Tilicho Lake and Mesokanto Pass Trek

3 Star Hotel Package

2350USD per person

*Including healthy meals

5 Star Hotel Package

2610USD per person

*Including healthy meals

Trip Style: Cultural Tour + Trek

Trip Difficulty: Demanding

Tilicho Lake Trekking with Mesokanto Pass: Tilicho Lake is World's highest Altitude Lake located at an elevation of 4,949m from Sea level.

The **Tilicho Lake Trek with Mesokanto Pass** is a premier adventure for those seeking the wildest corners of the Himalayas. This exhilarating trek plunges you into the raw and rugged beauty of the Annapurna region, where only the most determined explorers dare to venture.

At nearly 5,000 meters (16,404 feet), Tilicho Lake claims its spot as the highest lake in the world, merging mythic allure with breathtaking reality. The journey takes you through dramatic, rugged terrain, featuring high-altitude passes like Mesokanto La at 5,330 meters (17,486 feet), where you'll experience nature's grandeur at its most extreme.

One of the trek's most thrilling highlights is crossing the frozen lake or tackling challenging watersheds soaring above 5,000 meters. Despite no longer being restricted, Tilicho Lake's remote isolation and soaring heights make it a rare gem for the bold adventurer. Prepare to be awed by crystal-clear waters, vibrant wildflowers, and towering peaks, as you embark on a journey that promises to be as unforgettable as it is adventurous.

The Tilicho Lake trek with Mesokanto pass Trek is among one of the beautiful high pass treks in Nepal,which can be done during the monsoons, because this zone falls in the rain shadow areas of Nepal. This is a more severe odyssey that requires several nights of camping. Blessed with astounding diversity, the trails cut across the famous Annapurna Circuit path and the journey goes below a whole assembly of massive peaks known as the **'Great Barrier'**- the true soul of the Annapurnas. Nerve tingling negotiations across unstable scree slopes and crossing a sharp glaciated pass make this venture one of the most daring and challenging treks in the world…but then this is what **'Tilicho Lake and Mesokanto Pass trek''**is all about…your holiday of purpose…and a sense of achievement.

Plan this venture with '**Mountain Sherpa Trekking**'', and you'd feel more comfortable and safe in your journey of discovering the unknown from the known…

DURATION: 16 days

ITINERARY

Day 01: : ARRIVE IN KATHMANDU | 1,400 meters/4,600 feet | HOTEL

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuwan International Airport, **Mountain Sherpa Trekking and Expeditions** office representative and driver will be on standby to meet and

greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

Day 02:: DRIVE TO BESISAHAR | 760 meters/2,493 feet | LODGE

Our trek personnel will arrive at your hotel at 7am in the morning to pick you up. After a 7-hour lovely scenic drive (185 km) from Kathmandu, we reach Besishar. On arrival at Besisahar we will witness some stunning snow-capped mountain panorama of the Lamjung Himal. Overnight at a guesthouse - B. L,D

day 03:: DRIVE TO DHARAPANI | 1,860 meters/6,109 feet | LODGE

After breakfast, we set off on an exciting jeep ride from Besisahar to Dharapani, covering about 38-40 kilometers (24-25 miles). The journey, lasting around 5-6 hours, takes us along a rugged, unpaved road—an adventure in itself! Though bumpy at times, the stunning scenery along the way more than makes up for it. We'll pass through charming villages, lush terraced fields, and cascading waterfalls, all while soaking in spectacular mountain views. The remote terrain adds to the thrill, making this drive the perfect prelude to the trek ahead!

Day 04:: TREK TO CHAME | 2,710 meters/8,891 feet | LODGE

The trek from Dharapani to Chame is one of the most enchanting sections of the Annapurna Circuit, stretching about 15 kilometers. Over the course of 5-6 hours, you'll journey through a mix of serene villages, lush forests, and dramatic mountain scenery.

