

Jomsom Muktinath Trek

Url: <https://www.glorioushimalaya.com/trip/jomsom-muktinath-trek/>

Duration

14

Max. Altitude

3,800m

Difficulty

Moderate

Group Size

Min 2 pax

Per Person Cost

USD 975

Transport

Plane, Bus, Car

Meals

Breakfast, Lunch, Dinner

Accommodation

Hotel & Local Lodges

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Scenic landscape of the villages of Mustang, Marpha, and Ghandruk
- Bonpo monastery, natural hot springs, apple garden at Marpha.
- Insight into Tibetan lifestyles and visit to the villages of Jharkot and Lupra.
- Visit famous Hindus and Buddhist sacred temple - Muktinath

Overview

The Jomsom Muktinath Trek - 14 Days...*A holy pilgrimage that blends into adventure as we make our peace with the gods...*

A tryst with nature, religion, landscapes & trails that lead you into the fascination of the wild...at your pace....

Jomsom Muktinath is one of the most exciting trekking in the Annapurna region where it is located at a height of 2,800 meters and also it is a part of the Annapurna Round Trek. The trek is not perfect for

pilgrims only but also for those looking for adventurous trekking in the Himalayas with natural and cultural beauty. Magnificent views of mountains can be seen while passing through dazzling landscapes. This trekking trail passes through the world's deepest Kali Gandaki gorge with desert areas like the nearby Tibetan plateau.

The Jomson and Muktinath trek starts with a 7 hours drive to Pokhara city (**City of Lakes**) and then a short mountain journey to Jomsom which is known as the capital city of Mustang district. From Jomsom, we move toward Kagbeni. It is a small beautiful village that gives us sights of rolling Tibetan highlands. Then we continue to Muktinath, Muktinath is a famous pilgrimage site for Hindus and Buddhist. Muktinath is the highest altitude (3,800m.) that this trek reaches. This trek is special for people who do not have previous trekking experience. Further down the road, the trail leads to Tatopani where we can enjoy the natural hot spring pool. We observe stunning views of the Annapurna Himalayan range and also this trek allows us to observe the famous Apple gardens in Marpha village. This trek also unveils the amazing diversity of Nepal offering marvelous views of deep valleys, high mountains, barren land, the Kali Gandaki gorge, apple gardens and the holy place of 'Muktinath' temple, which is the main attraction of this trek. **Glorious Himalaya guides you into the gentle wild as you seek a meeting with the gods...**

Check out our designated itinerary below or kindly send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

Itinerary

Day 01: Arrival in Kathmandu - (1400m)

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior Sherpa guide will come to meet you and give you a brief orientation about Jomsom Muktinath Trek. You can then go for a stroll down the street to get familiar with the neighborhoods, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world - breakfast

Day 02: Drive from Kathmandu to Pokhara (850m)

After breakfast, we leave our hotel early morning for a drive with scenic views along the road to Pokhara via Prithivi national highway. The drive could take roughly 7-8 hrs to reach Pokhara. We also have the option for a flight from Kathmandu to Pokhara for 35 minutes. We will visit some prime spots in the lake city after refreshing at our hotel we will do a tour of some beautiful places in Pokhara that include Davids fall (if we reach early by road), and the Phewa Lake, etc. we then do an overnight at our hotel by the lake in the lovely 'city of lakes' on BB Plan.

Day 03: Flight to Jomsom and Trek to Kagbeni (2800m) - 2 hrs Trek

We take a scenic flight to Jomsom in the early morning and it takes 25 minutes to touch down at the airport. While we are on a flight, it brings us close to the mountains of Dhaulagiri and Annapurna ranges. And after we reach Jomsom, we will take our hot breakfast and then we begin our trek to Kagbeni for two hours along the Kaligandaki gorge. We do a trek with the wind, the terrain and it becomes much more barren and the breeze increases. Overnight at our lodge on full board meals.

