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Jomsom Muktinath Trek

- Duration: 14 Days Days
- Max Altitude: 3,802 m
- Destination: Nepal
- Trip Grade: Easy
- Best Season: All Year

Highlights

- Muktinath temple is spiritual for Hindu and Buddhist pilgrims.
- Apple Orchards in the Marpha village with the monastery and taste the special apple wine.
- Gurung and Thakali people with their culture.
- Windy valley.
- Treasure village of Kagbeni and gateway to Upper Mustang.
- You can meditate with the monastery and gompas with the flapping prayer flags.
- Explore with ice lake of Dhaulagiri.
- Walk through the ancient Salt Trade route and witness Yak caravans as well.

Overview

The Jomsom Muktinath Trek is a religious trek exploring the incredible beauty of the Annapurna range. The trip covers the Muktinath temple, Jomsom Bazaar, and the Lower part of the Mustang. You will enjoy the dramatic views of Mustang and Kaligandaki Gorge.

Why Jomsom Muktinath Trek?

Experience Nepal's diverse landscape and culture as the Jomsom Muktinath Trek take you to the driest terrain and the lush rhododendron forests of the country. Jomsom Muktinath Trek lies in the Annapurna region and is a scenic and cultural experience. Feel the strong wind of Jomsom, visit the pilgrimage site in Muktinath, dip in Tatopani's natural hot spring, and walk through some of the most spectacular Gurung villages through Poonhill and Ghorepani during Jomsom Muktinath Trekking. You also cover a part of the [Annapurna Base Camp Trek](#).

Muktinath Trekking Route

Having landed in Kathmandu for your 14-day adventure, you will be whisked away to Pokhara the next day, taking a short 20 minutes flight to Jomsom for the start of your trek. The route is close to Dhaulagiri (8167m), Annapurna I (8091m), Annapurna II (7937m), Nilgiri (7061m), and Machhapuchhre (6993m). The route takes you to the famous village of Mustang, Kagbeni. The visit to Muktinath is guaranteed to give you peace of mind as you emerge in the tranquil environment of a highly regarded pilgrimage site of Hindu and Buddhist followers. The route also takes you to the apple orchards in Marpha, the hot spring in Tatopani, and the thousands of stone steps to Shikha. This trek allows you to witness the beautiful rhododendron forest and an unobstructed view of the Annapurna and Dhaulagiri ranges of Poonhill. Also, you get to cover an essential section of [Annapurna Circuit Trek](#). It is ideal to do this trek from March-May to September to November.

My Everest Trip has been a central trekking agency in Nepal for our specific services. Our highly experienced guides custom design the trekking routes according to your preferences. We assure you that we will give you a safe trekking experience through thrilling routes.

Day 01

Arrival in Kathmandu (1,310m/4,298ft)

You will be picked up at Tribhuvan International Airport in [Kathmandu](#) (1400 m) for the start of your 14-day adventure and dropped at your hotel. You'll prepare for the trek as your guide discusses the trip with you. Overnight at the hotel.

Day 02

Drive to Pokhara (910m/2,986ft) 6-7 Hrs

After breakfast, drive to Pokhara, following the Trishuli River as you pass by various settlements along the highway. Upon arrival, you can walk by the lakeside in the City of Lakes. Enjoy the nightlife of the tourist hub. Overnight at the hotel.

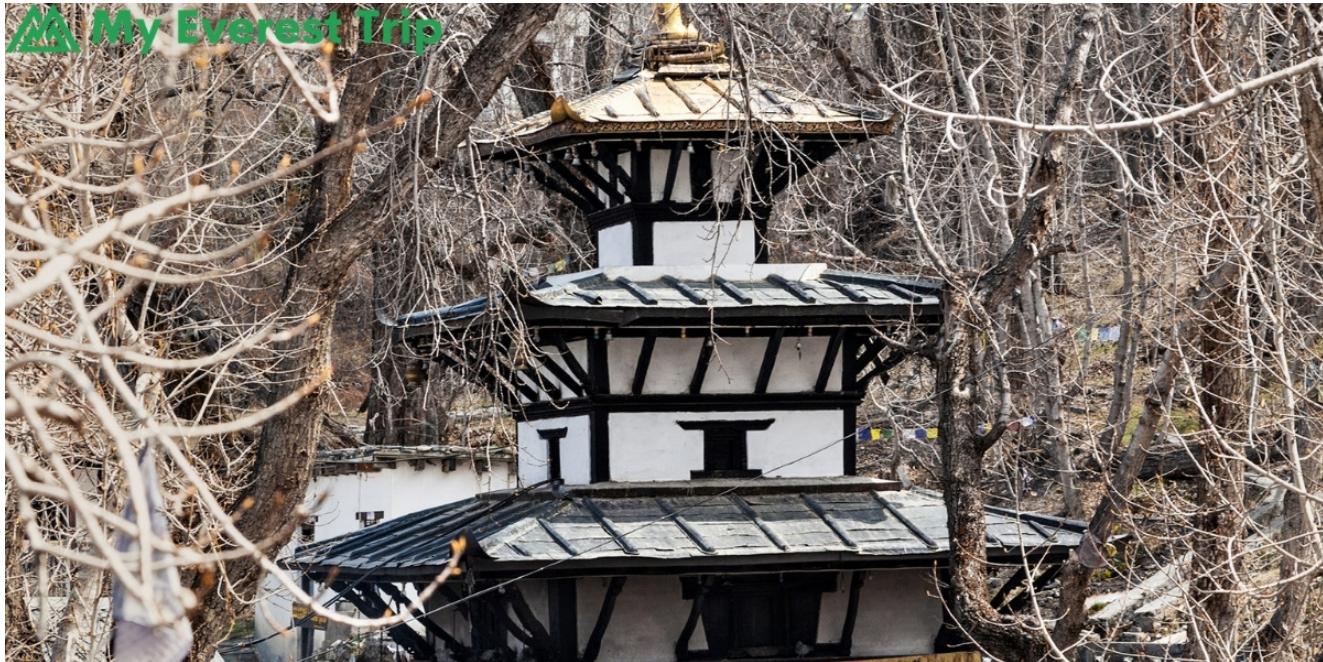
Day 03

20-minute mountain flight to Jomsom, then trek to Kagbeni (2,750m/8,327ft) 3-4 Hrs.

On a 20 minutes flight to Jomsom, you will have an aerial view of the gorge between the gorgeous Annapurna (8091m) and Dhaulagiri (8167m). Upon reaching Jomsom, walk alongside the bank of Kali Gandaki River while soaking in the picturesque view of the dry and rocky terrain en route to Kagbeni. The region is very windy, so it is essential to maintain a steady pace. In about 3-4 hours, you will see the rugged mud houses in Kagbeni village with the backdrop of dry mountains. Overnight in Kagbeni.

Day 04

Kagbeni to Muktinath (3,802m/11,512ft)| 5-6 Hrs



Jomsom Muktinath Trek

From Kagbeni, you head to Muktinath (3802 m), which takes about 5-6 hours of walking. The trail is dry and sandy with sparse green vegetation, which makes it unique in the otherwise green Nepal. On the way, you reach Muktinath, accompanied by the view of Dhaulagiri (817m) and Nilgiri (7061m). Muktinath is a pagoda-style temple, which holds religious importance to both Hindu and Buddhist pilgrims, with 108 water spouts for pilgrims to wash away their sins. Overnight in Muktinath.

Note: You can start [Upper Mustang Trek](#) from here instead of walking to Marpha

Day 05

Muktinath to Marpha via Jomsom (2,665m/8,743ft) 5-6 Hrs

Visit Muktinath early in the morning. Later, cross Lubra Pass (3772m) and descend to Jomsom alongside the Kali Gandaki River. As you fall, you will reach one of the famous lakes on this trail, Dhumba Lake. The turquoise lake is considered sacred for Buddhists around the area and is decorated beautifully with prayer flags. Continue descending towards Marpha village, a Thakali town famous for its apple by-products. Overnight in Marpha.

Day 06

Marpha to Ghasa (2,080m/6,824ft) |6-7 Hrs

Passing through apple orchards and the narrow alleyways of the Thakali settlement of Marpha, you climb to Ghasa. Trek down the narrow gorge of Kali Gandaki River, passing through several traditional Thakali villages and joining the Lete River. Climb down the Mani walls to reach the town of Ghasa. Overnight in Ghasa.

Day 07

Ghasa to Tatopani (natural hot spring) (1,110m/3,361ft) 5-6

Hrs

Climb down Ghasa alongside Kali Gandaki River. You will be treated with a view of Annapurna (8091m), Dhaulagiri (8167m), and Nilgiri (7061m) as you cross several bridges and villages on your way to Tatopani. Walking through sub-tropical vegetation, you arrive in Tatopani, famous for its natural hot spring. You can enjoy a dip in the rejuvenating hot spring and let your muscles relax. Overnight in Tatopani.

Day 08

Tatopani to Shikha (1,935m/5,859ft) 5-6 Hrs

Leaving behind Tatopani, climb up more than one thousand stone stairs and some more on rugged terrain to reach the village of Ghara. Continue walking uphill amid the thick forest to reach the Gurung village of Shikha, where you can relax with the view of the picturesque hillside village with its slanted roofs over similar-looking stone houses. Overnight in Shikha.

Day 09

Shikha to Ghorepani (2,834m/9,298ft) 4-5 Hrs

From Shikha, you then trek to Ghorepani, passing Palate and Chitre. Climb up stone stairs amid green hills, and walk past rice fields and grazing herds of sheep en route to Ghorepani. If the weather is clear, you will be accompanied by the distant view of Annapurna (8091) and Dhaulagiri (8167m). Upon arrival in Ghorepani, the blooming rhododendrons of varying colours (in spring) will take your breath away. Overnight in Ghorepani.

Day 10

Ghorepani (2,834m/9,298ft) to Poon Hill (3,210m/10,531ft) to Tadapani (2,520m/8,268ft) 6-7 Hrs

Early in the morning, you hike to [Poonhill](#) to view the rising sun's rays draping Annapurna (8091m) and Dhaulagiri (8167) peaks. The picture looks even more stunning in the summer, as Poonhill is covered in rhododendron. After some time, hike back to Ghorepani, ascend to Deurali Pass (3090m), and start descending towards Tadapani. Climb down stone steps amid the rhododendron forest to reach the village of Tadapani. Overnight in Tadapani.

Day 11

Tadapani to Ghandruk (1,950m/6,398ft) 3-4 Hrs



Leaving Tadapani behind, walk amid lush rhododendron forests with a backdrop of the Himalayan ranges to the Gurung village of Ghandruk. You can visit the Gurung Culture Museum in the picturesque village of Ghandruk. Past the stone houses and alleys, you will get a spectacular vista of the snowy mountains Annapurna (8091m) and Machhapuchhre (6993m). Overnight in Ghandruk.

Day 12

Ghandruk to Nayapul and drive to Pokhara by car in an hour|5-6

On the final day of your trek, hike down Nayapul, following the trails of Modi Khola and walking amid sub-tropical forests. From Nayapul, drive back to Pokhara. Spend the evening enjoying what the City of Lakes has to offer. Overnight in Pokhara.

Day 13

Drive back to Kathmandu | 6-7 Hrs

Drive back to Kathmandu following the same route as before. You will witness a vivid landscape throughout the drive. Upon arriving in Kathmandu, feel free to stroll around the nearest markets. Overnight at the hotel.

Day 14

Final Departure

Our team representative will drop you at the airport 3 hours before your flight.

What To Expect?

What's included

- Airport/hotel pick up and drop off by private car.
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Domestic flights with all surcharges airport taxes for guests and a guide
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekkers' Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking
- Your travel insurance (Rescue)
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Trekking porter/Sherpa who will carry your bags during the trekking.
- Personal shopping and laundry etc
- Personal trekking equipment

FAQs

What's Beni to Muktinath Distance?

Beni is the headquarter of the Myagdi District. This is where the highway is diverse to head towards Muktinath. Beni to Muktinath distance is 101.1 km from Beni to Jomsom is about 80 km. Although the space is less, it takes about 7 to 8 hours to reach Muktinath from Beni in a jeep as the path is rough.

What is Muktinath to Jomsom distance?

Jomsom is the headquarters of Mustang District and the largest settlement of Mustang. Jomsom to Muktinath is 1hr of drive i.e. 22.1km. Unlike the road from Beni to Muktinath, the path from Jomsom to Muktinath is well-pitched and smooth. This section of the ride is quite fun.

How to go from Jomsom to Muktinath temple?

Jomsom is a centre for tourists who travel to Muktinath. Most public buses take you to Jomsom from Pokhara, and then you need to go up to Muktinath in a Jeep. Moreover, the airport of Mustang is also located in Jomsom, so most people travel up to Jomsom and then take a jeep. The jeep drive from Jomsom to Muktinath is about 45 minutes.



What is Jomsom to Muktinath Jeep Fare?

The per-person jeep fare from Jomsom to Muktinath is between \$5 to \$10. It depends on your bargaining power as well. Hiring a jeep from Jomsom to Muktinath costs about \$30 to \$40 and accommodates 6 to 8 people.

Where is Muktinath Located?

Muktinath lies in the central north of Nepal in the Mustang district. It lies just above Jomsom, and the way to Muktinath begins from Beni (Myagdi's headquarters).

What is Muktinath Elevation?

Muktinath is located at the height of 3710m above sea level. The temple in Nepal is often built at higher altitudes and in complex landscapes. It is situated just ahead of the famous Annapurna and Dhaulagiri mountain ranges.

How is the road from Jomsom to Muktinath?

The road from Jomsom to Muktinath is excellent. This road has been blacktopped a few years before and has been regularly maintained. Thus, the route from Jomsom to Muktinath is suitable for bike, car, or jeep rides. But the road from [Pokhara to Jomsom](#) is not that impressive.

Additional Information

What is Muktinath famous for?



Muktinath trekking

At an altitude of measures(bases) at the bottom of the Thorong La mountain pass in the Mustang quarter, Muktinath is a largely revered sacred place for both Hindus and Buddhists.

Hindus call the point Mukti Kshetra, which means the "place of deliverance", and it's one of the most ancient tabernacles of the God Vishnu and the Vaishnava tradition in Nepal. The sanctum is considered to be one of the eight sacred places known as Svayam Vyakta Ksetras (the other seven being Srirangam, Srimushnam, Tirupati, Naimisharanya, Totadri, Pushkar, and Badrinath), as well as one of the 108 Divya Desam, or holy places of deification of Lord Vishnu. Also, it's one of the 51 Shakti Pitha goddess spots.

The tabernacle is small and contains a golden statue of Vishnu as Shri Mukti Narayana. In addition to Mukti Narayana, the tabernacle has citation images of Bhoodevi(the Earth- goddess form of Lakshmi), the goddesses Saraswati and Janaki(Sita), Garuda(the mount of Vishnu), Lava- Kusa(the sons of Rama and Sita) and the Sapta Rishis(Seven Pundits created by Lord Brahma). There's an old Buddhist monk present in the tabernacle, and Buddhist nuns conduct deification. And from here, we will also go to [Ghorepani Poonhill](#), part of the Annapurna Region.

How to reach Muktinath?

Other than the Jomsom Muktinath trekking Itinerary mentioned earlier, there are many different ways to reach Muktinath. They are all explained here.

Kathmandu to Muktinath bus

A public bus to Muktinath directly leaves Kathmandu each day. You can book these buses online or buy tickets from the Kathmandu bus park. If you don't find the direct bus, you can get an early morning drive to Pokhara and then get another bus from Pokhara in the daytime. On a bus, it takes about 16 hours to reach Kathmandu to Muktinath/ Jomsom. If the bus to Muktinath only takes you to Jomsom, you can get a jeep from Jomsom to Muktinath.

The cost of the bus from Pokhara to Jomsom is NRP 1500, and that directly to Muktinath is NRP 2000.

Pokhara to Muktinath bus

2 to 3 public buses (often deluxe) leave from Pokhara to Jomsom daily. Some bus leaves the bus park in the morning, and some leave Pokhara in the daytime. You can book the tickets from a travel agency at lakeside or the ticket counter in Prithivi Chowk. However, there is no bus to [Upper Mustang](#), and you must hire a jeep.

Jomsom to Muktinath trek

Per MyEverestTrip Jomsom Muktinath Trek Itinerary, our journey starts with a flight to Jomsom. From Jomsom, we shall first trek to Kagbeni and then reach Muktinath on the 4th day. From Muktinath, we walk back to Marpha, Ghasa, and Tatopani, exploring many other beautiful destinations.

Jomsom Muktinath Trekking Nepal Difficulty

Our Jomsom to Muktinath trek Itinerary is 14 days long, starting from Jomsom. We walk to Muktinath and then visit many other places on our journey downward. The total trek distance is about 100 km, walking over 10 km daily.

In this Jomsom Muktinath tour package, we shall only hike upwards from Jomsom to Muktinath, and then most of the trail leads us downward. And since it's a downward trek, the Jomsom Muktinath trek is relatively easy. It needs no experience from the previous tour and mild physical fitness. Jomsom Muktinath Trek is one of the easiest treks in Nepal.

Altitude difficulty: The highest altitude of Muktinath Trek is 3710 meters above sea level. Because [base camp treks](#) in Nepal take you above 5,000 meters, the size of this trek is relatively tiny. Even then, it would be best to look for the symptoms of altitude sickness, such as body pain, headache, shortness of breath, etc. If such symptoms appear, make sure you stop climbing to a higher altitude and drink lots of water. If the symptoms worsen, we might have to walk to a lower height.

Jomsom to Muktinath Trek distance



Jomsom to Muktinath distance

Jomsom to Muktinath trek distance is about 22kms. It takes us about 9 hours to cover this distance. We

plan to walk about 10 km on the first day and stay at Kagbeni. Then, we shall walk to Muktinath the next morning.

Pokhara to Muktinath trek permit

There are two kinds of trek permits for the Muktinath Jomsom trek. As you enter the border of Nepal, you need to issue a tourist visa to Nepal. After that, you will need two permits, i.e. TIMS card and an Annapurna conservation area access. TIMS cards can be issued only from Kathmandu and Pokhara, while Annapurna conservation area entry permits can also be published on the trekking trail. TIMS card costs about \$20, while the Annapurna conservation area passes cost \$ 30. The amount you pay for the TIMS card is to track the activities of tourists within Nepal. At the same time, the [Annapurna conservation area](#) aims to use the amount for conserving the rear wild flora and fauna of Nepal.

Which is the best month for Muktinath?

Being one of the low-altitude treks in Nepal and having a perfect connection to the road and air network, Muktinath visits are possible throughout the year. The only time the public vehicle cannot reach Muktinath is during the peak winter of January and early February. During these months, we might have to trek from the lower altitude to reach Muktinath. Even during winter, the year plane to Jomsom is functional, and you can easily trek up to Muktinath. However, the cold Muktinath temperature can be an issue.

If your mission is to enjoy the incredible mountain views during your visit to Nepal, then autumn might be the best time for the Jomsom Muktinath trek. However, this is the most crowded month, making it hard to find solitude. That is why travellers prefer trekking in Spring, i.e. March to May, when the overall region is colourful with flowers and wildlife. [Ghorepani Poonhill](#) is also magical during this time of year. Moreover, Mustang is one of those reasons in Nepal where we can trek in summer/monsoon. Since Muktinath lies in semi-arid land, it rarely receives heavy rainfall, thus, making the trek possible in June and July.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.

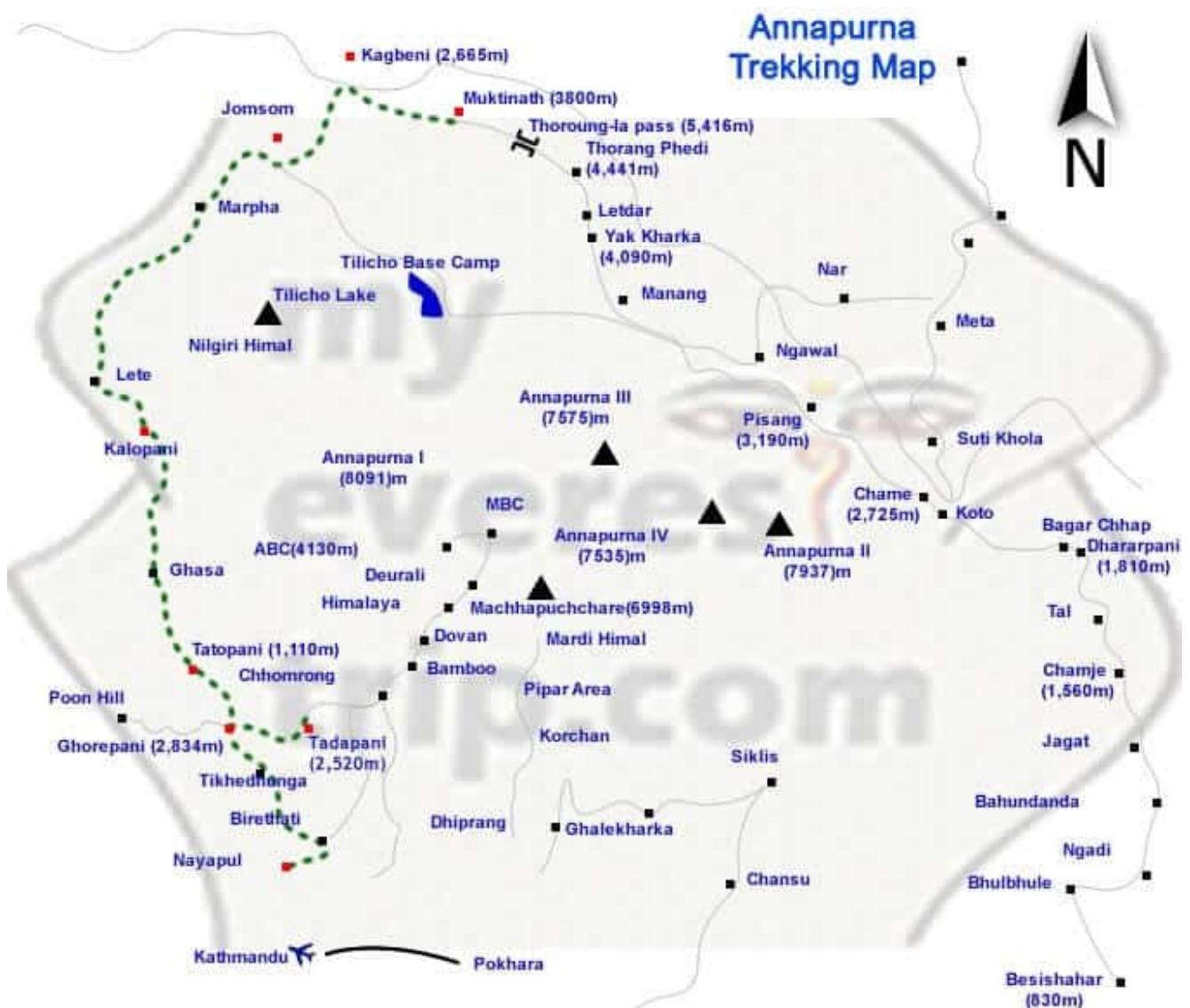


Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map



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