

Tilicho Peak

REGION	Manang · Annapurna
DURATION	25 days
MAX ALTITUDE	7,134 m
GRADE	Expedition · AD
SEASON	Mar-May · Sep-Dec
FROM	from \$18,000

Overview

A remote 7,000er above the world's highest lake

Rising beyond Tilicho Lake in the Annapurna massif, Tilicho Peak is a quiet, seldom-climbed 7,000 m expedition - long glacier approaches and sustained snow slopes to a summit ringed by the Annapurnas and Dhaulagiri.

Tilicho Peak (7,134m) rises above Tilicho Lake - the highest glacial lake in the world - at the western edge of the Annapurna range, forming part of the dramatic ridgeline known as the Great Barrier. While it stands among the "easier" 7,000m peaks in Nepal, thanks to a wide summit shoulder that keeps avalanche risk low, the climb is still technical, combining rock, ice, and steep snow along the Northwest Shoulder Route - the same line first climbed by French mountaineer Emanuel Schmutz.

The approach winds through the heart of the Annapurna region: remote villages, pine forests, and high desert terrain leading to Base Camp on the shores of Tilicho Lake (4,920m). From there, climbers acclimatize through a series of higher camps before pushing for the summit, where the reward is a 360-degree panorama spanning the Annapurna Massif, Dhaulagiri, the Tibetan Plateau, and the Kali Gandaki Valley - the deepest gorge on Earth.

Tilicho also holds a place in mountaineering history. In 1950, Maurice Herzog's expedition arrived at Tilicho Lake while searching for a route up Annapurna I, the first 8,000m peak ever summited. The 11-kilometer wall of rock and ice they found - La Grande Barrière - blocked their path and forced them to seek another approach, one that led to their historic first ascent.

Route: Northwest Shoulder Route

Base Camp: 4,920m, on the shore of Tilicho Lake

Camp I: ~5,600-5,800m

Camp II: ~6,100-6,300m

Summit: 7,134m

Highlights

- Summit the majestic Tilicho Peak (7,134 m) in the heart of the Annapurna Himal.
- Experience a challenging 7,000-meter alpine expedition with technical snow and glacier climbing.
- Trek to the spectacular Tilicho Lake (4,919 m), one of the world's highest alpine lakes.

- Enjoy breathtaking summit panoramas of Annapurna I, II, III, IV, Gangapurna, Dhaulagiri, Manaslu, and the Mustang Plateau.
- Follow the legendary Annapurna Circuit through dramatic Himalayan landscapes.
- Acclimatize in the traditional mountain village of Manang, rich in Tibetan Buddhist culture.
- Traverse glaciers, snowfields, rocky ridges, and high alpine terrain in a true mountaineering adventure.
- Climb one of Nepal's less-crowded 7,000-meter peaks for a more exclusive expedition experience.
- Witness unforgettable sunrises and sunsets over the Annapurna massif from high camps.
- Led by experienced Sherpa climbing guides with professionally managed expedition logistics.
- Perfect for experienced climbers seeking a demanding Himalayan ascent beyond trekking.
- Best climbing seasons: April-May and October-November, when weather conditions are generally most favorable.

Itinerary

Day 1 - Arrival in Kathmandu (1,400m)

Arrive at Tribhuvan International Airport and transfer to your hotel. Rest, explore Kathmandu's historic sites - Durbar Square, Pashupatinath Temple, or the Thamel district - and attend an evening expedition briefing covering logistics and safety.

Day 2 - Preparation Day in Kathmandu

A full day to finalize gear, review the route and climbing strategy with your guides, and pick up any last-minute equipment in Thamel. Free time to visit Swayambhunath, Boudhanath Stupa, or other UNESCO sites before departing for the mountains.

Day 3 - Drive to Jagat (1,000m)

An 8-10 hours scenic drive along the Prithvi Highway and into the Marsyangdi Valley, passing terraced fields, the Trishuli River, and Gurung villages before reaching Jagat, the trailhead for the Annapurna Circuit and Tilicho region.

Day 4 - Trek to Dharapani (1,860m)

The trail follows the Marsyangdi River through forests and terraced fields, crossing into the Manang District via a suspension bridge and passing through Tal before reaching the traditional village of Dharapani.

Day 5 - Trek to Chame (2,650m)

Through pine and fir forest with views of the Annapurna and Lamjung Himal ranges, passing Bagarchhap and Timang (with views of Manaslu, 8,163m) before arriving in Chame, known for its hot springs.

Day 6 - Trek to Pisang (3,250m)

Following the Marsyangdi River through forest and rocky gorge terrain, with views of Annapurna II, IV, and Pisang Peak, as the landscape transitions into Manang's high desert.

Day 7 - Trek to Manang (3,520m)

A scenic and culturally rich stretch, ideally via the Upper Pisang route for panoramic views of the Annapurna range and Tilicho Peak. Passes the Tibetan-influenced villages of Ghyaru and Ngawal and the historic Braga Monastery before reaching Manang.

Day 8 - Acclimatization Day in Manang

A rest day to adjust to altitude, with optional side hikes to the Gangapurna Lake viewpoint (3,800m) or Praken Gompa (3,940m), a century-old monastery.

Day 9 - Trek to Siri Kharka (4,060m)

Leaving the Annapurna Circuit for the more remote Tilicho region, passing through Khangsar and increasingly exposed, high-altitude terrain with views of Tarkekang and the Chulu Peaks.

Day 10 - Trek to Tilicho Base Camp (4,920m)

A demanding day across barren, rugged terrain and landslide-prone sections, arriving at Base Camp beneath Tilicho Peak and the Great Barrier, on the shore of Tilicho Lake.