Day 04: Trek from Kagbeni to Muktinath (3800m) - 5 hrs Trek

From Kagbeni, the trail leads on to the Kaligandaki plains in the rainy season. The road diverts to the right bank of the river plain, & the walk is pleasant with few ups and downs most of the way to a place called Ekali Bhatti (lonely inn) where there are three or four tea-houses at present. Earlier, it used to be the only tea-house in the area when it got its namesake, 'Eklai-Bhatti'. From here, the path splits into two ways, the one higher up leads to Muktinath & the other route takes us to upper Mustang and Tibet via Kagbeni. In this area, we will explore the holy places of Hindus like an eternal flame coming from natural gas next to a spring which is considered as a holy place. We continue our trek to Ranipauwa, where we will stay overnight in our lodge with full board meals.

Day 05: Trek from Muktinath to Marpha (2670m) - 8 hrs Trek

Today, there are two trails to get to Jomsom. The first trail is the same route that we trekked up yesterday and the second trail goes via Lupra, which is an interesting and scenic trekking trail to catch Jomsom. We will get the chance to see spectacular mountains view including Dhaulagiri and Nilgiri before descending to Lupra Rivers. Lupra is an isolated village with legendary. After 6/7 hours walk, we will reach Marpha village. Marpha is famous as the Apple garden place of Nepal. Another attraction of the Marpha village is the ancient Thakali community village and typical architecture. The houses of the village have flat roofs and whitewashed walls. Overnight at the lodge with full board meals.

Day 06: Trek from Marpha to Ghasa (2010m) - 7 hrs Trek

After breakfast, we move ahead to Ghasa through the interesting village of Khobang with narrow trails. We will have lunch at Larjung or continues one and a half hours more to Kokhethanti. After a few hours of trek, we reach Kalapani from where we can see the views of Annapurna and Fang peaks. And after a little ascending and descending trek from Lete, we will reach Ghasa. Overnight at the Lodge with full board meals.

Day 07: Trek from Ghasa to Tatopani (natural hot spring) (1190m) - 6 hrs Trek

This day, the trail goes down to the Kali Gandaki gorge. Kali Gandaki is the deepest gorge in the world which is situated between the Annapurna (8091m) and Dhaulagiri (8167m) peaks. And then, the trail begins gently down to the Rupchechhara waterfall. Rupchechhara is the most beautiful waterfall in Nepal, where you can take a picture of the waterfall and move ahead to Tatopani. Tato means 'hot' and

Pani is 'water', a name earned courtesy of the hot springs by the river. Tatopani is one of the popular shorter trek spots out of Pokhara. Overnight at the local lodge with full board meals.

Day 08: Trek from Tatopani to Shikha (1935m) - 5 hrs Trek

After breakfast, we follow the Kali Gandaki trail for about 10 minutes crossing a suspension bridge & next in a few minutes again we hike across an old airy suspension bridge which we encounter upfront. As the trail drops up through Durbin Danda, the hills are extensively terraced. Shikha is a large village with shops and hotels, from there the trail ascends gently to Ghara at 1705m. The trail makes an ascending steeply to Shikha and this is where we bunk out overnight at the lodge with full board meals.

Day 09: Trek from Shikha to Ghorepani (2750m) - 5 hrs Trek

The trails continue ascending to Ghorepani via Chitre. This day brings you through green scenic terraces & villages & Rhododendron forest as well. March & April will be colorful with blooming rhododendrons all over. This flower is the National flower of Nepal. The last 10 minutes leads you up the trail with some steep ascending through roots of Rhododendrons & then you reach amazing Ghorepani. It's a huge settlement with hotels & lodges as well as shops. Overnight at the local lodge on full board meals.

Day 10: Hike to Poon Hill (3210m) and trek to Tadapani (2500m) - 6 hrs trek

This morning after an early wakeup call with some hot coffee, we will get up early and hike up to Poon Hill at 3210m. From here you will see superb views of the sunrise and a panoramic view of the Himalayas, including Mt. Dhaulagiri, Annapurna South, Fishtail, and others. After visiting Poonhill, we will come back to Ghorepani, have our breakfast, and continue walking to Tadapani. Overnight at the lodge with full board meals.

