

# 8848 Nepal

## Muktinath Tour

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### Trip Facts

**Trip Duration:** 7 Days

**Difficulty Level:** Moderate

**Trip Area:** Mustang, Gandaki Province

**Maximum Altitude:** 3710m/12,171.92ft-Muktinath Temple

**Best Season:** September-November and March-May.

**Meals:** Breakfast, Lunch & Dinner

**Accommodation:** Hotels, Resorts & Lodges

**Transportation:** Flight, Car, Jeep or Bus

**Trip Start:** Kathmandu

**Trip End:** Kathmandu

### Itinerary Highlights

- Muktinath Temple
- Jomsom
- Kagbeni
- Marpha Village
- Jharkot Monastery
- Cultural Encounters
- Thermal Springs
- Wildlife and Flora

### Trip Overview

The Muktinath tour is a captivating journey that combines spiritual pilgrimage, cultural

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immersion, and the breathtaking natural beauty of Nepal's Mustang district. Situated at an altitude of 3,710 meters (12,172 feet), Muktinath is a revered site for both Hindus and Buddhists, attracting pilgrims from around the world. The temple is dedicated to Lord Vishnu, known as Muktinath (the "Lord of Salvation"), and is also a significant site for Buddhists, who refer to it as Chumig Gyatsa, meaning "Hundred Waters." Muktinath Temple itself is an extraordinary site. The temple complex features 108 sacred water spouts (Muktidhara) and two holy ponds (Mukti Kunda), where pilgrims bathe to cleanse themselves of sins and attain salvation. Inside the temple, the eternal flame (Jwala Mai), fueled by natural gas, has been burning for centuries, symbolizing the divine presence. The serene and spiritual atmosphere of the temple, combined with the backdrop of the majestic Himalayas, provides a profound sense of peace and reverence. Apart from the spiritual significance, the Muktinath tour offers rich cultural experiences. The region is home to ancient monasteries, traditional Tibetan-style villages, and a way of life that has remained largely unchanged for centuries. Visiting local monasteries and interacting with the warm and hospitable people of Mustang provide valuable insights into their unique customs and traditions. The tour also presents opportunities for trekking enthusiasts to explore the rugged terrain and enjoy panoramic views of some of the highest peaks in the world.

The tour typically begins in Pokhara, a vibrant city known for its picturesque Phewa Lake and panoramic views of the Annapurna and Dhaulagiri mountain ranges. From Pokhara, travelers usually take a scenic flight to Jomsom, the gateway to Muktinath. The flight offers stunning aerial views of the Himalayas, setting the tone for the spiritual and adventurous journey ahead. Upon reaching Jomsom, visitors either trek or drive by jeep to Muktinath, passing through charming villages like Kagbeni and Jharkot, which are steeped in Tibetan culture and tradition. Travelers can expect basic but comfortable accommodations along the way, ranging from tea houses and guesthouses to more established lodges in Jomsom and Pokhara. The best times to embark on the Muktinath tour are during the spring (March to May) and autumn (September to November) seasons, when the weather is favorable, and the skies are clear, offering excellent visibility of the mountains.

In summary, a Muktinath tour is a unique blend of spiritual enrichment, cultural discovery, and natural splendor. Whether one is seeking spiritual fulfillment, an adventure through diverse landscapes, or a glimpse into the rich cultural tapestry of Nepal, the Muktinath tour promises an unforgettable and deeply rewarding experience.

### Detail Itinerary

#### Day 1: Arrival in Kathmandu

**Arrival:** Arrive at Tribhuvan International Airport in Kathmandu.

**Transfer:** Transfer to the hotel and check-in.

**Rest:** Rest and refresh after your journey.

**Briefing:** Attend a trip briefing about the Muktinath tour.

**Overnight Stay:** Hotel in Kathmandu.

#### Day 2: Kathmandu to Pokhara

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**Breakfast:** Enjoy breakfast at the hotel.

**Travel to Pokhara:** Drive (approximately 6-7 hours) or fly (30 minutes) to Pokhara.

**Sightseeing:** If time permits, explore Pokhara's lakeside area and landmarks such as Phewa Lake and Davis Falls.

**Overnight Stay:** Hotel in Pokhara.

### Day 3: Pokhara to Jomsom

**Early Morning Drive:** Drive by jeep to Jomsom via Beni. The journey covers approximately 155 kilometers and takes around 8-9 hours.

**Lunch:** Stop for lunch at a local restaurant along the way.

**Scenic Views:** Enjoy views of the Annapurna and Dhaulagiri ranges.

**Arrival in Jomsom:** Arrive in Jomsom and check-in at the guesthouse.

**Explore Jomsom:** Brief walk around Jomsom to acclimatize.

**Overnight Stay:** Guesthouse in Jomsom.

### Day 4: Jomsom to Muktinath

**Breakfast:** Early breakfast at the guesthouse.

**Drive to Muktinath:** Drive by jeep to Muktinath, covering approximately 21 kilometers in about 2 hours.

**Muktinath Temple Visit:** Visit the sacred Muktinath Temple, take a holy bath in the 108 water spouts, and visit the two holy ponds.

**Jharkot Monastery:** Visit the nearby Jharkot Monastery.

**Lunch:** Enjoy lunch in Muktinath or nearby village.

**Return to Jomsom:** Drive back to Jomsom in the afternoon.

**Overnight Stay:** Guesthouse in Jomsom.

### Day 5: Jomsom to Pokhara

**Breakfast:** Early breakfast at the guesthouse.

**Drive to Pokhara:** Drive back to Pokhara, enjoying scenic views along the way.

**Lunch:** Stop for lunch at a local restaurant en route.

**Arrival in Pokhara:** Arrive in Pokhara and check-in at the hotel.

**Relaxation:** Free time to relax or explore Pokhara's lakeside.

**Overnight Stay:** Hotel in Pokhara.

### Day 6: Pokhara to Kathmandu

**Breakfast:** Breakfast at the hotel.

**Return to Kathmandu:** Drive (approximately 6-7 hours) or fly (30 minutes) back to Kathmandu.

**Lunch:** Lunch en route or upon arrival in Kathmandu.

**Sightseeing:** If time permits, visit nearby attractions such as Swayambhunath (Monkey Temple) or Durbar Square.

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**Farewell Dinner:** Enjoy a traditional Nepali farewell dinner with cultural performances.

**Overnight Stay:** Hotel in Kathmandu.

### Day 7: Departure

**Breakfast:** Final breakfast at the hotel.

**Free Time:** Depending on your flight schedule, you may have time for last-minute shopping or sightseeing.

**Transfer to Airport:** Transfer to Tribhuvan International Airport for your departure flight or keep exploring Nepal.

### Cost Includes

- Accommodation
- Transportation
- Meals
- Permits and Fees
- Guide and Support Staff
- Sightseeing

### Cost Includes

- International Airfare
- Visa Fees
- Personal Expenses
- Travel Insurance
- Optional Activities
- Tips and Gratuities
- Equipment and Gear
- Additional Costs
- Extras

### Guidelines / Information

#### Documentation:

- Ensure your passport is valid for at least six months from the date of entry into Nepal.
- Obtain a Nepal visa, available on arrival at Kathmandu airport or from Nepalese consulates abroad.
- Carry multiple copies of your passport, visa, and recent passport-sized photographs.

#### Health and Fitness:

- Consult with your doctor regarding high-altitude travel and ensure you are in good health.
- Carry necessary medications, including those for altitude sickness (e.g., Diamox).

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- Get any recommended vaccinations for travel to Nepal.

### **Travel Insurance:**

- Purchase comprehensive travel insurance that covers high-altitude trekking, medical emergencies, evacuation, trip cancellations, and baggage loss.

### **Packing Essentials:**

- Thermal layers, down jacket, windproof and waterproof jacket.
- Comfortable trekking shoes with good ankle support.
- Sunglasses, sunscreen, lip balm, and a hat for sun protection.
- Personal toiletries and a small first-aid kit.
- Reusable water bottle and water purification tablets or filter.

### **Altitude Awareness:**

- Acclimatize properly by taking it slow and staying hydrated.
- Be aware of symptoms of altitude sickness such as headaches, dizziness, nausea, and shortness of breath.
- Inform your guide immediately if you experience severe symptoms.

### **Cultural Sensitivity:**

- Respect local customs and traditions, especially at religious sites.
- Dress modestly, covering shoulders and knees, particularly at temples and monasteries.
- Always ask for permission before taking photographs of people or religious sites.

### **Environmental Responsibility:**

- Follow the principle of “Leave No Trace” by not littering and carrying back all non-biodegradable waste.
- Avoid using single-use plastics; bring a reusable water bottle.

### **Safety Guidelines:**

- Always stay with the group and follow the guide’s instructions.
- Avoid wandering off alone, especially in remote areas.
- Keep your valuables secure and be cautious in crowded places to avoid pickpocketing.

### **Health Precautions:**

- Drink plenty of water and eat a balanced diet to maintain energy levels.
- Use hand sanitizers regularly and avoid consuming raw or street food to prevent gastrointestinal issues.

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### **Local Interactions:**

- Be polite and courteous to locals and fellow travelers.
- Learn a few basic phrases in Nepali to show respect and enhance interactions.

### **Contact Information:**

- Keep emergency contact numbers handy, including your guide's number, local emergency services, and your country's embassy.
- Share your itinerary and contact information with family or friends back home.

### **Emergency Situations:**

- In case of serious altitude sickness or other medical emergencies, follow your guide's instructions for evacuation.
- Emergency evacuation may be required via helicopter for severe cases; ensure your insurance covers this.

### **Travel Disruptions:**

- Be prepared for possible travel disruptions due to weather conditions or road blockages.
- Keep some extra funds and flexible travel arrangements to accommodate unexpected changes.

### **Health Monitoring:**

- Monitor your health for a few days after returning from high altitudes to ensure no delayed symptoms of altitude sickness.