head towards the village region, still very traditional Tibetan and known as the Last Village of Nepal. All meals included overnight stay at Lodge.

Day 10 : Trekking To Tilicho Base Camp (4200meters) 5 Hours.

Continue from Khangsar on a large path, passing 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 the Tilicho Base Camp at elevation of 4,200m. All meals included overnight stay at Lodge.

Day 11 : Trek To Tilicho Lake (5200 Meters) And Back Down To Tilicho Base Camp (4200meters) 6 Hours.

Our journey starts early in the morning at around 6am as we trying to avoid the wind. From the Base camp to the Tilicho lake takes another 3-4 hours. Tilicho Lake is a cold barren place in the afternoon and claimed as highest lake of the world. After we spend some time around Tilicho Lake we will return same way back to Base Camp as there are no any accommodation facilities at Tilicho Lake area. All meals included overnight stay at Lodge.

Day 12 : Trek To Yak Kharka (4000 Meters) 5 Hours.

continuing on from Manang, the trails ascends by nearly 500m to Yak Kharka. We make the climb steadily through Tenki Manang, leaving the Marsyangi Valley. Continuing along the Jarsang Khola Valley, we reach Yak Kharka at 4,000m. Herds of yaks and vegetations appear to thin out. All meals included overnight stay at Lodge.

Day 13 : Trek To Thorong Phedi (4450 Meters) 5 Hours.

Again a relatively easy day to get used to the altitude before we have to cross the highest point in the trek, and possibly the highest point you have been on in your life. From Letdar we will continue to climb along the east bank of the Jarang Khola to Thorung Phedi, a rock-strewn meadow surrounded by vertical cliffs at 4420 meter. Blue sheep and even snow leopards can be sometimes seen in this valley. High in the skies above us we can see lammergeyers and Himalayan griffons circling around. All meals included overnight stay at Lodge.

Day 14 : Trek To Muktinath (3800 Meters) Via Thorung La Pass (5416 Meters) 8 Hours.

A very early start is required to reach Muktinath in the afternoon. The rise is partly carried out at night. In the top of throng la Pass, we expect a forest of prayer flags and we have outstanding views. You can see the Annapunas, Gangapurna and Khatung Kang, a heavily glaciated peak. Amazingly there is a teashop here on top of the pass at 5416 meter. From here we start a long descend of about 1600 meter with outstanding views of Dhaulagiri mountain standing alone in the distance across the valley. After the trail becomes less steep we will enter grassy fields and cross meadows to our final destination of Muktinath, which means 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 sacred pilgrimage site to both Hindus and Buddhists.

Day 15 : Trek To Jomsom (2720meters) 5 Hours.

Today we follow the trail down to the Eklebhatti, and then follow the Kaligandaki River to Jomsom. Jomsom is large town with many facilities, it is also headquarter and official town for whole Mustang district where all the government office are available for local people in Mustang. All meals included overnight stay at Lodge.

Day 16 : Morning Flight To Pokhara.

After breakfast, we will fly to Pokhara (One of best flight for real mountain scenery, just 20 min flight) then we will drive to Hotel in Pokhara by Taxi/Van or Private Vehicles. After sometime, Sightseeing tour of Devi's fall, Gupteshower Cave, Bats Cave, Mahendra cave, Seti River George, Bhidyabasini temple. This is about 3-4 hrs short tour in Pokhara city. Overnight stay at Hotel. Breakfast included.

Day 17 : Drive/Fly Back To Kathmandu (1,345meters).

Drive to Sarankot hill for sunrise tour and fly back to Kathmandu. Free in afternoon for Last Minute shopping or remaining day for Relax at hotel. Overnight stay at Hotel. Breakfast included.

Day 18 : Departure

Morning free for last Minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime.