Jomsom Muktinath Trekking

Duration: 16 Days 15 Night | Location: Annapurna, Nepal



Trip at a glance

Category: Annapurna region

Location: Annapurna, Nepal

Duration: 16 Days 15 Night

Difficulty: 2/10

Trip Style: Trekking & Hiking

Best Time: Whole Year

Accommodation: Tea house / Camping

Max Altitude: 3800m

Group: Min. 1- Max.12

Summary

Jomsom Muktinath Trekking/Jomsom Muktinath Trekking is probably the most single and most popular Trekking in Nepal/watching amazing Dhaulagiri Ice falls.

Overview

Trip Introduction

Jomsom Muktinath Trekking is probably the most single and most popular Trekking in Nepal. The diverse landscapes and cultures to be found along this trekking route give a marvelous insight into the rural life of Nepalese people. Walking through the gorge carved by the Kali Gandaki River, which carries water from the Tibetan plateau to eventually join the Ganga of India, is the main feature of this trek. The route to Jomsom up the Kali Gandaki River passes through a gap in the Himalayan barrier in the bottom of the deepest river canyon in the world. Annapurna Base Camp Trek

Kali Gandaki valley (Jomsom – Muktinath Trekking area) is located in North of Pokhara. Ghorepani, the place we spend one night before descending Tatopani offers some of the most dramatic closes up views of the highest and most beautiful mountains in the world. A magnificent sunrise at Punhill before descending Tatopani (Hot Spring) and encountering to world's deepest gorge, where the powerful Kali Gandaki River has cut deep through the Himalayas between the massive peaks of Dhaulagiri and Annapurna. It is the place of watching amazing Dhaulagiri Ice falls.

After trekking Kali Gandaki valley, you will pass through the traditional and prosperous villages of Tucuche, Ghasa, Marpha and Jomsom, some typical landscapes of this region and the magic land for trekkers. Going past Jomsom, you reach the arid Tibet like the landscape of Mustang. At Muktinath, set below the Thorung La Pass, we have a day to explore the temple and villages and enjoy wonderful mountains views. Finishing our trek along the major pilgrimage site of Jomsom, between India and Tibet, we experience local traders, and Hindu and Buddhist pilgrims making the end of our adventure as amazing as the beginning. Ghorepani Poon Hill Trek

Day by day itinerary

Trip Itinerary

Day 1: Arrival in Kathmandu (1350m).

Upon your arrival at Kathmandu, you will be welcomed heartily by a company representative at the airport and transfer to hotel with a short briefing session reflecting ancient local tradition, shrines, and temples found over here. Overnight in Kathmandu. (1350m).

Day 2: Kathmandu Sightseeing Tour (1350m).

Visit World Heritage site in Kathmandu including Kathmandu Durbar Square, Patan Durbar Square, Pashupatinath Temple, Bouddhanath, Swoyambhunath (also called Monkey Temple)as a half day trip. Overnight stay in Kathmandu (1000m/2800ft).

Day 3: Drive from Kathmandu to Pokhara takes about 6 hours.

You will follow Marsyandi River, gently up through heavily terraced fields and small hill towns to the Seti River that takes you directly into Pokhara passing the way full of window sightseeing of hills and mountains on the way. Pokhara is tourist's paradise with the watchful view of different mountainous range to be seen. Pokhara lakeside villages are situated in the front row center to one of the most beautiful Himalayan panoramas in the world. You spend your whole day watching famous fishtail mountain peak of Machhapucchre tower over a tropical setting of Annapurna enjoying the Pokhara city by Fewa Lake witnessing the region of Annapurna range of Himalayas.

Day 4: Drive from Pokhara to Phedi (1130m) and trek from Phedi to Pothana (1900m).

The trail ascends all the way to Pothana through forests till you reach the village called Campus, a Gurung village having the abundance of opportunity to look at the magnificent views of Annapurna ranges that includes Lamjung Himal and Manaslu. The ascending trail follows Pothana through the forests. This is a small village which is surrounded by forests having marvelous mountain views and scenic natural green forests. Stay overnight in a lodge.

Day 5: Trek from Pothana to Ghandruk (1940m).

Trek from Pothana to Ghandruk (1940m) takes about six hours of walk ascending gently to Deurali and descending up to Bheri Kharka through forests. You follow the flat path till you reach Landruk village. The path you follow till Landruk is really exhilarating as you pass through many local villages rich in culture, terraced fields, and numerous green hills. From here, the trails ascend to Modi Khola and you should ascend all the way to Ghandruk village, which is a big Gurung Village. You will enjoy with handicrafts center and museums. It is also the place to see good views of Annapurna South, Hiunchuli, Gangapurna

(7455m) Annapurna 3 (7755m) and Fishtail (Machhapuchhre).

Day 6: Trek from Ghandruk to Tadapani (2650m).

The trek begins through Gurung village with beautiful Rhododendron trees, amidst the chirping of birds that seems to be welcoming to their area. On the way, we see a stream that runs down with its clear and pure water as we climb up. We will come across Bherikharka with some tea shops and lodges for a rest. The trek then continues through forests of rhododendron trees.

Day 7: Trek from Tadapani to Ghorepani (2853m).

Today's trek starts with a short decline till a small stream and uphill through Rhododendron trees. We come across Bhanthahity with a facility of tea houses and lodges. The trail ascends through the forests up to Gurung hill. From here, the trail descends through the forests till Ghorepani.

Day 8: Travel from Ghorepani to Tatopani (1189m).

Today's Trek offers you an early morning trip to Poonhill (3232m)to enjoy the sunrise view over Mt. Dhaulagiri (8167m), Tukuchhe Peak(6920m), Nilgiri(6940m), Varaha Shikhar (7847m) , Mt. Annapurna (8091m), Annapurna south (7219m), Annapurna III (7855m), Macchapucchre (6993m), Annapurna 4 (7525m), Lamjung Himal (6931m) and other numerous snowcapped mountain peaks. You will go descending through the Rhododendron forests, fine vistas open up as we approach Chitre, with the Dhaulagiri Range straight ahead. Then, you will lead to terraced fields of Sikha, a major village clustered on the ridge. Continue to descend, gradually at first, and then move steeply to cross the Ghar kholo. You will cross Kali Gandaki, on a large suspension bridge. It is an only short distance to upstream to Tatopani. Tatopani takes its name from Hot springs near the river below the village where you can enjoy with natural Hot springs.

Day 9: Trek to Tatopani to Ghasa (2013m).

This route ascends gently up the Kali Gandaki Gorge, The deepest gorge in the world, towards the village of Dana, surrounded by orange groves. From autumn to winter, baskets of the oranges are offered for sale to passers-by. Just beyond the small hamlet of Rupse, a thundering waterfall cascades down beside the trail. The trail enters to the deepest and narrowest section of the gorge. However, there is a layered stone path constructed. When the rock cliffs end, you descend to the river before making the short climb back up to Ghasa, first Thakali village with flat-roofed Tibetan Houses.

Day 10: Trek from Ghasa to Marpha (2667).

Today's trek offers you the trekking of the wide valley of Kali Gandaki for about six to seven hours. You will enjoy with Hiking below the mighty Rhododendron trees and many ethnic villages with a sparse population of Gurung, Thakali and few Tibetans. On the way to Marpha, you will trek along the Bank of Kali Gandaki through orchards. It is a big village enriched with Buddhist Monastery in between which has its own importance.

Day 11: Trek from Marpha to Jomsom (2713m) to Kagbeni (2897m).

You will continue to follow the wide valley of Kali Gandaki passing through Khobang and Tukucche, small beautiful villages. The wind generally picks up about midday, but will at least be blowing at our backs as you head up to Jomsom. Passing stoned walled orchard, a stone gate makes the entrance to Marpha. The local apple brandy is well known. The trail continues towards Jomsom, the landscape becomes increasingly avid and impressive with its mixture of brown, yellow and grey landscapes, contrasting with the white snowcaps of Tillich and Nilgiri. By afternoon a riff wind starts blowing, hastening our way to Jomsom, where howling winds gently take you to a well-earned sleep.

Day 12: Trek from Kagbeni to Muktinath (3795 m).

The trail steeply ascends for a couple of hundreds of meter, enjoying beautiful deserted landscape, caves, old Tibetan styled villages, apple gardens, Yak and Sheep herds, and peaceful local folks. You will see the Thorung La Valley straight up to Muktinath. You will enjoy with the delicious lunch at Jharkot and visit Monastery, supposed to have been built in the 15th century. Stay there and visit Ranipauwa (3700m) an important pilgrimage site for both Hindus and Buddhist. From there you can view splendid views of Dhaulagiri (8165m), Nilgiri (7061m) and others. In Muktinath, you will see 108 taps.

Day 13: Trek from Muktinath to Jomsom.

Day 14: Fly from Jomsom to Pokhara

Day 15: Drive from Pokhara to Kathmandu.

Drive from Pokhara to Kathmandu from tourist bus heading up to Damauli, Dhumre, Mugling, Kurintar etc. up to Kathmandu.

Day 16: Final departure.

Transfer to International airport for your final departure by the representative.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Flight tickets from Pokhara to Jomsom.

Full Board (breakfast, lunch, and Dinner) in Trekking

Accommodation during the trek (local lodge).

The government registered English speaking local expert guides, porters.

Annapurna Conservation park fees, TIMS Card.

Equipment clothing for porter & staff.

Insurance for all staff & porters.

Transportation to and from the starting and ending points of the trek.

First Aid Kit.

Jomsom Annapurna Trekking Map

Salary, allowances, expenses & insurance for all staff including porters.

What's

Exclusions

Nepal visa fees

Lunch & dinner during hotel stay in Kathmandu

Personal gears & clothing (available on hire)

Tips for Guide Porter.

Any expenses incurred in roadblock due to any reason, table drinks, snacks while walking

Personal insurance, medical evacuation in case of emergency.

Service other than mentioned above

International airfare and airport taxes, excess baggage charges

Hot shower, battery charge (during the trek), telephone, etc....

Items of personal nature expenses such as alcoholic drinks, cold drinks, laundry, mineral water

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.

- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the

Himalaya.

- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Duration: 10 Days.

Activities: Trekking.

Accommodation: Tea house / Camping.

Region: Annapurna.

Grade: Easy.

Group size: Min. 1- Max.12.

Season: Whole Year.

Max. Altitude: 3800m.

Transport: Drive in -Drive/Fly Out.

Departure

Departure

Review

Trip gallery

View photo on the trip page

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Plan your journey with our team

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