Detail Itinerary

Flexible Route Options and Itinerary Overview

The Jomsom Muktinath Trek can be undertaken through three distinct approaches. The first option involves an approximately one-hour drive from Pokhara to Nayapul, followed by a trek to Muktinath via Tikhedhunga and Ghorepani. The second option is to drive from Nayapul to Beni, from where you can either commence trekking partially or continue driving toward Muktinath via the natural hot springs at Tatopani. The third option is to fly directly to Jomsom and trek to Muktinath, making it one of the shorter trekking itineraries in Nepal.

If time permits, Nepal Kailash Trekking strongly recommends starting your trek from Nayapul as the primary choice. Even though a road now connects Beni to Jomsom and Muktinath, walking up to Muktinath remains exceptionally rewarding. Vehicle traffic is relatively low, and trekkers can still follow portions of the classic old trekking trails.

Poon Hill Panorama, Kali Gandaki Gorge, and Muktinath Temple

Choosing the route via Nayapul, Tikhedhunga, Ghorepani, and Tatopani allows you to experience Poon Hill, one of the most popular and accessible viewpoints in Nepal. Poon Hill offers panoramic sunrise views over the Annapurna Himalayan range. After descending to Tatopani to enjoy the natural hot springs, the trail follows the Kali Gandaki River—passing through the Kali Gandaki Gorge, recognized as the deepest river gorge in the world near Dana. Along the way, you will encounter the Dhaulagiri icefall near Larjung, fascinating traditional Thakali villages, and eventually reach the district headquarters at Jomsom.

Continuing northward along the Kali Gandaki riverside brings you to Kagbeni, an ancient walled fortress settlement situated at the gateway of Upper Mustang. From Kagbeni, the trail turns toward Muktinath, leading through the historic village of Jharkot. After exploring the sacred Muktinath Temple and its surroundings, you will descend to Jomsom via Lupra before taking a morning flight back to Pokhara.

Trip Facts

Detail Itinerary

Day 01: Your arrival to Tribhuwan International Airport (TIA), Kathmandu, Nepal
You will be met by our Airport Representative, and transfer to hotel, Overnight at hotel inclusive Bed & Breakfast (B.B.)

Day 02: Full day sightseeing of Kathmandu valley
The world heritage sites: (Pashupatinath , Boudhanath, Swayambhu and Kathmandu Durbarsquare). O/N at hotel. B.B.

Day 03: Drive from Kathmandu to Pokhara 820m, O/N at Hotel B.B.
Scenic drive along the highway 5-6 hours by Private Car / van, overnight at hotel B.B.

Day 04: Drive to Nayapul by private vehicle then trek to Tikhedhunga 1525m, overnight at lodge
We start our trek from Nayapul, after driving to Nayapul from Pokhara about an hour. After 15-minutes short walk along the bank of the Modi Khola, we reach Birethanti (1065m) a large village that has many shops & tea houses. From there, the trail continues through the village. The trail follows the left bank of the Bhurungdi Khola after the bridge. From there, the trail climbs steadily up the side of the valley to Hille and we reach Tikhedhunga. This trek offers a short & relatively easy day.

Day 05:Trek to Ghorepani (Deurali 2870m), overnight at lodge
After breakfast at Tikhedunga, we begin our journey to steeply climb to Ulleri about an hour to the first ridge. Ulleri is a large Magar village, situated at 2070m. Afterwards the trail continues to ascend more gently, through fine forests of oak & rhododendron towards Banthanti at 2250m. We make our trek towards Ghorepani Deurali via Nangethanti at 2460m.

Day 06: Trek to Tatopani, overnight at lodge
An early in the morning, we begin hiking to Poon Hill. It takes an hour (approximately) to climb from Ghorepani to Poon Hill, It offers you one of the best Annapurna Panorama Himalayan viewpoints in Annapurna region from where spectacular Himalayan ranges with amazing sunrise view can be seen, return to Ghorepani, take breakfast, continue our journey to Tatopani through wide and hilly cultivated land and villages. Hot spring by the Kaligandaki river bank , beside your lodge.

Day 07:Trek to Kalopani, overnight at lodge
The trail continues follow up the Kali Gandaki. Nearby Dana, located a gorge the gorge is considered to be the deepest in the world which is situated as it is between the two 8091m peaks of Annapurna and Dhaulagiri 8167m. Then trail ascending and on to Rupshe Chhahara (beautiful water fall) which is situated in the deepest valley in the world. The trail continues to ascend shortly before arriving at Kalopani at an elevation of 2560m, where we obtain superb views of the Nilgiri and Annapurna 1st peaks to the north east.

