



## Detailed Itinerary for Jomsom Muktinath trek

### Day 1

**Arrival at Kathmandu and transfer to Hotel by our representative. Tonight in the Hotel**

- Altitude – 1350 meters
- Time – 30 minutes hotel transfer time
- Activity – Relax at hotel

Welcome to Nepal! Our representative will be waiting you at the airport with your name on a sign or Nepalgram hording board. S/he will help you to check in to your hotel and will let you know the time for meeting about Jomsom Muktinath trekking and sightseeing tour in following day.

### Day 2

**Guided Sightseeing of 4 different UNESCO world heritage sites in Kathmandu and preparation for jomsom muktinath trek.**

- Altitude – 1350 meters
- Special – Kathmandu city tour
- Time – full day
- Activity – Sightseeing UNESCO world heritage sites

Local government licensed tour guide will take you on the tour of the major 4 landmarks of Kathmandu valley. All of these 4 destinations are listed as UNESCO world heritage sites. Our guides will show you a different side of the city; they will take you off the touristic destination, and show you real Nepal. We call this as Urban Adventure with Nepalgram. Four destinations for the tour include, Pashupatinath Temple (Hindu), Boudhanath Temple (Buddhist), Swyambhunath Stupa (both Buddhist and Hindu), and Kathmandu Durbar Square (also Known as Basantapur Durbar). After the tour you will have time to do the last minute preparations for Jomsom Muktinath trek.

### Day 3

**Drive to Pokhara (820m), 8 hours by bus. Overnight at hotel in the Lakeside**

- Altitude – 1400 meters
- Special – Scenic view during drive
- Time – 8 hours
- Activity – Travelling in bus

We start our journey to Pokhara early in the morning. Tourist bus with Air conditioning will stop 2 times during the journey for breakfast and Lunch. We will see view of mountains and local villages, small towns, paddy fields and greenery of Nature. Once we get to Pokhara we will have time to walk by the Phewa lake since we stay really close by the lake (Walking distance from hotel to Lake).



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## Day 4

### **Fly to Jomsom (2720m) and trek from Jomsom to Kagbeni (2820m).**

- Altitude – 2820 meters
- Special – Scenic view from plane and during trek
- Time – 20 minutes flight and 3/4 hours of trek
- Activity – Flying in plane and trekking

Flight from Pokhara to Jomsom will be early in the morning, so we will have time to hike from Jomsom to Kagbeni. This flight is scenic with the view of mountains. We will be able to have aerial view of Ghorepani, Poonhill and whole Annapurna and Dhaulagiri Himalaya Range. Trekking from Jomsom to Kagbeni may make you feel like being in Tibet. Dry landscape from Jomsom extends all the way to Tibet – Nepal Border Korolla. After 3 hours of walking in the flat terrain we will get to Kagbeni village. Kagbeni is a gateway of Upper Mustang trekking. This village with stunning view of surrounding landscape date back to the 5th century BC. Once we get to Kagbeni village we will walk around the village, meet & talk to locals, and visit the monastery. Overnight we sleep in the local guest house at Kagbeni Village. Here we are likely to meet other trekkers heading to Upper Mustang Trek.

## Day 5

### **Trek from kagbeni to Muktinath (3760m) ; 6 hours approx.**

- Altitude – 3760 meters
- Special – View of snow-capped mountains
- Time – 6 hours trek
- Activity – Trekking through steepy trail

Trekking today is bit steeper than yesterday, but more beautiful. From the beginning to the end of today's trek we will have picturesque view of snowcapped mountains on one side and dry mountains on the other. Overnight at the local guest house at Muktinath, here we might get chance to chat with trekkers coming down from Thorong La pass.

## Day 6

### **Trek from muktinath to Marpha (2670m): 6 hours**

- Altitude – 2670 meters
- Special – Marpha village and diverse landscapes
- Time – 6 hours
- Activity – Trekking mostly downhill

During today's trekking the landscape changes from dry mountains to green hills. Marpha village is famous for Brandy; you can try it but do not drink too much to get hang over the next day. The walk is similar than from Jomsom to Kagbeni, mostly downhill.



