



## Tilicho Lake and Mesokanta Pass Trek

<b>Trip code</b>	
<b>Package name</b>	Tilicho Lake and Mesokanta Pass Trek
<b>Duration</b>	16
<b>Max. elevation</b>	5200 m
<b>Level</b>	DIFFICULT
<b>Transportation</b>	Kathmandu - Dharapani and Jomsom - Pokhara by flight , Pokhara - Kathmandu by Tourist Bus.
<b>Accommodation</b>	3***Hotel in kathmandu and Pokhara , Lodge and Camping twin sharing bed basis during the Trekking.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	kathmandu - Dharapani - Chame - Upper Pisang - Manang - Shree Kharka - Tilicho Base camp -Mesokanta pass - Yak Kharka - Jomsom
<b>Cost</b>	USD 1,850 per person

### Highlights

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- World highest Tilicho Lake 4920.
- Enjoy mix culture of Tibetan Buddhist and Bon culture in Manang .
- The stunning view of Mt. Manaslu (8163m), Annapurna 1 (8091) and Dhaulagiri (8167m) Crossing Mesokanta pass(5285m)
- Warm hospitality of Thakali people and their culture at Jomsom
- High pass trekking route and camp in Tilicho lake side.

### Overview

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**Tilicho Lake & Mesokanto Pass Trek is an ideal trek for the one looking to explore the cultural and natural treasures of the Annapurna region. The trail explores and celebrates diversity in every aspect. The trail takes the trekkers through a variety of terrain with various types of vegetation.**

A variety of wildlife such as rare white-capped river chat, brown dipper, White-breasted Kingfisher, butterflies, and Barking Deer can be spotted while trekking in the region. On the other hand villages in the region are as diverse as its terrain. Trekkers will be visiting multi-ethnic villages with a variety of cultures. Manang is a Tibetan village in the region following centuries-old Tibetan culture.

The main highlight of the trek, the serene Tilicho Lake amidst the snow-capped Himalayas, is certain to leave you breathless with its beauty. The Tilicho Lake Mesokanta Pass trekking trail allows trekkers a variety of experiences while being in the company of the glorious Himalayas.

## **Tilicho lake :**

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Tilicho Lake is a famous lake from a natural beauty as well as a religious point of view. For the lovers of nature, it is a magnificent view and a real opportunity to see a lake at this altitude of 4920m. For religious-minded people it is a Godly blessed place best suited for devotees, it is also an area of rough and wild beauty. This trek is visited by very few people though it is recommended for trekking and travel for all types of tourists.

Tilicho Pass Trekking starts from Besisahar and follows the Annapurna circuit trekking trail up to Manang, from where the trail will move towards Tilicho Lake. The trail starts along the Marshyangdi River, with great views of Manaslu and Himal Chuli to the east.

The trail will eventually lead the trekkers to the wonderful villages inhabited by a wide diversity of people from different ethnic groups, offering spectacular and majestic views of the white Himalayas. From Manang the trail goes into the main valley to the west passes through the Kanshar village and trek up to the Tilicho Lake.

After relishing the turquoise high-altitude lake amidst of mighty Himalayas, we have the option to pass the Thorung La and trek down to Muktinath or to cross a challenging Pass of Mesokanta to Jomsom. To cross Mesokanta Pass is a challenging adventure and requires proper equipment including tented camps. Either way, our trek concludes in Jomsom and we drive to Pokhara for 7 hours or 35 minutes by flight.

## **Trip Itinerary**

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### **Day 1 : Arrival in Kathmandu – Transfer to Hotel, and getting to know Nature Trail (1350m)**

After you arrive in Kathmandu airport please check our company board outside the main gate there will be our airport representative you will meet with him and he will transferred to hotel by private vehicle and our representative will help you to check-in your hotel after that if time enough,

representative will take you to our office for short briefing about the trip but if not enough time then give a short trip brief in hotel and request to pay the due balance for the trip.

