

Jomsom Muktinath Poon Hill Trek



Introduction

Jomsom Muktinath Poon Hill trek is one of the popular trekking destinations in Annapurna region. The major attractions of the Jomsom Muktinath trekking route are Kagbeni, Muktinath temple, Natural Hot spring Tatopani, the most popular view point Poonhill and Ghandruk Gurung village etc. The nice alternative trekking route has been built from Ghasa to Tatopani. You do not need to walk in road. Jomsom Muktinath Trekking starts after 30 minutes flight from Pokhara to Jomsom. It is also known as pilgrims trekking. The trek reaching the maximum altitude of 3800m (12,464 ft) and can be completed by anybody with a moderate level of fitness. This trek gives many spectacular views of the two Himalayas Annapurna ranges and Dhaulagiri ranges. Explore the hundreds years old monastery, caves, local tribes, culture and life style and scenic beauties of the different landscapes. There are 108 water taps and two small pounds. The Hindu people believe that if you take bath 108 taps (108 is a sacred number in Tibetan Buddhism), cast in the shape of cows heads, which pour forth sacred water. You will be the free from the sin which you committed in your past life. A short walk past a collection of chortens is the Dhola mebar Gompa, or Jwalamai (goddess of fire) temple, where a holy flame of natural gas burns behind a grill just above the spring. Joining our Jomsom Muktinath Trekking is included the world's deepest gorge of the Kali Gandaki River between Annapurna and Dhaulagiri ranges. The trek gets interesting in Tatopani where you will have the opportunity to relax in natural hot spring. The views from the first rays of the sun at the break of dawn grace of Dhaulagiri and Annapurna Himalayans from Ghorepani (Poon Hill, 3210m.), that is absolutely magnificent. The hike continues through dense rhododendron forest towering view of snowcapped mountains in the background to Tadapani and Ghandruk. The trek will end at Nayapul and then we drive back to Pokhara. In this day, you can drive all the way down to Tatopani from Muktinath or Jomsom if you avoid walking in the road. You hike from Tatopani all way to Pokhara

via Ghorepani and Ghandruk village.

Trip Facts

Trip Duration	12 Days
Trip Grade:	Moderate
Best Season	12 Months
Per Day Hiking:	4-7 hrs
Elevation	3800m
Accomodation	Lodge
Transportation	Flight/Car/Jeep/Bus

Cost Includes

What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 2 Nights Hotel in Kathmandu on BB Plan, (1 night before trek & 1 night after trek).
3. Kathmandu-Pokhara-Kathmandu by tourist bus.
4. Hotel 2 Nights in Pokhara (1 night before trekking & 1 night after trekking).
5. Flight ticket (Pokhara - Jomsom) with airport departure tax.
6. Nayapul - Pokhara by private Car/Van/Jeep.
7. Meals on full board (Breakfast, lunch and dinner three times a day) Lodge accommodation during the trek.
8. ACAP permit and TIMS (Trekker's Information Management System) card.
9. One English speaking, government certificate holder trekking guide and trekkers 2:1 porters.
10. Duffel Bag.
11. Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your body to avoid high risk).
12. Nepal Hidden Treks and Expedition T-short.
13. Guides/Porter's: food, lodge, transportation, salary, insurance, equipment etc.
14. First Aids Kit.
15. Local fresh fruit like orange, banana, apple, grape etc.
16. 13% Government taxes and official charge.

What are Excluded?

- International airfare and visa fees ((15 Days US\$25 and 30 Days US\$40).
- All the drinks such as: coke, beer, mineral water.
- Your travel insurance which should include the emergency rescue.
- Your trekking gears.
- Lunch and Dinner in Kathmandu.
- Tips for your guide and porters etc.

Short Itinerary

Day 01: Arriving in Kathmandu (1350m).

Day 02: Drive to Pokhara,

Day 03-10: Trekking

Day 11: Drive to Kathmandu

Day 12: Departure from Kathmandu (1350m).

Itinerary Details

1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

2. Pokhara - Kathmandu

Drive to Pokhara by Green Line Bus at 7:30AM (200 km. 6/7 hours driving) and over night at hotel in Pokhara.

Alternative route:

There are many flights to Pokhara from Kathmandu every day. You may choose to take a flight to get there. It takes 30 minutes from Kathmandu. It is the more convenient way to get to Pokhara.

3. Pokhara - Jomsom - Kagbeni

Drive to Pokhara airport early in the morning to fly Jomsom (2728m. 30 minutes flight) then take breakfast in the morning and trekking to Kagbeni (2980 m, 3 / 4 hours walking) and then overnight at Lodge.

4. Kagbeni - Muktinath

Kagbeni to Muktinath via Jharkot Village (3940 m, 4/5 hours walking), rest of the day we explore Muktinath temple where many Hindu's pilgrims come to visit and then overnight at Lodge.

5. Muktinath - Ghasa

Muktinath to Ghasa (2050m, 6-7 hours drive) via Jomsom and then overnight at Lodge.

6. Ghasa - Tatopani

Ghasa to Tatopani (1180m, 4/5 hours walking) via world deepest gorge Dana between Annapurna Himalayan ranges and Dhaulagiri range explore rest of the day Natural Hot spring and then overnight at Lodge.

7. Tatopani - Sikha - Ghorepani

Tatopani to Ghorepani Deurali (7 hours walking) via some Magar villages and view of Dhaulagiri (8167M.) and Annapurna Himalayan ranges and then overnight at Lodge.

8. Ghorepani - Tadapani

Get up early in the morning to Poon Hill (3210m, 1 hour climbing) for the best sunrise and panoramic view then come back to Ghorepani for breakfast and trek to Tadapani (2660m, 5 hours walking) and then overnight at Lodge.

9. Tadapani - Ghandruk

Tadapani to Ghandruk village (2030m, 3 / 4 hours walking) rest of the day explore the biggest Gurung Ghandruk village and then overnight at Lodge.

10. Ghandruk - Pokhara

Ghandruk village to Pokhara (850m, 4 hours walking and 2 hours driving) via Nayapul and then overnight at Lodge.

11. Pokhara - Kathmandu

Drive back to Kathmandu by tourist bus at 07:30AM (200 km. 6/7 hours driving) and over night at hotel in Kathmandu.

Alternative route:

There are many flights to Kathmandu from Pokhara every day. You may choose to take a flight to get there. It takes 30 minutes. It is the more convenient way to get to Kathmandu.

12. Departure to international airport.

Final departure to international airport to fly your home country.