

Annapurna Circuit with Tilicho lake for Giorgio Bassi and John Parchment

Day	Day of week	Date	Itinerary	Altitude	Accommodation
00	S	22/10	Departure from Italy		
01	Sunday	23/10	Arrival in Kathmandu, Transfer to Hotel	1350m	Hotel Thamel
02	M	24/10	Kathmandu Meeting with the guide and a fast visit to the principal monuments in Kathmandu	1350m	Hotel Thamel
03	T	25/10	Drive to <u>Besisahar</u> , 5/6 hrs drive	820m	Lodge
04	W	26/10	Drive to to Chame 6/7 hrs rough drive	2710m	Lodge
05	T	27/10	Chame to Pisang, 4/5 hrs walk	3240m	Lodge
06	F	28/10	Pisang to Braka, 4 hrs walk (Manang)	3540m	Lodge
07	S	29/10	Braka to (Manang 30) minutes Acclimatization day	3540m	Lodge
08	Sunday	30/10	Manang Acclimatization day It's possible to do: The Three monasteries circuit or the Turquoise Lake	3540m	Lodge (Khangsar)
09	M	31/10	Manang to Khangsar village, 4 hrs walk TILICHO	3700m	Lodge (Tilicho)
10	T	01/11	Khangsar to Tilicho BC, 4/5 hrs	4200m	Lodge B.C
11	W	02/11	Tilicho BC visit Tilicho Lake and to pitch the tent for one night if the weather condition are good otherwise we can return to BC.	4200m	Tent or Lodge
12	T	03/11	Tilicho Lake back to Tilicho BC	4200m	Lodge
13	F	04/11	Tilicho BC to Yak Kharka, 3/4 hrs	4050m	Lodge
14	S	05/11	Yak Kharka to Throng Phedi 2 hrs	4450m	Lodge
15	Sunday	06/11	Throng Phedi to Throng High Camp, 4/5 hrs	4800m	Lodge
16	M	07/11	Throng Phedi to Muktinath Via Throng La 5416m 6/7 hrs	3800m	Lodge
17	T	08/11	Muktinath to Jomsom drive	2720m	Lodge
18	W	09/11	Fly from Jomsom to Kathmandu via Pokhara } transfert to Hotel	900m	Thamel Hotel
19	T	10/11	Free day in Kathmandu, evening cultural dinner	1350m	Thamel Hotel
20	F	11/11	International departure	1350m	
21	S	12/11	Arrival in Italy		