

JOMSOM MUKTINATH TREK



Trip Overview

For many, many people (including us!) Muktinath is a really special place. Muktinath is one of Nepal's most famous pilgrimage sites and when you are there you can understand why. Scenically, it is in a breath-taking location and there are many beautiful temples including a Newar style temple near a wall with one hundred and eight stone taps and Buddhist temples with miraculously burning perpetual flames.

The walk from Jomosom to Muktinath is part of the Annapurna trek. In comparison to others, it is an easier trek and best enjoyed in the months of March to May and August to December. Having said that, there are year round delights and one of the most significant features of this trek is that it can be done throughout most of the year as it falls under rain shadow area. We'll get magnificent Himalayan views for much of our trek and the entire route remains below 4000 meters (unless you duck up to the teahouses at Phedi for a quick walk!). The trek allows exploration of the beautiful villages of Jarkhot and Kagbeni and a peek into the Upper Mustang region. You may even be able to wander up the bed of the Kali Gandaki looking for shaligrams.

There is flexibility in this trek depending on the time available and the interests of the members of the group. We could stay a little longer in Pokhara or have more time in Kagbeni. Alternatively, we could explore some lesser trekked areas around Tukucho or the Tibetan refugee villages at Chimang and Chaimro. So many options! This is a moderate trek where we'll walk an average of 5-6 hours each day. The trek

does not go above 3800m and we throw in the delights of a hot spring as well.

Trip Itinerary

- Day 01 - Drive or fly to Pokhara (850m)
- Day 02 - Morning flight to Jomsom and trek to Kagbeni (2810m)
- Day 03 - Jarkot (3550m)
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- Day 04 - Hike to Muktinath and back to Jarkot (3550m)
- Day 05 - Marpha (2680m)
- Day 06 - Ghasa via Tukucho (2080m)
- Day 07 - Tatopani (1190m)
- Day 08 - Drive to Pokhara by vehicle (850m)
- Day 09 - Drive or fly to Kathmandu (1350m)

Cost Includes & Excludes

Includes

- Airport transfers in Nepal
- All relevant surface transfer
- All hotel accommodation with breakfast – can be arranged for you as Himalayan Sunrise has negotiated extra price in some cooperating hotels or you can book it individually
- All meals on trek
- All internal flights (with Goma Air, Tara/Yeti Air or Buddha Air), inclusive Airport Taxes and 15kg free luggage
- Permit, National Park Entrance/Conservation Fees, personnel insurance
- Guide and porters on lodge trek
- 12 kg free luggage carried by porter
- Quality service and trek equipment
- Oxymeter

Excludes

- International flights
- Sightseeing with entrance fees, guide and vehicle – we can arrange for you comfortable day with experienced city guide
- Additional tours and meals that are not mentioned
- Beverages
- Personal bills
- Visas
- Excess baggage charge (beyond 12 Kg each)
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects)