



info@nepalbasecamptreks.com
[+977-9851111874](tel:+977-9851111874)

Jomsom Muktinath Trek

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

Trip Code

NBT 027

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

8

Per Person From

USD 1,250

Accommodation

Tea house/ Lodge Basis

Region

Annapurna Region Treks

Max. Altitude

3,800 m / 12,467 ft

Nature Of Trek

Lodge to Lodge Trekking

Best Season

All Round Year

Activity Per Day

3-6 Hours

Transportation

Tourist Bus & Domestic Fly

Tea house/ Lodge Basis

Breakfast, Lunch, and Dinner

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Highlights Of Muktinath via Jomsom Trek in Annapurna Region

- Pass through scenic diverse landscapes ranging from lush forests to arid, desert-like terrain.
- Visit the sacred Muktinath Temple, a significant pilgrimage site for Hindus and Buddhists.
- Explore the world’s deepest gorge, carved by the Kali Gandaki River.

- Experience the region's famous apple orchards and sample local apple products.
- Enjoy stunning panoramic views of the Annapurna and Dhaulagiri ranges.
- Immerse the rich Thakali culture and hospitality in villages like Marpha and Jomsom.
- Relax in the natural hot springs at Tatopani, offering rejuvenation after trekking.

Trip Overview

The Jomsom Muktinath Trek is a popular variation of the classic route. It offers a journey through diverse landscapes and cultural experiences. Muktinath is above 3500 meters. Before reaching there, you must pass through rhododendron forests, terraced fields, and traditional villages. This route adds a layer of beauty and challenge by adding Ghorepani to the trek. As we descend, we will trek towards Ghorepani at **2,850 meters**. It is famous for its breathtaking sunrise views over the Annapurna and Dhaulagiri ranges from Poon Hill.

While the Jomsom Muktinath Trek via Ghorepani is rewarding, it presents several challenges. With more than 3500 meters of travel, there is a considerable chance of altitude sickness. Furthermore, the unpredictability of weather and diverse terrain also add difficulty. The trek takes around 15 days, with a continuous hike of **6 to 7 hours**. It can be somehow challenging. But those 8 days will be the most rewarding experience of your life if you trek with the best trekking agency and guides.

Jomsom Muktinath Trek Itinerary

Day 01: Arrive in Kathmandu Airport & Transfer to Hotel
Day 02: Kathmandu - Pokhara by Tourist Bus
Day 03: Pokhara - Jomsom - Kagbeni
Day 04: Kagbeni - Muktinath-Jhong Village
Day 05: Muktinath - Jomsom-Via Dhumba Lake
Day 06: Jomsom -Pokhara-Kathmandu
Day 07: Free Day/Rest/Explore in Kathmandu
Day 08: Tour Ends/Departures From Kathmandu

Day 01: Arrival in Kathmandu (1300 m / 4265 ft) & Transfer to Hotel

Upon arriving at Kathmandu Airport, our guide will pick you up and transfer you to your hotel. In the evening, you will have a welcome dinner. This meal will introduce you to the local cuisine and culture, setting the tone for your adventure. After having a meal, we will have a short meeting regarding our trip itinerary and other details.

Trek Distance:

Hotel Transfer

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Meals:

Welcome Dinner

Accommodations:

International Guest House in Kathmandu

Day 02: Kathmandu (1300 m / 4265 ft) to Pokhara (822 m / 2,697 ft) by Tourist Bus

The journey towards our trek starts from here. We will travel by tourist bus from Kathmandu to Pokhara, a beautiful town on Phewa Lake's banks. Smaller and less hectic than Kathmandu, Pokhara is the perfect starting point for our trek. You can spend your first day here relaxing, visiting the Tibetan Refugee Camp, or exploring Devi Falls. The rest of the time is yours to do last-minute shopping for the trek or to pack your bags for the next day's departure.

