Jomsom Muktinath Trek

Trip Facts

Duration: 13 days

Trekking Destination: Jomsom Muktinath, Nepal

Trip Start & End Point: Kathmandu

Group Size: 1 Person Or Above

Accommodation: Hotel In City & Lodge In Trekking

Mode Of Trekking/Tour: Teahouse / Lodge

Maximum Altitude: 3710 M

Trek Type & Trek Hours: Tea House/Lodge (Approx. 5-7 Hrs)

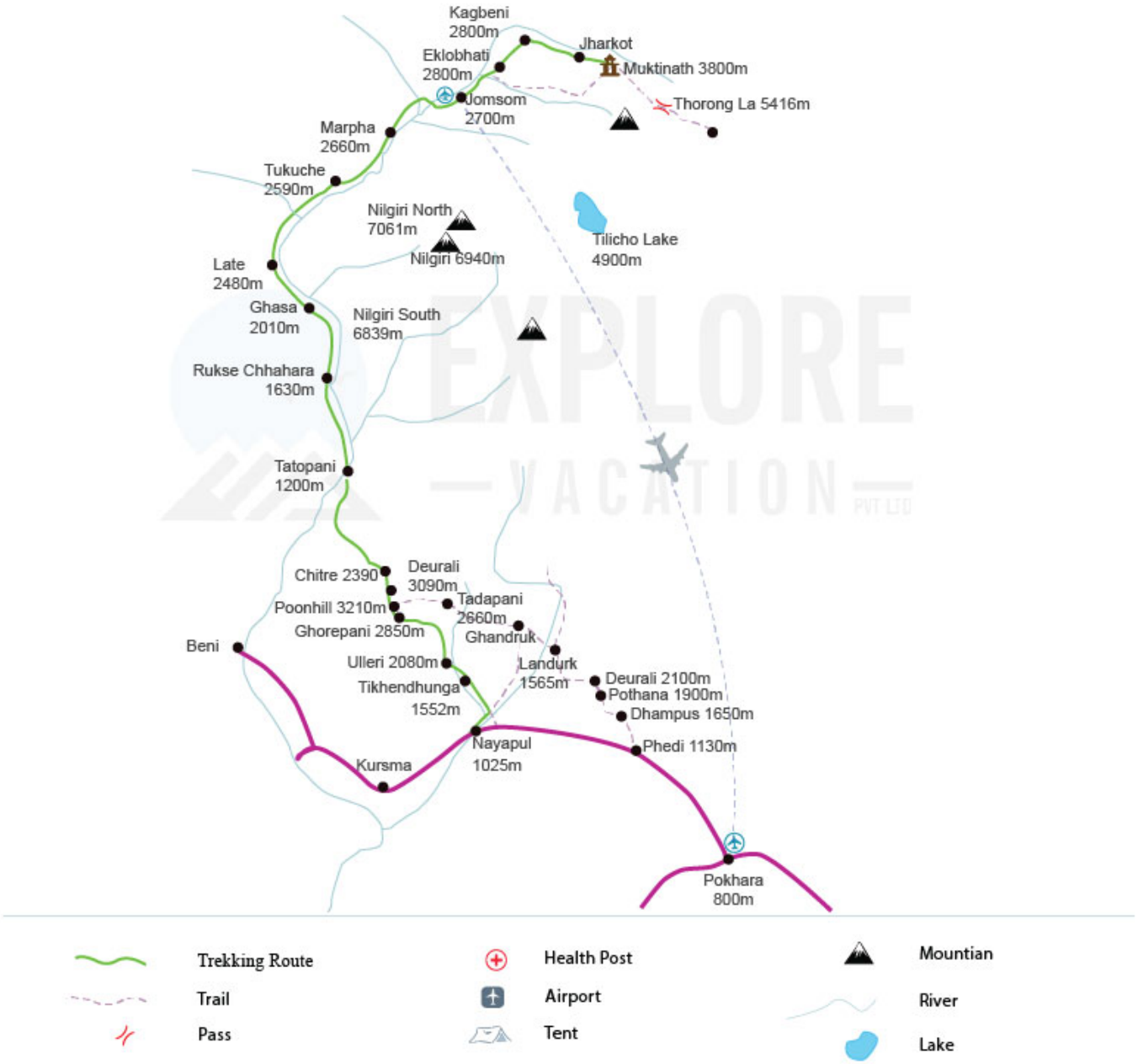
Transportation & Drive Hours: Private Vehicle & Local Vehicle (Approx. 6-8 Hrs)

Best Season: March To November

Highlighted Places: Kathmandu-Ghorepani Poon Hill- Kagbeni - Muktinath-Jomsom-Pokhara

Join our classic lodge trek in the Mustang region that includes the world's deepest gorge of the Kali Gandaki River, Jomsom Muktinath Trek. The trek reaching the maximum altitude of 3800m (12,464 ft) and can be completed by anybody with a moderate level of fitness. Continuing along the Kali Gandaki River Gorge, marvel at the splendid peaks of Annapurna-I and Dhaulagiri both of which reach heights in excess of 8000m (26,240 ft). Explore the hundreds of years old monastery, caves, local tribes and scenic beauties of the different landscapes. Make an adventure starting from world's deepest gorge Kali Gandaki Region into world's highest regions passing through an almost tree-less barren landscape, a steep rocky trail up and down hill and panoramic views of Nilgiri, Annapurna, Dhaulagiri and several other peaks.

The initial days of the trek through the Annapurna region ascends through rice terraces and villages inhabited by the indigenous people, mostly the Gurungs. The trek gets interesting in Tatopani where you will have the opportunity to relax in natural hot springs! Then the trek passes through Jomsom and Kagbeni, the entry point of upper Mustang Region. The grandeur of the Dhaulagiri Glacier is on show a little further up along with the first glimpse of the windy Tibetan Plateau on the way to the holy Hindu pilgrimage site of Muktinath (3800m/12,464 ft). The sacred temple has 108 waterfalls that resemble water flowing from taps and mysterious natural gas fires that boggle the mind. From here it is downhill to Jomsom village on the Tibetan Plateau where you can look around at the gateway to the "Forbidden Kingdom of Mustang", and get a glimpse of the ancient traditions still in practice. A flight the following day will bring you to Pokhara from where we make a few hours's drive through the green mountains to Kathmandu.



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Day to Day Itinerary

Day 1:Arrival in Kathmandu (1,300m /4,264 ft)

Upon arrival in Kathmandu airport, we suggest you to look for our representative who will be waiting for you at the arrival gate with a The Trekkers Society display board. You will then be transferred to Hotel. In the evening short trek briefing. Overnight at hotel

Day 2:KTM Sightseeing Tour & Preparation

We start a guided tour to four of UNESCO World Heritage Sites in Kathmandu: Kathmandu Durbar Square, Pashupatinath, the Buddhist shrines of Boudhanath and Swayambhu. The day will also be for finalizing official procedure and other necessary arrangements. You will be also briefed on the nature of expedition, equipments and team composition. You can also make your last minute buying of personal items as you will be heading to the Himalayas tomorrow.

Day 3:Fly to Pokhara [823m/2,700ft] and Trek to Tikhendhunga [1,552m/5,090ft]

Early morning flight to Pokhara. Be sure to catch right side of the airplane for the best views of Himalayas. Pokhara offers magnificent views of the Dhaulagiri, Manaslu, Machhapuchhare, five peaks of Annapurna range and others. Numerous lakes of Pokhara offer fishing, boating and swimming, the city itself is popular as city of lakes. After taking rest for some time, drive to Naya Pul and start the trek. We walk to the northern side of Bhurungdi Khola, the trail climbs through the sub tropical valley forests, sometimes on the carved trail on the side of the cliff. We cross the Modi Khola River via a suspension bridge to the village of Tikhendhunga. Overnight at Lodge

Day 4:Tikhedhunda to Ghorepani [2,750m/9,020ft]

From Tikhendhunga the trail drops down and crosses the Burungdi Khola, then climbs all the way up to Ghorepani via very steeply up to village Ulleri. The Ulleri Hill with thousands of steps and boulders that continually go upward would really prove a test of your stamina. The name Ghorepani in Nepali means "horse-water" owing to its role as an important campsite for traders before it became a trekker's stop. Ghorepani is an interesting place with small shops and stalls for selling local products and craft. Since Ghorepani lies quite higher than our previous stop, we begin to feel the chilly weather especially in the evenings. Overnight at Lodge

Day 5:Ghorepani to Tatopani [1,190m/3,904ft]

Ghorepani town has two parts: one in a saddle and the other a few hundred feet lower. We stop at the higher part of the Ghorepani town that offers panoramic views of the surrounding mountains including Annapurna South and Nilgiri mountains. On the way to Tatopani, we descend steeply to Sikha, a large village & further descend to Ghar Khola Village. After crossing suspension bridge it climbs up at Tatopani. Tatopani, meaning Hot Water in Nepali derives its name from the hot springs there. The hot springs are popular among the trekker to sooth their tired leg muscles. Overnight at Lodge

Day 6:Tatopani to Ghasa [2,110m/6,922ft]

The trail now follows the Kali Gandaki river flows under the deep gorge by 2200m in between two 8000m mountaintops are only 38km apart. Continuing along to Dana, Rupse Chahara meaning beautiful waterfall and Kopchepani, the trail further ascends to the Thakali village Ghasa. Ghasa is a paradise for the bird watchers. Overnight at Lodge

Day 7:Ghasa to Marpha [2,680m/8,792ft]

A steep climb through forest takes you to Lete Khola then reach to Lete. It further continues to the east side of the Kaligandaki reach you Larjung Village. From Larjung, we cross trail via Tukche at 2590m and apple farm projects which produces apple and vegetable for the whole region until you get to Marpha Village. Overnight at Lodge

Day 8:Marpha to Kagbeni [2,810/9,218ft]

The trail continues along the valley side, rising gradually before crossing over a low ridge to Jomsom Village. Cross the Panga Khola to reach Ekle Bhatti meaning lonely pub. From Jomsom onwards it is very windy in the afternoon and the trek continues on the gradual path on the Kali Gandaki river bed for about 3 hrs and finally reaching at Ekley-bhatti village. After a good stop here an hour of easy walk takes us to Kagbeni, which lies at the bank of two rivers. Kagbeni is an interesting windswept villages situated on the main age old Trans himalayan salt trade route to Tibet via Upper Mustang area. Overnight at Lodge

Day 9:Kagbeni to Muktinath [3,710m/12,170ft]

Our journey starts with a special permit check up and onwards to the riverbank of Kaligandaki up stream. During the walk we will have scenic picturesque places to stop by. From Kagbeni the path climbs steeply to re-join the direct trail leading to Khingar at 3200m. The trail climbs through a desert landscape till Jarkot Village. A further climb reaches us to Muktinath. Overnight at Lodge

Day 10:Muktinath to Jomsom [2,715m/8,910ft]

Muktinath is one of most important destination for Hindus pilgrimage. It also hold an important place for the Buddhists. In the morning, we visit the Muktinath Temple of the Lord Vishnu. For the Hindus, the region is a "Muktikhsetra"or the region of liberation or salvation. There are water spouts channeled for the stream running above the temple. There is also a Buddhist Monastery nearby. Also enjoy the magnificent views of Dhaulagiri peak from Muktinath. Muktinath itself demonstrates the religions harmony in Nepal. From Muktinath, we continue back to Jomsom. Overnight at Lodge

Day 11:Jomsom to Pokhara by flight

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After morning breakfast we check in the airport to fly back to Pokhara, a 30-min dramatic flight to Pokhara between gorge of the two huge mountains, Annapurna and Dhaulagiri. On arrival at Pokhara airport, guide will transfer to the lakeside hotel. We make use of the rest afternoon for discovering the beautiful Pokhara valley leisurely. While we walk along the bank of Fewa Lake, a second biggest lake of Nepal, we cannot stop admiring the state of Fish Tail Mountain reflecting in the lake. We can also take a boat around the Fewa Lake or just can take an hour's walk to the World Peace Pagoda. Evening time, we spend exploring around the lakeside. Overnight at hotel. Overnight at Hotel

Day 12:Drive to Kathmandu

Today, after breakfast, we make a 200 kilometers drive back to Kathmandu. Better to hold on the left pane of the vehicle to enjoy the scenery through the route. Upon arrival in Kathmandu, you will be transferred to your hotel. There is nothing to do but trade emails with travel companions and organize the photos. You can spend the evening leisurely, perhaps catch up on some last minute shopping and celebrate dinner together with Himalayan Glacier Trekking staffs. Overnight at Kathmandu. Overnight at Hotel

Day 13:Deaprture

The journey within the mountains of Nepal comes to an end today! There is nothing to do but we just trade emails to travel companions and organize our photos. If we have more time we can do some shopping or sightseeing. At last approximately 3 hours before our scheduled flight, a representative from The Trekkers Society escorts us to the airport. On our way to home we will have plenty of time to plan our next adventure trip in the wonderful country of Nepal.

Trip Cost Includes

- Arrival & departure transfers
- Accommodation in Kathmandu on twin sharing with breakfast
- Kathmandu sightseeing tour
- Kathmandu – Pokhara flight
- Pokhara to Nayapul transfer by private vehicle
- Pokhara - Kathmandu transfer by private vehicle
- Jomsom - Pokhara fligth ticket
- Accommodation in Pokhara on twin sharing with breakfast.
- The better accommodations on the trek-trail
- Your meals during the trek (breakfast, lunch & dinner)
- A cup of tea / coffee during meal
- TIMS card (Trekking Information Management System)
- Annapurna Conservation Area Project fee (ACAP)
- Supporting crews - trek guide and porter (two clients=1 porter)
- Fare well dinner with Nepali culture program in the last night in Kathmandu.
- Meals, salary, accommodation, personal equipment, transport and insurance for supporting crews
- First Aid Kit.
- All applicable taxes and service charges

Trip Cost Excludes

- Meals other than breakfast in Kathmandu & in Pokhara
- Personal nature expenses
- Personal travel insurance
- Insurance for any loss & damage
- Rescue & evacuation service
- Extra tea/coffee besides package
- Bottled drinks
- Tips for guide, porter & driver
- Any additional cost due to unforeseen circumstances

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