

Jomsom Muktinath Trek

Duration: 14 Days Days

Max Altitude: 3,802 m

Destination: Nepal

Trip Grade: Easy

Best Season: All Year

Trip Highlights

Highlights of Jomsom Muktinath Trek

Muktinath temple is a spiritual of 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 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.

Trip Overview

Experience the diverse landscape and culture of Nepal as the **Jomsom Muktinath Trek** takes you to both the driest terrain and the lush rhododendron forests of the country. Jomsom Muktinath Trek lies in the **Annapurna region** and serves as scenic as well as a cultural experience. Feel the strong wind of Jomsom, visit the pilgrimage site in Muktinath, take a dip in the natural hot spring of Tatopani, and walk through some of the most spectacular **Gurung villages** in the **Ghorepani-Ghandruk** region to experience authentic Nepal through Jomsom Muktinath Trekking.

Having landed in Kathmandu for your 14-day **adventure**, you will be whisked away to Pokhara, the very next day, where you take a short 20 minutes flight to

Jomsom for the start of your trek. The route is in close proximity 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 yourself in the tranquil environ of a highly regarded pilgrimage site of both the 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 gives you an opportunity to witness the beautiful **rhododendron forest** of **Ghorepani** and an unobstructed view of the Annapurna and Dhaulagiri ranges from **Poon Hill**. The last leg of the trek allows you to stop at one of the largest Gurung settlements in the region, Ghandruk, from where you head back to Pokhara. It is ideal to do this trek from March-May and from September to November.

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

Detailed Itinerary

Day 1: 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 2: Drive to Pokhara (910m/2,986ft) 6-7 Hrs

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

Day 3: 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 important 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 4: Kagbeni to Muktinath (3,802m/11,512ft)| 5-6 Hrs

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. You reach Muktinath accompanied by the view

of Dhaulagiri (817m) and Nilgiri (7061m), on the way. 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.

Day 5: 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 down to Jomsom alongside the Kali Gandaki River. As you descend, you will reach one of the famous lakes of 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 village that is famous for its apple by-products. Overnight in Marpha.

Day 6: 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 down to Ghasa. Trek down the narrow gorge of Kali Gandaki River passing through several traditional Thakali villages and join Lete River. Climb down the Mani walls to reach the village of Ghasa. Overnight in Ghasa.

Day 7: 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 which is 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 8: 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 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 the similar-looking stone houses. Overnight in Shikha.

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

From Shikha, you then trek to Ghorepani passing the villages of 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 colors (in spring) is sure to 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 for a view of the rising sun's rays draping Annapurna (8091m) and Dhaulagiri (8167) peaks. The view looks even more stunning in the summer, as the whole of 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 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 prior to your flight.

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 full board (breakfast, lunch, and dinner) in whole trekking
- Domestic flights with all surcharges airport taxes for guests and guide
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charge

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)

- Personal shopping and laundry etc
- Personal trekking equipment

Trip Map



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