

# Lower Mustang and Poonhill Trekking

<b>Trip code</b>	
<b>Package name</b>	Lower Mustang and Poonhill Trekking
<b>Duration</b>	10
<b>Max. elevation</b>	3800 m
<b>Level</b>	BEGINNER
<b>Transportation</b>	Flight and Private Vehicals&nbsp;
<b>Accomodation</b>	Hotel and Lodge
<b>Starts at</b>	Kathmandu/Pokhara
<b>Ends at</b>	Kathmandu/Pokhara
<b>Trip route</b>	Kathmandu - Pokhara - Jomsom - Kagbeni - Muktinath - Tatopani - sikha - Ghorepani - Ghandruk - Nayapul - pokhara - Kathmandu
<b>Cost</b>	USD 1,380 per person

## Highlights

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### Trip Highlights

Breath taking views & physical beauty along the Jomsom – Muktinath trek .

- Muktinath (3,802m)
- Marpha (2670 m)
- Tadapani (2590 m)
- Tatopani (1190 m)
- Ghandruk (2012m)

## Overview

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**Jomsom Muktinath Trekking is Short and wonderful trekking trail in Annapurna region. Annapurna Jomsom Muktinath trekking offer beautiful Himalayan views. One fascinating journey to experience the differing cultures of the Annapurna region. Commencing with a**

**flight into the heart of the lower Mustang district, we continue to the ancient village of Kagbeni, on the border of upper Mustang and the Hidden Kingdom.**

One fascinating journey to experience the differing cultures of the [Annapurna region](#) . Commencing with a flight into the heart of the lower Mustang district, we continue to the ancient village of Kagbeni, on the border of [upper Mustang](#) and the Hidden Kingdom. From here we travel North East through arid landscape to the sacred pilgrimage town of Muktinath, this area is Tibet all but in name. The journey back travels through the Kali Ghandaki canyon, the deepest in the World entering into Thakali and Gurung tribal culture, through lush forests complemented by the ever changing views of the Annapurnas. This trek is the easier part of the Annapurna Circuit and is ideal for those with less time or for those not wishing the exertion of a 5416 mtr pass.

## **Trip Itinerary**

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### **Day 1 : Drive Kathmandu to Pokhara (820m), drive (6 hours).**

Early morning, after breakfast, board a bus and drive to Pokhara. It's a drive of about 6 hours through lush green forest, meandering road through the hills and gracefully flowing riversides. You will also come across lively markets and clusters of villages on the way. Lunch will be taken in one of the road side restaurants. Upon reaching in Pokhara, you will be received and driven to the hotel. Check into hotel.

### **Day 2 : Pokhara to Jomsom Flight (25 mins.), Trek to Kagbeni (2,810m) – 3 hrs**

There is flight of about 25 minutes from Pokhara to Jomsom. During flight you can view gorge of the two huge mountains, Annapurna and Dhaulagiri. From Tukche, we climb along the side of the valley to Jomsom at 2,713m. Jomsom is a large, bustling settlement and it's the administrative centre to the region that contains the airport, army camp, hotels, shops, banks and government offices. We cross the river to the eastern bank; then walk towards Eklai Bhatti at 2,730m. From here we take a direct route to Muktinath that ascends the hill behind the village, however we follow the trail along the river to Kagbeni at 2,810meters which is situated at the junction of the Jhong Khola & the Kali Gandaki which is the northern most village that can be visited without a permit to continue on to Mustang. This village is fascinating with its rich Tibetan cultures and their unique hospitality which influences us greatly. Overnight stay at a hotel.

### **Day 3 : Trek Kagbeni to Muktinath (3,802m) – 3 hrs**

We make a steep climb up the Jhong Khola valley leaving Kagbeni, we then join the direct trail to Muktinath just below Khingar at 3,200m. From here trail continues high above the Jhong Khola to the imposing village of Jharkot at 3,500m. well worth exploring. As we leave Jharkot, the trail climbs up to our ultimate destination of Muktinath at 3,802m. We initially visit Ranipauwa, there are many teahouses and shops. Further 10 minutes walks up the hill, we will be rewarded with

the actual religious site of Muktinath. Muktinath is a pilgrimage center for Buddhists and Hindus. Holy water flows from the 108 carved spouts surrounding the Vishnu temple in a grove of poplars. There are shrines in a grove of trees including a Buddhist Gumpa & the Vishnu temple of Jwalamai. An old temple nearby shelters a spring and natural gas jets that provides Muktinath's famous eternal flame. It's the earth-water-fire combination that accounts for Muktinath's great religious significance. Overnight stay at a hotel.

#### **Day 4 : Drive from Muktinath to Tatopani (1190 m.) – 4 hrs walk**

With a beautiful morning, having breakfast then we follow the river through a narrow gorge, and descend to cross a bridge near a spectacular waterfall, before winding through the valley to Tatopani. The hot water springs that give the village its name provide the perfect opportunity for a good scrub.

#### **Day 5 : Trek Tatopani to Sikha – 5 hrs walk**

Crossing the Kali Gandaki River we slowly climb steeply up the village of Sikha, which is inhabited by Magars. Overnight stay at a hotel.

#### **Day 6 : Trek Sikha to Ghorepani – 3 hrs walk**

We start walking in the morning after breakfast from Sikha along the path that leads to the Rhododendrons forest and you can see the Annapurna South, hidden by a ridge smiling at you. We will walk past the villages of Banthanti and Nangathanti through the forest to reach Ghorepani. Ghorepani is a settlement of Poon Magars.

#### **Day 7 : Trek Ghorepani to Tadapani (2590 m.) – 5 hrs walk**

Early in the morning you hike up 45 minutes to Poon Hill for sunrise (Poon Hill is one of the best place to view Sunrise in Nepal) from there we can see a marvelous view which are Annapurna ranges, Dhaulagiri ranges, Nilgiri, Fishtail after taking good time in Poon Hill trek back down to the Ghorepani then trek to Tadapani 4/5 hours through nice jungle walk. Stay overnight at hotel.

#### **Day 8 : Trek Tadapani to Ghandruk (2012m.) – 3 hrs walk**

Trek to Ghandruk 3 hours walking through jungle and downhill. During the trail you will enjoy birds watching. Ghandruk is one of the biggest Gurung Village. They have own language, dress, typical foods, house. There is nice view of Annapurna South and Fishtail. Overnight stay at hotel.

#### **Day 9 : Trek Ghandruk to Nayapul (5 hrs walk) and drive to Pokhara (approx. 1 hr drive)**

Trek Back to Pokhara 5 hours walking downhill to Nayapul then drive back to Pokhara one hour by Private car/van. Overnight stay at a hotel.

## Day 10 : Drive Pokhara / Kathmandu

It takes about 4 – 5 hours to drive back to Kathmandu crossing over some mountain passes and rivers along the way. In the evening we enjoy a farewell dinner and reflect on a great adventure.

## Inclusions

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### What is included?

- Arrival and departure transfer services for Airport – Hotel – airport.
- Accommodation in Kathmandu & Pokhara including breakfast.
- Trekking Lodge/teahouse and tented accommodation during trekking and climbing session
- A day sightseeing in Kathmandu with an experienced city guide, all entrance fees, and private vehicle
- Experienced and government-licensed high-altitude trekking guide during the trekking period
- Schedule flight tickets for pokhara to Jomsom.
- 3 fresh & hygienic meals a day: Breakfast, lunch, and dinner during the trip.
- Trekking permit .
- First aid medical kits for the group and the staff.
- Oxygen meter to check your pulse and oxygen saturation and heart rate twice daily (Very useful to check Altitude Mountain Sickness(AMS) symptoms) which will ensure your health during the trek.

### What isn't included?

- Lunch and Dinner during your stay in Kathmandu (except farewell dinner).
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, health bars.
- Items of personal nature - laundry expenses, tips.
- Rescues, repatriation, medicines, medical tests, and hospitalization expenses.
- Medical insurance and emergency rescue evacuation if required.
- Travel insurance and helicopter rescue.
- Airfare of international flights.
- Nepal entry visa fee (easy to obtain the visa on arrival at Tribhuvan International Airport – Kathmandu). \$25 USD for 15-day visa.

- Tips, gifts, souvenirs.
- Tips for the guide, porter, and driver (tipping is expected)

## **Complimentary**