Starting from Dharapani, you'll soon reach Bagarchhap, a peaceful Tibetan village with charming stone houses and a monastery nestled among the hills. As you ascend to Danaque, the trail becomes steeper, but the reward is worth it—the first breathtaking glimpses of Manaslu and Annapurna II appear in the distance.

The climb continues to Timang, where majestic views of Mt. Manaslu rise above the pine forests, creating a peaceful, awe-inspiring atmosphere. Beyond Timang, the trail eases out as you pass through the quiet village of Thanchowk, surrounded by tall pine trees and glimpses of distant peaks.

At Koto, the gateway to the Nar-Phu Valley, you'll find yourself surrounded by towering cliffs and stunning peaks, a perfect prelude to the beautiful end of the day in Chame. This bustling village, set against the backdrop of Lamjung Himal and Annapurna II, is the ideal place to relax, with natural hot springs awaiting tired trekkers. Every step of this trek offers a preview of the stunning natural beauty that lies ahead on the Annapurna Circuit.

Day 05:: TREK TO UPPER PISANG | 3,300 meters/10,827 feet | LODGE

The trek from Chame to Upper Pisang is a mesmerizing section of the Annapurna Circuit, ascending to an altitude of 3,300 meters (10,827 feet). Spanning about 15 kilometers (9.3 miles), this 5-6 hour journey offers ever-changing landscapes and unforgettable views.

Leaving Chame, the trail gradually rises through dense pine forests, offering crisp mountain air and stunning vistas of Lamjung Himal and Annapurna II. The path winds alongside the Marsyangdi River, with beautiful riverside scenery and the occasional suspension bridge adding to the adventure.

As you climb higher, the forests give way to more open, arid landscapes. Nearing the village of Bhratang, you'll witness an awe-inspiring sight—the Paungda Danda rock face, a smooth, curved wall of rock towering 1,500 meters (4,921 feet) above the river, a striking natural wonder. From here, the trail gently ascends towards Dhikur Pokhari, where you can pause to enjoy sweeping views of the Himalayas, including Annapurna III.

Approaching Upper Pisang, the landscape becomes more rugged and alpine, with prayer flags fluttering in the

breeze. Nestled against the mountains, Upper Pisang offers captivating views of Annapurna II and Pisang Peak. The village itself is filled with traditional Tibetan-style stone houses and a beautiful monastery, making it a perfect place to absorb the serene mountain atmosphere. Every step of this trek offers an authentic Himalayan experience, preparing you for the higher-altitude challenges ahead.

Day 06:: TREK TO MANANG | 3,540 meters/11,614 feet | LODGE

The trek from Upper Pisang to Manang via Gyaru is a spectacular journey through diverse landscapes and high-altitude beauty. Covering around 17 kilometers (10.5 miles), it typically takes 7-9 hours to complete.

Starting from Upper Pisang, the trail ascends through the arid, high-altitude terrain. The first leg of the trek takes you to Gyaru, a charming village perched high on a ridge. From here, you'll be treated to panoramic views of Annapurna II, Annapurna IV, and the dramatic Pisang Peak. The village itself is known for its traditional Tibetan-style architecture and serene atmosphere.

Leaving Gyaru, the path continues to wind through the high desert landscape, offering breathtaking vistas of the Annapurna range and the Marsyangdi Valley below. As you climb, you'll cross several ancient mani walls and pass through small villages with vibrant cultural heritage.

Upon reaching Manang, located at 3,540 meters (11,614 feet), you'll be greeted by its impressive backdrop of snow-capped peaks and the expansive valley. Manang, the largest settlement in the area, features a variety of guesthouses, a monastery, and a unique blend of traditional Tibetan culture and modern amenities. The stunning mountain views and the vibrant atmosphere make Manang a memorable highlight of the Annapurna Circuit.

Day 07:: ACCLIMATIZATION HIKE TO GANGAPURNA/ PRAKEN GOMPA

Rest and acclimatization in Manang are essential for preparing for the higher altitudes ahead. Located at 3,540 meters (11,614 feet), Manang provides an ideal base for acclimating to the increasing altitude and exploring the surrounding area.

While in Manang, take advantage of the opportunity to hike and explore the local region. A popular short hike is to the **Gangapurna Lake**, a tranquil spot with stunning reflections of Gangapurna and Annapurna III. The trail offers beautiful views and a peaceful environment, ideal for acclimatization.

You can also visit the **Manang Monastery,** which houses ancient Buddhist artifacts and provides a glimpse into the spiritual life of the local community. The monastery offers panoramic views of the surrounding peaks and is a great place to immerse yourself in local culture.

Another worthwhile hike is to the **Boch Village**, located on the opposite side of the valley. The hike provides spectacular views of the Annapurna range and gives insight into the traditional lifestyle of the people living in this high-altitude region.

Exploring Manang itself reveals a unique blend of traditional Tibetan architecture and modern facilities. The town has various guesthouses, cafes, and shops where you can relax, enjoy local food, and interact with fellow trekkers.

This period of rest and exploration helps your body adjust to the altitude, reducing the risk of altitude sickness and preparing you for the next leg of your trek.

day 08:: TREK TILICHO BASE CAMP | 4,150 meters /13,615 feet | LODGE

The trek from Manang to Tilicho Base Camp, covering about 17 kilometers (10.5 miles) in 6-7 hours, is a challenging yet rewarding journey. It involves significant altitude gain, with an initial descent followed by a steep climb through rocky terrain and alpine meadows. The trail crosses the Marsyangdi River and ascends towards Khangsar, a village perfect for a short break.

From Khangsar, the route continues uphill through rugged, high-altitude terrain with stunning views of the surrounding peaks. The final stretch to Tilicho Base Camp, at 4,150 meters (13,615 feet), is steep and rocky. Upon arrival, you'll enjoy breathtaking views of Tilicho Peak and the high-altitude landscape. The base camp, with basic facilities, offers a chance to rest and acclimate before continuing your adventure.

Day 09:: MESOCANTO HIGH CAMP | 4,800 meters/15,748 feet | TENTED

The trek from **Tilicho Base Camp** to Mesocanta High Camp takes approximately 4-5 hours. This trek involves a significant altitude gain and requires careful acclimatization.

Starting from Tilicho Base Camp at 4,150 meters (13,615 feet), the trail ascends steadily through a rocky, alpine landscape. As you climb, the terrain becomes increasingly rugged with loose gravel and boulders, so a steady pace and careful footing are essential.

The path offers spectacular views of the surrounding peaks, including Tilicho Peak and the Annapurna range. After a steady climb, you'll reach **Mesocanta High Camp**, situated at around 4,800 meters (15,748 feet). The high camp is typically set up with basic facilities, either in lodges or tented camps, providing essential shelter and a place to rest.

At Mesocanta High Camp, you'll be surrounded by dramatic mountain scenery, making it a stunning spot to prepare for the next stage of your trek. The camp provides a crucial rest point and acclimatization opportunity before continuing to higher altitudes.

Day 10:: TREK TO YAK KHARKA | 4,000 meters/13,123 feet | TENTED

The trek from Mesocanta High Camp to Yak Kharka is a challenging yet rewarding part of the Tilicho Mesocanta Pass trek. This section typically takes around 6-7 hours to complete and involves a significant altitude gain and descent.

Starting from **Mesocanta High Camp** at approximately 4,800 meters (15,748 feet), the trek begins with a steep ascent towards the Mesocanta Pass. The pass itself is situated at an altitude of about 5,300 meters (17,388 feet). The trail to the pass is rugged, with rocky and snowy sections depending on the season, requiring careful navigation and good acclimatization.

At Mesocanta Pass, you'll be rewarded with breathtaking panoramic views of the surrounding Himalayan peaks, including Annapurna II, Annapurna IV, and Tilicho Peak. The high-altitude environment here offers a dramatic and serene landscape, making the strenuous climb worthwhile.

