



Jomsom Muktinath trek

URL: <https://naatatravels.com/trip/jomsom-muktinath-trek/>

Duration

14 Days

Per Person Cost

USD 1450

Difficulty

Moderate

Group Size

2-16

Maximum Elevation

3802 meters

Accommodation

3-star hotel in Kathmandu and Pokhara and Teahouses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu, Kathmandu Pokhara and all meals during the trek

Departure

Trip Route

Nepal

Attractions of Jomsom Muktinath Trek

Pokhara, often referred as city of lakes, where you can enjoy sunset views from Phewa Lake.

Kaligandaki Gorge, the deepest gorge in Nepal and one of the deepest in the world.

Jomsom, a touristic hub and the entry to Mustang.

A dip into the natural hot spring at Tatopani.

Culture of isolated Thakali tribe.

Muktinath temple, a temple holding a religious cultural significance for both the Hindus and Buddhist Village.

Views of 8000 metered mountains such as Dhaulagiri and Annapurna.

Trip Overview

Jomsom to Muktinath Trek is one of the most cultural and scenic destinations in the lower Mustang district of Nepal. In a culturally significant and equally beautiful region, you will experience a terrain like no other. Mustang is a Tibetan word that essentially means “Plain of Aspiration.” It is one of the most remote areas of Nepal. However, despite its distant location, it attracts thousands of visitors who want to see the Tibetan-influenced culture and its religious significance. Mustang is bordered by the Tibetan Plateau and mountains like Annapurna I, Annapurna II, Dhaulagiri, and several other Himalayan ranges above 7000 meters. It is a popular trek for both pilgrims and tourists alike.

The entire district of Mustang falls under the Annapurna Conservation Area, Nepal’s largest protected area. Jomsom is the headquarters of Mustang and a popular destination among travelers. Eroded canyons, colored stratified rock formations, and barren high-altitude deserts characterize the district of Mustang. The major highlight of the lower region of Mustang is the Muktinath temple, a sacred place for Hindus and Buddhists. Located at an impressive altitude of 3710 meters, the word Muktinath also means place of liberation.

The Jomsom Muktinath trek takes us 15 days to complete the trip. The Jomsom and Muktinath trekking route starts from the lake city of Pokhara. It follows the beautiful Thak Khola in Kali Gandaki Valley, a place habited by the indigenous people of the Thakali tribe. The Kali Gandaki Gorge, formed by the Kali Gandaki River, is the deepest in Nepal and one of the deepest gorges in the world. It has a staggering depth of 5571 meters, and it is another major attraction of this trek. On our way from Jomsom to Muktinath, we walk through the Annapurna region, passing through paddy fields and small villages that people of Gurung and Thakali tribes mostly habit. As we reach Tatopani, we can enjoy a natural hot spring. Throughout the trek, we are treated to amazing views of the mountains and the villages. If you want to get closer to the mountains and enjoy a longer trek, then the Annapurna base camp trek or Annapurna circuit trek can be a good option.

Difficulty of the trek

Like the upper Mustang trek, the Jomsom Muktinath trek is not demanding. The average walking duration can be 5-6 hours and 3-4 hours, depending on the day. The average trekking distance stands at 10-12 kilometers per day. However, a person should be reasonably fit to thoroughly enjoy a trek in Nepal. A moderately fit person can easily accomplish this trek. However, we suggest one carry warm clothes and proper windcheaters for the mornings and evenings, as the temperature can drop as low as -10 degrees Celsius, coupled with chilly winds.

Best time for Jomsom Muktinath Trek

Like all trekking regions in Nepal, the Autumn season (September to November) and Spring (March to May) are the best times to trek in Nepal, despite not bringing too much rain in the arid yet beautiful region. The lower areas are greener during the monsoon region and have vibrant wildflowers, but the weather can be somewhat unpredictable with the risks of landslides. However, trekking can also be done for an adventurous soul during this season.

The winter season can be rather harsh for trekking. Temperatures can drop below freezing. Also, the minimal crowds in the winter can give you a sense of solitude and an undisturbed travel experience. The autumn and spring seasons, despite bringing in a lot of crowds, offer clear skies with good views and pleasant temperatures.

Accommodations

You can find lodges, guesthouses, homestays and resorts on your way to Muktinath. You can choose to stay in a homestay or a guesthouse if you are seeking for a more authentic experience and local cuisines. The bathrooms are shared and are perfect for those seeking affordability. However, choose one that has proper insulation. You can luxury resorts as well but they are few and far in between.



Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1400 meters

Day : Sightseeing in Kathmandu

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara-style temples grouped around a fifty-five window palace of brick and wood. The attraction of the Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1400 meters

Day 6-7 hours: Drive to Pokahara

We start our drive early in the morning which is a rewarding sight in itself as we will be accompanied by rivers and views of green rolling hills. We enjoy the sunset at Pokhara Lakeside which is a tourist hub. You can also visit pubs, bars and restaurants.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

910 meters

Day 1-2 hours: Drive to Nayapul and trek to Tikhedhunga

Today after a short drive to Nayapul early in the morning we start our trek. We walk along the banks of Modi river and reach Birethani which is a large village with many teahouses and shops. The trail then continues through the village and reaches another river called the Bhirungdi Khola. We steadily climb up the valley and finally reach Tikhedunga where we stay the night.

Time:

3-4 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1570 meters

Day : Trek to Ghorepani

We continue our climb to Ulleri, a large Magar village. The trail gently ascends from this point and takes us through rhododendron forests and towards Banthanti. We then pass from Nangethanti which is also a small village and after an hour long walk from there we reach Ghorepani: an amazing place to spend the night.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2850 meters

Day : Hike to Poonhill and trek to Tadapani

We start the hike 'before the crack of the dawn' to reach Poon Hill, which stands at an elevation of 3210m. The sunrise is a treat for your eyes. We spend some time soaking in the mind-blowing view of the first rays of the sun turning the White Mountain to gold. We return to Ghorepani, where we will have breakfast and continue our journey toward Tatopani.

The trail steeply descends to Chitre at 2,390m, but as the trail drops down to Sikha, the hills are widely terraced, which makes up a beautiful village. Sikha is a large village with shops, hotels, and a beautiful one.

We descend further to Ghar Khola, where we cross a suspension bridge. Heading north from Ghar Khola will take us to Tatopani at 1,180 meters. Tatopani is famous for its natural hot springs, which earned the name Tatopani, which translates to "Hot water." We can take a dip and relax our body and soul there. We stayed the night in Tatopani.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3210 meters

Day : Trek to Ghasa

Today, the trail climbs up to the Kali gandaki gorge which is considered to be the deepest gorge in the world sandwiched between two 8,000m peaks of Annapurna and Dhaulagiri. The trail gently ascends from there on to Dana at 1,400m and to Rupse Chhahara at 1,550m. On our way we can see a gorgeous waterfall. Continuing forward, the trail crosses the eastern bank of the river and we reach Kopchepani after crossing a suspension bridge at 1,935m. Next, we make a short climb to Ghasa where we stay the night.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2010 meters

Day : Trek to Tukuche

We start the trek today by crossing to the eastern side of the river, and again cross back before entering Larjung at 2,560m. A short walk from Larjung we reach an interesting village of Khobang with its narrow alleyways making it a unique one in its own right. We spend the night in the ancient and popular Thakali village of Tukuche at 2,590m.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2586 meters

Day : Trek to Kagbeni

We leave Tukuche behind us and climb along the side of Jomsom valley which lies at 2,713 m. Jomsom is the largest town of the Mustang region and the administrative center of the region that contains airport, army camps, hotel, shops, banks and government offices.

We cross a river to the eastern bank and then walk towards Eklai Bhatti at 2,730m and then take a direct route to Muktinath that ascends a hill behind the village. Then, we follow the trail along the river to Kagbeni at 2,810m which is situated at the junction of the Jhong Khola and the Kali Gandaki river. Kagbeni is the northernmost village of this region which can be visited without permit. The village has huge Tibetan influence and it all reflects on the culture, lifestyle, ethnicity to the landscapes as well.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2810 meters

Day : Trek to Muktinath

We have a long day before us so we start before the crack of dawn. We need to reach the pass before 10am because the strong wind of the day time can affect our journey. We continue our steep climb and the trail is easy to follow albeit bad weather conditions where the trail can get too snowy to trek. We climb the pass for four hours on trails marked by chortens and prayer flags and the beautiful scenery of the mountains never leave us throughout the trail. We walk for a further four hours and reach the holy town of Muktinath.

Muktinath is a sacred place for Hindus and Buddhists alike. Muktinath means the place of nirvana and the valley is home to Muktinath temple as well. It is said that all the sorrows and pain are relieved when visiting the temple. The temple is dedicated to Lord Vishnu and has 108 waterspouts around it. Nearby the temple there is a stunning natural spring and an eternal flame fueled by natural gas.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3800 meters

Day : Trek to Jomsom

We have breakfast and backpeddle towards Jomsom and the trail takes us down to Eklebhatti and again follow the same trail taking us to Jomsom.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2743 meters

Day : Flight to Pokhara

A 30 minute morning flight takes us to Pokhara from Jomsom. From the flight we can see the Kaligandaki gorge and the flight is an experience in itself due to the amazing scenery of the mountains that it provides. After we reach Pokhara we have plenty of time to stroll around the city and chill on the lakeside watching sunset.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

910 meters

Day : Drive back to Kathmandu

We take scenic 5-6 hours drive characterized by rivers and hills back to Kathmandu. We have the rest of the day to stroll around the city and do some souvenir shopping. Later in the evening Naata Trek and Tours will organize a THANK YOU farewell dinner program.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1400 meters

Day : Departure

Our trip concludes today. A Naata Trek and Tours representative will escort you to the international airport for your scheduled departure.

Trip Includes

- Airport pickup and drop in a private vehicle

- 3-star hotel accommodation in Kathmandu and Pokhara with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Additional Trip Information

Things to Know

Acute Mountain Sickness

Although the Jomsom Muktinath trek doesn't gain much altitude, you must take the necessary precautions for acute mountain sickness. The lower Mustang region of Nepal is prone to dry and heavy wind. However, taking the required precautions and being prepared for any case of altitude sickness can go a long way. Being reasonably fit can make your trekking experience a lot better.

Weather

Muktinath is located in the Mustang region of Nepal. Mustang the Mustangon lies in the rain shadow of the Himalayas, and there is very little rainfall. Features range from 9 degrees to 3 deg to 3 degrees in spring and autumn. In winter, the average temperature goes below freezing point, most in spring and season such terrain.

The kingdom of Mustang boasts a unique terrain. Located in the shadow of the Annapurna and Dhaulagiri ranges, it receives little rainfall and is a mountainous desert, starkly contrasting from other trekking regions in Nepal.

Travel Insurance

All our travelers must be insured and protected. However, Naata Travel & Adventures Trektours doesn't provide insurance, and you would have to get insured before your trek in Nepal. Please check the coverages as the requirements for all the packages are not the same.

Permits and fees

To trek to Muktinath, you will require two permits. One is a Ta IMS card containing all the travelers' information, including the trekking destination. This helps track the trekkers' movements and helps in case of unforeseen events. The TIMS card can be obtained from the Nepal Tourism Board, TAAN office in Maligaon, or Pokhara. You will also require a permit, which you can get from the Tourism Board or Pokhara.

Gear hire

You won't need much gear for the Muktinath trek as we won't gain much elevation. Nevertheless, you will require trekking poles, a bag, and a jacket. Although you will be sleeping in teahouses and lodges, carrying a spare sleeping bag can be handy.

Food

Muktinath trek offers a decent choice of food options, mainly for access to the road, and it is gaining popularity. The food options can vary depending on the type of accommodation you prefer. Still, you will usually have a say in the local Thakali, Nepali, or some Western cuisine. You will be offered dal bhat (rice, lentil, and curry), momos (dumplings), bread and potatoes, and other food options such as omelets, pancakes, porridge, and pasta.

Packing List for Jomsom Muktinath Trek

You won't need much gear for the Muktinath trek as we won't gain much elevation. Nevertheless, you will require trekking poles, a b, and your jacket. Although you will be sleeping in teahouses and lodges, carrying a spare sleeping bag can be handy.

Other non-essential or personal items could be chargers, extra batteries, sunscreen, medicines (although our guide will carry a first aid kit), and packaged food such as chocolate bars.

Frequently Asked Questions

What is the best season to do Jomsom Muktinath Trek?

The best seasons for the Jomsom Muktinath trek are spring and autumn. The weather is good, neither too hot nor too cold.

What is unique about Muktinath?

Muktinath is a sacred temple for both Hindus and Buddhists alike. Believed to be built in the 19th century, the temple is dedicated to lord Vishnu. There are 108 water spouts where pilgrims take ritual baths. There is also an eternal flame that has been lit without any human intervention and is believed to have been lit by the Hindu god Brahma. The temple is located amidst the views of 8000ers Annapurna and Dhaulagiri and is also at an extravagant site.

How high is Muktinath above sea level?

Muktinath is located at an elevation of 3,762 meters or 12343 feet above sea level.

Is the Muktinath trek arduous?

The trek to Muktinath temple is not too challenging. Located in the rain shadow of the Himalayas, it is a relatively dry place that gets wind gusts. Since we don't go above 4000 meters above sea level in this trek, there shouldn't be an altitude-related problem study.

Is the Muktinath trek worth it?

Yes, the Muktinath trek is worth the effort. The temple's religious significance, Coupland, and natural beauty make it a hot spot for 2024. Mustang boasts a terrain like no other, and the temple lies on the lap of two 88,000-meter mountains—an akAsaa visit to these places is worth it.

Are there any altitude sickness risks in the Muktinath trek?

As the highest altitude gain in this trek is 3,762 meters, altitude-related sickness risks should not pose a serious issue, but they are ideal if one takes precautionary measures.

Address

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