Jomsom Muktinath Tour

ascendhikes@gmail.com
+977 9803667776

Jomsom Muktinath Tour

URL: https://ascendhikes.com/package/jomsom-muktinath-tour/

Destination
Nepal

Activity
Trekking

Start / End Point
Kathmandu / Kathmandu

Duration
8

Region
Annapurna Region Treks

Max. Altitude
3860m

Best Season
Sep-Oct-Nov-Dec/March-Apr-May

Activity Per Day
6-8 hours

Transportation
Privet transportation

Per Person From
USD 855

Group Size
2

Trip Difficulty
Moderate

Accommodation
Hotel, Teahouses (Guest Houses)

BLD
Breakfast, Lunch and Dinner

Jomsom Muktinath Tour Overview:

Welcome to the Jomsom Muktinah tour Nepal. Jomsom -Muktinath was a beautiful Trekking trails, but now there are road everywhere so possible to explore by drive. Jomsom Muktinath tour is one of the best tour destinations in Nepal. Start from Kathmandu to Kathmandu. Ascend Hikes organizing a beautiful tour on this region. Drive from Kathmandu to Pokhara passing a beautiful landscape and discover Pokhara a beautiful city.

The deepest gorge in the world called Dana Gorge is the highlight of this tour. Marpha, Tukuche, shyang are the traditional village, known as a apple kingdom. Muktinath Temple is one of the most famous Hindus and Buddhist secret holly place. Discovering this rich cultural and historical place to Jomsom Muktinath tour one of the most beautiful and we are sure you will enjoy with this tour.

Some points to don’t miss the opportunity to explore in this tour:

- Bandipur small town in the Hill top with great views.
- A beautiful Pokhara city tour.
- Tatopani, Hot Spring one of the most famous places.
- Kalopani village for mountain views.
- Tukuche, Marpha, Jomsom and Kagbeni a rich cultural village.
- Test of Apple brandy and Apple Sukuti
- Great Hindus and Buddhist temple Muktinath.

This are the main highlight of this Jomsom Muktinath tour package.

Short Itinerary:

Day – 01: Arrival in Kathmandu and transfer to hotel.

Day – 02: Early in the morning drive to Pokhara.

Day – 03: Sightseeing in Pokhara, Peace stupa, International Mountain Museum, Gupteswor cave and sunrise from Sarangkot.

Day – 04: Drive to Marpha Village.

Day – 05: Drive to Muktinath (Ranipauwa).

Day – 06: Drive Back Tatopani.

Day – 07: Drive back Pokhara city.

Day – 08: Drive from Pokhara to Kathmandu.

Day – 09: Final departure from Kathmandu international airport.

Detailed Itinerary of the Jomsom Muktinath Trek

Day 01: Arrival in Kathmandu and Transfer to hotel

When arrive at Kathmandu international airport, our team will pick up you and transfer to hotel where we or you booked.

Highlight of the day:

- Kathmandu valley and the Himalayan ranges from airplane.
- Hotel in Thamel and explore shops surrounding.
- First experience in Kathmandu and Thamel discover.
- Wonderful evening to walk in Thamel Bazar.
- Enjoy your time exploring the part of then Kathmandu valley.

Drive Distance
12-13km

Drive Duration
30min

Highest Altitude:
1300m

Meals:
Lunch and Dinner separate, and Breakfast included

Accommodation:
Star Level hotel in Thamel, Kathmandu

Day 02: Early in the morning drive to Pokhara

Early in the morning, buses are leaving from Kathmandu. Today driving 200 km, depending on road conditions and the traffic. Normally 7 – 8 drive hours. During the day you will have a wonderful experience about nature, lifestyle and landscapes while driving. I hope you will enjoying todays drive to Pokhara.

Highlight of the day:

- Long driving experience and beautiful landscapes.
- Passing several rivers and famous rafting rivers Trisuli River.
- A beautiful Pokhara city and mountains are surrounding.
- Evening walk through Fewa Lake and local foods.
- Beautiful evening vibes in Pokhara.

Travel tips: Ask to the hotel for pack breakfast, because you are leaving early in the morning. Take some water and some snack with you.

Drive Distance
200km

Drive Duration
7-9hr

Highest Altitude:
850m

Meals:
Lunch on the way is Included and drinks and other are exclude

Accommodation:
Two people sharing with BB plan hotel in Pokhara

Day 03: Exploring day in Pokhara

Today your guide wakes you up early in the morning for sunrise view and after wonderful sunrise view back to hotel for breakfast. Aftr breakfast lets start a day in exploring part of Pokhara city's major places.

Highlight of the day:

- Early in the Morning drive to Sarangkot for the sunrise view.
- Beautiful annapurna, Dhaulagiri, Manaslu ranges from stupas.
- Peace Pakauda (beautiful viewpoint).
- Fewa lake activities, like boating .
- Gupteswor cave discovering and David falls.
- Interesting Mountain museum explore.
- After this all experience back to hotel relax and chill in lake side with evening vibes.

Drive Distance
45-50km

Drive Duration
6-8 hours

Meals:
Breakfast

Accommodation:
BB plan hotel in Pokhara

Day 04: Drive to Marpha Village

Start in the morning time, it is about 139 km hilly region road trip. Depending how often stops and spend time, normally it is 4-5 hours driving to Marpha village and stay overnight.

Highlight of the day:

- Discover Baglun and Beni city and temples.
- Dark and fast flowing Kaligandaki Rivers.
- Landscapes and local activities.
- Beautiful Rupse waterfalls and deepest gorge in the world.
- Kalopani a wonderful place to stop for the lunch with surrounding Annapurna, Nilgiri and Daulagiri mountains.
- Amaizing kaligandaki valley.
- Explore a traditional villages Tukuche and Marpha.

This are the main highlights for the day to explore. After this all activities, stay overnight in Marpha village with warm Thakali hospitality.

Drive Distance
139km

Drive Duration
4-5 hours

Highest Altitude:
2,660m / 8,794 Ft

Meals:
Breakfast / Lunch /Dinner.

Accommodation:
Tea –house/ guest house, sharing bedroom.

Day 05: Drive to Muktinath via Jomsom and Kagbeni

Start tour another day exploring part of Mustang. After Marpha village almost the area is like desert. Very less rainfall area in Nepal so, no mater you are travelling in summer also. Jomsom is the headquater of Mustang district, so there are some shops around the city. Road floow the Kaligandaki valley lead towards Kagbeni, a beautiful village. Where good for stop and have a lunch and explore Kagbeni village. After this continue to drive up to Muktinath and stay overnight.

Highlight of the day:

- Kaligandaki valley and orchid.
- Jomsom Bazar and Dhumba lake.
- Beautiful Kagbeni village.
- Mustang experience and holly place Muktinath.
- After exploring this all, stay overnight in Muktinath village, where highest place to sleep in this tour.

Drive Distance
25-26km

Drive Duration
2hours

Highest Altitude:
3800m

Meals:
Breakfast / Lunch / Dinner

Accommodation:
Tea –houses / guest house, sharing Basis

Day 06: Drive back to Tatopani

Early in the morning visit the Muktinath temple. Explore A famous natural flame, 108 water tapes, Hindus activities in the temple, wonderful Dhaulagiri Mountain range, little Mustang test, landscapes are the amazing experience in Muktinath, after this all, back to hotel and have a breakfast and then continue drive back to Tatopani in the hot spring. Stay overnight in Tatopani.

Highlight of the day:

Tatopani (hot spring), after driving let's have a great experience of hot spring. One of the most famous and sport. And relaxing a day.

Drive Distance
73-75 km

Drive Duration
3-4 hours

Highest Altitude:
1139m

Meals:
Breakfast / Lunch / Dinner

Accommodation:
Guest house with sharing basis.

Day 07: Drive to Bandipur through Pokhara

Highlight of the day:

Beautiful road trip from Tatopani to Bandipur, passing some wonderful landscapes and mountains ranges. Passing through beautiful Pokhara city and villages road trip leads to Bandipur village. Bandipur is a beautiful village of Newari cultural village with wonderful mountains views.

Drive Distance
173-175 km

Drive Duration
6-7 hours

Highest Altitude:
1030m

Meals:
Breakfast and Lunch

Accommodation:
BB plan in Bandipur

Day 08: Drive to Kathmandu from Bandipur

Morning shows the day, so wake up early in the morning for the sunrise view and mountain views. Walk around the city and Tudikhel to explore beautiful Bandipur village.

Highlight of the day:

After entire Tour Pokhara- Jomsom Muktinath and Bandipur, driving back rush and crowded city Kathmandu for your final departure. Driving with beautiful villages and others see-nary make your drive memorable and enjoyable.

Drive Distance
140m

Drive Duration
6-7 hours

Highest Altitude:
1300m

Meals:
Breakfast and Lunch

Accommodation:
Star hotel with BB plan in Thamel, Kathmandu

Day 09: Final departure from Kathmandu International airport

After all, complete your Ghorepani – Poon hill trek, our team will manage you to drop Trivuwan international airport for your journey back home.

We hope you are leaving Nepal with beautiful memories of mountains, our hospitality and Nepalese cultures. Namaste and we wish you a safe Travels, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas.

Cost Includes

- All the Airport Transfer are Included.
- All the accommodation and meal (3 times a day with one main course) during tour, except Kathmandu-Pokhara an Bandipur.
- 2 Nights Hotel in Kathmandu, 2 night hotel in Pokhara and a night in Bandipur with BB plan.
- All the official expenses and paperwork, Permits and necessaries documents.
- All the Transportation by privet Jeep/ Car.
- Government license holder Ascend Hikes Experience English Speaking Guide.
- All the Government Taxes.
- All the Insurance of Guide.
- Farewell dinner in Kathmandu

Note: These are the only services included from Ascend Hikes in this package. Please, Make sure to check completely before taking action, so we don’t have any misunderstand at all. Thank you!

Cost Excludes

- Travel Insurance and Entry visa fees.
- International Flight tickets.
- All gear and others expenses.
- Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.
- Food before and after Tour.
- Personal expenses: Wi-Fi, Battery charge etc.…

- Staff tips
- All other things are excluded which is not in the list of Include.

Group Discounts Available

No. of Persons	Price per Person
1	USD 1,375
2	USD 975
3	USD 925
4	USD 855
5	USD 825
6	USD 815
7+	USD 813

Essential information

There are several things to care before doing this Ghorepani Poon-hill Trek, here are describe some major factor of this trekking risk with prevention of should be happen in the mountains, to make your mind setup.

Frequently Asked Questions

What is the best time to do the Jomsom Muktinath Trek?

The best time to do the Jomsom Muktinath Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear skies, and moderate temperatures, making it ideal for trekking. However, the trek can be done throughout the year, except during the monsoon season (June to August) when the region experiences heavy rainfall.

What is the level of difficulty of the Jomsom Muktinath Trek?

The Jomsom Muktinath Trek is considered a moderate trek in terms of difficulty. The trail is well-established and not overly strenuous, with gradual ascents and descents. However, some sections of the trail can be windy and dusty, and there may be occasional challenging terrain. Having a reasonable level of fitness and prior trekking experience is recommended.

Is altitude sickness a concern on the Jomsom Muktinath Trek?

Altitude sickness can be a concern on the Jomsom Muktinath Trek, as you reach elevations above 3,000 meters. It's important to acclimatize properly by ascending gradually and allowing your body to adjust to the increasing altitude. Drinking plenty of fluids, avoiding alcohol, and listening to your body are essential to prevent altitude sickness. If you experience symptoms such as headache, dizziness, or nausea, it's important to descend to a lower altitude and seek medical attention if necessary.

Are permits required for the Jomsom Muktinath Trek?

Yes, permits are required for the Jomsom Muktinath Trek. You will need to obtain the Annapurna Conservation Area Permit (ACAP) and the Trekkers' Information Management System (TIMS) card. These permits can be obtained either in Kathmandu or Pokhara before starting the trek.

What type of accommodations are available during the trek?

Along the Jomsom Muktinath Trek route, there are teahouses and lodges that provide basic accommodation and meals. The facilities may vary in terms of comfort and amenities, but they offer a place to rest, eat, and meet fellow trekkers. The teahouses usually have shared rooms with twin beds and common bathrooms. It's advisable to carry a sleeping bag for added comfort and warmth.

Is it necessary to hire a guide or porter for the Jomsom Muktinath Trek?

Hiring a guide or porter is not mandatory for the Jomsom Muktinath Trek, but it is recommended, especially if you have limited trekking experience or prefer the assistance and guidance of a local expert. A guide can provide valuable insights, ensure your safety, and assist with navigation. A porter can help carry your heavy backpack, allowing you to trek with less weight and enjoy the journey.

