

Annapurna Circuit Trek - 12N-13D

Walk the Legendry Annapurna Circuit, Discover Tilicho Lake

(Starting from 49999 INR)

📅 Sat, 10th Oct

📅 Sat, 17th Oct

📅 Sun, 25th Oct

📅 Sat, 31st Oct

📅 Sat, 7th Nov

📅 Sat, 14th Nov

📅 Sat, 21st Nov

📅 Sat, 28th Nov

📅 Sat, 5th Dec

📅 Sat, 12th Dec

📅 Sat, 19th Dec

📅 Thu, 24th Dec

📅 Sat, 26th Dec



Annapurna Circuit Trek - 12N-13D

Introduction

Overview

The Annapurna Circuit Trek with Tilicho Lake is a spectacular Himalayan journey through some of Nepal's most beautiful and diverse landscapes. The trek takes you from lush green valleys and charming mountain villages to rugged high-altitude terrain, offering stunning views of the Annapurna, Dhaulagiri, Manaslu, and Nilgiri ranges.

One of the biggest highlights is the breathtaking Tilicho Lake, situated at around 4,919 m, surrounded by dramatic Himalayan peaks. The adventure continues toward Thorong La Pass (5,416 m), one of the highest trekking passes in the world. Along the way, trekkers experience traditional Himalayan culture, Buddhist monasteries, scenic trails, waterfalls, glaciers, and peaceful mountain settlements.

With its combination of natural beauty, cultural experiences, challenging trails, and high-altitude adventure, the Annapurna Circuit with Tilicho Lake is an ideal choice for travelers looking to experience the majestic Himalayas of Nepal in an unforgettable way.

Summary

Trek Start & End Location	Kathmandu/Kathmandu
Base Camp	Tilicho Base Camp
Trek Start Time	6 am on day 2
Trek Duration	12N/13D
Trek Difficult	Difficult
Trek Distance	120-130 Km
Max Altitude	5,416 M
Best time To Do This Trek	March to May & September to November
Age Group Required	Between 16 to 45 Years (No age bars for champions)

416

Explore New Horizons

Booking Link : <https://trekotrip.com/trek/annapurna-circuit-trek-12n-13d-377436>

Price

Type	Price
Annapurna Circuit Trek	INR 49999

Short Itinerary

Day 1: Arrive At Kathmandu
Day 2: Kathmandu To Besisahar
Day 3: Besisahar To Manang
Day 4: Rest Day In Manang
Day 5: Manang To Shri Kharkha
Day 6: Shri Kharka To Tilicho Base Camp
Day 7: Trek To Tilicho Lake And Back To Tilicho Base Camp
Day 8: Tilicho Base Camp To Yak Kharka
Day 9: Yak Kharka To Thorong Phedi
Day 10: Thorong Phedi To Muktinath
Day 11: Muktinath To Pokhara
Day 12: Pokhara To Kathmandu
Day 13: Departure

Day Wise Itinerary

Day 1: Arrive At Kathmandu

Altitude: 1,400 M

- Welcome to **Kathmandu, the vibrant capital city of Nepal and the gateway to the Himalayas.**
- Upon arrival at **Airport**, you will be greeted by our representative and transferred to your hotel.
- After check-in, take some time to relax and recover from your journey.
- **Today is a leisure day, so go to Thamel Street, which is a renowned tourist destination.**
- **There are many restaurants, casinos, and shops where you may buy trekking gear and accessories.**
- You can also visit **Basantapur Durbar Square, also known as Kathmandu Durbar Square or Hanuman Dhoka Durbar, which is a UNESCO World Heritage site.**

Day 2: Kathmandu To Besisahar

Drive Distance: 175 Km | Drive Duration: 5-6 Hrs Approx | Altitude: 760 M

- After breakfast, drive from **Kathmandu to Besisahar, the gateway to the Annapurna region.**
- **The Scenic drive to Besisahar along the Trishuli and Marshyangdi Rivers.**
- It provides stunning vistas of snow-capped mountains and numerous picturesque alpine settlements.
- **Besisahar is the largest town in this area;** the road leading up to Besisahar is pleasant; Besisahar is a modest and lovely town on the Marshyangdi River.
- The journey covers approximately **175 km** and takes around **5–6 hours.**
- Upon arrival in Besisahar, check in at Hotel and relax.
- **Overnight stay in Besisahar.**

