Lupra Muktinath trek

Duration: 9 Days 8 Night | Location: Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Nepal

Duration: 9 Days 8 Night

Difficulty: 2/10

Trip Style: Trekking & Hiking

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: Lupra Muktinath Trek (3800 m)

Summary

Lupra Muktinath trek/The Lupra Muktinath Trekking is the western part of the Mustang district Nepal/ Lower Mustang Trek/Annapurna, Dhaulagiri, Nilgiri Nepal

Overview

Trip Introduction

The Lupra Muktinath Trekking is the western part of the Nepal Mustang District. Trekking under Annapurna Conservation Area without getting special permits like Upper Mustang does from Pokhara up to the Muktinath Temple can be considered as a Lower Mustang Trek.The trek offers a close view of Annapurna Massif, experience Gurung and Tibetan culture,Kali Gandaki River (passes through the deepest gorge in the world), Greenery Hills to Desert Landscape, and sacred place Muktinath. Upper Mustang is over at the last pass, and Lower Mustang. Upper Dolpa Trek, Everest view trek

Entire path of Lupra Muktinath trek will pass some very artistic and beautifully quaint villages along the Kali Gandaki valley. Lupra Muktinath trek is one of the most exciting treks in the thrilling regions of Annapurna Nepal. It takes 7 to 9 days duration to complete 45.6 kilometers distance with 5 to 6 hrs daily walk. During the entire Jomsom trek offer you the stunning panorama of majestic Himalayan peaks that includes Annapurna, Dhaulagiri, Nilgiri, and others. Besides these, you will also be treated with the elegant natural and cultural stance of the region.The hiking beginning point for Lower Mustang Trek is from Jomsom to Pokhara 25 minutes flight from the popular place. But still to get to Jomsom… experience shows that after the final finish line has been crossed, most people are ready to sit on a bus. Sensible perhaps. But if your body can take it, hike the last 18 km. Lower Mustang Trek

The Muktinath Temple in Mustang District is popular among both Hindus and Buddhist. Believing the fact, lots of Hindu pilgrimages from Nepal and India to visit the temple. Breathtaking views of white soaring mountains from the temple is another attraction of this place.Crossing Kagbeni from Muktinath. Annapurna circuit trek

Day by day itinerary

Trip Itinerary

Muktinath Lupra trek Itineray.

Day 01: Arrival day in Kathmandu, Nepal

Day 02: Kathmandu to Pokhara by flight or car by tourist Bus.

Day 03: Pokhara to Marpha by by flight or jeep via Beni & Tatopani

Day 04: Trek to Kagbeni 2810 masl visit Tiri village

Day 05: Trek to Muktinath explore temples and monasteries

Day 06: Trek to Jomsom via Lupra village

Day 07: Morning flight back to Pokhara

Day 08: Pokhara to Kathmandu by flight or drive

Day 09: Airport transfer to depature

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.

Trip notes

Trip Highlights

Trip Duration: 9 days.

Trekking Duration: 9 days.

Grade: Easy.

Accommodation: Semi Lodge/ or fully Camping.

Activities: Trekking – Walking.

Highest Point: Lupra Muktinath Trek (3800 m).

The Lupra Muktinath Trekking is the western part of the Nepal Mustang District Trekking under Annapurna Conservation Area without getting special permits like Upper Mustang does from Pokhara up to the Muktinath Temple can be considered as a Lower Mustang Trek.The trek offers a close view of Annapurna Massif, experience Gurung and Tibetan culture,Kali Gandaki River (passes through the deepest gorge in the world), Greenery Hills to Desert Landscape, and sacred place Muktinath. Upper Dolpa Trek, Everest view trek

Entire path of Lupra Muktinath trek will pass some very artistic and beautifully quaint villages along the Kali Gandaki valley. On further approach you will be surrounded with beautiful barley terraces, picturesque villages, century old monasteries, caves, and lush valleys that make up a splendid setting to relish. Muktinath Lupra trek is one of the most exciting treks in the thrilling regions of Annapurna Nepal. It takes 7 to 9 days duration to complete 45.6 kilometers distance with 5 to 6 hrs daily walk. Ghorepani poon hill trek

Departure

Departure

Review

Trip gallery

View photo on the trip page

View photo on the trip page

View photo on the trip page

Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234
megamounttreks@gmail.com | megamounttreks.com

View this trip or request a booking