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Tilicho Muktinath Pokhara Tour

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Trip Includes

Muktinath temple, a holy temple for both Hindus and Buddhists

Tilicho Lake Trekking, one of the highest-placed lakes in the world

Trek through one of the highest passes in the world in Thorong pass

Views of mountains such as Annapurna, Nilgiri, Dhaulagiri, and Tilicho.

Dip into the natural hot spring in Tatopani

Trip Overview

The Tilicho Muktinath Pokhara tour is the highest lake in the world, Tilicho(5200m). The glacial melt of the entire northern slopes of Thorong Peak and Annapurna in the Himalayas of Nepal forms the mesmerizing lake. Located in the Annapurna region of Nepal, where the famous trekking trail of the Annapurna base camp trek is situated, the Tilicho base camp trek is an adventure-filled expedition. Surrounded by the tall Annapurna range and frozen glacier, the beauty of Tilicho Lake is something to write home about. Tilicho Lake holds religious importance for both Hindus and Buddhists alike. It can be argued that the world's highest lake, silica Lake, is one of the most beautiful lakes in Nepal.
Muktinath temple is sacred to both Hindus and Buddhist Nepali alike and is located in the Annapurna conservation area in the Mustang region. Dedicated to lord Vishnu, it is believed to have been built in the 19th century. The trail also lies in the famous Annapurna circuit trek, where we must traverse the high altitude through La Pass. Nearby, there are 108 waterspouts where pilgrims take a ritual bath.

Our tour also includes Pokhara, a famous lake city and popular tourist hub. The city is well known for its splendid views of the Annapurna and Dhaulagiri ranges. It is home to Phewa Lake and Begonias Lake,

among many others.

The trip begins with a visit to UNESCO World Heritage sites (Bhaktapur, Patan, and Pashupati), but the real adventure starts from Besisahar, the gateway of Annapurna Circuit Trek. The trek continues along the Marshyangdi River, with fantastic views of Himal Chuli and Manaslu to the east. On our trail, we pass through several charming villages inhabited by diverse people from different ethnic groups. Furthermore, we also get to glance at the spectacular mountain vistas. In addition, the Annapurna circuit and the Tilicho Lake trek are among Nepal's most challenging treks.

With a total itinerary of 17 days, the trip plan for this route is customized as it is the same route as Annapurna Circuit. This customized route goes through the main village to the west and passes through the Khangsar village, ultimately reaching Tilicho Lake instead of following the trail to Tanki Manang and Yak Kharka. We trek to Yak Kharka and cross the stunning rocky Thorong La Pass(5416m). Next, we head down to Muktinath, a wonderful place in itself. From there, a 30-minute scenic flight takes us to Pokhara, A city of LIFE AND TOURIST. The tour can be 18 days if you wish to extend a day in the mountains, Kathmandu, and Pokhara.

From Tilicho Lake, we have the option of crossing the tougher Moesokanta La Pass to Jomsom. However, for this, additional equipment, including tents, is required. If you want a shorter trek, the Langtang Valley or the Annapurna trek are good options. If you want to take on the most popular trek in Nepal, the Everest Base Camp trek is the way to go. The Upper Mustang trek is the one to prefer if you enjoy terrain like Mustang.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at Tribhuwan International Airport in Nepal.

Day 760 meters: Drive from Kathmandu to Besisahar

Today, we go on an early morning drive from Kathmandu to Besisahar. The drive is long yet scenic and takes approximately 6-7 hours. On the way, we can see beautiful villages, farms, fast-flowing rivers, and views of the mountains.

Day : Trek from Jagat

Our trek itinerary starts from today. We cross a suspension bridge to reach a village. Several waterfalls form rivers by the sandy beaches. We continue through the rice and potato fields, leading us to Kodo, one of the biggest villages in Manang Valley. We continue our trek, crossing a suspension bridge, and finally reach Dharapani.

Day : Trek from Dharapani to Chame

Today, we trek through pine, fir, oak, and maple forests to the trek route that takes us to Chame. Chame is the district headquarters of Manang. We can see outstanding views of Annapurna II and Annapurna IV. We can dip into a small natural hot spring to ease our fatigue.