Day 11: Trek from Tadapani to Ghandruk (1950m) - 4 hrs Trek

The Ghandruk trail descends steeply through forests to the village of Ghandruk at 1950m where we will arrive around noon. We will enjoy the views of waterfalls, landscapes, Annapurna South, Himchuli, Fishtail and many more so we have the afternoon to visit the Annapurna conservation office and museum. You can also move by descending to Seauli Bazar for 2 hours more. And overnight at the lodge with full board meals.

Day 12: Trek to Nayapul and drive to Pokhara (850m) - 5 hrs Trek

This day, mostly we walk down where the trails are set up by stone stairs. This is a lovely hike through nature with beautiful scenery of the rice field with villages along the trail. The last two hours of the trail follow Modi River. At Birethanti, we meet a junction for Ghorepani before crossing a bridge. There is a check post for your permit & TIMS card. Thus, the trail continues for half an hour more to reach Nayapul where we take a car or jeep & then drive to Pokhara, approximately one & half hours along a scenic route

via Kande & Naudanda. Around Naudanda, you can see Pokhara valley with beautiful Fewa Lake. Overnight at the hotel inclusive breakfast.

Day 13: Drive back to Kathmandu (1400m) - 7 hrs Drive

While driving from Pokhara to Kathmandu, we head up to Damauli, Dumre, Mugling, and Kurintar where Nepal's first Cable car is operated to reach Manakamana Temple, this is a temple where most Nepalese come to have their wishes granted before leaving home or getting married. From Naubise we climb up to Thankot, the gateway to Kathmandu and finally reach our hotel & a lovely soft warm bed.

Day 14: Departure from Nepal

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

Trip Includes

- All the airport pick-ups and drop-offs by private vehicles.
- 2-nights of 3-star standard hotel accommodation in Kathmandu inclusive breakfast.
- 2-nights hotel accommodation in Pokhara inclusive breakfast.
- 9-nights of twin sharing local lodges accommodations while on the trek.
- Full board meals while on the trek. (breakfast, lunch, and dinner)
- Domestic flight from Pokhara to Jomsom includes airport tax.
- All the required ground transfers by tourist bus, jeep, and car.
- All the essential trekking permits and paperwork for the trek.
- An experienced and government certified guide for the trek.
- Supporting porters to carry your luggage. (1 porter for 2 guests)
- Rain protection duffel bag and sleeping bag to use for the trek.
- Pokhara to Jomsom airfare and airport taxes.
- A comprehensive medical kit box.
- Trip achievement certificate after the successful trip completion.
- Farewell dinner in a typical Nepali restaurant with a cultural dance show.

Trip Exclude

- Nepal entry visa and international flights
- Your travel insurance.

- Lunch and dinner in Kathmandu and Pokhara hotel stay.
- Any other extra costs such as cold drinks, mineral bottled water, hot shower, use of WIFI, charging etc during the trek.
- Tips to the trekking guide and porter.

Checklist

What you should bring depends largely upon where, when and how you are trekking. The main stress while trekking is on keeping warm and dry while still being lightweight. At altitudes above 3,000 meter, you will need warm clothing at all times, while at lower altitudes, you will need to keep warm only in the evenings.

And for lower altitudes, fleece jackets are adequate, while at higher altitudes down jackets are advisable.

Waterproof, windproof jackets and pants, well broken in footwear, head cover is also recommended. Good hiking shoes, a pair of sandals, sleeping bags, down jacket, sunglasses, warm woolen hiking socks, lightweight warm gloves, drinking water bottle, water purification tablets (which is highly recommended) a Swiss army knife, torchlight, sun block cream, toiletries, one quick drying towel, first aid kit and a very good route map are other things that come very handy. You also need a camera to take home memories of the trip. Please find the details trekking gear checklist below.

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch

- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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