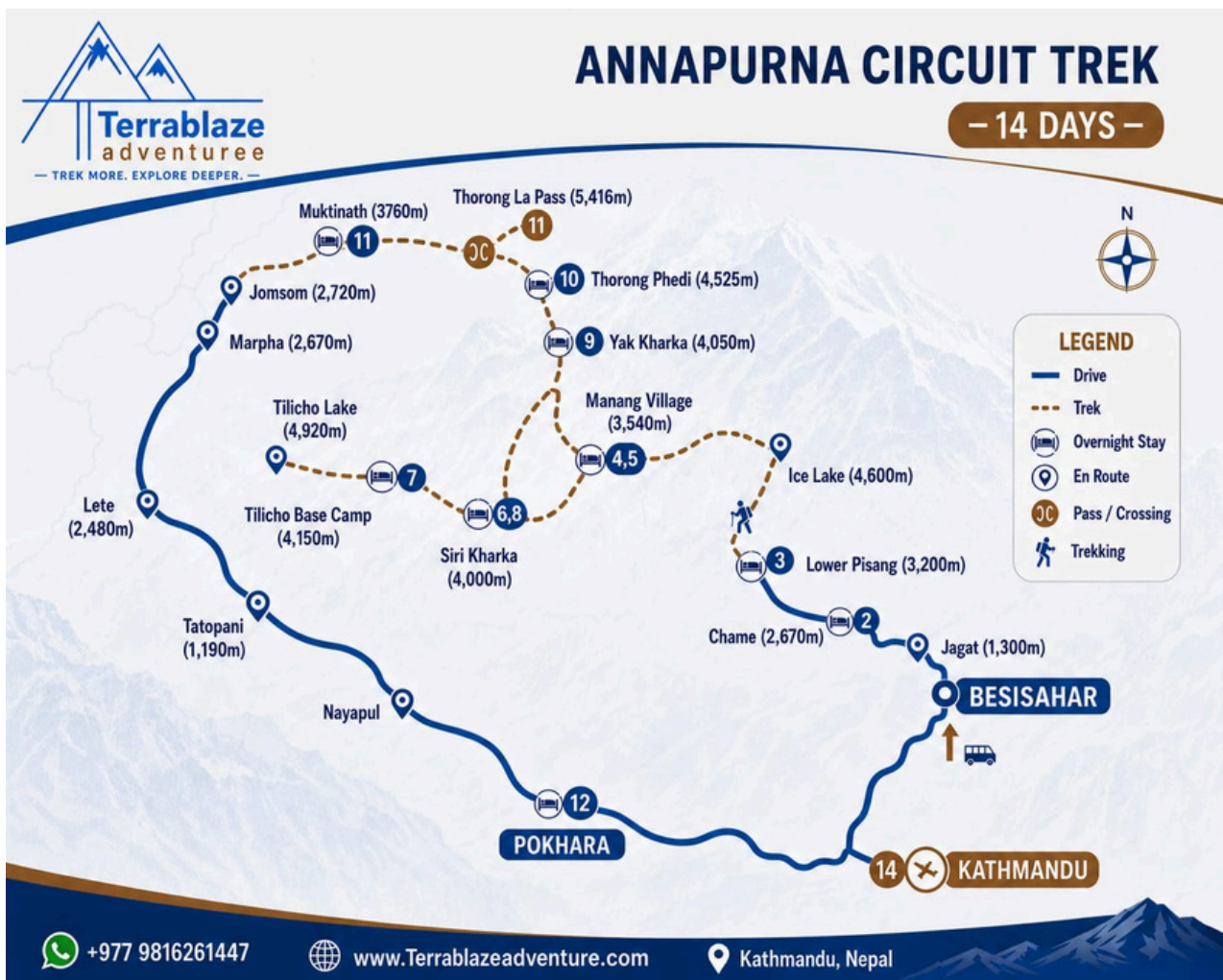




Terrablaze Adventures

🌐 TerrablazeAdventure.com
Kathmandu, Nepal

Annapurna Circuit Explorer: Tilicho Lake & Ice Lake Trek – 14 Days



Time and destinations definitely are customizable based on your preferences.

