

Tilicho Peak Expedition in Nepal

Quick Facts

Duration:	36
Max Altitude:	7134
Best Season:	Sept - Nov & March - May
Group Size:	25
Accommodation:	4 Star/ Star Hotel, Tent and Tea House
Route:	Kathmandu to Kathmandu
Difficulty:	Challenging

Trip Overview

Tilicho Peak Expeditions in the Annapurna region offer a beginner-friendly, non-technical 7,000m climbing adventure, combining scenic trekking and a rewarding Himalayan summit. From the exciting journey to the Tilicho Peak summit, every ascent and descent feels achievable and inspiring.

Choose Summit 8000 as your trusted climbing partner for a safe, well-guided, and memorable Tilicho Peak expedition.

Tilicho Peak Expeditions take you deep into Nepal's spectacular Annapurna region, offering a rare chance to experience a true 7,000-meter Himalayan summit without extreme technical difficulty. At 7,134 meters, Tilicho Peak is considered a non-technical and beginner-friendly expedition, making it an excellent choice for trekkers and climbers ready to move beyond trekking peaks and into high-altitude mountaineering.

The journey is a perfect blend of trekking, hiking, and climbing, following classic Annapurna trails through Manang Valley and the famous Tilicho Lake area before reaching Tilicho Base Camp. Along the way, gradual altitude gain allows for proper acclimatization, increasing safety and summit success.

The climb itself involves snow and ice slopes with fixed ropes where needed, focusing more on endurance and altitude management than advanced technical climbing skills. Reaching the Tilicho Peak summit is a deeply



rewarding achievement, offering panoramic views of the Annapurna and Dhaulagiri ranges and a true sense of Himalayan adventure.

With Summit 8000 as your climbing partner, you benefit from experienced guides, strong expedition logistics, and a safety-first approach that supports you from the first step of the trek to the final ascent and safe descent. Tilicho Peak climbing is not just about standing on a summit, it's a complete mountain journey designed for confident, well-guided exploration of the high Himalayas.

Annapurna Region Expedition

When you join a Tilicho Peak expedition, you step into the majestic Annapurna region, one of Nepal's most iconic trekking and climbing destinations. You will trek and hike through lush valleys, high-altitude deserts, and charming villages like Manang and Kangsar, experiencing the unique culture and warm hospitality of the local people.

Along the way, you will be surrounded by dramatic peaks, sparkling glaciers, and serene alpine lakes, making every step of the journey a visual feast. We guide you through every part of this expedition, ensuring your adventure is safe, seamless, and full of inspiring Himalayan experiences.

Non-Technical 7,000m Peak

Tilicho Peak, standing at 7,134 meters, offers the perfect combination of challenge and accessibility. It is a non-technical peak, which means you can enjoy the thrill of high-altitude mountaineering without complex rock or ice climbing skills. You will learn to navigate snow slopes, glacier sections, and simple ridge climbs, practicing your ascent and descent with confidence.

Every step of the climb brings a sense of accomplishment, while you witness stunning panoramas of the Annapurna and Dhaulagiri ranges stretching across the horizon.

Beginner-Friendly Expedition

This expedition is designed for adventurers who are taking their first steps into serious Himalayan climbing. We focus on gradual altitude gain, proper acclimatization, and step-by-step guidance to make the experience both safe and enjoyable.

You will build skills in high-altitude trekking, base camp preparation, and summit strategies, all while enjoying the thrill of ascending and descending a 7,000-meter peak. We make sure that every part of the journey from the first trailhead to the final summit is approachable, inspiring, and memorable.

Why Should You Climb Tilicho Peak?

Tilicho Peak is more than just a mountain it is an unforgettable adventure and personal milestone. The expedition takes you past the world's highest Tilicho Lake, over ridges and glaciers, and into the heart of the Himalayas.



Each stage of the journey offers breathtaking scenery, a true sense of adventure, and moments of reflection and accomplishment. Standing on the Tilicho Peak summit, you will feel the exhilaration of having conquered a 7,000-meter Himalayan challenge, a memory that will stay with you for a lifetime.

Why Choose Summit 8000 as Your Climbing Partner for the Tilicho Expeditions?

When you climb with Summit 8000, you are not just joining an expedition you are gaining a dedicated partner committed to your safety, success, and enjoyment. We provide experienced guides who know the mountains intimately, skilled support staff for logistics, and carefully planned itineraries to maximize your trekking, hiking, and climbing experience.

With our guidance, you can focus on the adventure and the journey, confident that every step of your ascent and descent is backed by expert support. Together, we make your dream of standing on the Tilicho Peak summit achievable, safe, and truly unforgettable.