From the pass, the trail descends steeply through a rocky and sometimes loose terrain. The descent can be challenging and requires steady footing. The path eventually leads to Yak Kharka, located at about 4,000 meters (13,123 feet). Yak Kharka is a more remote area with basic accommodation options, usually in tented camps, and offers a place to rest and acclimate before continuing on the trek.

This leg of the trek is a vital component of the Tilicho Mesocanta Pass journey, offering stunning high-altitude views and an opportunity to experience the rugged beauty of the Himalayas.

Day 11:: TREK TO JOMSOM | 2,700 meters/8,858 feet | LODGE

The trek from Yak Kharka to Jomsom is a significant descent that typically takes around 4-5 hours. This section of the trek involves a descent from the high-altitude environment of Yak Kharka to the more temperate and lower altitude of Jomsom.

Departing from Yak Kharka, which sits at about 4,000 meters (13,123 feet), the trail initially descends through a rugged, arid landscape with sparse vegetation. The descent is often steep and rocky, with loose gravel and uneven terrain, requiring careful navigation.

Jomsom, located at approximately 2,700 meters (8,858 feet), is a larger town with more developed facilities, including numerous guesthouses, restaurants, and shops. It serves as a key hub for trekkers, providing essential services and a place to relax after the rigorous trek.

Day 12:: DRIVE TO TATOPANI | 1,200 meters/3,937 feet | LODGE

The drive from **Jomsom** to Tatopani by jeep covers approximately 90 kilometers (56 miles) and typically takes around 6-7 hours, depending on road conditions and weather. This route follows a winding, unpaved road that descends through varied terrain from the high-altitude region of Jomsom to the lower elevations of Tatopani.

Leaving Jomsom, situated at about 2,700 meters (8,858 feet), the road initially follows the Kali Gandaki River valley, providing breathtaking views of the surrounding mountains and river. The drive is characterized by steep descents, narrow roads, and occasional rough patches, making a 4WD vehicle or jeep necessary for navigating the challenging terrain.

As you descend, the landscape changes from the arid, high-altitude environment of Jomsom to more lush and green surroundings. The journey takes you through small villages and terraced fields, with occasional river crossings and dramatic cliffside views.

Upon approaching **Tatopani,** known for its **natural hot springs**, the road becomes less rugged, transitioning into a more settled and accessible area. Tatopani, situated at around 1,200 meters (3,937 feet), offers a relaxing environment with opportunities to soak in the therapeutic hot springs, providing a soothing end to the jeep ride.

This drive offers a scenic and adventurous transition from the high Himalayas to the lower subtropical zone, showcasing a diverse range of landscapes and providing a comfortable way to reach Tatopani.

Day 13:: DRIVE TO POKHARA CITY | 820 meters/2,690 feet | HOTEL

Today, after breakfast, we will drive from **Tatopani to Pokhara** by private jeep. The distance is approximately 90 kilometers (56 miles) and takes about 3-4 hours, covering a mix of paved and unpaved roads. Starting at 1,200 meters (3,937 feet), the route winds through scenic hills, terraced fields, and small villages before descending into the Kali Gandaki Valley. As we approach Pokhara (820 meters / 2,690 feet), the road becomes smoother and more developed. Upon arrival, you'll check into a **luxury hotel** in the lakeside area, conveniently located near popular restaurants and **Phewa Lake.** After refreshing, you'll have time to explore Lakeside, enjoy lunch, and later join your guide for a peaceful **one-hour boating experience on Fewa Lake**. In the evening, unwind with dinner and soak in the vibrant lakeside atmosphere.

Day 14:: HALF DAY POKHARA CITY TOUR & FLY TO KATHMANDU | HOTEL

After enjoying a leisurely breakfast at your luxury hotel in Pokhara, your guide and driver will pick you up for a captivating half-day city tour. Discover the beauty and charm of Pokhara as you visit the mystical **Devi's Fall,** explore the sacred depths of **Gupteshwor Cave**, experience the rich culture of the **Tibetan refugee settlements,** and delve into Himalayan history at the renowned **International Mountain Museum.**

Following your tour, you'll be transferred to Pokhara Airport for a scenic 25-minute flight to Kathmandu. As you soar above the clouds, soak in breathtaking views of the Himalayan peaks from your window seat—a final aerial glimpse of the majestic mountains you've explored. Upon arrival in Kathmandu, you'll be comfortably transferred to your luxury hotel for a restful evening.

