

Lama Adventures Pvt. Ltd.

# Jomsom Muktinath Trek

Difficulty	Duration	Region	Max. Altitude	Type	Group Size	Accommodation
Easy	14 Days	Mustang	3800m	Trekking	2 - 20 pax	Tea House and Hotel

## Overview

Imagine being surrounded by staggering high mountains and a desert-like landscape with little or no vegetation. This is what Mustang region is like. The trek to Muktinath is a very popular one with both the local and foreign tourists, which encompasses exciting Thakali villages, apple orchards, rhododendron forests and the world's deepest gorge, Kali Gandaki. You get to see some striking views of the incredible snow capped mountain peaks, unique temples and monasteries along the windy valleys.

The trek to Muktinath begins from Pokhara following the world's deepest gorge on the way up and takes you to a barren land without trees. The trek goes up and down a rocky trail and passes through terraced rice fields and villages. The region is home to Gurung and Thakali people. Passing all the Thakali villages makes you realize Nepal's spectacular diversity at its finest. The final destination of this trek, Muktinath is a holy temple for both Hindus and Buddhists. Many devotees from around the world come to Muktinath to offer their prayers and wash their sins in the 108 taps decorated in the Muktinath temple.

The Mustang region is famous for apple production. One of the villages named Marpha also has its own brandies and rum made out of apple and apricot cultivated in the village itself. You can also find black stones known as shaligrams in the Kali Gandaki river. After your trek is finished, you can relax your sore muscles at the natural hot water springs at Tatopani.

## Itinerary

## **Days 1: Arrival in Kathmandu**

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

## **Days 2: Sightseeing around Kathmandu**

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

## **Day 03: Drive to Pokhara**

After breakfast, if you decide to take a bus to Pokhara, you will start off for a 7-hour journey to Pokhara. You can enjoy the beautiful hills, gorges, rivers, villages along the way. If you choose to fly, then it will be a picturesque one with beautiful hills and towering peaks. Once in Pokhara, you can either choose to explore Pokhara or rest at your hotel. You will be staying overnight at the beautiful lake city of Pokhara.

## **Day 04: Drive to Beni**

The drive from Pokhara inclines through a twisting road up to Nayapul with views of Annapurna South (7219m) and Machhapuchhre (6997m). To reach Beni, we drive along the bank of Modi River and then Kali Gandaki River. Overnight in Beni.

## **Day 05 : Trek to Tatopani**

After leaving Beni, we continue our walk in the jeep track and occasionally take trails until we reach Tatopani. The trail today offers a scenic view of the landscape, greenery and farming of the local people living in the area. With the hillside views and forest, we reach Tatopani, where there is a natural hot spring where we can relax and heal our sore muscles. Overnight in Tatopani.

## **Day 06: Trek to Ghasa**

We begin today's trek after breakfast on a wide jeep track for half an hour before descending to the Kali Gandaki River. Then, we cross a bridge and head towards Narchyang village. The breathtaking view of Dhaulagiri, Tukucho and Annapurna peaks is as charming as anything from the village. Again, the trail descends further

and continues towards Gadpar and down to Kopchepani. Then we catch up the main trail and trek to Ghasa via Pairithapla. Overnight in Ghasa.

### **Day 07: Trek to Marpha**

Today, we have a steep climb ahead of us which takes us to Lete Khola before finally arriving at Lete. We then continue to walk the trail until we reach Larjung Village. From Larjung, we cross a trail via Tukuiche and finally arrive at Marpha. Marpha is considered The Apple Capital of Nepal. Overnight in Marpha.

### **Day 08: Trek to Kagbeni**

After breakfast in Marpha, we continue the main trail alongside the valley. We will be gradually walking uphill before crossing over a low ridge to Jomsom Village. From Jomsom onwards it is very windy in the afternoon and the trek continues on the gradual path on the Kali Gandaki river bed. We then continue to walk uphill to Kagbeni for our overnight stay.

### **Day 09: Trek to Muktinath**

After leaving Kagbeni behind, we start our journey today walking onwards to the riverbank of Kali Gandaki upstream. We will get to see the scenic and picturesque landscape and nearby villages. Then, the path climbs steeply to rejoin the direct trail leading to Khingar. Our trail finally climbs through a desert landscape till Jarkot village to finally reach at Muktinath. Overnight in Muktinath.

### **Day 10: Trek to Jomsom**

Muktinath is one of the important destinations for Hindus. We will walk up to the Muktinath temple and enjoy the views around. Devotees take showers in the 108 holy taps in the temple to wash away their sins. You are welcome to try if you want. After descending down from Muktinath temple, we retrace our way back to Jomsom. Overnight in Jomsom.

### **Day 11: Flight back to Pokhara**

After having breakfast in Jomsom, we take a picturesque flight with all the mountain views and the lush green valley to back to the lake city of Pokhara. Freshen up and take a stroll around the lakeside in Pokhara. Overnight in Pokhara.

### **Day 12: Back to Kathmandu**

After breakfast, we say goodbye to the beautiful lake city of Pokhara and drive towards Kathmandu. After reaching Kathmandu, we have the rest of the day off to rest or do some souvenir shopping. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening. Overnight in Kathmandu.

### **Day 13: Free Day**

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

### **Day 14: Final Departure**

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

## **Inclusion / Exclusion**

### **Cost Includes**

Arrival in International Airport and Departure.  
Hotel in Kathmandu with Bed & Breakfast.  
Sightseeing in Kathmandu Valley with Guide.  
Entrance fees.  
Conservation Fee.  
Peak Permit and Climbing Guide.  
Round Domestic Flight Ticket.  
Local Transfer.  
Domestic airport departure taxes.  
Tea House Accommodation, breakfast and dinner.  
All camping Equipment, two men tents, Dining tent,  
Kitchen Tent, Toilet Tent, Table & chairs.  
Breakfast, lunch, dinner in trekking and climbing  
period.  
Guide, Cook, sherpa, Kitchen staffs and porters.  
Insurance for trekking staff and Equipments.

### **Cost Excludes**

Personal equipment for Trekking &  
Peak climbing.  
Personal travel Insurance.  
Lunch & dinner in Kathmandu.  
Emergency Rescue evacuation.  
Personal expenses/Bar bills.  
Tipping for trekking staff.