Day 3: Besisahar To Manang

Drive Distance: 98 Km | Drive Duration: 6-7 Hrs Approx | Altitude: 3,519 M

- On the third day of our **Annapurna Circuit trekking**, we'll head to **Manang.**
- **The road journey to Manang is one of the best in the world, the route passes through dramatic mountain landscapes, rushing rivers, waterfalls, traditional villages, and rugged Himalayan terrain.**
- **On the journey to Manang, you can see Mount Annapurna 2, Annapurna 3, Annapurna 4, Manaslu, Gangapurna, and many other Himalayan peaks.**
- **On the route, we pass by various settlements, including Taal, Chame, Upper and Lower Pissang, Ghyaru, Bragha, and many more stunning ones.**
- The entire route follows the **Marshyangdi River**, with deep gorges at the beginning and a flat river at high altitudes.
- **When you enter Manang, you will see chortens, mani walls, stupas, and a wall of prayer wheels.**
- **Manang is the largest town in the Manang District. Manang is situated in a flat valley of the Marshyangdi River, offering breathtaking views of the Annapurnas and Gangapurna.**

Day 4: Rest Day In Manang

- Today is a **rest and acclimatization day in Manang**; we will get up later than usual and go on an acclimatization hike following breakfast.
- Today we will trek to a **Stupa lookout point above Manang town, which provides a breathtaking 360-degree panorama.**
- The viewpoint provides an excellent view of the **Gangapurna glacier and Gangapurna lake.**
- The massive snowcapped peaks appear to be closer to this location, as does the vista of Manang town below.
- After spending some time visiting the stupa, we shall return to Manang town and continue our **Annapurna Circuit trekking journey.**
- The rest of the day is free to spend at your leisure, whether in the lodge or exploring the gorgeous streets of Manang.

Day 5: Manang To Shri Kharkha

Trek Distance: 7.5 Km | Trekking Duration: 3-4 Hrs Approx | Altitude: 4,080 M

- Today is the Fifth day of our **Annapurna Circuit Trek with Tilicho Lake. From Manag, we go to Khangsar and then to Shri Kharka.**
- The distance between Manang and Khangsar is 5.6 kilometers.

- After we leave Manang, the trail splits into two directions: one towards **Yak Kharaka, Letdar**, and ThrongLa pass, and the other toward Tilicho Lake; we will take the Tilicho Lake path.
- We'll cross a suspension bridge and head uphill to **Khangsar**.
- **Khangsar is a high-altitude Buddhist community with traditional mud houses.**
- **After Khangsar, the trail becomes bleak and has the sensation of a chilly desert.**
- We will arrive in Shree Kharka, which is only one hour from Khangsar village.
- **Shree Kharka is a tiny settlement before Tilicho Base Camp, and most trekkers stop here before continuing on.**

Day 6: Shri Kharka To Tilicho Base Camp

Trek Distance: 6 Km | Trekking Duration: 3-4 Hrs Approx | Altitude: 4,150 M

- Today, we'll go from **Shri Kharka to Tilicho Base Camp**.
- The trail travels along the mountainside, and most of it is narrow.
- The trail winds across rocky scree slopes, and you must exercise caution while hiking.
- There will be signs indicating landslides and rockfall areas.
- This hike is not recommended in the rain or snow due to its narrow exposed trail and slope.
- Because of its distinctiveness, the path is stunning and thrilling, offering one-of-a-kind experiences.
- **Tilicho Base Camp** may be seen from a distance; it is located on the bank of the stream.
- Tilicho Base Camp is not a permanent settlement; rather, it consists of a few mountain lodges for trekkers.