Detailed Itinerary

Day 1: Arrival in Kathmandu and Transfer to Hotel

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, our team will greet you and transfer you to your hotel in Kathmandu. Today is for rest and recovery from your journey. In the evening, we will hold a pre-expedition briefing covering itinerary details, essential gear, safety protocols, and tips for high-altitude trekking and climbing. This is also a great time to check your equipment, meet your guides, and get excited for the adventure ahead.

Accommodation: 1400

Meals: Welcome Dinner

Day 2: Half-Day Kathmandu Valley Sightseeing and Expedition Preparation

Spend the morning exploring the cultural treasures of Kathmandu Valley, including the iconic Swayambhunath (Monkey Temple) and Durbar Square. Witness ancient temples, bustling markets, and vibrant local life. In the afternoon, we will focus on preparing your climbing and trekking gear for the Tilicho Peak expedition. You will also attend a session on high-altitude safety, acclimatization techniques, and what to expect during your ascent and descent.

Accommodation: 1400

Meals: Breakfast

Day 3: Drive to Besisahar

Begin the journey to the Annapurna region with a scenic drive along the Marshyangdi River. Besisahar, the starting point of the Annapurna Circuit trek, is surrounded by lush green hills and terraced fields. Overnight in Besisahar offers



a gentle introduction to the trekking journey ahead. You'll have time to enjoy the valley views, interact with local villagers, and prepare mentally for your adventure.

Accommodation: 823

Meals: Breakfast and Dinner

Day 4: Drive to Dharapani

The road climbs steadily, following the Marsyangdi River through forests, waterfalls, and traditional villages. Dharapani is the gateway to the high Himalayan region and the trailhead for your trekking journey. Take this evening to relax, check your trekking pack, and enjoy the peaceful Himalayan environment.

Accommodation: 1860

Meals: B, L, & D

Day 5: Trek to Chame

Start your trekking adventure with a gradual ascent to Chame. The trail winds through pine and rhododendron forests, crossing small streams and pastures. Chame, the district headquarters of Manang, offers cozy lodges and the first glimpses of snow-capped peaks. This trek is an excellent introduction to high-altitude hiking, allowing you to enjoy the natural beauty while gently increasing your elevation.

Accommodation: 2670

Meals: B, L, & D

Day 6: Trek to Pisang

Today's trek is slightly more challenging as the path ascends along cliffs and rivers, offering panoramic views of Annapurna II, Pisang Peak, and Gangapurna. You will pass traditional villages with stone houses, monasteries, and yak pastures. The combination of trekking, hiking through alpine terrain, and witnessing the majestic peaks makes this a highlight of the journey. Overnight in Pisang provides a chance to rest and enjoy the mountain atmosphere.

Accommodation: 3100

Meals: B, L, & D

Day 7: Trek to Manang

Continue trekking through the Marsyangdi Valley toward Manang, passing high-altitude desert landscapes, small villages, and moraine fields. The ascent is gradual, allowing your body to acclimatize to the altitude. Manang is a picturesque village that serves as a hub for climbers. Take time to explore, meet local residents, and enjoy the first real sense of high Himalayan adventure.

Accommodation: 3440

Meals: B, L, & D

Day 8: Rest Day in Manang for Acclimatization



This day is dedicated to rest and acclimatization, which is critical before ascending higher. Optional short hikes to nearby viewpoints, such as the Ice Lake or Gangapurna Glacier, help your body adjust to the altitude. You will also attend a detailed briefing on base camp procedures, climbing strategies, and safety measures, preparing for the upcoming Tilicho Peak climbing expedition.

Accommodation: 3440

Meals: B, L, & D

Day 9: Trek to Khangsar

The trail to Khangsar passes through alpine meadows and rocky ridges, offering stunning views of surrounding peaks. You will hike past yak herders and small monasteries, experiencing the Himalayan culture and environment. Khangsar is a small village that provides comfortable lodges for overnight stay and a chance to rest before approaching higher altitudes.

Accommodation: 3734

Meals: B, L, & D

Day 10: Trek from Khangsar to Besi Khola

Trek through rugged high-altitude terrain, crossing streams and moraine ridges. Besi Khola is a remote stop that allows you to gradually ascend, enjoying spectacular panoramic views of the Annapurna and Tilicho ranges. The landscape becomes more barren and alpine, giving you a sense of the adventure and challenge ahead.

Accommodation: 3995

Meals: B, L, & D

Day 11: Trek from Besi Khola to Tilicho Peak Base Camp

Reach the Tilicho Peak Base Camp after a rewarding trek through rocky valleys and glacial streams. Set up camp and rest in preparation for the climbing phase. This is your first night close to the summit, where you can enjoy the pristine Himalayan environment and mentally prepare for the ascent. Guides will review climbing plans, safety procedures, and camp organization.

