

Trip Name : Larkya Pass And Tilicho Lake Trek

Starting Point	Drive in KTM-Arughat
Ending Point	Fly out Jomsom-Pokhara
Type	TeaHouse/Camping Trek
Grade	Hard
Duration	24 Days
Daily Walk	5-6 hours
People in Group	Minimum 2 and Maximum 12
Best Time	April to mid-May and September to November
Max. Elevation	5160 mt.

Trip Highlights:

- Scenic off-the-beaten trail
- Adventurous Larkya la pass (5,135m/16,847ft)
- The challenging Mesokanto la pass (5,121m/16,802ft)
- The highest altitude Lake Tilicho (4,920m/16,142ft)
- 360 degree views of the Annapurna Himalayan range
- Diverse culture of Hindu and Buddhist people
- Sacred monasteries and traditional villages
- Alpine forest

Trip Details:

Larkya Pass to Manang and Tilicho Lake to Jomsom is one of Nepal's challenging off-the beaten-path treks that offers some outstanding Himalayan scenery over the high passes of Larkya La and Mesokanto La. This trek connects the Manaslu and Annapurna regions of Nepal. The combined natural beauty of Manaslu and Annapurna region has made this trek more adventurous that demands a super stamina and passion to walk in the high Himalayas. The main attractions of this trek are the Larkya la pass (5,160m/16,929ft), Tilicho Lake (4,920m/16,142ft) and Mesokanto la pass (5,121m/16,802ft). From Manang, heading out through the western gates and then following the path down to the river will bring at Khangsar. The new trail should be taken to arrive at Tilicho Base Camp. Tilicho Lake is situated on the other side which is known as the highest elevation lake in the world located at 4,920 meters (16,142ft). The trail is rather steep and narrow here and there are plenty of loose rocks and boulders on the top. There are a few passes including Mesokanto la pass that needs some knowledge on using ice climbing gears and ropes. A special precaution is required here while following upwards and stepping on to a flat glacier if there are crevasses. After crossing the Mesokanto la pass, there are a couple of Kharkas (summer pastures) seen and the trail progressively becomes better at the other side of the Annapurna Circuit route. After reaching at Jomsom, the adventure ends here. We take a scenic flight to Pokhara on the next day.

Season for Larkya Pass, Tilicho Lake and Mesokanto La pass Trekking:

Trekking over Larkya Pass, Tilicho Lake and Mesokanto la pass is the best in late spring (April to mid May) and autumn (Sept to Nov). The days are sunny and warm but the nights are cold and can fall to freezing in higher elevations. The only issue is cold and might be a problem due to ice/snow blockade over the high passes. The high passes are closed in winter and early spring. The weather must be favourable in order to complete this trek.

High Altitude Warning:

Altitude sickness is a serious concern in the Larkya Pass and Tilicho Lake trek that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Larkya Pass and Tilicho Lake trek as hard trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. You might even need to walk 6 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, this trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous rope climbing experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Manaslu special trekking permit
- Manaslu and Annapurna Conservation Area permits
- A City Hotel in Pokhara for one night
- Three meals (B/L/D) a day on trekking from teahouse/lodge and camps
- Accommodations at teahouse/lodge/tents in the mountains
- A Sherpa Group leader along the camp crew
- Necessary porters
- Necessary equipment including high mountain Tents, Ropes, Mattresses, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Arughat overland transfer by a private vehicle (4WD)
- Pokhara-Kathmandu transfer by Tourist bus [*Private vehicle or flight Pokhara-Kathmandu available on request and extra*]
- Regular flight for Jomsom to Pokhara and ground transfers
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu, meals in Pokhara
- Bar and beverages bills, bottled water

- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal equipment that may require for high passes such as Ice-axe, Crampons, etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Drive from Kathmandu to Arughat (608m/1,995ft).

Day 02 : Trek Arughat to Soti Khola (700m/2,296ft).

Day 03 : Trek Soti Khola to Machha Khola (870m/2,054ft).

Day 04 : Trek Machha Khola to Jagat (1,340m/4,396ft).

Day 05 : Trek Jagat to Deng (1,860m/6,102ft).

Day 06 : Trek Deng to Ghap (2,400m/7,874ft).

Day 07 : Trek Ghap to Namrung (2,630m/8,629ft).

Day 08 : Trek Namrung to Sama Gompa (3,520m/11,549ft).

Day 09 : Excursion to Manaslu Base Camp (4,400m/14,436ft) and Sama Gaon (Village).

Day 10 : Trek Sama Gompa to Samdo (3,875m/12,714ft).

Day 11 : Trek Samdo to Dharmashala (4,460m/14,633ft).

Day 12 : Trek Dharmashala to Bhimtang (3,590m/11,778ft) crossing over Larkya la pass (5,160m/16,929ft).

Day 13 : Trek Bhimtang to Tilche (2,300m/7,546ft).

Day 14 : Trek Tilche to Bagarchhap (2,160m/7,086ft).

Day 15 : Trek Bagarchhap to Chame (2,670m/8,760ft).

Day 16 : Trek Chame to Lower Pisang (3,200m/10,499ft).

Day 17 : Trek Lower Pisang to Manang (3,540m/11,614ft).

Day 18 : Trek Manang to Khangsar (3,734m/12,251ft).

Day 19 : Trek Khangsar to Tilicho Base Camp (4,150m/13,616ft) and Camp.

Day 20 : Trek Tilicho Base Camp to Tilicho Lake (4,920m/16,142ft) and Camp.

Day 21 : Trek Tilicho Lake to Chauri Kharka crossing over Mesokanto la pass (5,121m/16,802ft) and Camp.

Day 22 : Trek Chauri Kharka (4,000m/13,124ft) to Jomsom (2,720m/8,924ft).

Day 23 : Fly Jomsom to Pokhara. Free time in Pokhara.

Day 24 : Drive (200km)/fly from Pokhara to Kathmandu.