Day 08: Trek to Marpha 2665m, overnight at lodge
The trail continues along the Kali Gandaki. As we pass through the Kobang, Larjung and Tukche the terrain becomes much more barren & the breeze increases. We continue towards Marpha , passing a Tibetan refugee settlement & then a horticulture research station. Marpha is a large Thakali village with many excellent tea houses, however, it still retains the typical architectural features of narrow alleyways, flat roofs, & whitewashed buildings. At Marpha, a superb Nyingmapa Buddhist Gompa is located above village.

Day 09: Trek to Kagbeni, overnight at lodge
Trail along the side of the Kali Gandaki to Jomsom at 2710m. Jomsom is a large settlement. Jomsom is the administrative headquater of the region that contains the airport, army camp, & numerous hotels, shops, banks & government offices as well as permit chek point too.
On the way, we cross the wooden made bridge and continue to river bank, then walk onwards to Ekle Bhatti 2730m. This is a junction route to Muktinath that ascends the hill behind the village, but we follow the trail along the river to Kagbeni at 2810m. Kagbeni is situated at the junction of the Jhong Khola and the Kali Gandaki, the northernmost village to continue on to Upper Mustang. Kagbeni village a rich Tibetan culture and their unique hospitality.

Day 10: Trek to Muktinath, overnight at lodge
Today, we steep climb up the Jhong Khola valley, by leaving Kagbeni. The direct trail to Muktinath

just below Khingar at 3200m. The trail continues up above the Jhong Khola to the magnificent village of Jharkot at 3500m which is well worth and signified to visit including Monastery. It's better to have lunch by exploring before trek to Muktinath.

The trail climbs continue up to our ultimate destination of Muktinath at 3800m. There, visit Ranipauwa, there are many tea houses and something Tibetan shops. Religious site of Muktinath and this area is kept free of hotels and trekking camping sites, walled by white washed wall. Muktinath is a pilgrimage center for both Buddhists and Hindus. We see here, Tibetan traders as well as sadhus from the far south of India. You can see shrines in a grove of trees, including a Buddhists Gompa and the Vishnu temple of Jwalamai. Alsi, An old temple nearby shelter a spring and natural gas flame. It's the earth-water - fire combination that accounts for great religious significance of Muktinath.

Day 11: Trek back to Jomsom via Luprak, overnight at lodge
Lupra is located beside the main trail, a beautiful village in a small valley, visit of a cave monastery belongs to Bonpo Bhuddism. Lupra is one of the hidden isolated valley. There is another monastery above the village, name called of Lama Tuku Lama, where in the cave foot printed rock of the saint. Then, foloww down to Panda River till joined way to Kagbeni, which trail we walked on day 9.

Day 12: Fly back to Pokhara, overnight at Hotel, B. B.
An early morning take a flight to Pokhara about 20 minutes, adventure scenic flight. Sightseeing of David fall, boating on Fewa lake.
Day 13: Drive back to Kathmandu , overnight at hotel B.B.

Day 14: Transfer to Airport for your onward Journey.

Cost Includes

- All ground transports by private vehicle as per itinerary required
- Kathmandu and Pokhara accommodation inclusive breakfast as per itinerary
- Kathmandu sightseeing and all entrance fee with tour guide/salary
- All entry fees as per itinerary like Annapurna Conservation Area Protection fee {ACAP}, Trekker's
- Information Management System Card fee {bring 2 passport copy picture}
- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee
- An English speaking, highly experienced, friendly and helpful trekking guide
- One porter for two member
- Guide salary/food/accommodation/insurance and required transports
- Porter salary/food/accommodation/insurance and required transports
- Jomsom to Pokhara airfare
- Rain protection duffel bag for clients luggage
- The company guarantees the rescue services if needed; please hand over your insurance policy copy to us
- Government taxes and office service charge

Cost Excludes

- Government taxes and office service charge International airfare
- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US $ 25, for 30 days US $ 40 and for 90 days US $ 100 or Equivalent convertible currency {bring 2 copies passport size picture}
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
- Meals in Kathmandu and Pokhara
- Extra cost on Jomsom flight canceled due to any reasons
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack
- Extra cost on natural disaster
- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece
- Any other expenses which is not mentioned in the cost include
- Tips to staffs