Accommodation: 4150

Meals: B, L, & D

Day 12 to 28: Climbing Period - Tilicho Summit

Over the next 17 days, you will embark on the main climbing expedition. The schedule includes gradual rotations to higher camps for acclimatization, practicing snow and ice climbing skills, and monitoring weather conditions. Your guides will lead you through ascending and descending glaciers, ridges, and snow slopes. The summit push is carefully planned for optimal weather conditions. Reaching the Tilicho Peak summit at 7,134 meters is the highlight of the expedition, offering unparalleled panoramic views of the Annapurna and Dhaulagiri ranges. After celebrating your



achievement, you will safely descend back to base camp, where you can rest and recover before starting the return trek.

Accommodation: 7134

Meals: Camp

Day 29: Pack Up and Preparation for Return

After a successful summit, pack your gear and prepare for the return journey. Tonight, reflect on the adventure and enjoy one last night amidst the breathtaking alpine scenery of Tilicho Base Camp.

Accommodation: 4150

Meals: B, L, & D

Day 30: Trek to Khangsar

Begin your descent to Khangsar. The trekking route retraces your steps through alpine meadows, rocky ridges, and glacial streams. Enjoy the easier pace of descent while taking in the stunning Himalayan vistas one more time. Overnight in Khangsar provides a chance to rest and reconnect with the team.

Accommodation: 3750

Meals: B, L, & D

Day 31: Trek from Manang to Pisang

Continue descending to Pisang, enjoying the dramatic mountain views and alpine forests. The descent is steady, giving your body time to adjust after high-altitude climbing. Pisang offers lodges for overnight stay and a comfortable stop on the way back to lower altitudes.

Accommodation: 3250

Meals: B, L, & D

Day 32: Trek from Pisang to Chame

Descend further to Chame through rhododendron forests and along river valleys. The terrain gradually becomes greener and more hospitable. You can reflect on your climbing experience and enjoy the sense of accomplishment from ascending and descending Tilicho Peak.

Accommodation: 2650

Meals: B, L, & D

Day 33: Drive to Besisahar

Return to Besisahar by road, retracing the scenic river valley route. Enjoy terraced fields, small villages, and peaceful landscapes as you descend to lower altitudes. Overnight in Besisahar allows you to rest after the long trekking and climbing expedition.

Accommodation: 750

Meals: Breakfast



Day 34: Drive from Besisahar to Kathmandu

Drive back to Kathmandu, ending the trekking phase of the expedition. Check into your hotel and relax. This is the perfect time to celebrate your successful Tilicho Peak adventure, share stories with your team, and enjoy a warm meal in the city.

Accommodation: 1400

Meals: Breakfast

Day 35: Leisure Day in Kathmandu

Spend a day at leisure exploring Kathmandu, shopping for souvenirs, or visiting cultural sites. Reflect on the expedition, enjoy local cuisine, and relax before your departure. This day allows for decompression after the intense trekking and climbing journey.

Day 36: Final Departure

Transfer to Tribhuvan International Airport for your flight home. Depart with memories of an unforgettable Himalayan adventure, the thrill of the Tilicho Peak summit, and the scenic beauty of the Annapurna region.

Cost Includes

- 1.** Permits and Fees that are required such as the Annapurna Conservation Area Permit (ACAP), and the Trekking and climbing permits
- 2.** Airport pick-up and drop-off in Kathmandu
- 3.** Domestic transport to the trek starting point Besisahar
- 4.** Tea house/lodge stays during the trek
- 5.** Base camp and higher camps (tented accommodations)
- 6.** Breakfast, lunch, and dinner during trekking days
- 7.** Meals at base camp during climbing
- 8.** Experienced guide and climbing Sherpa
- 9.** Porters or yaks for carrying gear and equipment
- 10.** Liaison officer (if required by the government)
- 11.** Group climbing gear (ropes, tents, cooking equipment, kitchen tents)
- 12.** Satellite phone or walkie-talkie for emergency communication (if included)
- 13.** Basic first aid kit
- 14.** Oxygen cylinder (optional or emergency use)
- 15.** Expedition briefing and preparation support
- 16.** Trekking maps and information

Cost Excludes

- 1.** International airfare to/from Nepal
- 2.** Nepal entry visa



- 3.** Personal clothing, trekking, and climbing gear (boots, down jackets, crampons, harness, helmet, etc.)
- 4.** Personal travel insurance (high-altitude trekking and mountaineering insurance recommended)
- 5.** Meals in Kathmandu or Pokhara outside the itinerary
- 6.** Hotel upgrades in Kathmandu or Pokhara
- 7.** Helicopter evacuation (emergency or non-emergency)
- 8.** Extra nights in tea houses due to acclimatization or delays
- 9.** Tips for guides, porters, and drivers
- 10.** Internet, laundry, phone calls, and other personal expenses
- 11.** Any costs arising due to natural disasters, strikes, or political unrest

