



Jomsom Muktinath Trekking - Itinerary

1. Arrival in Kathmandu (1345m/4428ft)

SAT airport representative pick you up from airport upon your arrival. Then transfer to the hotel for short briefing about the trip. In the meantime, you can roam around the city to get familiar with new city or take a rest and relax.

2. Flight from Kathmandu to Pokhara(850m/2700ft) & trek to Tikhedhunga (1577m/) – 35 min flight, 1 hrs drive, 5 hrs trek

Supported by the astounding mountain views and Lakes, we take 35 minute of flight to Pokhara. Pokhara – the second most touristic hub of Nepal, is also known as “the city of lakes” with many opportunities of adventures. Here we get to observe the local settlements of people. Then we drive to Nayapul and trek up to Tikhedhunga through Birethati, Sudami and Hike (1495m) respectively. Along the ascend to the uphill: we pass by valleys, waterfall, suspension bridge and swimming hole. As we get a chance to cross by the beautiful villages, we also can observe the cultures and traditions follow by different ethnic groups of people. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

3. Tikhedhunga to Ghorepani (2750m/9020ft)- 6/7 hrs

From Tikhedhunga we trek to Ghorepani. The trail offers amazing landscape and Himalayan scenery with pasture land and cultivated fields. We climb uphill after descending down and crossing the suspension bridge over Burundi Khola. We continuously trek past Ulleri (2070m) and pass a large Magar village, Banthati (2250m) & Nangethathi (2460m) village before arriving to our destination, Ghorepani. Ghorepani is used to be an important campsite for horse traders before a long time. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Ghorepani – Hike to Poonhill & trek to Tatopani (1190m/3904ft)- 6/7 hrs

Early in the morning, we hike to Poonhill for stunning view of Himalayan range and beautiful sunrise view. Then we descend to Ghorepani and continue to our next destination; Tatopani. We steeply descend until Chitre (2380m) and further trail down to Sikha (1980m) – a large village with shops and hotels. Moving on, we descend gently to Ghara (1705m) and Ghara River respectively. Taking suspension bridge we cross the river and reach Tatopani after crossing Kali Gandaki and taking turn to north. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Tatopani to Ghasa (2110m/6922ft)- 5/6 hrs

After the breakfast trek to Ghasa begins via Kali Gandaki George – world’s deepest George that situates between two 8,000m peaks (Annapurna & Dhaulagiri). We continuously ascend to Dana (1400m), and pass by Rupse Chhahara (1550m) – you can see waterfall here and Kopchepani (1935m) from where a short climb escorts us to Ghasa (2110m) at the lower region of Kali Gandaki valley. During the trek we observe the amazing fascinating greenery of the forests as the region is mostly famous for bird watching program. Meals

included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Ghasa to Tukuche (2560m/8398ft)- 5.5 hrs

Our trek starts by crossing eastern side of river and entering Larjung (2560m). Then after a short walk we come to an interesting village Khobang with narrow passages and reach Tukuche. Tukuche is famous for apple brandy and wine products and various communities with Thakali village. Along with this you can see the farm fields and apple orchads on the way. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Tukuche to Kagbeni (2800m/9186ft)-

Today our trek goes along the side of the valley to Jomsom (2713m). Jomsom is a large busy settlement and headquarter of the Mustang district. It is full of life with airport, army camp, hotels, shops, banks and government offices. Walking along this side, we cross a river which takes us to Kagbeni. Reaching at Kagbeni, we get to observe the spectacular views of stunning mountains, Nilgiri, Daulagiri and many others. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Kagbeni to Muktinath (3710m/12170ft)- 5/6 hrs

After having the early breakfast we check our permits and take a vertical route to Jhong Khola. We leave Kagbeni here and link ourselves for direct route to Muktinath. Throughout the trail we carry on high above Jhong Khola to the village of Jharkot (3500m) via Khingar at 3200m and climb up to our destination – Muktinath. Muktinath is a fascinating village with unique hospitality and influenced with Tibetan culture. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Muktinath to Jomsom (2715m/8910ft)- 5/6 hrs

Today we trek back to Jomsom through the same route of Kagbeni after visiting some monasteries and Hindu temples in Muktinath. Muktinath is mainly famous for the “Vishnu Temple” and is the main center for Hindu pilgrimages during the festive seasons. Reaching Ekle Bhatti, we continue our trek to Jomsom. Down the way, we get to see magnificent views of mountains and fields. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Drive from Jomsom to Pokhara (Flight optional)

After breakfast, we take jeep/bus from Jomsom and enjoy the awe-inspiring views of mountains and rivers. We pass Magar, Gurung & Thakali villages and enjoy fresh as well as dry apples and apple products. Meals included: Breakfast, lunch and dinner and finally an overnight stay in a hotel.

11. Drive from Pokhara to Kathmandu.

Pokhara to Kathmandu drive takes around 5/7 hours. It is a scenic drive along the Trishuli and Marshyangdi Rivers. After your arrival in Kathmandu, in the evening, you are treated with a special cultural dinner program as a complimentary commencement of Sunrise Adventure Trek.

12. Departure/Farewell

After victorious ending of our trip, our representative drops you to the airport for your journey home. You are dropped off 3 hours earlier so that there is no any delay in flight. Or you can join another adventure and explore hidden gems of Nepal. Till then, have a safe journey to Home!

INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed and breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no.of porters with their insurance, salary and meals
- All entry fees TIMS card and entry Permit
- Domestic Flight according to Itinerary
- Sleeping bag and Down jacket for trek necessary equipment's during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight major meals in cities
- Airport tax and monuments entrance fees
- All personal expenses such as bar bills, beverage, snacks etc
- Tips to guide and porter and your insurance

URL: <https://sunriseadventuretrek.com>