## **Day 2 : Kathmandu sightseeing and trek Preparation**

After breakfast, Kathmandu visits Durbar Square, Pashupatinath Temple, Swayambhunath Stupa, and Boudhanath Stupa which are all World Heritage Sites. Durbar Square throws light on the life of the royals in ancient times. Pashupatinath Temple is one of the most important pilgrimage places for all Hindus. Swayambhunath is also known as Monkey Temple and Boudhanath Stupa is one of the largest stupas in the world. Late in the afternoon, we introduced you to your mountain/trek guide.

## **Day 3 : Kathmandu to Dharapani 1860m - 10 hrs**

On the first day, we will be driving to Dharapani from Kathmandu. It is likely to take us about eleven hours to reach Dharapani which is situated at an elevation of 1860 meters. We will be staying overnight at Dharapani before we begin our trekking journey on the following day.

## **Day 4 : Trek to Chame 2670m - 6 hrs walk**

Today, we will be heading for Chame after having an early morning breakfast at Dharapani which will take us about five to six hours to reach with gentle walking. The elevation of 2,670 will be our final destination for the day where we will be staying for the night. Along the way, we will be awarded the majestic sight of Annapurna II. Various fluttering prayer flags will welcome us along the way.

## **Day 5 : Trek to Upper Pisang 3300m -5 hrs walk**

After leaving Chame we pass through Telekhu and along the trail have some breathtaking views of Annapurna and Pisang (6091m) until we have to re-cross on a suspension bridge to the south bank of the Marsyangdi River. After crossing the river we then head higher passing a pine-forest as we trek through the upper reaches of the Manang valley to Pisang. At the upper edge of Pisang village we can see Pisang and Chulu peaks. Tonight we stay at Pisang. Today the short day and easy day for us.

## **Day 6 : Trek to Manang 3500m - 7 hrs walk**

Trek from Pisang to Manang (3440m.) and it takes about five and half hours. Beyond Pisang, the trail climbs a steep ridge which affords good views of the Manang valley and Tilicho peak (7134m.). Descending past Manang's airstrip at Hongde (3420m), you come to a level area from where the north-east face of Annapurna III rises majestically above you. From the wide plains of the Sabje Khola Valley, Annapurna IV (7525m) also becomes visible. Just beyond this point you cross the considerably reduced flow of the Marsyangdi Khola via a wooden bridge to the tiny village of Mungji. Cultivated fields appear on both sides of the path and off to the right, below a craggy mountain, you can see the village of Bryaga (3500m) with its splendid monastery. Large chortens and mani walls abound and the tall peaks of the Himalaya spread out before us - Annapurna II, Annapurna III, Annapurna IV, Gangapurna (7454m) and, to the rear, Tilicho Peak (7134m).

## **Day 7 : Acclimatization Day in Manang 3500m**

Medical professionals recommend that before heading to higher elevations that trekkers spend some time acclimatizing. They also recommend staying active. From Manang you will be blessed with views of Annapurna II; Annapurna III (7555m); Gangapurna (7454 m); and to the south to Tilicho (7132 m); and the Grand Barrier (a 7000m ridge) to the west; Chulu West (6583m) and Chulu East (6059m) meters in the north. Today, to better acclimatize to these higher altitudes we will climb up to Khangsar (3756m). Tonight we stay at Manang.

### **Day 8 : Trek to Shree Kharka 3850m - 5 hrs walk**

Today, we will trek to Shree Kharka passing through the village of Khangsar, about 3-hrs from Manang at (3734m). On the way, we can make a detour to small lake at the Gangapurna glacier. The trail Manang to Khangsar is very narrow and this village is small village with beautiful monastery. You are enjoying with splendid views of Khangsar Khola to Tilicho Peak and the grand barrier.

### **Day 9 : Trek to Tilicho Base camp 4200m - 4 hrs walk**

In between Tore Gompa and Tilicho Lake, there is a big, grassy field where Blue Sheep are often seen. About one kilometer from the field, we reach a hill. You have to Climb this hill (4230m) affords us a view of the entire valley. A steep descent will bring us to Tilicho Base Camp (4190m), where we will find trekking seasonable lodging at Tilicho Base Camp.

### **Day 10 : Trek to Tilicho Lake 4920m - 4 hrs walk**

The trek starts with a steep ascent and continues to hug the side of the mountain before reaching the lake. On our way we can see yaks and deer grazing in the pasture. As we reach the Tilicho lake we can see the Tilicho Lake, a large turquoise lake nestled at the foot of the north face of Tilicho Peak. The beauty of the scene is appreciated by many travelers from around the world. The lake holds great importance to the Hindus as the lake was mentioned in the holy text, the Ramayan.

### **Day 11 : Trek to Yak Kharka 4200m crossing Mesokanta pass 5120m - 9 hrs walk**

We start early as today is a real highlight day of our trip. We will be crossing the difficult Mesokanta La pass. Its possible that we feel more exhausted today as we are ascending to above 5000m. We start from the lake beach making about 300 m climb through the loose scree to a cathedral guarded by the fluttering prayer flags, then comes long section of flat snowfield to cross to the far end of the lake known as Eastern Pass. Dhaulagiri appears for the first time ahead of us, peeking up quietly on the far horizon initially, though it soon comes to dominate the view. A gentle rise brings us to the top of a rocky knoll at the far end of the cathedral. A short drop takes us to the base of another scree slope. The path traverses upwards across, as Tilicho Lake appears again briefly between mountainsides behind us. Another short ascent up a snow slope brings us to the start of the pass, which involves about half a mile of traversing a rocky gradient. A rock tower and a somewhat incompatible signpost to Jomsom marks the Mesokanta La itself. It's renowned as one of the difficult passes in the Annapurnas because the far side is covered in ice and awfully steep. Not only you have to cut steps to make your way through, you need ropes too in more icy conditions. The ice section only lasts for about two hundred vertical metres, and then we're onto firm ground again. As we reach the Kharka, we set up our tents and give time to rest for our shaking legs.

### **Day 13 : Trek to Jomsom 2700m - 5 hrs walk**

Today we are at Kali Gandaki valley. We descend to Jomsom via the beautiful village as our last day trek. We walk through juniper forest and bushes those give nice smell until top of Thini village. In Thini all the fields are full of greenery of wheat, barley, potato & vegetable etc. We could view clearly the lower Mustang valley including Marpha, Syang, Dhumba, Thini, old & new Jomsom etc.

### **Day 14 : Flight to Pokhara 850m - 35 min**

Early in the morning, you fly back to Pokhara and transfer to the Hotel. You can do sightseeing with your guide in Pokhara.

### **Day 15 : Drive to kathmandu 1350m - 7 hrs**

Drive from Pokhara to Kathmandu direct transfer to hotel on Bed & Breakfast plan & Evening will be farewell dinner at typical Nepali restaurant.

### **Day 16 : Departure to Homeland**

It is time for us to end our wonderful journey in this beautiful country. We will be helped with our transfer to the airport for our departure to the next destination. We will recollect the wonderful memories of our adventure in Nepal. Nature trail will love to serve you for all your future adventure trekking and tour in Nepal, Tibet and Bhutan. Namaste.

## **Inclusions**

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### **What is included?**

Airport transfers in Kathmandu.

Accommodation in Kathmandu and Pokhara as per the itinerary.

Kathmandu - Dharapni by reserve jeep, Jomsom - Pokhara by flight and Pokhara - Kathmandu by Tourist Bus.

Trekking permits and TIMS (Trekking Information Management System) card.

Experienced and licensed trekking guide.

Porter service to carry your luggage (one porter for every two trekkers).

Accommodation in teahouses or lodges and Tent during the trek.

All meals (breakfast, lunch, and dinner) with cup of hot drinks during the trek.

Safe drinking water throughout the trek.

Annapurna Conservation entrance fee

Basic first aid kit.

Emergency evacuation arrangements (helicopter rescue, if needed).

Government taxes and service charges.

### **What isn't included?**

International airfare to and from Kathmandu.

Nepal entry visa fees.

Personal travel insurance (covering medical, evacuation, and trip cancellation).

Extra accommodation and meals in Kathmandu and Pokhara (beyond the itinerary).

Extra activities or sightseeing not mentioned in the itinerary.

Personal expenses, such as laundry, phone calls, internet access, etc.

Additional porters or services if needed.

Tips for guides, porters, and other staff (tipping is customary in Nepal).

Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

### **Complimentary**