Day 7: Trek To Tilicho Lake And Back To Tilicho Base Camp

Trek Distance: 17 Km | Trekking Duration: 7-8 Hrs Approx | Altitude: 4,919 M

- Today is the most crucial day of our **Annapurna circuit trek**; we will visit the most prominent destination, Tilicho Lake.
- The route to **Tilicho is steep and exhausting**, but highly rewarding. **Tilicho Lake is a breathtaking lake with blue waters. The water appears stationary because it has not flown out of the lake; there is no defined path for water to follow.**
- **Tilicho Lake is a large lake that stretches up to 4 kilometers in length and 1.2 kilometers in width.**
- **Tilicho Lake holds great religious significance for Hindus and Buddhists. There are two large statues of Lord Shiva and Buddha on the lake's edge.**
- **Tilicho Lake, also known as the Kak Bhusundi Lake, is referenced in the Ramayana. The sage Kak Bhusandi explained Garuda about the events of the Ramayana near this lake. The sage transformed into a crow while telling Garuda the Ramayana.**
- **Tilicho Lake is regarded one of the highest altitude lakes in the world, and it was once recognized as Nepal's highest lake.**
- **Currently, Nepal's highest lake is Kaji Sara Lake, which is also located in the Manang district. The view from Tilicho Lake is likewise stunning, with Mount Khangsar, Muktinath Peak, Nilgiri, and Tilicho Peak visible.**
- After spending some time by the lake, we will return to our lodge in Tilicho base camp. The return route is easy because it is mostly downhill.

Day 8: Tilicho Base Camp To Yak Kharka

Trekking Distance: 10 Km | Trekking Duration: 5-6 Hrs Approx | Altitude: 4,018 M

- Today we will reach **Yak Kharka**; the trail from Tilicho base camp to Shree Kharka is mainly downhill.
- After Shree Kharka, we follow a different trail from the main trail.
- The early path to the Yak Kharka is magnificent, winding through pine and juniper woodlands.
- The trail also travels through the historic old Khangsar settlement, which is now abandoned.
- After the old Khangsar, the trail runs alongside the mountains before meeting the main trail from Manag.
- After connecting the main path, the walk to Yak Kharka is easy.

Day 9: Yak Kharka To Thorong Phedi

Trek Distance: 6 Km | Trekking Duration: 4 Hrs | Altitude: 4,540 M

- On the ninth day of our **Annapurna Circuit trek tour**, we will go to Throng Phedi, also known as ThrongLa's base camp.
- The trail begins gradually uphill and is easy to follow; along the way, we will pass through a place named Churi Ledar, which also has a few mountain lodges.
- **After Churi Ledar**, we'll cross a suspension bridge to the other side of the river.
- After passing the hanging bridge, the trail runs beside the mountain and traverses a landside zone; this path is slightly dangerous due to rock falls, thus proceed with caution when crossing this section.
- After crossing the landside zone, you will arrive at **Throng Phedi**.

Day 10: Thorong Phedi To Muktinath

Trek Distance: 15 Km | Trek Duration: 7-8 Hrs Approx | Altitude: 5,416-3,710 M

- On the 10th day of our **Annapurna circuit trekking adventure**, we will arrive in **Muktinath via ThrongLa mountain pass**.
- On the route, we will pass via **Throngla High Camp** and, after traversing the mountain pass, we will cross **Charabu village** before arriving at **Muktinath**.
- **Thorong Phedi** To High Camp distance is 1 kilometre. The trail from Throng Phedi to High Camp is steep and zigzag; after High Camp, the trail becomes milder.
- After the high camp, we pass an iron bridge before hiking uphill to a ridge, where the trail becomes moderately difficult.
- The trail winds through numerous zigzags before reaching the summit of the **ThrongLa Pass**.
- **The first thing you'll notice when you arrive at the pass is the renowned sign that reads "THRONG-LA PASS, Congratulation for The Success!"** This signboard is completely covered in prayer flags; in fact, it is a large wall of prayer flags.
- This location includes a tiny tea shop where you may relax with a hot cup of tea or coffee. Remember to take photos and videos to commemorate your triumph at ThrongLa before continuing on to Muktinath.
- After the ThrongLa pass, the terrain of the zone changes dramatically, and you arrive in a more dry zone, known as the Mustang cold desert.
- The trail is rugged and progressively descends; along the way, we will pass through a settlement named Charabu.
- Following Charabu, the terrain is rocky but level. Finally, you will arrive at Muktinath and rest in a lodge after a long day of trekking.
- **The town of Muktinath known as Ranipauwa is where all of the lodges are located.**