Day 15:: Full Day Tour of Kathmandu: Culture, Cuisine & Sacred Sites

Kick off your day with a delicious buffet breakfast at your luxury hotel before setting out on a captivating full-day city tour of Kathmandu. First stop: **Swayambhunath (the iconic Monkey Temple)**, where sweeping views and sacred serenity await atop a hill overlooking the valley. Wander through the royal courtyards of **Kathmandu**

Durbar Square, rich with centuries-old temples and vibrant local life. Then, head to the majestic **Boudhanath Stupa**—one of the world's largest—where you'll enjoy a peaceful rooftop lunch with stunning views of the spinning prayer wheels below. In the afternoon, experience the spiritual power of **Pashupatinath Temple** on the banks of the Bagmati River, a sacred place alive with ancient rituals. Finally, return to the buzzing streets of Thamel to shop, dine, and soak up the lively atmosphere before retreating to your luxury hotel—ending the perfect day of culture, color, and memory-making in Kathmandu.

Day 16:: YOUR DEPARTURE FROM NEPAL | FAREWELL & SAFE TRAVELS

After breakfast, our representative and office vehicle will be ready at your hotel to transfer you to the airport for your connecting flight home. It has been our absolute pleasure serving you, and we at Mountain Sherpa Trekking deeply value the connection we've built during your time with us.

Thank you for choosing us as your travel partner and for exploring the incredible country of Nepal. We trust that the Tilicho Mesocanta Pass trek, combined with your cultural experiences, has created unforgettable memories for you.

Sayonara, friends! Until we meet again, we wish you safe travels and many more adventures.

Cost Includes

Transportation & Hotels As Detailed Below:

- Private Transport: Enjoy private car service with a guide for both pickup and drop-off. Travel comfortably from Kathmandu to Besisahar in a private car, then continue the adventure in a private local jeep from Besisahar to Dharapani before trek start.
- Kathmandu Hotel: Spend 3 nights in a premium 4- or 5-star hotel in Kathmandu, including daily breakfast (based on your selected package).
- Trek Accommodations: Experience 9 nights in the best available lodges along the trekking route, including 2 nights in cozy tented camps for an authentic Himalayan adventure with added comfort.
- Pokhara Stay: Relax for 1 night in a premium 4- or 5-star hotel in Pokhara, with daily breakfast included (based on your selected package).
- Convenient Domestic Flight: Enjoy a scenic and time-saving flight from Pokhara to Kathmandu, letting you skip the long road journey and make the most of your trip.

Meals & Drinks Included As Per Below

- Four hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- 5–6 cups of warm beverages, such as tea or hot lemon, will be provided daily to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.
- Safe drinking water (3–4 liters per day) and fresh fruit will be provided daily for your health and well-being.Upon reaching the lodge, you'll be welcomed with snacks, including biscuits, to help you recharge after your trek.

Staff Wages, Insurance & All Permits Included

- We proudly offer the highest daily pay to our Sherpa guides and porters, and we fully cover their

insurance—because taking care of our team is our top priority
- Annapurna Conservation entry permit fee and TIMS Card fees are included
- A full-day Kathmandu and half-day Pokhara city tour with a private guide and driver—an immersive experience to explore Nepal’s rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.
- A one-hour boating experience on Fewa Lake is included to help you enjoy the very best of Pokhara.

Experienced Sherpa Guides & Porters Included

- Our experienced, responsible, honest, and friendly Sherpa guides are the heart of your trekking journey—offering flexible support, ensuring your safety, and delivering an unforgettable experience from start to finish. A great guide is the key to making your trek truly exceptional.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole.
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
- We offer a complimentary Local Market Guiding Service for our valued clients interested in purchasing souvenirs at both wholesale and local prices.

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek