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# Jomsom Muktinath Trek - 14 Days

Jomsom Muktinath Trek is particularly a pilgrimage trek to Muktinath Temple. But you can also enjoy the walk through world's deepest gorge (Kali Gandaki River gorge), mountain views. Jomsom Muktinath hike is a part of the famous trekking trail of Nepal, Annapurna Circuit Trek. After reaching the famous temple of Muktinath, Jomsom Muktinath trekking trail diversifies from the beautiful rhododendron forests. The forests blossom during spring to rocky cliffs, ridges and deserts of Mustang. Visit the centuries old monasteries, caves and assorted landscapes. Passing through the deepest gorge, walking around Jomsom and Muktinath offers the amazing panoramic view of Annapurna Himalayan range and Dhaulagiri along with other mega snow-capped mountains.

Our trip to Jomsom and Muktinath starts with a 7 hours drive to Pokhara city then a short mountain flight to Jomsom, the capital city of Mustang district. We go for a steady trek towards Kagbeni through the Kali Gandaki valley following the Kali Gandaki River. We shall encounter fossils (shaligrams) in this Kali Gandaki valley region. Kagbeni is the small beautiful village which gives the glimpse of Tibetan highlands.  We reach Muktinath temple having 108 water spouts after a scenic trek day. Muktinath Temple carries the historical and cultural importance both to the Hindus and Buddhist. Many pilgrims believe that it is place of salvation and travel to this holy place from all round the world.

Further the trail lead to Tatopani where you can enjoy the natural hot spring pool relaxing your body. We observe eye catching sunrise views of Annapurna Himalayan range, Dhaulagiri through the main view point Poonhill. We arrive here after hiking through Ghorepani village. After having a wonderful time in the mountain the trails we descend all the way to Syauli Bazaar from here the trail begins level till Nayapul from where we will drive to Pokhara and return to Kathmandu.

## WHEN TO GO FOR JOMSOM MUKTINATH TREK:

Jomsom Muktinath Trek can be booked at any season as this region lies in rain shadow area. However, the ideal seasons to go for this trek are spring (March to May) and autumn (mid September to mid December). In these seasons you will be rewarded by magnificent views along with good weather overall. Trekking in these moderate conditions are suitable for those who enjoy walking and want to explore in forests, deepest gorges, pilgrimage sites, deserted regions along with monumental views of Himalayas.

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## PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Two nights' twin sharing accommodation with breakfast at a 3-star category hotel in Pokhara
- Guided sightseeing tour in Kathmandu including temple/monument entry fees and private vehicle
- Meals (breakfast, lunch and dinner) during the trek
- Best available teahouse/lodge accommodation (twin sharing ) during the trek
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers : 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Ground transportations from Pokhara – Kathmandu transfers by private vehicle (but tourist bus for solo trek)
- Pokhara to Jomsom flight including departure tax.
- Duffel bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- TIMS and Annapurna Conservation Area Permit
- All government taxes & office service charge

## PRICE EXCLUDES

- Nepal visa arrangement **(**more on Nepal Visa Information)
- International/Domestic airfares
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu or Pokhara because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu or Pokhara (and also in the case of early return from mountain than the programmed itinerary)
- All kind of drinks (alcoholic, hot, or cold)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipments and clothing
- Tips for guides and porters (tip is expected)

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## ITINERARY IN DETAIL

### Day 1: Kathmandu Arrival (1350m/4429ft)

Hello and Namaste! Welcome to Nepal. After you hear flight attendant saying these words, you will get to know that you are about to land in International Airport in Kathmandu. Complete your visas and custom formalities and step out from airport arrivals where you shall be met by one of our office representative. He will transfer you to your respective chosen hotel. Enjoy free activities until end of the day. Stay overnight at Kathmandu.

### Day 2: Trek preparation and Kathmandu city tour

Say hello to culturally rich capital city of Kathmandu. Today we shall visit around UNESCO world heritage sites in Kathmandu. Usually, we start off with nearby Kathmandu Durbar Square, Swayambhunath stupa, Pashupatinath Temple and Boudhanath stupa. Or else you can also visit around Durbar square at two nearby cities Patan and/or Bhaktapur upon your request.

After completion of these sightseeing tour around Kathmandu valley, meet your trekking leader who will ensure all of you trekkers are ready and all required trekking gears have been acquired. Later stay overnight at same hotel in Kathmandu.

### Day 3: Drive to Pokhara (820m/2690ft)

Instead of Kathmandu, we can also say that Pokhara is the starting point of our Jomsom Muktinath Trek. Initially, we take about an 6 to 7 hours drive to scenic lake city of Pokhara. Quick stops and breakfast on the road will be offered to you at quality restaurant. It will be a tourist bus that starts to roll from 6/7 am in the morning and you will arrive at Pokhara in afternoon at around 2 pm. After reaching Pokhara our trekking guide will be with you, we all check into hotel and come out to streets of Pokhara for short half day tour if you are interested. We stay overnight at hotel in Pokhara.

### Day 4: Fly to Jomsom (2700m/8856 ft) and trek to Kagbeni (2800m/9184ft)

As sunrises at Pokhara, we should already have our early meal today and get towards Pokhara airport to board a flight towards Jomsom. After flying across the hills and landing at Jomsom, our walking activity begins from and ends at here. We will have our quick stop at Jomsom and push ourselves towards northern side across Kali Gandaki valley. In this way, walking across the broad river valley, through rocky river banks; there we arrive at a small settlement locally known as Eklai Bhatti.

The surrounding and topography starts to change as we ascend above 3000 meters. Gradually, after we arrive at Kagbeni village, we encounter deserted landscape where we can also find the confluence of two rivers Jhong Khola and Kali Gandaki. We get influenced from cultural and local traditions here at Kali Gandaki. Visit to local monasteries and gombas always adds to attractions. Total walking on first day of trekking activity would be 4 hours.

### Day 5: Trek to Muktinath (3,800/12,467ft)

Today shall be our most important day of Jomsom Muktinath Trek as we will be approaching towards famous pilgrimage site of Muktinath. Our day starts after we ascend towards Jhong valley and catch a major route to Muktinath. Further walking along the Jharkot valley across small river streams and trees. Here we also visit to nearby

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monasteries too. Muktinath is pilgrimage site for both Buddhists and Hindu followers. Get peaceful and spiritual surroundings while visiting temples, monasteries built centuries ago. Muktinath refers to Nirvana and you shall feel relieved and peace of mind and soul while visiting this pilgrimage site. Muktinath temple is temple of Lord Vishnu and has 108 water sprouts surrounding the pilgrimage site. Here today, we also do visit another popular temple of Jwala Mai where we see eternal flame glowing from heart of earth. Total walking hours today would be 4 to 5 hours. Stay overnight at Muktinath.

### Day 6: Muktinath to Marpha (2660m/8250ft)

Sense of spirituality strikes us today early in the morning while visiting Muktinath temple. After a short while of preparation and breakfast at our local lodge, we shall walk mostly downhill to Eklai Bhatti. Jomsom Muktnath trekking route then follows towards popular settlement called as Marpha. This place is the major village at Kali Gandaki valley and former trading route to Tibet. The route here is very windy as strong winds blows across the valley and often route becomes impassable after noon. It is very essential to save ourselves from these wind, therefore full head mask and wind cheater jacket is must have for this trek. We do visit around the Marpha village and nearby monastery. Marpha is also famous for its apple products. Today we stay overnight at local teahouse in Marpha.

### Day 7: Marpha to Kalopani (2530m/7848ft)

As we begin our day at Marpha, good views of nearby Annapurna Himalayan range is seen. We start our day after having our daily meal. It will be most of time downhill trek to local settlement called Dana where we will have our lunch stop. Leaving behind Kalopani, we also get wonderful opportunity to experience deepest Kali Gandaki gorge. We have our lunch and further 2 hours walk to Kalopani blesses us with stunning views of Nilgiri peak. Today we walk for around 4 to 5 hours. It shall be overnight stay at local tea house and meal includes breakfast, lunch and dinner.

### Day 8: Kalopani to Tatopani (1190m/3690ft)

We traverse from Kalopani to Tatopani today with slow downhill trek.we will stop for a lunch and steeply walk downhill through local forests. On this day natural hot-spring will also be another attraction as we take a dip into naturally warm water pond and relax. Tato is ‘hot’ and pani is ‘water’ in Nepali. On reach at Tatopani, refreshment ant then trek about 10min to hot spring pool. We stay overnight at local tea house with near about 7 to 8 hours walk and meal includes breakfast lunch and dinner today.

### Day 9: Tatopani to Ghorepani (2780m/9480ft)

From Tatopani we will take an almost 1600m ascend to Ghorepani. On the way, we pass through the villages of many ethnic groups in every short distance with different life style, housing style accordingly profession too. The main villages on the way are Ghara, Shikha, Phalate and Chitre. Today you will have different view of Mt. Dhaulagri, Mt. Nilgiri and Mt. Annapurna. We will walk for around 4 to 5 hours today with overnight stay at local lodge. Meal includes breakfast, lunch and dinner.

### Day 10: Hiking - Poonhill (3210m/10531ft), trek to Tadapani (2,630m/8,626ft)

We wake up early in the morning today to see spectacular sunrise views over Annapurna Himalayas from Poonhill view point. So, we start walking before sunrise in the dark. In a short while magic happens as golden rays of sun strikes snow capped peaks and creates golden atmosphere all around. We get to see the Himalayas namely

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Annapurna south, Dhaulagiri, Manaslu, Tukuche, Machapuchare and few others. For a short while, we enjoy the sunrise moment and return to our local lodge at Ghorepani. There after having our breakfast, we make our way towards Tadapani via rhododendron forests that blossoms during spring season. We shall walk for 5 to 6 hours and stay overnight at local lodge in Tadapani.

### Day 11: Tadapani to Ghandruk (1940m/6360ft)

Leaving behind Tadapani, we further descend towards beautiful Gurung village of Ghandruk. The greenery, great Himalayan views, refreshing walk through rhododendron trees and warm hospitality along with cultural exploration opportunities at Ghandruk, we get plenty to see, enjoy, learn and experience today. Gurung museum is another attraction here at Ghandruk where we learn more about their history, tradition and lifestyle. We walk for around 3 to 4 hours today with overnight stay at local lodge.

### Day 12: Ghandruk to Pokhara

We are now at the final days of our Jomsom Muktinath Trek. Today, we trek towards Nayapul and take a drive to Pokhara. Most of the day, it will be downhill trek via trees, forests, cross Birethanti. Trekking activity ends at Nayapul. After an hour drive we arrive at Pokhara and enjoy rest of the time strolling around lakeside and visiting other popular attractions in Pokhara. Later we stay overnight at hotel in Pokhara. Total walking hours shall be 4 to 5 hours with 1 hours drive.

### Day 13: Drive from Pokhara to Kathmandu

We take a drive from Pokhara to Kathmandu and conclude our Jomsom Muktinath Trek. After arrival at Kathmandu, we will assist you in checking into hotel and even invite you for farewell dinner at one of the cultural restaurant in Kathmandu. Later stay overnight at hotel in Ktm. It will be nearly 6 to 7 hours of comfortable drive today from Pokhara to Kathmandu. Meal includes breakfast and complimentary farewell dinner.

*Note: While you are at Pokhara or at Kathmandu, after returning from Jomsom Muktinath trek, you have an option to extend your trip for Jungle safari, white water rafting, paragliding and other activities along with added touring around Bhaktapur and Patan too. Let us know if you have any such interest or plan. We shall surely make it happen.*

### Day 14: Depart from Kathmandu

Finally all of our Jomsom Muktinath Trekking program in Nepal concludes today. After you are done with your packing for international flight, our office representative shall transfer you to Tribhuvan International Airport 3 hours earlier your flight schedule. With hope that we have delighted you with our services, we look forward to see you soon in Nepal for more other adventures, tours and trekking. Farewell! Meal includes breakfast.

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# FAQ

### 1. What are the permits required for this trek?

For Jomsom Muktinath Trek, you need to acquire Annapurna Area Conservation Project (ACAP) permit along with Trekkers Information Management System (TIMS) Card. All the permits and documents will be arranged by our trekking company. You need to bring couple of passport size photographs to fill the permits application form.

