

Jomsom Muktinath Poonhill Trekking

<http://www.touchkailash.com/jomsom-muktinath-poonhill-trekking.html>

Jomsom Muktinath Poonhill trekking is short days easy trekking in Nepal. 12 days of trekking is including Kathmandu, Pokhara, Jomsom, Muktonath and Poonhill. It involves short Himalayan flight of Jomsom to Pokhara. The holy temple muktianth lies in altitude of 3800 miter is the highest attitude we reach. It is great opportunities to explore different ethnic group of Nepal their lifestyle and culture. Typical Tibetan life styles in Mutkitnah area, Thakali's in Jomsom area, Magars, Chetri and Brahmin in Poonhill area and their warm hospitalities which makes our trip more memorials. Famous Nepali villages like Ghorepani, Marpha, Kagbeni, Muktinath and many others are including in our itinerary. Natural hot spring in Tatopani is another top listed of most visiting place in **Jomsom Muktinath Poonhill Trekking**. Two types of landscape are involving in this trekking, Tibetan plateau landscape in Jomsom Muktinath area, dense forest areas of Poonhill. Himalayas are panoramic from every part of trek and more panoramic from Ghorepani, Poonhill. You could see best sunrise view and more panoramic Himalayas from Poonhill.



Our trek starts 6 hours driving to Pokhara from Kathmandu. You have option to take private car or 25 minutes flight from Kathmandu. Next day very short driving to Nayapoon and start trekking to Ulleri. Our fist view of Himchuli and Annapurna south start from here. It is another memorial day when you reach at

Ghorepani. All the Himalayas including two over 8000 miters (Dhaulagir, Annapurna I) are just panoramic with other hundreds of peaks. Best panoramic views of mountains including Dhaulagiri range, Annapurna range, Fishtail, Gangapurna range are seen from Poonhill (3200m) with best sunrise view. Another most famous reaching point of **Jomsom Muktinath Poonhill Trekking** is to Muktinath. It is most holy places and place of naturally rich. When we trek down from Ghorepani to Tataopani, we have chance to take natural hot spring bath. The typical local villages and apple fields are also attraction

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of this route. Marpha , Kagbeni and several other villages are rich with oldest Buddhist stupas. At the end of trek, we take 15 minutes flight to Pokhara from Jomsom.

Jomsom Muktinath Poonhill Trekking can be done throughout the year but if you choose best season which is March to May and Sept to November. Locally managed well maintained guest houses are available in this entire route. Professionally cooked hygienic foods served by same guest houses. If you are willing to spend more times in this sector, you also can include **Annapurna Base Camp** or **Annapurna round** in this itinerary. This trek is also suitable combining with **Upper Mustang Trekking**. Touch Kailash Travels and Tours can customize the itinerary as per your interest.

Highlights of the Trek

1. Natural city Pokhara
2. Sightseeing in Historical place of Kathmandu
3. Himalayan flight Jomsom to Pokhara
4. Typical Tibetan lifestyle of local peoples
5. Panoramic Mountain and sunrise view from Poonhill
6. Muktinath Temple
7. Natural hot spring in Tatopani
8. Warm hospitality from locally own guest houses

Trip Fact

Total Duration: 13 Days

Destination: Nepal

Trip Grade: Moderate to Strenuous

Meals: Breakfast in cities, all foods in trek

Transportation: Private Vehicle/Tourist Bus and flight

Accommodation: Hotel and Guest Houses

Max. Altitude: 3800m Muktiath

Group Size : Any

Detail Itinerary

Day 01: Arrival in Kathmandu and Transfer to Hotel (1350m) we discuss about trekking and other arrangement if time permits. Overnight at Hotel We pick up you from International airport of Kathmandu. It is just 20 minutes' drive from airport to your hotel. If time permits, we talk about trip and prepare your equipment

Day 02: Kathmandu sightseeing. Overnight at hotel We start sightseeing in Kathmandu valley. Cover historical places of UNESCO heritage sites. A hindu temple Pashupatinath, A biggest Buddhist stupa Baudha and a oldest palace Bhaktapur. Transfer to hotel after sightseeing.

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Day 03: Drive to Pokhara (6 hours - 827m) Overnight at hote After your early breakfast, drive with tourist bus to Pokhara. It is 6 hours driving with tourist bus via prithivi highway. Driving way itself is mountain and scenic road. you will reach Pokhara by 2 pm. Evening walk around peach lake side and overnight.

Day 04: Drive to trekking point and trek to Ulleri (5/6 hours – 1960m). Overnight at local guest house After your breakfast in Hotel, drive one and half hour to Nayapool. Start trekking to ulleri. Starting of the walking is easy walking in flat land crossing many local villages. At the end, one and half hour tough uphill walking and reach at Ulleri. You could start to view Annapurna South and Himchuli from here

Day 05: Trek to Ghorepani (4 hours – 2860m). Overnight at local guest houseTrekking route start from thick forest and bank of deep river. As a whole route is easy uphill. Sounds and birds and other wild animals are surrounding. We pass small village called banthati and reach Ghorepani. Ghorepani provides panoramic mountain views of Dhaulagiri, Annapurna, Gangapurna range.

Day 06: Hike to Poonhill (3210m) early in the morning and Trek to Tatopani (6/7 Hours – 1190m) overnight at local guest houseEarly in the morning we hike to Poonhill. Reach at poonhill before sunrise. Poonhill is the hillside walking 1 and half hour from your lodge, provide panoramic mountains and best sunrise view. Come back to lodge, take your breakfast and start trekking to down to tatopani. we can take natural hop spring.

Day 07: Trek to Kalopani (6/7 Hours - 2530m) overnight at local guest houseA beautiful walk into sub-tropical vegetation and the return of water buffalo, banyan trees and poinsettias. The trail follows the river through a narrow gorge, and ascends to cross a bridge near a spectacular waterfall. Most of the walking section is near from local road. we could view Dhaulagiri and Annapurna range from Kalapani

Day 08: Trek to Marpha (6/7 Hours - 2670m) Overnight at local guest House walking through Kali Gandaki Valley .During the trail we will cross several Thakali houses. we also have option to take local transportation in middle of trekking. reach at Marpha. Marpha is typical Thakali village with Monastery at the top of village. exploration of Monastery and surroundings.

Day 09: Trek to Kagbeni (4 Hours - 2810m) rest and overnight at local guest House 2 hours trekking through road bank of kaligandaki River. Reach at Jomsom,

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place of small airport. Another 2 hours of trekking reach at Kagbeni. We will have enough time to take an exploration of Kagbeni. Kagbeni is typical Tibetan style of village with Tibetan influence peoples and cultures. Explore oldest monasteries and local village in Kagbeni. Kagbeni is also entry point of Upper Mustang.

Day 10: Trek to Muktinath (5/6 Hours - 3800m) overnight at local guest

House Trekking trail goes generally ups to reach more 100 meter altitude today from Kagbeni to Muktinath. walking via road do not feel hard walking. Several villages on the way is important and interesting to stop over. We also visit and meet local students in oldest monastery in Jharkot. Reach at Muktinath at the end. We can visit main Muktinath temple and surroundings today if our time permits. We still have next day morning to visit this and trek down to Jomsom.

Day 11: Trek back to Jomsom (5/6 Hours - 2713m) overnight at local guest

House Morning hiking over Muktinath temple, 108 holy taps and Jwalamukhi. trek down with the same way to Jomsom. day is heavy windy in this sector. reach quite early in Jomsom. we will explore Monastery at the top of Jomsom and surroundings village. make confirmation of your flight time and seat for next day flight to Pokhara. we stay overnight at very nearby Jomsom Airport.

Day 12: Fly back to Pokhara and sightseeing (15 Minutes flight - 827m) Overnight

at hotel it early morning flight from Jomsom to Pokhara. 15 minutes flight is Mountain flight with Himalayan scenery. reach at Pokhara and transfer to Hotel. Day sightseeing in International mountain museum, David falls, Gupteswor Mahadev and Fewa lake.

Day 13: Departure we drop you to international airport for your final departure

Cost including

- Accommodation in Kathmandu in 3 star category hotels on twin sharing
- Accommodation in Pokhara in 3 star category hotels on twin sharing
- Accommodation in local tea house/ Guest house during trek on twin sharing
- Every morning breakfast in Kathmandu and in Pokhara
- Sightseeing in Kathmandu and in Pokhara with transportation, Guide and entrance fees
- Tourist bus driving from Kathmandu to Pokhara and back to Kathmandu
- Private car to drop trekking starting point and pick up from there
- Local and shared transportation in trekking area as per itinerary

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- Trekking permit and TIMS card
- English speaking professional guide in trekking
- Supporter to carry your baggage
- Salary, foods, accommodation, insurance and equipment of guide and supporter
- Three times foods and hot drinks during trekking
- Flight from Jomsom to Pokhara
- Emergency evacuation management
- First Aid kit box
- Warm jacket and down sleeping bag in returnable based if your need

Cost excluding

- Lunch and Dinner in Kathmandu and in Pokhara
- Personal equipment, Insurance, medical expenses or emergency evacuation
- Upgrading your accommodation and mode of transportation
- Tipping to staffs