

- Muktinath is a famous pilgrim place for Hindus and Buddhist religion people.
- Kali Gandaki river is a source of fossilized Ammonites, known Nepali as Saligrams
- Trekkers pass the beautiful Rupse waterfalls, hot water ponds, apple garden, most windy trails,
- Enjoy the stunning mountain view above 8000 meters: Dhaulagiri I and Annapurna I

Jomsom Muktinath trekking is the most exciting trekking trail in Nepal, Locate in the Annapurna massif. This trail is not magnificent for pilgrims only, but also famous for the adventurous trekking in the Himalayas. It is the half part of the Annapurna circuit trekking. Muktinath is a famous pilgrimage place with 108 taps and amazing temples, explore Hindus and Buddhist culture. To the Hindus, it is sacred as the place of salvation. The Lord Vishnu got salvation from the Brinda (wife of Jalandhar). It is the source of fossilized Ammonites, known Nepali as Saligrams, found all along the upper reaches of the Kali Gandaki Rivers. The whole trail really a enjoy trekker, beautiful lake city Pokhara, the world deepest gorge (Kali Gandaki River makes 2200m) located between the Annapurna I and Dhaulagiri I Himal, Passes through beautiful Rupse waterfalls, Pine forest, Natural hot water ponds, famous apple garden, most windy trails, The unique architecture of this region is found in the Marpha village, monastery village Kagbeni and some other typical villages of Thakalis and Buddhist.

This trekking is special for who do not have previous experience. This is more developed trekking trails in Nepal and offering comfortable lodges and good foods. Muktinath (3800m) is the highest point in this trek. Trekkers enjoy the stunning sunrise mountain views from Poonhill above 8000m Dhaulagiri I and another neighbor mountain like Nilgiri, Annapurna South, Fishtail, Tukuhe Peak etc. The Glacier Adventure Company has a decade of experience team and successful record of Jomsom Muktinath trekking.

## Trip Facts

**Price:**

USD 1385

**Duration:**

14 days

**Activities:**

Hiking &amp; Trekking, Tours &amp; Sightseeing

**Accommodation:**

Teahouse (Lodge to Lodge)

**Meals:**

Kathmandu/ Pokhara and all meals during the trek

**Trip Duration:**

14 Days

**Max. Altitude:**

3810 meters

**Group Size:**

Minimum 1

**Best Season:**

February, March, April, May, September, October, November &amp; December.