Day : Trek from Chame to Upper Pisang

You start your trek today through a narrow and steep valley. We can also see a curved rock face called Paungda Danda, which rises 1500 meters above the Marshyangdi River. We then start descending until we reach our destination for the night in Pisang.

Day : Trek from Pisang to Manang

We leave Pisang today and start our trek towards the upper trails via Geru. Today, the trek offers splendid views of Annapurna II, III, IV, Gangapurna, Tilicho, and Pisang Peak. It also takes us to Barge Monastery, the largest monastery in Manang.

Day : Acclimatization day in Manang

We will have gained a lot of elevation by the time we reach Manang. Thus, we spend the day acclimatizing in Manang to get our bodies used to the high altitude. We use this day to explore the village of Manang. Early in the morning, we hike to a glacial lake called Gangapurna, also called the ice lake.

During the day, we can enjoy views of Tilicho Peak, Annapurna III, Pisang, and Chulu Peaks. We can also visit Himalayan Rescue Operation in Vraga Village, where we can learn about acute mountain sickness, its symptoms, and ways to prevent and cure it.

Day : Trek from Manang to Siri Kharkha

Today’s trek is considered accessible, as the ascents and descents are not too steep. We take the route that climbs up and down to a river we will cross. As we continue along the trekking route, we pass through a coniferous forest. After walking for three hours, we reach a Tibetan settlement called Khangsar. We then continued to Kharkha, where we spent the night.

Day : Trek from Siri Kharkha to Tillicho Base Camp

Our trek starts early this morning, and we aim to reach Tilicho Base Camp. Today’s trail is a bit easier, but the trek passes through a few landslide-prone areas. The journey to Tilicho Base Camp offers views of impressive rock formations and snow-cladded peaks, including the Tilicho Peak at 7,134 meters. We stay at Tilicho Base Camp for the night.

Day : Visit Tilicho Lake and back to Siri Kharkha

Today's trekking day is one of the most extraordinary points of our trip, as we will trek to Tilicho Lake. We start our day before the crack of dawn to avoid the strong afternoon wind as we move toward Tilicho Lake. The journey to Tilicho Lake is a bit arduous. The trail is quite steep, and after sweating away for 2-3 hours, we reach the ever-beautiful Tilicho Lake, one of the highest-placed lakes in the world at an impressive 4,920 meters.

The lake is also famously called the Excellent Ice Lake after a visit from a French expedition. The lake is surrounded by majestic peaks such as Tilicho Peak, Annapurna Range, and Nilgiri Peak. We retrace our steps and return to Siri Kharkha to spend our night.

Day : Trek from Siri Kharkha to Yak Kharkha

In the first ten days, we will have been ascending for the most part, but we will start our day today by descending to the unpopulated Khangsar village. This popular trek also takes us to Tare Gumba, a thousand-year-old monastery. We follow a rock wall that leads us out of Khangsar Valley and to Thorong Khola Valley. Walking further, we reach Yak Kharkha, from where we can enjoy the sights of the Annapurna range. If you are lucky enough, you can also see snow leopards and blue sheep.

Day : Trek from Yak Kharkha to Thorong Phedi

We clamber up from Yak Kharkha and head to Thorong Phedi. Thorong Phedi is the last village before the Thorong La pass. The infamous pass trek is also called the Thorong la Pass trek. As we walk uphill, we will be feasted by views of mountains such as Gudang, Syagang, Khatungkan, and Thorung Peak.

Day : Trek from Thorong Phedi to Muktinath temple via Thorong La pass

As we complete 12 days on the trail, today marks the most challenging part of our journey. We will have to go through Thorong la Pass, one of the highest passes in the world and the highest point of our trip. We leave at 3 am to avoid the strong gushes of the afternoon wind. Once we reach Thorong la Pass, the views are exquisite; to say the least, you can see the mighty Annapurna and peaks extending to Tibet. We descend from there on and reach the holy temple of Muktinath, a sacred site for Hindus and Buddhists.