Day 11: Muktinath To Pokhara

Drive Distance: 175 Km | Drive Duration: 6-7 Hrs Approx | Altitude: 822 M

- Today we will go to **Pokhara** by a magnificent road, passing through the cold desert of **Mustang**, where you can see treeless mountains and the snowcapped **Nilgiri and Dhaulagiri ranges**.
- The view from **Jhong Pass**, which is a few kilometers after Muktinath, is beautiful. After **Jhong Pass**, you descend to **Kagbeni village** and follow the route along the **Kaligandaki River** until you reach **Jomsom**.
- From **Jomsom**, the road crosses the river and continues to **Pokhara**.
- After Jomsom the road goes through the Marpha village, which is famous for its apple cultivation.
- After **Marpha** you find trees on the mountains, and slowly you will enter the dense alpine zone and cross the settlement like **Lete**. **You can get a close view of Mount Dhaulagiri from Lete.**
- After **Lete**, you will cross **Ghasa** and reach the subtropical zone. A few kilometers from Ghasa, **you will witness Nepal's largest waterfall on the right**.
- During your travel to Pokhara, you will cross the Kaligandaki River several times, and the largest town along the way is **Beni Bazaar**. Before approaching **Pokhara Valley**, you will be treated to a breathtaking view of the **Annapurna and Machhapuchhre Mountains**.
- **Pokhara is a wonderful town with spectacular views of the Annapurnas and Machhapuchhare. Phewa Lake is a big lake near your hotel with stunning views all around.**
- You can also go boating when you get to your hotel.

Day 12: Pokhara To Kathmandu

Drive Distance: 175 Km | Drive Duration: 6-7 Hrs Approx | Altitude: 1,400 M

- Today we will go to **Kathmandu by road, which takes approximately 6 to 7 hours**.
- The road travel from Pokhara to Kathmandu is likewise magnificent, with zigzag mountain roads.
- If you want, you can travel by flight to Kathmandu, which takes only 30 minutes and can be arranged at an additional cost.
- After you arrive in Kathmandu, you have the day at leisure to design your own itinerary.

Day 13: Departure

- After breakfast, check out from your hotel and proceed to **Airport** for your onward journey.
- Depending on your flight schedule, you may have some free time for last-minute shopping or exploring nearby areas of Kathmandu.
- **Your memorable Annapurna Circuit Trek with Tilicho Lake comes to an end as you depart with wonderful memories of the Himalayas**

Inclusions

- 2 nights' accommodation in Kathmandu on twin sharing basis.
- 1 night accommodation in Pokhara on twin sharing basis.
- 9 nights' accommodation in the trekking route on twin sharing basis.
- Certified guide.
- Porter to carry your personal luggage (10 kg per person).
- Kathmandu to Besisahar by bus.
- Besisahar to Manang by shared Jeep.
- Muktinath to Pokhara by bus.
- Pokhara to Kathmandu by bus.
- All necessary permits.
- First aid kit.
- Trekking Route Map.
- Airport pickup & drop.

Note - we might cover with Tilicho Lake depending on weather

Exclusions

- Travel expenses to reach and return from Kathmandu.
- Food and drinking water throughout the trip.
- Soft drinks / Beverages / Alcohols / Snacks / Chocolates Etc
- Additional accommodation and food expenses if trek gets delayed due to weather, flight cancellation, health, or any other reason.
- Health Insurance, Personal Insurance, and other travel insurance.
- Expenses for evacuation and rescue operations due to natural calamity, mishaps, injury, or any health problem.
- 5% GST + 2% TCS

Packing List

This is a list of essential items for individuals doing the trek with TrekOTrip.

- Trekking bag (60-80 liters).
- A small daypack (knapsack / backpack / rucksack) for carrying your valuable.
- 2 light weight trekking/hiking pants.
- 1 pair of waterproof trekking/hiking pants (breathable fabric).
- 3 – 4 light weight trekking/hiking t-shirts/shirts.
- Non-cotton underwear briefs.
- 4-5 pairs trekking socks.
- 2 pairs of heavy poly or woolen socks.
- Thermals – top and bottom.
- Good quality jacket to protect from cold (preferably down jacket).
- Light weight fleece jacket.
- Bandana or head scarf.
- Warm hat that covers your ears.
- Windcheater.
- Sleeping bag (-10 degree Celsius), optional, we provide blanket in Tea houses.
- 1 quick drying towel.
- Poncho (for rain and snow).
- Gaiters for hiking in winter.
- Micro Spike (for winter months).
- Good quality gloves (with extra inner layer).
- Best quality hiking shoes (preferably waterproof).
- Light weight sport shoes / sandal.
- Trekking poles.
- UV protected sunglasses (preferably dark shade).
- Water disinfection drops / tablets.
- 2 water bottles (1 liter each).
- Hand sanitizer.
- Moisturizer.
- Sun blocks (SPF 50 and above) and lip salve with sun blocks.
- Toilet paper.
- Wet-tissue papers/ baby wipes.
- Headlamp, torch with spare batteries.
- Dry fruits and chocolates.
- Small, basic first aid kit (cough and/or cold medicine, headache pills etc.).