DAY	ITINERARY
Day 1	Arrival in Kathmandu (1,400m/4,592ft) - Transfer to Hotel and Trek Preparation
Day 2	Drive to Chame (2,670m/8,758ft) via Besisahar - 10 to 11 hours (238km) drive
Day 3	Trek to Lower Pisang (3,200m/10,498ft) - 4 to 5 hours (9km) trek
Day 4	Trek to Manang (3,540m/11,613ft) - 6 to 7 hours (15km) trek
Day 5	Acclimatization hike to Ice Lake (4,600m/15,088ft) and return to Manang - 6 to 8 hours (16km) trek
Day 6	Trek to Siri Kharka (4,000m/13,122ft) - 4 to 5 hours (9km) trek
Day 7	Trek to Tilicho Base Camp (4150m/13,614ft) - 3 to 4 hours (6km) trek
Day 8	Hike to Tilicho Lake (4,920m/16,141ft/) and return to Siri Kharka - 6 to 7 hours (12km) trek
Day 9	Trek to Yak Kharka (4,050m/13.286ft) - 4 to 5 hours (10km) trek
Day 10	Trek to Thorong Phedi (4,525m/14,845ft) - 4 to 5 hours (6.5km) trek
Day 11	Cross Thorong La Pass (5,416m/17,765ft) and trek Muktinath (3,760m/12,335ft) - 9 to 10 hours (16km) trek
Day 12	Visit Muktinath Temple and drive to Pokhara (800m/2,624ft) via Jomsom - 8 to 9 hours (183km) drive
Day 13	Fly to Kathmandu (1,400m/4,592ft) - 25 minutes flight
Day 14	Final Departure

Annapurna Circuit Explorer : A Once-in-a-Lifetime 14-Day Trek

Prepared By	Prepared By Mr Hussain
Prepared for Specially	Lead Guest Mr Balius
Number of clients	2 Adults
Room preference	Boutique Hotel and Tea House
Tour Guide	Ming Temba Sherpa
Departure Date	August 09 - 14
Trek length	13 Nights / 14 Days
Tour type	Private Tour
Start – Ending Points	Kathmandu - Everest Base Camp – Kathmandu
Arrival flight on	Kathmandu
Departure flight on	Sydney
Price per pax	\$1050 Per Adult Land Package and On Arrival Visa For Australian Passport Holder. (Excluding Flight)
Total	

Day 1 :Arrival in Kathmandu (1,400m/4,592ft) - Transfer to Hotel and Trek Preparation



Arrival in Kathmandu, transfer to hotel, and trek preparation

Enjoy the view of Kathmandu spreading below before your plane lands at Tribhuvan International Airport. Upon your arrival, our representative will meet you at the airport terminal and drive you to your hotel. Freshen up and take some rest. Later in the afternoon or evening attend a pre-trek briefing.

Meet your trek leader and if you have any questions about the trek you can ask your trek leader. Get your trekking gear and equipment checked. If you have missed out on any items you can always buy them in Kathmandu. Thamel, Kathmandu's tourist district is lined with stores selling trekking gear and equipment- from budget to branded stuff.

As you will have an early start on Day 2 it is advisable to schedule your arrival to Kathmandu in the morning or during the daytime. This will allow you to attend the pre-trip briefing and give you ample time to rest before the start of your Annapurna adventure.

Overnight in Kathmandu

Day 2 : Drive to Chame (2,670m/8,758ft) via Besisahar - 10 to 11 hours (238km) drive

You leave Kathmandu and drive along the winding road down to Naubise. Mesmerizing views of green hills and local farms fill the landscape. Drive beside the glacial river of Trishuli before reaching the confluence of Marshyangdi and Trishuli rivers. Cross a bridge spanning the Marshyangdi river and drive along the Prithvi Highway.

The road winds along a verdant forest. Drive past the charming town of Besisahar, set beside the Marshyangdi river. Your destination is Chame, an ancient settlement that was once the point where taxes were collected from travelers traveling along the old Tibet trade route. Once you reach Chame head to a teahouse and take a well-deserved rest.