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## Day 7

### Trek from marpha to kalopani (2530m)

- Altitude – 2530 meters
- Special – View of mountains and landscapes
- Time – 5 hours
- Activity – Trekking through river valley

Marpha to Kalopani is a flat walk along the river valley. It is approx 5 hours of easy walk.

## Day 8

### Trek to Tatopani(1190m); 6 hours approx

- Altitude – 1190 meters
- Special – Hotspring, mountains and greenery
- Time – 6 hours
- Activity – Trekking through the side of river

Trekking along the side of river gives nice view of green hills on the side, river valley opening wide and mountains at the end of the valley. Tatopani is famous for the Hot Springs. This is a natural hot spring where you can soak your body and drink & chat with friends.

## Day 9

### Trek from Tatopani to Ghorepani (2860m); 8 hours approx.

- Altitude – 2860 meters
- Special – View of Annapurna and Dhaulagiri range
- Time – 8 hours
- Activity – Trekking through rhododendron forest

Long trek to Ghorepani starts early after breakfast at Tatopani, after crossing the river we were following yesterday, we will get to a village called “Shikha”. Trail towards the end of the day will have green forest, and the higher we climb the mountains will be more visible. If you are doing Jomsom Muktinath trek during spring, this whole uphill walk will be inside a blooming Rhododendron forest. Once you get to Ghorepani village, view of Annapurna mountain range & Dhaulagiri Mountain range will be amazing.

## Day 10

### Trek up to poonhill (3193m) for sunrise view over Annapurna and Dhaulagiri Himalaya Range, then trek down to Ulleri (1430m); 5 hours

- Altitude – 3193/1430 meters
- Special – Sunrise view along with the view of Annapurna and Dhaulagiri range
- Time – 5 hours
- Activity – Trekking uphill for sunrise view and trekking downhill



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It takes 1.5 hours to get to Poonhill from Ghorepani village. We will hike up the hill to catch the view of sunrise from behind the mountains. Sun rises behind Mt. fishtail, and the color of the snow with the first rays of the sun makes amazing views; it is well worth climbing up the steps! After sunrise we will get back to the tea house, have breakfast and walk downhill to Ulleri for 3 hours. This is an easy walk, mostly downhill, through the jungle, you will love this side of jungle more than jungle from Shikha to Ghorepani. Once we get to Ulleri, we will take a jeep from Ulleri to Pokhara, where the Jomsom Muktinath trek ends. Enjoy the night life, Lake Walk, boating at Pokhara. Overnight in the hotel at Lakeside

## Day 11

### Return to Kathmandu; 8 hours

- Altitude – 1350 meters
- Special – Scenic view during drive
- Time – 8 hours
- Activity – Travelling in bus

We will take a tourist bus back to Kathmandu. Overnight in Hotel at Kathmandu

## Day 12

### Explore Bhaktapur

- Altitude – 1350 meters
- Special – Bhaktapur tour
- Time – Full day
- Activity – Sightseeing Bhaktapur Durbar Square

Bhaktapur is famous as a Heritage city. Among the 3 Palaces of Kathmandu valley, Bhaktapur is the oldest and it is also listed as a UNESCO World Heritage site. Bhaktapur city tour is different from Kathmandu sightseeing, as we will take you to the narrow streets where every tourist do not go, and take you to the local restaurants. Also the art and architecture of Bhaktapur is different than in Kathmandu. We will spend a whole day touring Bhaktapur. Overnight at Kathmandu, capital of Nepal

## Day 13

### Final Departure from Kathmandu.

- Time – 30 minutes airport transfer time
- Activity – Flying back to origin

Time has come to farewell you with all the good memories from trekking in Nepal. Our representative will drop you off to the airport promising to meet you again. Wish you a happy journey back home.



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