



### **Contact Information**

+977 01-4813144, +9779851135348

[info@adventureascent.com](mailto:info@adventureascent.com)

Kapan Marg, Kathmandu, Nepal



**Tilicho Lake and Mesokanto Trek**

Tilicho lake and Mesokanto trek is one of the exotic destination in Annapurna Region. Tilicho Lake is the highest altitude lake of Nepal with regards to its size. It is located in Manang district in the Annapurna range at an altitude of 4919m. Tilicho Lake and Mesokanto pass trek offer you with natural beauty, stunning Himalayas view and different variety of flora and fauna. Tilicho Lake is famous religious site for Hindus. Hindu pilgrims from around the world visit this lake as this place is the holy spot as mentioned in Ramayan (a holy book of Hindus). Tilicho lake and mesokanto pass trek undoubtedly provides some of the world's magnificent views, great variety of culture and diversity, finest deep valleys and high mountains encircling the great Annapurna Himal. The magnificent route leads you through traditional Manangi villages inhabited by friendly, habitual people who always offer a warm welcome amidst the magical, snowcapped Himalayas. The trail is rich with the wide range terrain, sub-tropical to high, dry landscape resembling the Tibetan Plateau. In your Trek you will experience the delightful scenery of quaint Tibetan villages, astounding rock formations, high altitude grazing settlements, narrow canyons, deep forests and majestic snow clad peaks during your Nepal Tilicho lake trek. Tilicho Lake and Mesokanta pass trek starts from Besi Sahar all the way to Tilicho Lake the highest lake in the world. This trek gives you a chance to visit the fascinating Tilicho lakes crossing some of the adventurous passes. Trekking up to Tilicho Lake covers the Himalayan view from Mesokanto pass (5315m). Tilicho Lake lies at the foot of Mount Tilicho from where you can have fascinating Himalayan range including Annapurna I (8091m), Chulu peak (6584m), Tilicho peak (7000m) and the stunning Dhaulagiri (8168m). Tilicho lake and Mesokanta pass trek is a peaceful trekking trail for those who have been looking for some refreshing adventurous trek. Trekkers require no previous trekking experience but should be in good health. Join Adventure Ascent to witness this wondrous trail.

Price:

Trip Start:

Trip Ends:

Duration: 13 Days

Grade: Hard

Altitude:

Destination:

Trip Style:

Transport:

Group Size: 8-10+

Best Time:

## Itinerary

| Day | Title                                        | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----|----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1   | <u>Arrival in Kathmandu</u>                  | Upon arrival, you get picked up from the airport and taken to the hotel of your choosing. Time permitting, we do what is traditionally the first place you visit - the Soyambhunath Stupa (monkey temple) on our sunset walk - understanding the relevance of this structure to the history of the valley, and mingling with locals as they go about their daily rituals of devotion. This magical place gives a great feel of the valley, as you are above it and see below. It's a great place to be during sunset. Thereafter, you will be going to a traditional welcome dinner to make the first day complete. |
| 2   | <u>City sightseeing and trek preparation</u> | After introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Boudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards. Overnight in Kathmandu.                                                      |
| 3   | <u>Drive to Besisahar (830m) 6 hour</u>      | Today after breakfast we drive from Kathmandu to Besisahar by tourist bus. On the way we get to see the countryside of Nepal and enjoy the view of green hills, terraced farms, rivers and diverse landscapes.                                                                                                                                                                                                                                                                                                                                                                                                      |
| 4   | <u>Drive to Chame (2630m) 6-7 hours</u>      | Today early in the morning we drive from besi sahar to Chame in a local bus. Overnight in teahouse in Chame.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 5   | <u>Trek to Pisang (3300m) 5-6 hours</u>      | Walking through a steep and narrow valley we get to have our first sight of Paungda Danda rock face, a dramatic curved rock face rising 1500m from the river. From here, we also gain excellent views of Annapurna 2 to the south and Pisang Peak to the north east. Next, we walk downwards to the Manang Valley floor adoring the landscape. Overnight in Pisang.                                                                                                                                                                                                                                                 |
| 6   | <u>Trek to Manang (3,500m) 6-7 hours</u>     | From Pisang we have two routes that lead to Manang village.. We choose the one with passes through Upper Pisang via Geru as it guarantees outstanding views of Mt. Annapurna, Pisang Peak, and others. As we walk near Manang the climate becomes more cold and dry. However, a short visit to Barge Monastery, the biggest monastery in the Manang District should cheer us up. Overnight at Manang.                                                                                                                                                                                                               |

- |    |                                                                    |                                                                                                                                                                                                                                                                                                                                                                      |
|----|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7  | <u>Another day in Manang</u>                                       | In order to acclimatize we stay another day in Manang. To stay fit and keep the pace, we go on a short hike to either BhojoGumba or Gangapurna Lake. If we have enough time and energy, we can even hike to Braga Village where we can visit the Himalayan Rescue Association which will give us some idea about Acute Mountain Sickness (AMS). Overnight in Manang. |
| 8  | <u>Trek to Tilicho Base Camp (4200m) 6-7 hours</u>                 | Today we trek to Tilicho base camp. The path leads us through rocky hills with beautiful view of rivers and valleys. After we cross 4000m, there is almost no vegetation. The path is up and down in a rocky path. We stay overnight in a lodge in Base Camp.                                                                                                        |
| 9  | <u>Trek to Tilicho Lake (5200 meters) 5-6 hours</u>                | We trek towards the Tilicho Lake. Along the way, trail offers us with fascinating view of Mountain range and at the end the beautiful Tilicho Lake. The route is very narrow in some places and it reaches 5000m above sea level. We stay overnight in a very basic dormitory lodge near the lake.                                                                   |
| 10 | <u>Trek to Jomsom crossing Mesokanta La pass (5315m) 6-7 hours</u> | We wake up early to witness the sunrise and see the first rays of sun hitting the mountains and the Tilicho Lake. We spend the morning appreciating the view and taking some photos. Then after breakfast we head to Jomsom for overnight stay. On the way we cross through Mesokanta La pass, the highest altitude on our trek.                                     |
| 11 | <u>Fly to Pokhara (1400m)</u>                                      | We take a flight to Pokhara early in the morning. Pokhara is a beautiful city with beautiful lakes and fancy restaurants, shops and spas. You can roam around the city or rest in a hotel.                                                                                                                                                                           |
| 12 | <u>Drive from Pokhara to Kathmandu: 5-6 hours</u>                  | After breakfast, we say goodbye to the beautiful lake city of Pokhara and drive towards Kathmandu. After reaching Kathmandu we have the rest of the day off. You can roam around the city to do some shopping. There will also be a farewell dinner hosted by Adventure Ascent in the evening to celebrate the successful completion of our journey.                 |
| 13 | <u>Final departure</u>                                             | Our adventure in Nepal ends today. Adventure Ascent representative will drop you off at the Tribhuwan International Airport, few hours before the scheduled flight for final departure towards your sweet home.                                                                                                                                                      |

## **Includes**

Airport Pick up and transfers to hotel.

All accommodation as BB in 4/5 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

## **Excludes**

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

Any extra cost offering from unfavorable circumstance such as weather bad.

Personal equipment.

Personal equipment.

Tips for trekking staff.