Overnight in Chame.

Day 3 : Trek to Lower Pisang (3,200m/10,498ft) - 4 to 5 hours (9km) trek



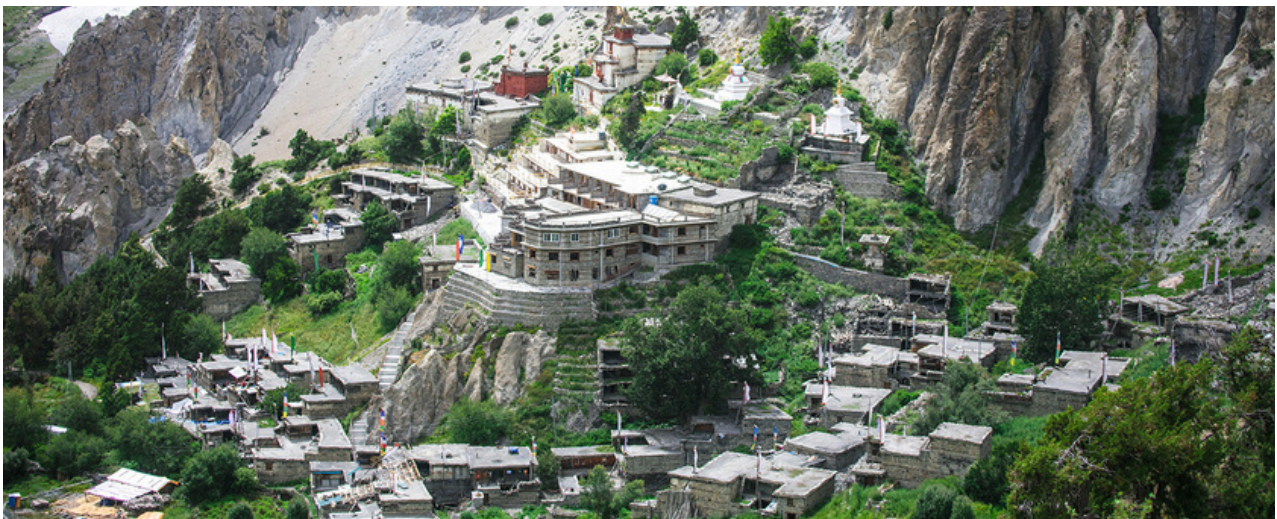
From Chame trek to the ancient village of Lower Pisang. You follow a rough jeep track past a landscape filled with brown hills, cascading waterfalls, snowy peaks and pine trees. Trek past a lunar landscape before reaching the village of Lower Pisang. Head to a teahouse and after a brief rest, explore this ancient village.

Pisang is divided into Upper and Lower Pisang. Lined with prayer wheels mani walls and chortens, Upper Pisang is the old settlement. The village is filled with ancient traditional houses and an old monastery. Most of the teahouses and business establishments are located in Lower Pisang. There's not much greenery in this part of the world and the landscape is barren.

The inhabitants of Upper and Lower Pisang are descendants of Tibetan settlers. They follow Tibetan customs and their lifestyle is similar to Tibetans. From here you can savor close-up views of Pisang Peak, Lamjung Himal, and Annapurna II.

Overnight in Lower Pisang.

Day 4 : Trek to Manang (3,540m/11,613ft) - 6 to 7 hours (15km) trek



You begin your Annapurna Circuit Trek from here. Today you will be walking along with one of the toughest but also the most beautiful section of the trail. The hike involves steep ascents with glorious views of the Annapurna Massif and other peaks and the Marshyangdi River valley. The landscape is partly arid (like the Tibetan plateau) with some sections covered with pinewood forest.

Walkthrough the picturesque settlements of Ghyaru and Nawal. It is a tough climb but the views are awesome. The pointed summit of Annapurna III and Tilicho or Tent Peak look over the trail. Braga is an old village filled with traditional houses built by Tibetan settlers. The village has one of the oldest Buddhist monasteries in Nepal.

