Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Jomsom Muktinath Trekking

Duration: 11 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu (1,350m) Meet and greet then transfer to the Hotel

- Time : N/A
- Max Altitude : 1350m

Accommodation: Hotel in Kathmandu

Meal: na

eave everything at the hands of our representatives upon your arrival, who will take the trouble from this point on. Loosen up and unwind yourself after the tiring flight.

Day 2 Kathmandu: sightseeing and trek preparation

- Time : 3-4 hours sightseeing
- Max Altitude : 1350m

Accommodation: Hotel in Kathmandu

Meal: B

Spend the day as you wish, by prepping and doing some final shopping for the trek. Upon your demand, we can likewise sort out a short visit for you to explore the ancient monuments of Kathmandu. Kathmandu Durbar Square and Swoyambhunath stupa such a historic monuments are in a city and we can go for visiting these places.

Day 3 Fly to Pokhara and trek to Tikhedhunga (1,552m): 30 minutes flight, 4-5 hours trek

- Time : 5-6hrs
- Max Altitude : 1552m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Today, we begin on our trek. We board a 35-minute flight amidst the snow-capped mountains to get to Pokhara. We begin our trek with a rough 2-hour ride to Nayapul. Upon getting at Nayapul, brace yourselves for the 4-5 hour trek to Tikhedunga which takes us through the calm and serene river's valley along with pristine waterfalls and forest.

Day 4 Tikhedhunga to Ghorepani (2,750m)

- Time : 6-7 hours
- Max Altitude : 2750m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Another trail awaits to be overcome. The trek to Ghorepani is going to be calm and serenading through cascading rivers and picturesque fields. In the blink of an eye, we get to Ghorepani, where we spend the night.

Day 5 Ghorepani to Tatopani (1,190m)

- Time : 5-6 hours
- Max Altitude : 1190m

Accommodation: Teahouse & Local Lodge

Meal: BLD

A quick stop at the Poonhill to catch the sunrise will definitely be worth it. Absorb the beauty and calmness of the sun as it rises and majestically. After enjoying the sunrise, we make our way through several trails. Eventually, when we get to Tatopani, we take a dip in the hot water spring to relax our muscles after the tedious trek.

Day 6 Tatopani to Kagbeni (2804): 5-6 hours by Driving

- Time : 5-6hrs
- Max Altitude : 2804m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Early in the morning, we start on our Drive to Kagbeni. As we walk right next to the white waters of the Kali Gandaki, we experience nature at its finest. Yet another wobbly suspension bridge over the strong currents of the river which brings us to the wonderful waterfall, Rupse Chhahara. Over night at Kagbeni

Day 7 Kagbeni to Muktinath (3,710m)

- Time : 5-6 hours
- Max Altitude : 3710m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Today, we collect our permits and land upon the banks of the Kaligandaki. Come across the finest of landscapes and take time to admire these beauties. After 5-6 hours of trekking, we get to Muktinath, which is home to one of the most significant Hindu temples in Nepal.

Day 8 Muktinath to Jomsom (2,715m)

- Time : 5-6 hours
- Max Altitude : 2715m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Today, we visit the important pilgrimage site of Muktinath which bears great significance for the Hindus and Buddhists. A quick trip to the temple will give us plenty of insights of the culture of Nepal. We then make our way back to Jomsom, while we enjoy the stunning landscapes.

Day 9 Fly back to Pokhara - Flight depending weather

- Time : 20m flight
- Max Altitude : 2715m

Accommodation: Teahouse & Local Lodge

Meal: BLD

All good things come to an end and so has our trek. Morning flight then afternoon free yourself or can plan sightseeing. We make our way to the tiny airstrip of Jomsom and fly back to the vibrant Lake city of Pokhara.

Day 10 Drive/fly from Pokhara to Kathmandu

- Time : 8-9hrs Drive / 30m Flight
- Max Altitude : 1350m

Accommodation: Hotel in Kathmandu

Meal: B

Today, we advance back to Kathmandu. We can either, hop on a bus which takes us 6 hours to get to Kathmandu or board a 30-minute flight to Kathmandu and catch final glimpses of the Himalayas.

Day 11 Final departure

- Time : N/A
- Max Altitude : 1350m

Accommodation: na

Meal: B

Time has come to say farewell to Nepal and all the brilliant recollections. We trust you have a safe flight and we are quick to go on another trek with you, as of now.

Cost Include

- Airport pick-up and drop-off private transfer
- Hotel in Pokhara and Kathmandu. 2-3 star
- Farewell Dinner by Company
- Trekking Accommodation, Twin Sharing in Basic Tea-house
- English-speaking guides/ Who has excellent knowledge.
- Porters for 2 guest one porter
- All meals(Breakfast, Lunch & Dinner) with tea and coffee
- Fresh Fruits after dinner every evening.
- Transportation to and from the trail head
- All necessary documents and permits for trekking
- Trekking equipment including sleeping bags
- Staff insurance, medication and equipment
- All Govt. and Local Taxes, First Aid Kit
- Trekking Certificate by Destination Unlimited.

Equipment List & Gear Guide

Here's a simple and prioritized list of essential equipment and clothing for the **Jomsom Muktinath Trek**:

Clothing Essentials

- Base Layers (thermal tops & bottoms)
- Insulating Jacket (fleece or down)
- Waterproof Jacket (windproof/rainproof)
- Hiking Pants (quick-dry preferred)
- T-shirts (moisture-wicking)
- Warm Hat & Sun Hat
- Gloves (lightweight + warm pair)
- Woolen Socks (2–3 pairs)
- Comfortable Hiking Shoes (broken-in)

Gear Essentials

- Backpack (30–40L) with rain cover
- Trekking Poles (recommended for downhill)
- Sleeping Bag (rated for -5°C to -10°C)
- Reusable Water Bottle or hydration pack
- Sunglasses (UV protection)
- Headlamp with extra batteries
- Personal First Aid Kit
- Power Bank or solar charger

Personal Items

- Sunscreen & lip balm with SPF
- Toiletries (biodegradable soap, toothbrush, tissue)
- Water Purification Tablets (optional)
- Snacks (energy bars, nuts)

Cost Exclude

- international airfares, Kathmandu sightseeing and entrance fees
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- Travel/trekking insurance/ Nepal entry visa fees
- Mountain rescue charges or insurance
- Bottled drinks on trek (cold and alcoholic) and hot drinks
- Lunches and dinners in Kathmandu and Pokhara
- Additional food or drink on trek in addition to three standard meals
- Personal expenses, Emergency Expenses, road blocked, snakes, desert.etc
- Which is not mention in email
- Tips(Tipping are expected)