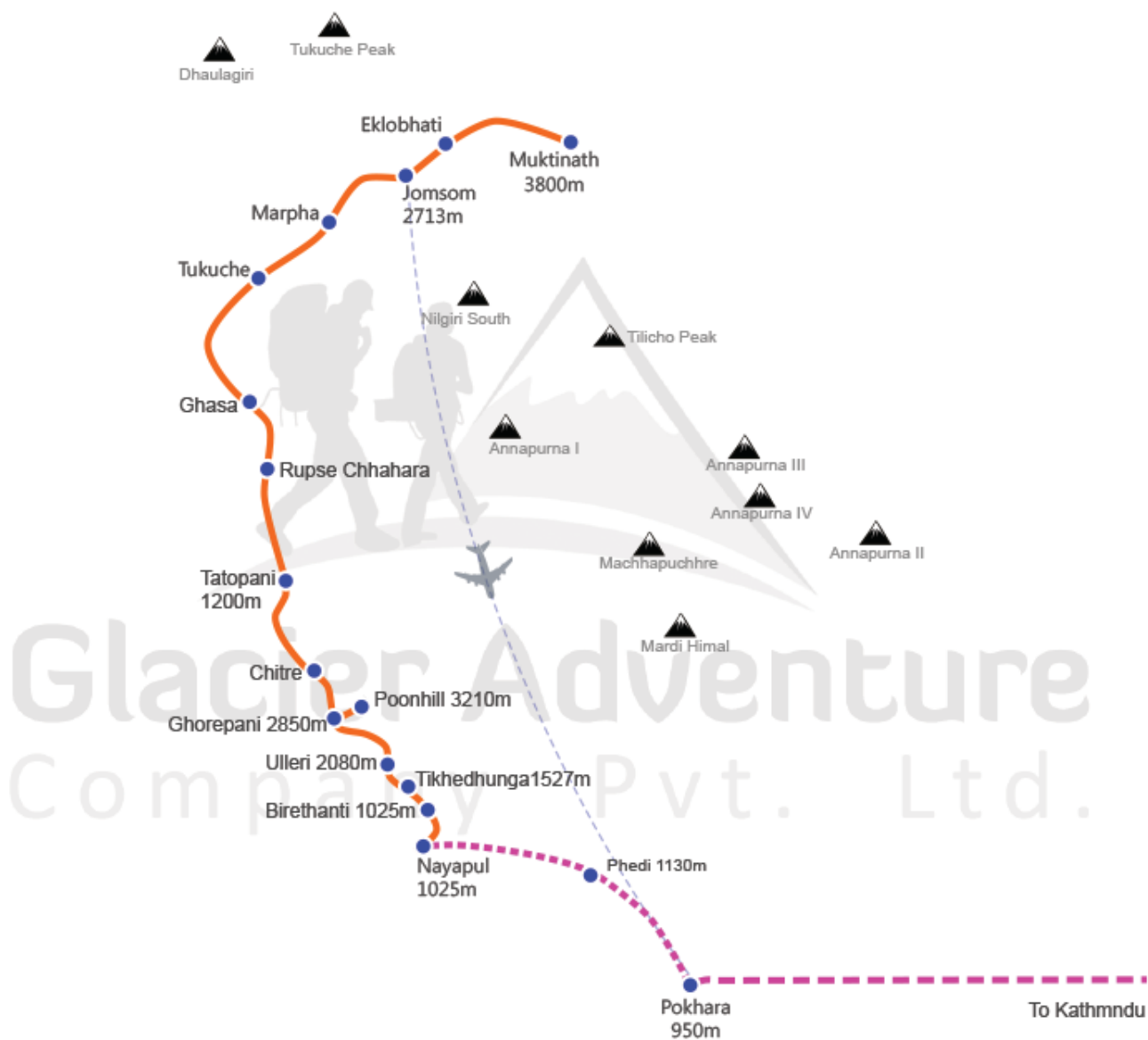
**Daily walking Hour:**

5 to 7 hours

**Transportation:**

Car/Van/Plane/Bus

## Route Map



## Day to Day Itinerary

### Day 1: Arrival in Kathmandu (1300m)

**Accommodation:** Tourist Standard Hotel | **Meal:** Welcome dinner

When traveler arrival airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

### Day 2: Kathmandu sightseeing (1300m)

**Walking hr:** 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. The traveler meets Trekking guide and team member, they check your equipment as well as advice what you need for trekking.

### Day 3: Kathmandu to Pokhara (950m)

**Walking hr:** 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

Early in the morning after breakfast go to bus park, then bus leaves 7 am Kathmandu to Pokhara through the beautiful Nepalese countryside to reach the lakeside Pokhara then transfer to the hotel rest of the time explore the around lakeside.

### Day 4: Pokhara to Tikhedhunga (1557m)

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts the drive to Nayapul. It takes one and half hours, then the trail follows the normal road to Bireathanti after that the trail follows left side through the village continue to Tikhedhunga the bank of Burundi River. The trail is pretty easy flat through the beautiful village, green valleys and rice paddies.

### Day 5: Tikhedhunga to Ghorepani (2850m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. One of the famous destinations to the Annapurna massif. The trail, surprisingly ascends up to Ulleri. Trekkers cross three thousand steps Tikhedhunga to Ulleri continue Banthanti, and Nangeythanti finally reaches Ghorepani through rhododendron, oak and Pine forest with beautiful mountain views, Mt. Fishtail, Annapurna South, Himchuli among others.

### Day 6: Ghorepani to Poonhill to Tatopani (1200m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning, wake up and go to Poon Hill (3210m) to see golden mountain views on sunrise time, like Dhaulagiri (8167m) Nilgiri (6940m), Annapurna South (7219m), Fishtail (6991m), Lamjung Himal (6931m) and another neighbor mountain. The Poon Hill is the greatest sunrise viewpoints in Nepal. Travelers descend to Ghorepani after breakfast the trail descending to Tatopani (1200m) through beautiful Sikha and Ghar Khola village with rice paddies. When cross bridge Over The Kali Gandaki River, then the trail continues Tatopani. Enjoy amazing mountain views. Tatopani means natural hot springs. Enjoy hot spring.

**Day 7: Tatopani to Ghasa (2530m)****Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts the walk. The trail follows the normal road to Dana. This place is famous for deepest Gorge in the world, then the trail continues to Rupchhe Chahara. This place famous for the beautiful waterfalls after that the trail ascends gently up to the Ghasa through the bank of Kali Gandaki. Enjoy beautiful mountain views of Dhaulagiri, Annapurna, and Nilgiri.

**Day 8: Ghasa to Tukucho (2590m)****Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail follows the normal road through the wide valley of the Kali Gandaki with mountain scenery. The first-time traveler can see Mt Annapurna I (8090m), cross a few Thakali villages, Apple garden finally reaches the famous Tukucho village. This is a big Thakali village and also have a Buddhist monastery.

**Day 9: Tukucho to Kegbeni (2900m)****Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail follows the normal road and wild valley of the Kali Gandaki. Crossing famous Thakali village Marpha, Jomsom Yak le Bhatti and finally reach in Kegbeni with beautiful mountain scenery Tilicho and Nilgiri. Jomsom is the biggest market, in the past time this headquarters of Mustang district. There is an airport, restaurant, Banks, Hospital. Kegbeni is a beautiful Thakali village and explores the oldest monastery.

**Day 10: Kegbeni to Muktinath (3800m)****Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts the walk. All the trails ascending (1100m) through Jharkot village and finally reaches Muktinath. This is a beautiful village. Muktinath temple is famous the famous pilgrimage for Hindu and Buddhist religious groups. Mukti means Nirvana and Nath means temple. There exist one hundred eight taps and you can see the natural lamp in a Buddhist Monastery.

**Day 11: Muktinath to Jomsom (2713m)****Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail descends to Eklebhatti then the trail flat path until Jomsom through the bank of the Kaligandaki River. When reach Jomsom Prepare for next day and if you want can visit around Jomsom. This headquarters in Mustang district in the past time.

**Day 12: Jomsom to Pokhara (950m)****Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Early morning after breakfast go to Jomsom airport and take a short flight Jomsom to Pokhara with beautiful mountain scenery then transfer to hotel in Pokhara. Pokhara is the city of the beautiful lake, natural wonders, and beautiful mountain views.

**Day 13: Pokhara to Kathmandu (1300m)**

**Walking hr:** 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast , lunch & Farewell dinner

Early in the morning drive tourist bus Pokhara to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

**Day 14: Departure day**

**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Jomsom Muktinath trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

**Trip Cost Includes**

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included (3 nights)
- Standard Hotel twin sharing accommodation in Pokhara breakfast included (2 nights)
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- All your standard Meals, during the trek.
- Best available Lodges, Guesthouses accommodation during the trek.
- Experience government licensed English speaking Guide (4 people 1 Sherpa/2people 1 porter) during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Annapurna conservation Park permits and TIMS
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffel bag, T-shirt and trekking map
- Welcome and farewell dinner
- Flight from Jomsom to Pokhara include airport departure tax at Jomsom airport
- Surface transfer from and to Kathmandu.
- All our government taxes.
- Official expense.

**Trip Cost Excludes**

- Your travel and rescue insurance

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- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled.

### IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Jomsom Muktinath trekking is located in the remote area in the Annapurna region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

### Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Jomsom Muktinath trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

### Acclimatization

Glacier Adventure's Jomsom Muktinath trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, trekkers are wanted safe Jomsom Muktinath trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

### Physical Condition & Experience Requirements

Normally, Jomsom Muktinath trekking is a remote mountain in the Annapurna region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination

and any other medical concerns the trip may raise. “Medical and emigration expenses are your responsibility.”

#### Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

#### Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in Jomsom Muktinath trekking. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

English Language.

Trekking guide training.

First aid course.

Conservation & Biodiversity

#### Porter care

Trekking is adventures. Porter's job is the hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains in the Annapurna region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

#### Accommodations

All accommodations for Jomsom Muktinath trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu, Pokhara and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.