Trek Distance:

200 km / 124 miles Drive

Trek Duration

6-8 hours by tourist bus

Highest Altitude:

Pokhara (822 m / 2,697 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Splendid View in Pokhara

Day 03: Fly from Pokhara (822 m / 2,697 ft) to Jomsom (2,720 m / 8,924 ft) and Trek to Kagbeni (2,804 m / 9,199 ft)

We will fly from Pokhara to Jomsom and spend some time sightseeing. The Kaligandaki Valley here is also called Thakkhola. It is named after the native Thakali people, who are distantly related to Tibetans. We will then walk from Jomsom to Kagbeni, which serves as the checkpoint for entry into Upper Mustang. The trek's altitudes range from about 915 meters in Pokhara to approximately 3,880 meters in Muktinath. It is essential to pace yourself and take it slowly due to the elevation changes.

Trek Distance:

10.7 kilometers / 6.6 mile

Trek Duration

4-5 Hours

Highest Altitude:

Kagbeni (2,804 m / 9,199 ft)

Flight Hours:

20 Minute Flight (Pokhara to Jomsom)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Sangrila in Kagbeni

Day 04: Trek from Kagbeni (2,804 m / 9,199 ft) to Muktinath (3,800 m / 12,467 ft) via Jhong Village

We will ascend steeply to Muktinath, which is at an altitude of 3,880 meters. Muktinath is a significant pilgrimage site for Hindus. Holy water flows from 108 carved spouts surrounding the Vishnu temple in a grove of poplars. Muktinath is also home to many ethnic Tibetans and Buddhists, who visit the temple where fire miraculously burns in a stream of water inside a small but very sacred temple.

Trek Distance:

11 km / 6.8 miles

Trek Duration

5-6 Hours trek

Highest Altitude:

Muktinath (3,800 m / 12,467 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Best step Inn Hotel in Muktinath

Day 05: Drive from Muktinath (3,800 m / 12,467 ft) to Jomsom (2,720 m / 8,924 ft) and Hike to Dhumba Lake (2,830 m / 9,284 ft)

We will Descend to Jomsom by jeep and hike to the serene turquoise-colored Dhumba Lake nestled beneath the Nilgiri peaks.

Highlights: Cultural exploration, peaceful lakeside, incredible mountain backdro

Trek Distance:

20 km Drive; 4 km round trip Hike

Trek Duration

1.5 Hours drive; 1.5-2 Hours hike

Highest Altitude:

Dhumba Lake (2,830 m / 9,284 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Himalaya View Hotel in Jomsom

Day 06: Morning Flight to Pokhara (822 m / 2,697 ft) and Afternoon Flight to Kathmandu (1300 m / 4265 ft)

After having breakfast, we will drive back to Kathmandu from Pokhara. This journey offers a chance to reflect on the trekking experiences and enjoy the scenic landscapes. The drive will take several hours, and we will arrive back in the bustling capital city. Upon arrival, you can rest and prepare for your final day in Nepal.

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Flight Hours:

20-Minute Flight to Pokhara + 25-Minute Flight to Kathmandu

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

International Guest House in Kathmandu

Day 07: Free Day in Kathmandu/Shopping /Explore Temples

Day 07 is free day in Kathmandu, allowing you to explore the city at your own pace. You can visit additional cultural sites, shop for souvenirs, or simply relax at your hotel. This day is perfect for unwinding after the trek and enjoying the vibrant atmosphere of Kathmandu. It also allows for any last-minute sightseeing or activities you might have missed earlier.

Trek Duration

Flexible day

Meals:

Breakfast in Hotel

Accommodations:

International Guest House in Kathmandu

Day 8: Final Departure - Transfer to Tribhuvan International Airport

Today, our tour comes to an end. This marks the conclusion of your adventure in Nepal. Our guide will take you to an international airport for your departure. On your flight, you can reflect on the memorable experiences and beautiful landscapes you encountered. Have a safe flight. Hope to see you soon for your next trip to Nepal. Namaste.