Terms & Conditions / Cancellation Policy / Refund Policy

1. Booking & Confirmation

- Booking is confirmed only upon receipt of the required advance/payment as communicated by TrekOTrip.
- Full payment must be completed prior to departure as per the payment schedule shared.
- All passengers must provide valid ID proof and required documents at the time of booking.

2. Non-Refundable Service Fee (Mandatory Clause)

A fixed amount of INR 7,500 (Rupees Seven Thousand Five Hundred Only) per person shall be charged as a non-refundable service and processing fee for this tour.

This amount is strictly non-refundable under any circumstances, including but not limited to:

- Cancellation initiated by the client (voluntary cancellation)
- Medical reasons, personal emergencies, or inability to travel
- Delay, cancellation, or rescheduling due to weather conditions
- Natural disasters such as landslides, floods, earthquakes, or cloudbursts
- Force majeure events, including war, political unrest, strikes, government restrictions, pandemics, or travel bans
- Cancellation or disruption of flights, permits, or accommodations by third-party vendors

The above amount of INR 7,500 per person shall be deducted first and in full, before applying any other applicable cancellation/refund policy.

3. Cancellation & Refund Policy

Apart from the non-refundable amount mentioned above, remaining refunds (if any) shall be processed as per the standard cancellation policy :

- Cancellation before 25 days of the travel date a deduction of ₹7,500 per person will be applied from the booking amount. The remaining balance will be refunded.
- Between 24 and 15 days of departure - 50% of tour cost
- Between 14 and 10 days of departure - 80% of tour cost
- Between 09 and prior to date of departure - 100% of tour cost
- In case of no show - 100%
- Tour Date Change / Batch Shifting Policy: Any request by the client to shift or postpone the booked tour to another date will incur a non-refundable charge of ₹7,500 per person.
- Refund timelines may vary depending on third-party vendors and banking processes.
- No refund shall be provided for any unused services after the commencement of the tour.
- It is understood that any expenses e.g. hotels, meals, transport, telephone calls, repairing of vehicle etc) relating to the unscheduled extensions like natural calamity, break down of vehicle, any other delays which is beyond our control will be bear by the passengers and no refund will be given in any such scenario.

4. Force Majeure Clause

- TrekOTrip shall not be held liable for any cancellation, delay, or alteration caused by events beyond its control, including but not limited to:
- Natural calamities
- War, civil unrest, or terrorism
- Government orders, restrictions, or regulatory changes
- Epidemics or pandemics
- In all such cases, the non-refundable amount of INR 7,500 per person remains applicable without exception.

5. Health & Fitness / Insurance

- Any medical condition must be disclosed in advance. TrekOTrip shall not be responsible for health-related issues arising during the tour.
- In case of any injuries/illness during the trip/activity, TrekOTrip as a Tour operator or any of our local staff will not be responsible
- **We do not have any Insurance policy covering the expenses for accident, sickness, loss due to theft or any other reason.** Guest are advised to seek such Insurance in advance.

6. Responsibility & Liability

- TrekOTrip acts as a facilitator between clients and service providers (hotels, transport, etc.).
- We shall not be held responsible for any loss, injury, delay, or damage caused due to third-party services.

7. Itinerary / Tour Trek Price Changes

- The itinerary is subject to change due to weather, operational feasibility, or government regulations.
- Clients are required to remain flexible and cooperative in such situations.
- Please note that after the finalization of the Tour/ service Cost, if there are any hike in entrance fees of monuments / museums, Taxes, fuel cost or guide charges - by Govt., the same would be charged as extra.
- All the sightseeing is strictly subjected to weather condition and guidelines issued by the government or local authorities.

8. Acceptance of Terms

- By confirming the booking, the client acknowledges that they have read, understood, and agreed to all the above terms and conditions, including the mandatory non-refundable fee of INR 7,500 per person.





CONTACT

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