Day : Drive from Muktinath to Tatopani via Jomsom

After paying our respects to the holy temple, we take a local bus to Tatopani. The drive to Tatopani is pretty rugged and full of twists and turns. We reach the buzzing town of Jomsom and continue our drive toward Tatopani. As its name suggests, the place is well known for its natural hot springs. We can spend the evening taking a much-needed dip into the hot spring, which will take exhaustion away.

Day 3-4hr: Drive from Tatopani to Pokhara

We enjoy breakfast and start our 3-4 hour drive from Tatopani to Pokhara. Once we reach Pokhara, we can spend the rest of the day buying souvenirs and strolling along the banks of Phewa Lake. In the evening, we can enjoy a couple of drinks in one of the various pubs on the lakeside, reminiscing about our trek gone by.

Day 8-10hr: Drive back to Kathmandu

We drive back to Kathmandu today after breakfast. It takes approximately 8-10 hours, and the drive back is rather scenic. In the evening, Naata Trek and Tours will organize a farewell dinner program.

Day : Departure

A representative from Naata Trek and Tours will drop you off at Tribhuwan International Airport for your departure.

Additional Trip Information

Tilicho Muktinath Pokhara Trek Information

You will need to be fit to complete this trek with ease. This type of trek demands a reasonable amount of strength in your legs and will in your heart. The route to Tilicho Lake is quite demanding, so it is recommended that you are physically prepared to complete the trek. Trekking in comfort can take 17-19 days, depending on your fitness level. Although a guide for the trek will accompany you, it is best you carry a trek map as well.

You must carry warm clothes such as thermals, a puffer jacket, a Windstopper, a winter hat, good gloves, and trekking boots. As this Muktinath trek with the Annapurna circuit takes you to high altitudes and a bit of rough weather, you might want to carry a sleeping bag along just in case.

Best Time for Tilicho-Muktinath-Pokhara Trek

Spring season (March to May)

Spring is probably the best time to trek in the Annapurna region. It is the pre-monsoon season in Nepal. At this time of year, the flowers in the forests are in full bloom, making the trails even more beautiful. The sky is clear with vibrant views, and the mild weather makes the trekking experience quite pleasurable.

Autumn season (September to November)

September to November is a very favorable time of the year to trek in Nepal. This is the time of the year when the trekking trails in Nepal have the most visitors. The autumn season also marks the biggest festival in Nepali culture. Thus, trekking during this time of the year can show you the cultural side of Nepal that you won't see in any other month. Similar to the spring season, the weather is mild, and the views are apparent. The monsoon rain will have washed the dirt away, making the greenery even more vibrant.

Frequently Asked Questions

How long does it take to do the Muktinath and Tilicho Lake trek?

Completing the trek takes around 15 days, but driving to Manang can shorten the duration.

What is the highest altitude in the Muktinath and Tilicho Lake trek?

The highest altitude in this trek is 5,416 meters in Thorong La Pass.

How challenging is the Muktinath and Tilicho Lake trek?

The Muktinath and Tilicho Lake trek is demanding. You will have to walk through rocky and steep terrain, and the trek also consists of a formidable pass, Thorong La Pass, at 5,416 meters.

What is the best time of the year to do the Muktinath and Tilicho Lake trek?

The best time of the year to trek is the spring and autumn seasons. Winter and summer aren't ideal as winter brings in a lot of snow and a harsh climate, whereas summer coincides with the monsoon.

Are there altitude sickness risks on the Muktinath and Tilicho Lake trek?

This is a physically demanding trek as you must cross the daunting Thorong La Pass at 5,416 meters, a relatively high altitude. Thus, there are some altitude sickness risks during the trek, and it is highly recommended that you take precautionary measures to avoid them.

What permits are required for the Muktinath and Tilicho Lake trek?

To do this trek, one requires two permits. One is a TIMS card, which contains all the travelers' information, including the trekking destination. The TIMS card can be obtained from the Nepal Tourism Board's TAAN office in Maligaon or Pokhara.

You will also require the ACAP permit, which you can obtain from the Nepal Tourism Board or Pokhara.

Address

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