From Braga take a short walk to Manang. The trail is even and easy. Within a short duration of just 40 minutes, you will reach this ancient settlement. Head to a teahouse once you reach the settlement and take a well-deserved rest.

Overnight in Manang.

Day 5 : Acclimatization hike to Ice Lake (4,600m/15,088ft) and return to Manang - 6 to 8 hours (16km) trek



Spend a day in Manang acclimatizing. The village of Manang lies at the foot of Annapurna III and offers splendid views of Gangapurna and Annapurna. Take an acclimatization walk today to Ice Lake. Locally known as Kicho Tal, the trail to the Ice Lake winds along the northern slopes of Chulu East. The lake is fed by the Chulu River that flows down the slopes of Chulu East. Spend some time soaking in the peaceful and heavenly ambiance. Take pictures before retracing your steps back to Manang.

Overnight in Manang.

Day 6 : Trek to Siri Kharka (4,000m/13,122ft) - 4 to 5 hours (9km) trek



Leaving Manang to take an uphill ascent and cross a suspension bridge spanning the Manang River. Continue climbing up. After a couple of hours walk, you reach Khangsar village. From the village take the upward trail leading to Siri Kharka. After hiking for just over an hour or two you reach the village of Siri Kharka. Head to a teahouse and take a well-deserved rest.

Overnight in Siri Kharka.

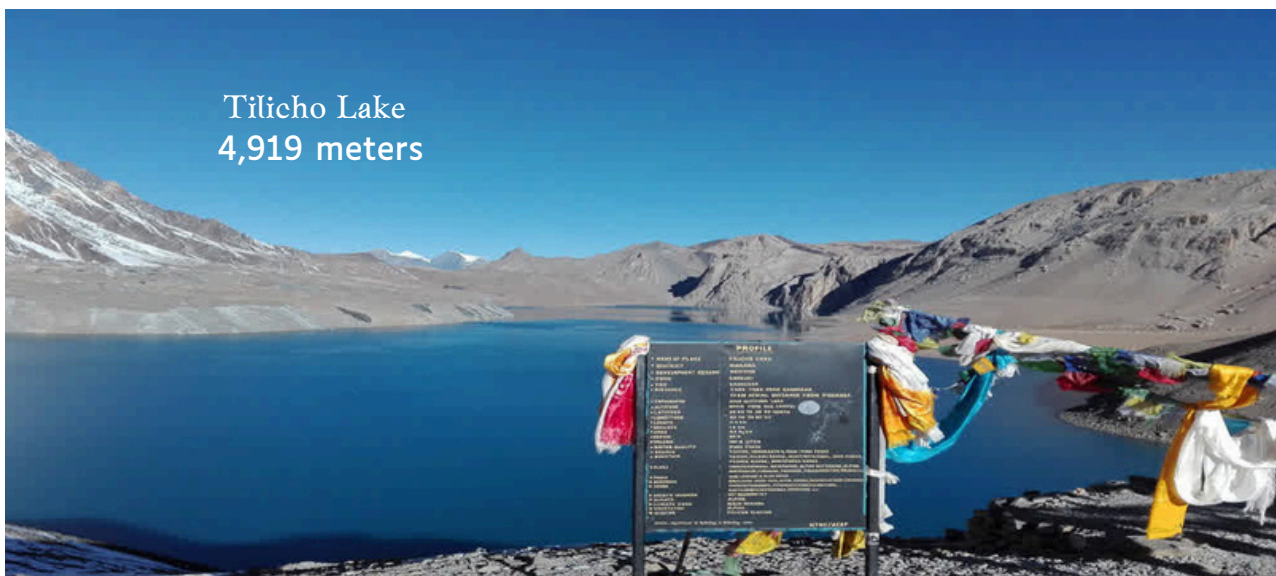
Day 7 : Trek to Tilicho Base Camp (4150m/13,614ft) - 3 to 4 hours (6km) trek



Follow an easy trail to Tilicho Base Camp. There are only a few gentle ascents en route. But be careful at the landslide area before reaching Tilicho Base Camp. There are loose rocks and pebbles and you need to watch your step. Walk cautiously along the narrow path until you reach Tilicho base Camp. Once you reach the base camp, walk to a teahouse where your rooms are booked and take a rest.