### 2. Can I go for Jomsom Muktinath Trek with kids and family? How difficult is it?

Yes of course, absolutely you can join in this delightful pilgrimage trek with your family along with kids as there is not much high altitude involved, but blessed with excellent natural, cultural and religious values; a holy site for both Hindus and Buddhists.

This trek is not very difficult; however you must be able to walk four to five hours on trekking days. So, if you are fit physically with passion and devotion, then of course you can join this trip.

### 3. What are the things that I should not miss?

Well there are plenty, but you should not miss visiting holy temple of Muktinath (Lord Vishnu), taking a bath on 108 water spouts around, nearby Jwalamai Temple, visiting nearby monastery for Buddhism insights, trying apple products, brandy at Marpha, relaxing at natural hot-spring at Tatopani, viewing magical sunrise from Poon Hill viewpoint and exploring naturally beautiful Pokhara valley to name the few.

### 4. When is the best time to go for this adventure?

Jomsom Muktinath is an all year around trek that can be joined during any time of the year because it lies in rain shadow area. In these regions, the rain cloud can't cross the Dhaulagiri/Annapurna range and usually remains dry. However, at lower elevations, you will get to explore blossoming rhododendron forests during spring season (March, April, May) while you get un obstructed Himalayan views during Autumn season (September, October, November).

Therefore, regardless the season, you are recommending to plan your Muktinath Trip now. We will make this trek happen at your dates.

### 5. How do I prepare for this trek?

You are advised to start preparations prior joining this adventure by getting involved in stamina building cardio exercises. Getting fit will enhance your trekking experience with increased stamina and less chances of falling ill.

### 6. What to pack?

Do you trek often and own trekking gears and equipments like sleeping bag, sleeping mat, airbag, mattress, and trekking boots, down jackets, poles, gloves and clothes? If you have then, it is highly recommended that you use your own kits. However, even if you don't have, then we will easily arrange, hire/buy those gears at store in Kathmandu.

### 7. Tell me more about travel insurance?

Travel insurance is compulsory before joining any trips in Nepal with us. It is very important to get yourself insured under appropriate insurance policy. Your travel insurance policy for Jomsom Muktinath Trek should cover airlift

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rescue upto 4000m. Choose the best policy that suits your travel need from reputed and reliable insurance company. World Nomads and Travel Guard are popular ones to name the few.

### 8. What will be the accommodations during this trip?

Jomsom Muktinath is a tea house trekking with well developed lodges available along the trails. During this trip you will be staying at locally owned lodges with standard facilities on twin sharing basis.

### 9. I want to know more about food that I will be eating?

Along with healthy sum of breakfast at Kathmandu, you will be served with full board meals i.e. breakfast, lunch and dinner during the trekking days. You are recommended to buy couple of dry fruits packets at Kathmandu for quick energy boosts.

Usually, meal includes apple pie, pancakes, Tibetan, Indian and Nepali food items. Breakfast and dinner will be served at teahouse we are staying in and lunch on one of the nice place on our way.

### 10. Can't I fly directly from Kathmandu to Jomsom?

There is no any direct flight connection from Kathmandu to Jomsom. Only way to fly at Jomsom is via Pokhara. Therefore you need to travel from Kathmandu to Pokhara then Jomsom and carry on trekking activity along the trails.

### 11. What if my domestic flight gets delayed or cancelled?

Due to unpredictable weather conditions, flights in Jomsom-Pokhara-Jomsom can get delayed and cancelled for a day. If this happens we will wait until a weather shines back on,, or you have an option to take a off road drive via Beni or wait until next day.

Therefore you are requested to plan couple of extra days for this trek so that it will compensate these contingency days and you will not miss your international flight.

### 12. What are other transportation options available for this trek?

There are quite a few to choose from, in Kathmandu to Pokhara route you can either take a flight or take a drive. From Pokhara to jomsom, you can fly or you can also take off road drive via beni.

### 13. Is this trip customizable?

Oh yes, we simply love to organize your trek just the way you like it. From transportation options (road/flight/heli) to possible changes in itinerary, from additional tours around Lumbini, Chitwan and other sites; you simply let us know how you want it to be, we will surely make this happen.