DESTINATION · ANNAPURNA CIRCUIT TREK

Annapurna Circuit Trek with Tilicho Lake from Kathmandu

13 Days

13 days Duration	**Kathmandu** Starts at		**Kathmandu** Ends at
September to May Best season	**5,416 m at Thorong La (high point)** Max altitude		**Strenuous** Difficulty
1 to 10 people Group size			

OVERVIEW

The trip

The Annapurna Circuit with Tilicho Lake trek is a thirteen-day teahouse trek from Kathmandu that pairs the classic circuit with a detour to one of the highest lakes in the world. From the capital a jeep carries you up to Dharapani, then you walk in through the pine forests of Chame and Pisang to Tibetan-influenced Manang, acclimatise, and climb via Shree Kharka to Tilicho Base Camp for the demanding side trip to the turquoise Tilicho Lake at 4,919 metres. Back on the main trail you cross the high Thorong La at 5,416 metres to the sacred temples of Muktinath, then drop through the deep Kali Gandaki gorge to the ochre of Pokhara and on to Kathmandu. It is a strenuous but hugely varied route on well-worn trails with comfortable lodges each night, and unlike the Poon Hill version it keeps the focus firmly on Tilicho and the pass.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 5,416 m at Thorong La (high point)
- Difficulty: Strenuous
- Best season: September to May
- Walking: about 6 to 7 hours a day

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

1 Drive from Kathmandu to Dharapani

- Long scenic drive along the Trishuli and Marsyangdi rivers via Besisahar
- Switch to a shared jeep for the rough, dramatic mountain road beyond Besisahar
- Overnight at Dharapani (1,860 m), the trailhead village where the circuit begins

2 Trek to Chame

- Ascend through Bagarchap and Danaque, where Tibetan-influenced culture appears
- Dense pine and fir forest, suspension bridges and steep gorges
- Reach Chame (2,670 m), the district headquarters, with first views of Annapurna II and Lamjung Himal

3 Trek to Pisang

- Frequent pine forest and the apple orchards of Bhratang
- Striking narrow gorge beneath the sweeping curved rock face of Paungda Danda
- Overnight at Pisang (3,300 m) as the valley opens to Annapurna views

4 Trek to Manang via Ghyaru and Ngawal

- Take the upper route via Ghyaru and Ngawal for uninterrupted panoramas of Annapurna II, III and IV, Gangapurna and Tilicho Peak
- Pass traditional Manangi villages shaped by centuries of Himalayan trade
- Descend gently into Manang (3,540 m)

5 Acclimatisation Day in Manang

- Essential rest day with a short acclimatisation hike to Gangapurna Lake and its viewpoint, or higher towards Ice Lake
- Explore Manang's bakeries, cafes and the small gompa above the village
- Overnight back in Manang (3,540 m)

6 Trek to Shree Kharka

- Leave the main circuit and follow the Marsyangdi valley through Khangsar, the last permanent village on the Tilicho route
- Climb steadily into a barren, high landscape
- Overnight at Shree Kharka (about 4,050 m)

7 Trek to Tilicho Base Camp

- Traverse rugged, exposed and landslide-prone slopes on the way to base camp
- Dry, dramatic high terrain beneath towering peaks
- Overnight at Tilicho Base Camp (4,150 m)

8 Hike to Tilicho Lake and Return to Base Camp

- Early start for the steep, demanding climb to Tilicho Lake
- Vast turquoise lake beneath Tilicho Peak and the Great Barrier at 4,919 m
- Descend back to Tilicho Base Camp for the night

9 Trek to Yak Kharka

- Retrace towards Shree Kharka and rejoin the main circuit trail
- Sparse dry alpine terrain with grazing yaks and blue sheep
- Overnight at Yak Kharka (about 4,050 m)

10 Trek to Thorong Phedi or High Camp

- Short but important day with gradual ascents and steep, exposed sections above Ledar
- Reach Thorong Phedi (4,450 m), the base for the pass, with the option to push on to High Camp (about 4,850 m)
- On arrival, rest, drink plenty of water and join a pass briefing

11 Cross Thorong La Pass and Trek to Muktinath

- Pre-dawn start for the steady climb to Thorong La at 5,416 m, the high point of the trek
- Panoramic Annapurna and Dhaulagiri views from the pass
- Long descent into Mustang to the sacred temple complex of Muktinath (3,760 m)

12 Drive to Pokhara through the Kali Gandaki

- Descend through medieval Kagbeni and windy Jomsom by jeep
- Follow the deep Kali Gandaki gorge between Dhaulagiri and Annapurna, past Marpha and Tatopani
- Arrive in lakeside Pokhara and relax by the lake

13 Drive to Kathmandu

- Scenic drive back to Kathmandu along the Trishuli River
- Drop at your accommodation on arrival
- The trek concludes in Kathmandu

INCLUSIONS

What's included

Included

- Private jeep to and from the trail
- Tourist bus, Pokhara back to Kathmandu
- 3-star hotel in Pokhara, with breakfast
- Licensed guide
- Lodge nights with meals on the trek
- Annapurna Conservation Area Permit (ACAP)

Not included

- Private vehicle, Pokhara back to Kathmandu
- Some lunches, and dinner in Pokhara
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for every group size we price. Bigger group? Ask us and we will price it.

GROUP SIZE	TOURIST BUS	PRIVATE VEHICLE
1 person	$1,441 / person	$1,322 / person
2 people	$1,019 / person	$1,053 / person
3 people	$893 / person	$912 / person
4 people	$819 / person	$844 / person
5 people	$784 / person	$801 / person
6 people	$796 / person	$808 / person
7 people	$828 / person	$845 / person
8 people	$799 / person	$812 / person
9 people	$782 / person	$793 / person
10 people	$763 / person	$771 / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's Included section above.

LEGAL & POLICIES

Booking & cancellation

Operated by Zeta Tours and Travels Pvt. Ltd. · Effective 2 June 2026

PAYMENT SCHEDULE

1 30% — at booking confirmation
This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel rights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.

2 40% — 15 days before your trip starts
The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.

3 Balance — 2–3 days before departure
Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	35% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the likely staff or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- We process your refund within 4 to 7 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency. Your bank may take a few more days to show it.
- When you cancel, bank and transaction fees on both the original payment and the refund are borne by the traveller. If we cannot run the dates we confirmed with you, we refund every cent you paid, fees included.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

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Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

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This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.