Day 11 - Climbing Period

The core of the expedition: establishing Camp I (~5,600m) and Camp II (~6,200m), conducting acclimatization rotations between camps, and making the final summit push via the Northwest Shoulder Route - a mix of steep snow, ice, and rock. After summiting, climbers descend safely back to Base Camp.

Day 12 - Climbing Period

The core of the expedition: establishing Camp I (~5,600m) and Camp II (~6,200m), conducting acclimatization rotations between camps, and making the final summit push via the Northwest Shoulder Route - a mix of steep snow, ice, and rock. After summiting, climbers descend safely back to Base Camp.

Day 13 - Climbing Period

The core of the expedition: establishing Camp I (~5,600m) and Camp II (~6,200m), conducting acclimatization rotations between camps, and making the final summit push via the Northwest Shoulder Route - a mix of steep snow, ice, and rock. After summiting, climbers descend safely back to Base Camp.

Day 14 - Climbing Period

The core of the expedition: establishing Camp I (~5,600m) and Camp II (~6,200m), conducting acclimatization rotations between camps, and making the final summit push via the Northwest Shoulder Route - a mix of steep snow, ice, and rock. After summiting, climbers descend safely back to Base Camp.

Day 15 - Climbing Period

The core of the expedition: establishing Camp I (~5,600m) and Camp II (~6,200m), conducting acclimatization rotations between camps, and making the final summit push via the Northwest Shoulder Route - a mix of steep snow, ice, and rock. After summiting, climbers descend safely back to Base Camp.

Day 16 - Climbing Period

The core of the expedition: establishing Camp I (~5,600m) and Camp II (~6,200m), conducting acclimatization rotations between camps, and making the final summit push via the Northwest Shoulder Route - a mix of steep snow, ice, and rock. After summiting, climbers descend safely back to Base Camp.

Day 17 - Climbing Period

The core of the expedition: establishing Camp I (~5,600m) and Camp II (~6,200m), conducting acclimatization rotations between camps, and making the final summit push via the Northwest Shoulder Route - a mix of steep snow, ice, and rock. After summiting, climbers descend safely back to Base Camp.

Day 18 - Climbing Period

The core of the expedition: establishing Camp I (~5,600m) and Camp II (~6,200m), conducting acclimatization rotations between camps, and making the final summit push via the Northwest Shoulder Route - a mix of steep snow, ice, and rock. After summiting, climbers descend safely back

to Base Camp.

Day 19 - Climbing Period

The core of the expedition: establishing Camp I (~5,600m) and Camp II (~6,200m), conducting acclimatization rotations between camps, and making the final summit push via the Northwest Shoulder Route - a mix of steep snow, ice, and rock. After summiting, climbers descend safely back to Base Camp.

Day 20 - Climbing Period

The core of the expedition: establishing Camp I (~5,600m) and Camp II (~6,200m), conducting acclimatization rotations between camps, and making the final summit push via the Northwest Shoulder Route - a mix of steep snow, ice, and rock. After summiting, climbers descend safely back to Base Camp.

Day 21 - Climbing Period

The core of the expedition: establishing Camp I (~5,600m) and Camp II (~6,200m), conducting acclimatization rotations between camps, and making the final summit push via the Northwest Shoulder Route - a mix of steep snow, ice, and rock. After summiting, climbers descend safely back to Base Camp.

Day 22 - Descend to Manang (3,520m)

Retracing the route through Siri Kharka and Khangsar back to the comforts of Manang.

Day 23 - Descend to Chame (2,650m)

Back through the Marsyangdi Valley, passing Braga Monastery, Upper/Lower Pisang, and Dhukur Pokhari.

Day 24 - Drive to Kathmandu (1,400m)

An 8-10 hours' drive back via Besisahar and the Prithvi Highway, with a celebratory farewell dinner in the evening.

Day 25 - Departure

Free time for last-minute shopping or sightseeing before an airport transfer for your onward flight.

What's included

- Airport transfers (international and domestic)
- Ground transfers: Kathmandu-Jagat and Chame-Kathmandu
- 4 nights hotel accommodation in Kathmandu (with breakfast)
- Teahouse accommodation while trekking; tented accommodation at Base Camp and higher camps
- Full board meals during the trek and at Base Camp, including hot drinks and snacks
- Cooking gas, equipment, and high-altitude food above Base Camp
- Tilicho Peak climbing permit and all required trekking permits (National Park entry, TIMS)
- Route-fixing charges and Sherpa carry bonuses
- Garbage disposal fee and waste management
- Experienced climbing Sherpa and government liaison officer (with associated costs)
- Porter service for personal baggage up to Base Camp and back
- Base camp staff, cooks, and support crew
- Insurance, wages, and equipment for climbing Sherpa and support staff
- Emergency oxygen, mask, and regulator at Base Camp
- Kitchen, dining, toilet, storage, and sleeping tents for Base Camp and higher camps

- Transport of food and equipment from Kathmandu to the trailhead and on to Base Camp
- Technical skills training at Base Camp (ladder crossing, ice wall climbing, ascending/descending techniques)
- Group climbing equipment (rope, ice screws, snow bars, etc.)
- Walkie-talkies for camp-to-camp communication
- Duffle bag for personal gear
- Welcome and farewell dinners in Kathmandu
- Certificate of achievement upon successful completion
- Weather forecast updates during Base Camp and climbing period
- Portable Altitude Chamber (PAC) for emergencies
- Comprehensive first aid kit

Not included

- International airfare and Nepal visa fee
- Personal travel, medical, and rescue insurance
- Personal trekking and climbing equipment
- Drone and special filming permits
- Internet, alcoholic beverages, bottled water, and hot showers in teahouses
- Additional hotel nights due to early arrival or late departure
- Summit bonus for climbing Sherpa
- Tips for cook and support staff (US \$600 recommended)

Available departures

- 15 Mar 2026
- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026