Overnight in Tilicho Base Camp.

Day 8 : Hike to Tilicho Lake (4,920m/16,141ft/) and return to Siri Kharka - 6 to 7 hours (12km) trek



This day is memorable as you visit the second-highest lake in Nepal, Tilicho Lake situated at an elevation of 4,920 meters. You follow a trail that goes up and up till you reach the lake. The dark emerald waters of Tilicho Lake surrounded by pure white snow and ice will surely captivate you. Take pictures and soak in the heavenly views before retracing your steps back to Siri Kharka. Once you reach the settlement, head to a teahouse and relax.

Overnight in Siri Kharka.

Day 9 : Trek to Yak Kharka (4,050m/13,286ft) - 4 to 5 hours (10km) trek



Head to Yak Kharka following a gentle ascent. After reaching an abandoned settlement the trail dips down and goes past cultivated grounds and farmlands. There is a gentle ascent again, up to a hill from where one can view Yak Kharka. Take a steep descent, cross the river and amble up again till you reach the settlement of Yak Kharka. The settlement is actually a grazing pasture used by yak herders. There are only a handful of teahouses offering accommodation and food.

Overnight in Yak Kharka.

Day 10 : Trek to Thorong Phedi (4,525m/14,845ft) - 4 to 5 hours (6.5km) trek



This is the last leg of the walk before you make the challenging traverse to Thorong La pass. You are walking above 4000 meters and your body is gradually getting used to high altitude. Take it slow and keep yourself hydrated. Have Diamox if you feel the altitude is affecting you. The trail to Thorong Phedi goes along a secluded and solitary landscape. Enjoy the solitude and the views. Thorong Phedi is a glacier valley surrounded by snowy mountains on three sides. Usually, it's freezing out here. Once you reach this stopover point, head quickly to a teahouse and warm yourself. Retire early as you have a long day ahead of you tomorrow.

Overnight in Thorong Phedi.

Day 11 : Cross Thorong La Pass (5,416m/17,765ft) and trek Muktinath (3,760m/12,335ft) - 9 to 10 hours (16km) trek



Today's walk is difficult. You make an early start and head off at the crack of dawn. The trail is steep but easy. The last 600 meters to the highest point of the trek tends to be the toughest. When you finally reach the top of Thorong La Pass, spectacular views of the mountains greet you. Dhaulagiri rises in all its glory. In the distance, you can see the ancient kingdom of Upper Mustang and the Tibetan plateau. Take pictures and celebrate this wonderful moment with your teammates. Afterward, head down to the holy pilgrimage site of Muktinath. Named after a temple that is sacred to both Hindus and Buddhists, Muktinath is regarded as a place to receive salvation. As you reach this small settlement, make your way to a guesthouse and rest your aching muscles.

Overnight in Muktinath.

Day 12 : Visit Muktinath Temple and drive to Pokhara (800m/2,624ft) via Jomsom - 8 to 9 hours (183km) drive



Before leaving Muktinath, visit the Muktinath Temple and seek blessings from the guardian deities, Lord Vishnu for Hindus and Avalokiteshwara for Buddhists. Other small shrines and Buddhist Gompa surround the main temple. It is believed that the Buddhist guru Padmasambhava blessed this place. After visiting the temple, board a vehicle and drive to Pokhara via Jomsom. The rough jeep track winds along the banks of the pristine Kali Gandaki river. The river is a source of ammonites or saligrams (fossilized mollusks worshipped by Hindus as a representation of Lord Vishnu). After driving an hour you reach Jomsom, a picturesque small town and the headquarters of the Mustang district.

Along the way, you will get to observe the views of hills, green farms, and rivers. You will stop along the highway at a local restaurant for lunch and snacks. Congratulations, you have completed the Annapurna Circuit and this calls for a celebration. Get together with your teammates and crew and celebrate in the evening.

Overnight in Pokhara

Day 13 : Fly to Kathmandu (1,400m/4,592ft) - 25 minutes flight

Return to Kathmandu by flight. Once you reach Kathmandu check in at your hotel and take a rest. If you have time explore some of these by booking a guided city tour at an extra cost. Make your last evening memorable with a farewell dinner (complimentary) at a traditional Nepali restaurant. Try out authentic Nepali cuisine and enjoy a cultural program.

Overnight in Kathmandu.

Day 14 : Final Departure

Bid goodbye to Nepal. Our representative will drive you to the international airport three hours prior to your flight's departure. If you are interested in exploring more places do let us know. We run tours to some of the most fascinating and exotic destinations.

QUOTATION

- Price is in USD dollars per person
- based on double room/twin room. If there is an odd number of people, a triple room will be arranged.
- Group of 02 pax

CHILD FROM 04 – 09 YEARS OLD

- Extra bed: 75% rate of adult
- No extra bed: 65% rate of adult

Child 10 years old and above: 100 % rate as adult

Child under 04 years old: free of charge (for land tour package only)

ACCOMMODATION:

Accommodation bases on room type as indications. Higher room grade can be arranged subject to availability and additional charge. You may also change to lower category if you want. Just inform us. In case our selected hotels fully booked, we will offer alternative accommodation in a hotel of equal category.

	Boutique Hotel
Hotel	Tea House

Note: Hotels are subject to availability. In case the mentioned hotel is fully booked, a similar category hotel of the same standard will be provided.

Package Includes:

- All transfer and quality air-conditioned vehicles
- Accommodation at Boutique Hotel selected including daily breakfast with double/twin room lunch and Dinner
- Tours with local English-Speaking Guide
- Meals as mentioned in the tour (Breakfast: B; Lunch: L; Dinner: D; Brunch: BR)
- Entrance fee for all destinations as Tour Itinerary indicated
- Bottle of water available on coach (2 bottles/pax/day)

Package Excludes:

- Drinks and other meals do not indicate in the program
- Travel insurance
- Personal expenses (telephone, shopping...)
- Tipping/ Gratuities for guide and driver, suggest tip 5USD/pax/day.
- Single Supplement
- Early check in & late check out
- Any additional expenses caused by reasons beyond our control such as natural calamities (typhoon, floods), flight delays rescheduling or cancellations, any accidents, medical evacuations, riots, strikes etc.

ATTENTIONS

- Check in time: after 14h00 – Check out time: before 12h00 at noon
- The itinerary and schedule are subject to change due to weather, road condition, flight, type of class and operating conditions.
- Meals are fusion on local Nepalese food / Indian Food/ or Western food/ or Halal food (Muslim's Type) with daily normal breakfast. Guests should advise any special food preferences, allergies or dietary requirements at least 01 week prior to the arrival date.
- Travel insurance (Please make sure that you buy insurance for you (or your clients) before they travel oversea)
- In case of closure for construction or any other reason, we will replace with similar destinations.
- Tipping is not compulsory and is at your discretion. If you feel you have received a good level of service, we recommend approximately \$10/pax/day for the guide. This will be collected at the end of each destination visited for your convenience.

REMINDATIONS

- This is a quotation only. Pricing and availability of services are subject to change and cannot be confirmed until the booking is finalized and paid.
- The quotation is valid for the above-mentioned travel dates only. Any bookings made after this period may be subject to revised pricing due to changes in local economic conditions, seasonal demand, or supplier rate adjustments.
- Hotels in Himalayas may not always match international star rating standards. Tea House hotels in Himalayas can vary in quality compared to other countries.
- For flight bookings, we require the guests' full names exactly as they appear in their passports. Any changes may result in additional charges.
- Airfares and seat availability are subject to change until full payment is received and tickets are issued. Airlines reserve the right to revise fares without prior notice.
- **Terrablaze Adventure** will not be responsible for any loss, theft, or damage to personal belongings during the trip.
- Transportation and tour rates included in this quotation are based on current fuel prices. We reserve the right to adjust prices if fuel costs increase significantly or if suppliers revise their rates.
- Standard transfer timings in Nepal are between 06:00 hrs to 22:00 hrs. Surcharges may apply for late-night or early-morning transfers.
- Hotels may require a refundable security deposit upon check-in to cover incidental expenses. Some hotels may retain passports temporarily for registration purposes as per local regulations.
- We reserve the right to revise prices in case of any new government taxes, VAT changes, or other statutory levies introduced after the quotation date.
- Certain attractions, temples, or cultural sites in Nepal may be closed during local festivals, ceremonies, or public holidays without prior notice.
- During the Trek, guests must carry their original passport or valid government-issued ID throughout the journey. Trek permits and identity checks are mandatory at various checkpoints, so please ensure your identification is always accessible.
- Weather conditions in the Himalaya region may affect flights and trekking schedules. Alternative arrangements will be provided where possible, but cannot be guaranteed.
- Travel insurance is highly recommended for all travelers to cover unforeseen circumstances such as cancellations, medical emergencies, or loss of belongings.

RESPONSIBILITIES

- **Terrablaze Adventure** acts only as an intermediary for airlines, hotels, transportation providers, trekking guides, and other third-party service providers. We shall not be held responsible for any loss, injury, accident, delay, cancellation, or damage caused by these services.
- Flight delays, cancellations, weather conditions, trail conditions, natural disasters, or other unforeseen circumstances may result in itinerary changes. While we will make every effort to provide suitable alternatives, additional costs arising from such situations shall be borne by the traveler.
- Due to the unpredictable nature of mountain weather and flight operations in the Himalayan region, the itinerary may be modified without prior notice if necessary for safety and operational reasons.
- Guests are responsible for the safety of their personal belongings, including passports, cash, electronic devices, and other valuables. **Terrablaze Adventure** will not be liable for any loss, theft, or damage to personal property during the trek.

Payment can only be via:

- Bank transfer (Our travel consultants will show you in details in each booking)
- Credit Card (Credit Card, Visa Card, Master Card or American Express)
- Upon confirmation of a reservation, you are required to deposit 20% of the tour cost within 3 days of booking confirmation. Additional deposits are required for certain services or at certain peak dates. We will advise you of this at the time of process your booking. The rest of package tour price should be paid not less than 56 days prior to departure. All invoices will be emailed to the address supplied on the completed form up to 48 hours after bookings are made.
- If a booking is requested less than 56 days prior to the arrival date and confirmed, full payment is required before booking is processed.
- Payment can be made by: Credit card, bank transfer. All bank service charges (as may be applied by your bank and intermediate bank) are born by the payer.
- In case of payment by credit cards, an additional charge of 3% will be added for Visa and Master Card and 3.85% for American Express.

PAYMENT

CHANGES

In case you wish to change your booking, no charge will be applied if the amendments are not close to the deadline of cancellation (please see cancellation policy). When an amendment is made, the tour cost may change and the new price will apply.

CANCELLATION

Period before departure date Cancellation Charges as a % of total Booking price:

- More than 56 days loss of deposit (15% per person)
- Cancellations made from 56 to 30 days prior to arrival: 30%
- Late cancellations made from 29 to 15 days prior to arrival 50%
- Late cancellations made less than 14 days or no show: 100%

Please be advised that during Peak Season (Christmas and New Year) and during Public Holidays different cancellation policies may apply. The cancellation policy for such period will be informed to client(s) case by case

CANCELLATION BY US

We may cancel a trip at any time prior to departure if, due to terrorism, natural disasters, political instability or other external events it is not viable for us to operate the planned itinerary. If we cancel your trip, you can transfer amounts paid to an alternate departure date or alternatively receive a full refund. In circumstances where the cancellation is due to external events outside our reasonable control, refunds will be less any unrecoverable costs. We are not responsible for any incidental expenses that you may have incurred as a result of your booking including but not limited to visas, vaccinations, Travel insurance excess or non-refundable flights.