What should I pack for the Jomsom Muktinath Trek?

Some essential items to pack for the Jomsom Muktinath Trek include trekking boots, comfortable clothing (layers), a warm jacket, a rainproof jacket, a hat, gloves, sunglasses, sunscreen, a water bottle, a first aid

kit, and toiletries. It’s important to pack light and carry only the necessary items. You can refer to the equipment list provided earlier for more detailed information.

Altitude sickness and Precaution:

Above the 3000meters altitude, should be get altitude sickness in the Himalayas. There are no boundary, who will get altitude sickness. Any one – any time can get altitude symptoms. It’s depending on how you can adjust the environment.

How to know getting altitude sickness?

Some major symptoms of Altitude sickness.

- Less apatite and tiredness.
- Short breath and can’t sleep at night.
- Headache and dizziness
- Vomiting and whole body cold.

How to prevention altitude sickness?

Some step to avoid altitude sickness,

- Take proper acclimatization
- Drink enough water (3-4 litters) recommend.
- Stop drinking alcohol and smoke.
- Eat plenty and hygienic food, instead of junk food.
- Don’t sleep at daytime.
- Pack a diomox for the emergency case.
- And walk in high and sleep at low elevation.

What to do/ medicine, is recommended if get altitude sickness?

There are no medicine for the altitude sickness to recovery and ascent. Only the prevention is best idea. In case get altitude sickness what to do?

- Try to eat hot soups and as soon as possible descend and descend to the low elevation.
- Take a dimox for little relax and move down.
- If it is serious case, rescue whatever by helicopter or what is possible.
- Don’t underestimate with altitude sickness, it may take your life.

Weather conditions and weather risk at high altitude:

What is the weather condition inJomsom Muktinath tour?

According to our experience in the Muktinath region, seasonally the weather like as.

Spring (March -May):

The spring is one of the best for trekking and tour season. The temperature in the daytime 4- 20° C Muktinath and 15 – 25° centigrade (Pokhara)

At the nighttime 2 – -5°centigrade (Muktinath village and 5-15° Centigrade (Pokhara), which is ideal temperature to trek this route.

Discover blossom rhododendron blooming, experience of traditional culture and mountains. Different kinds of Bird watching. Photography experience, with beautiful landscapes with panoramic views at stable weather.

Summer season (June – August):

Mustang is the best time to vtravel in summer season, because less rainfall everywhere green and almost stable weather.

The **Temperature**: During the day time is 11 – 19°C Miktinath village and 24 – 32°C Pokhara.

During the night time drop down 5 – 9°C in Muktinath and 20 – 24°C in Pokhara city.

If you are looking for tour in this season, the best Benefits are less crowed, green everywhere and different experience and best tour season for the region.

Autumn season (September – November):

Autumn season is another one of the best seasons for tour and trekking whole Nepal and to explore different festivals moments. Especially Hindus festivals, like Dasain, Tihar (Deepawali), is one of the most beautiful experience to memory on your camera. Trekking in autumn is best idea, with stable clear weather and it is best for photography and panoramic views.

The temperature during the day time grow 4 – 17° C (Muktinath village) and 17 – 30° C (Pokhara).

At night time 7 to -5°C (Muktinath) and 10 – 22° C Pokhara city.

If you are planning for Jomsom Muktinath tour in this season, then it is an ideal choice, offering a beautiful views and suitable weather. We highly recommend this trip in autumn.

Winter season (December – February):

Winter is the time to explore snow tour and trekking. Muktinath and near route is the best magical landscape to photography of white peaks.

Mostly clear weather but frizzing cold challenging to tour. All the paths are frozen. If you are looking in winter for this Jomsom Muktinath tour, you have to take 4WD Jeep for your comfort. This is not so difficult doing in the winter time.

The temperature is during the day time 0 – 10°C Muktinath village and 14 – 24° C in Pokhara.

The night time drop down 0°C to -2 to -10° C in Muktinath village and 5 – 12° C in Pokhara city.

So if you are considering in this temperature, not many snows and willing to chill out there are no objection to make this tour success with panoramic clear weather.

Address

Ascend Hikes PVt Ltd.
Address: Budhanilkantha-12, Kathmandu Nepal