Trek Distance:

Airport Transfer

Meals:

Breakfast

Inclusion on Jomsom Muktinath trek

- Private car/Transportations Airport-Hotel-Airport
- All ground transportation in Kathmandu and Pokhara
- Flight Fare for Pokhara-Jomsom-Pokhara
- Flight Fare for Pokhara to Kathmandu
- 3 Nights Botique Accommodations in Kathmandu
- 1 Nights Best Accommodations in Pokhara
- 3 nights Accommodations during the Trek
- Meals at your Choice during the trek (Breakfast, Lunch, & Dinner)
- Choice of Hot Tea/Coffee during the trek
- All rekking Permit, TIMS, and Local Entrance Fees
- An Experienced Mountain guide (Government License Holder)
- Local Strong Porter (above two people)
- Down Filled Sleeping bag to use during the trek
- Down Filled Jacket to use during the trek
- Waterproof Duffel bag to use during the trek
- Seasonal fruits, Dry fruits, and Cookies during the trek

- No extra charge for food during the trek
- Trekking Insurance for guides and porters
- Your insurance will pay Emergency Helicopter Rescue
- All Medical supplies (first aid kit will be available) on the trek
- All government taxes& service charges of Nepal Base Camp Treks

Exclusion on Jomsom Muktinath trek

- Deserts (cakes, bakes and pies)
- Bottled drinks, Boiled Water
- Personal Expenses any type
- Travel insurance and evacuation insurance
- Tipping for Guide and Porter Appreciate

Group Discounts Available

No. of Persons	Price per Person
1 - 2	USD 1,290
3 - 5	USD 1,270
6 - 9	USD 1,250
10 - 14	USD 1,230
15 - 19	USD 1,200
20 - 30	USD 1,150

Why Take Jomsom Muktinath Trek Nepal?

Several reasons can make you explore the beauty of Mustang if you are trekking to Nepal. The Mustang Ghorepani Trek is one of the great adventurous places, offering a mix of natural beauty with rich cultural experiences. Starting from Pokhara, the trail will take you through different landscapes. *You will make your way through lush forests to dry valleys.* The stunning views of **Annapurna and Dhaulagari** range throughout the journey add to the scenic trekking experience. Some of the remote yet most popular villages, such as Jomsom, Marpha, and Kagbeni, is another reason for you to make your trek to Jomsom.

Reaching Muktinath Temple can be the major highlight of the trek. It is a holy place worshiped by both Hindus and Buddhists. Many people who follow this religion visit this place for spiritual reasons. Stopping by here, you will find a sense of relaxation. You can also experience the rich Thakala traditions and culture on your journey. This trek is perfect for something challenging yet relaxing, with amazing landscapes and mountain views. No matter what you seek from nature, culture, or spirituality, the

Jomsom Muktinath Trek is the one-stop.

Jomsom Muktinath Trekking Route

The trekking journey towards the 15-day Jomsom Muktinath takes you through diverse landscapes and cultural experiences. The starting point of our trip is from Kathmandu. We will take a scenic ride towards Pokhara. Pokhara is the gateway to our trekking journey. From there, we will take a short flight to Jomsom. *Upon reaching Jomsom, our trekking journey towards the Muktinath starts.* The first day of our trek led us to Kagbeni. It is a picturesque village on the edge of the Upper Mustang region. Our trail will take us to the arid landscape with a view of the Kali Gandaki River.

Continuing upwards, we will pass through villages like Marpha. It is famous for its apple orchards and Tukuche, which offer panoramic views of the surrounding mountains. As we ascend, we will finally make our way up to Muktinath on about **7 to 10** days of trekking. Muktinath is the major highlight of our trekking journey.

After exploring this spiritual and religious significant site, we will finally return to Jomsom, following the different trekking trails. We will follow the Ghorapani trail and reach Ghandruk. From there, we will descend more towards Birethanti. From there, we will take a short ride to Pokhara. Upon reaching Pokhara, we will take a flight back to Kathmandu. The journey of our 15 days finally concludes when we get back to the hotel.

Major Attraction Of Muktinath Trek

Muktinath Temple

The major attraction of this trekking trail is the Muktinath Trek. It is 3800 meters high and a sacred site reserved for Hindus and Buddhists. It is a hole to Vishnu God, and there are a total of 108 water spouts which are believed to cleanse your sins. You will also witness the beautiful panoramic snow-capped mountains and diverse landscapes upon reaching here.

Jomsom

As we reach Jomsom via flight, we will experience the unique charm of the village. Most of the people residing here follow the Tibetan culture. This is the perfect place to experience the local culture and their way of life. Also, Jomsom is famous for its apple farms and strong winds. You will also meet the people taking an Upper Mustang or Annapurna Circuit Trek here.

Kagbeni

This is the first village we pass by in our Muktinath Trekking Journey. Nestled at the entry of Upper

Mustang, this place offers a glimpse into medieval Tibetan architecture and traditions. This is also the central point where you can get all the permits for your trekking journey. This place is famous for its strategic location and historical significance.

Marpha

Known as the 'Apple Capital' of Nepal, Marpha delights you with its extensive apple orchards and production of local apple products like cider and brandy. Stopping by this village, you will experience the traditional Thakali hospitality. Most of the people residing here are Thakali.

Ghorepani

Ghorepani is a picturesque village located at an altitude of **2,850 meters**. It is famous for its stunning sunrise views over the Annapurna and Dhaulagiri mountain ranges. The town is surrounded by lush rhododendron forests that bloom in spring, adding vibrant colors to the landscape. Ghorepani is a popular stop for trekkers on the Annapurna Circuit and the Jomsom Muktinath Trek.

Best Time For Muktinath Trek

The best time for the Muktinath Trek is spring (March to May) and autumn (September to November). In these months, the weather is usually stable with clear skies, making it perfect for enjoying the mountain views. During spring, you will experience mild temperatures and beautiful blooming rhododendrons. The trails are dry, and the weather is pleasant for trekking. Similarly, you will find stable weather in autumn with little to no rain. Also, trekking in August allows you to deeply understand the people's culture and traditions, as Nepal's major festival falls during this time.

Because of heavy rainfall, you should avoid trekking during the monsoon season (June to August). The trails can become muddy and slippery, and landslides and poor visibility may make your trek difficult. Winter (December to February) can be very cold, with snowfall at higher altitudes, making it more challenging. However, the lower elevations can still be manageable. If you trek during the best seasons, you will have a great experience without many risks or difficulties.

Jomsom To Muktinath Trek Difficulty

The Jomsom to Muktinath and Ghorepani Trek are moderately challenging and suitable for you if you have some hiking experience. You will trek through different types of terrain, from flat sections along the Kali Gandaki River to steep climbs and descents. Since Muktinath is at **3,800 meters**, you must take breaks to acclimatize and prevent altitude sickness.

The trail is well-marked and often follows jeep tracks, making it easier for you to navigate. This trek is easy compared to some remote destinations in Nepal. You should also be ready for varying weather conditions, from hot and dry in lower areas to cold and windy at higher altitudes. This trek is manageable if you have average fitness levels. But it would be best if you prepared both physically and mentally for the challenges of altitude and changing landscapes.

Permits Needed For Jomsom Trek To Muktinath

For the Jomsom Trek to Muktinath, trekkers need to obtain two main permits: the Annapurna Conservation Area Permit and the TIMS Card.

ACAP Permit (Annapurna Conservation Area Permit)

The ACAP permit is required as the trek passes through the Annapurna Conservation Area, ensuring conservation efforts and supporting local communities. You can obtain the ACAP permit in Kathmandu or Pokhara at the Nepal Tourism Board or the ACAP office. The cost of the ACAP permit varies depending on nationality. For foreigners, it typically ranges from USD 20 to USD 30 per person.

TIMS Card (Trekking Information Management System)

The TIMS card helps monitor and ensure trekkers' safety by providing their details and itinerary to authorities. You can get it in Kathmandu or Pokhara from the Nepal Tourism Board or the Trekking Agencies Association of Nepal (**TAAN**) at the time of the ACAP permit. The price of the TIMS card depends on whether you are trekking independently or with a registered trekking agency. You can get it for around USD 10 per person if you are an individual trekker.

Meals and Accommodations

During the Jomsom to Muktinath Trek, you will find meals and accommodations in teahouses or lodges along the route. Teahouses offer simple accommodation with basic amenities like beds, blankets, pillows, and shared bathrooms. Rooms are usually twin-sharing or dormitory style. *Some teahouses may have attached bathrooms at higher prices.* Heating is available in common areas, but bringing a sleeping bag for extra warmth is good.

Meals are basic but hearty, typically consisting of Nepali and Tibetan dishes. You will also find some international options. Breakfast often includes eggs, pancakes, bread, and porridge. You can expect dal bhat (rice with lentil soup), noodles, pasta, rice dishes, and sometimes pizza or burgers in more developed areas for lunch and dinner. Meals are prepared fresh and provide energy for trekking. It's recommended to carry snacks and refillable water bottles during the trek.

Travel Insurance

Travel insurance is very important if you go to the Jomsom to Muktinath Trek. It protects you in case of unexpected events. The insurance includes medical emergencies, helicopter evacuation if you get altitude sickness or injured, trip cancellations, and loss or theft of your belongings. Travel insurance lets you enjoy your trek without worrying about money problems.

When buying travel insurance, ensure it covers trekking up to the altitude you will reach (**Muktinath is at 3,800 meters**). Check that it includes emergency medical coverage, helicopter evacuation, and

coverage for trip delays or cancellations. Understand any exclusions or limits in the policy. Always choose comprehensive travel insurance for trekking in Nepal and pick a trekking agency with good reviews.

Frequently Asked Questions

How to reach Muktinath from Jomsom?

To reach Muktinath from Jomsom, you can trek for about 18 kilometers. It can be completed in within two days. The trail ascends gradually along the Kali Gandaki River. We will pass through picturesque villages like Kagbeni and Jharkot before reaching Muktinath. Alternatively, you can also take a cohort helicopter ride from Pokhara.

Is Muktinath Trek safe?

Yes, the Muktinath Trek is generally considered safe. But you need to have proper preparation and acclimatization days. The trail has a well-marked route with many trekkers ascending and descending. Also, you will have proper accommodation throughout the trek.

Is Jomsom worth visiting?

Yes, Jomsom is worth visiting. The trek offers a unique Tibetan-influenced culture, picturesque landscapes and as a gateway to Upper Mustang and the Annapurna Circuit. The village is also popular for its apple orchards, strong winds, and stunning views of the Nilgiri and Dhaulagiri mountains.

Do you need a permit for Jomsom Muktinath Trek?

Yes, you need two main permits for the Jomsom Muktinath Trek: the ACAP (Annapurna Conservation Area Permit) and the TIMS (Trekkers' Information Management System) card. These permits help to ensure trekkers' safety and support conservation efforts in the region. You can obtain these permits in Kathmandu or Pokhara before starting your trek.

Is prior experience necessary for Jomsom Muktinath Trek?

Prior trekking experience is beneficial but not mandatory for the Jomsom Muktinath Trek. The trail is moderately challenging, with some steep ascents and descents as you approach Muktinath. Basic fitness and preparation, including gradual acclimatization to altitude, are important.

What is the entry fee for Muktinath?

There is no specific entry fee for Muktinath itself. However, as part of the Annapurna Conservation Area, you need to obtain permits by paying certain fee to visit Muktinath. Besides that, you can also donate some money in the donation box kept in the Muktinath Temple.

What is 108 water in Muktinath?

In Muktinath, there are 108 water spouts near the temple complex. These water taps emit holy water and are significant for pilgrims of both Hindu and Buddhist faiths. It's a ritual for devotees to bathe under each of the 108 waterspouts as a form of purification and spiritual cleansing.

What is altitude sickness in Muktinath?

Altitude sickness can occur when ascending to higher altitudes too quickly without proper acclimatization. In Muktinath, which sits at 3,800 meters, you may experience symptoms such as headache, nausea, dizziness, and fatigue. It's essential to ascend gradually, stay hydrated, and listen to your body.

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal