

Jomsom Muktinath Trek with Poon Hill

Overview:

The Jomsom Muktinath Trek with Poon Hill is one of Nepal's most diverse and rewarding trekking journeys, combining breathtaking Himalayan views, ancient cultural heritage, and the unique landscapes of the Annapurna and Mustang regions. This trek offers an incredible contrast of scenery, beginning through lush green hills, traditional Gurung villages, and rhododendron forests before gradually entering the dry, windswept landscapes of the Mustang region.

The journey begins with a scenic trail through the famous Ghorepani and Poon Hill route, where trekkers are rewarded with one of Nepal's most spectacular sunrise viewpoints. From Poon Hill (3,210 m), we will witness panoramic views of some of the Himalayas' most iconic peaks, including Annapurna, Dhaulagiri, Machhapuchhre (Fishtail), Nilgiri, and Hiunchuli. The trail continues through beautiful mountain villages, terraced farmlands, and the world's deepest Kali Gandaki Valley, offering a perfect blend of natural beauty and local culture.

As we move deeper into the Mustang region, the landscape transforms dramatically into a high-altitude desert with rugged cliffs, ancient settlements, and strong Tibetan cultural influences. The trek takes us to Muktinath (3,710 m), one of Nepal's most important pilgrimage sites for both Hindus and Buddhists. Surrounded by spectacular Himalayan scenery, Muktinath is renowned for its sacred temple, natural springs, and the eternal flame, creating a unique spiritual and cultural experience.

The trail then continues through historic villages such as Kagbeni, Marpha, and Tukuche, where we can experience traditional architecture, Thakali hospitality, and the lifestyle of communities living along the ancient Himalayan trade route. With the option of a scenic mountain flight from Jomsom to Pokhara, this trek combines comfortable walking days with unforgettable landscapes and cultural discoveries.

Ideal for trekkers seeking a complete Annapurna experience, the Jomsom Muktinath Trek with Poon Hill offers a perfect balance of adventure, culture, and natural beauty. From lush forests and Himalayan viewpoints to sacred sites and the dramatic Mustang wilderness, this trek provides an unforgettable journey through some of Nepal's most diverse and iconic landscapes.

Quick facts:

Cost: USD per Person

Destinations: Pokhara / Nayapul / Poonhill / Tatopani / Kagbeni / Muktinath / Jomsom

Duration: 14 Days

Trek starting point: Nayapul

Trek ending point: Jomsom

Grade: Moderate

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 3,710 m

Activities: Hiking & trekking, cultural tour, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrival at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight stay at the hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight stay at a hotel.

□ **Day 3: Drive from Kathmandu to Pokhara (822 m) : 7 – 8 hours drive**

We will begin our Jomsom Muktinath Trek with Poon Hill journey with a scenic drive from Kathmandu to Pokhara, following the famous Prithvi Highway through the beautiful landscapes of central Nepal. The route takes us alongside the Trishuli and Marsyangdi Rivers, passing through terraced hillsides, green valleys, rural villages, and charming countryside settlements.

Throughout the drive, we will enjoy changing views of Nepal's natural beauty, from winding rivers and rolling hills to traditional communities nestled among the mountains. As we approach Pokhara (822 m), the gateway to the Annapurna region, we will get our first glimpses of the Himalayan surroundings. Upon arrival, we will transfer to the hotel and have time to relax while preparing for the trekking adventure ahead. Overnight stay at a hotel.

□ **Day 4: Drive to Nayapul (1,010 m) and Trek to Tikhedhunga (1,540 m)**

After breakfast in Pokhara, we will take a scenic drive towards Nayapul, the starting point of our Jomsom Muktinath Trek with Poon Hill. The journey follows a beautiful countryside road through green hills, terraced farmlands, and traditional villages, offering a glimpse of the peaceful landscapes surrounding the Annapurna region.

Upon reaching Nayapul (1,010 m), we will begin our trek towards Tikhedhunga. The trail follows the Modi Khola valley, passing through charming villages, lush forests, and terraced fields while gradually gaining elevation. Along the way, we will experience the warm hospitality of local communities and enjoy views of the beautiful foothills of the Annapurna region.

After approximately 3–4 hours of trekking, we will arrive at Tikhedhunga (1,540 m), a peaceful village surrounded by green hills and mountain scenery. We will rest and prepare for the upcoming trek towards Ghorepani and Poon Hill. Overnight stay at a teahouse lodge.

▯ **Day 5: Trek to Ghorepani (2,874 m): Walking distance: 11 – 12 km: 6 – 7 hours**

Leaving Tikhedhunga behind, we will begin our ascent towards Ghorepani, one of the most beautiful and famous villages along the Annapurna trekking route. The trail starts with a climb through the traditional Magar village of Ulleri, followed by a steady uphill walk through dense rhododendron and oak forests. As we gain altitude, the surrounding landscapes become increasingly spectacular, with glimpses of the Himalayan peaks appearing between the trees.

The route continues through peaceful forest trails and charming mountain settlements, offering beautiful views of lush hills, valleys, and the Annapurna and Dhaulagiri mountain ranges. During the spring season, the rhododendron forests add vibrant colors to the trail, making this section one of the most scenic parts of the trek.

After approximately 6–7 hours of trekking, we will reach Ghorepani (2,874 m), a picturesque mountain village and the gateway to the famous Poon Hill viewpoint. The village offers breathtaking views of the surrounding Himalayan peaks and provides a perfect resting place before our early morning hike to Poon Hill. Overnight at a teahouse lodge.

▯ **Day 6: Hike to Poon Hill (3,210m) and Trek to Tatopani (1,190 m): Walking distance | 15 – 17 km | 7 – 8 hours**

We will begin the day with an early morning hike to Poon Hill (3,210 m), one of Nepal's most famous viewpoints and a major highlight of the Annapurna region. From the summit, we will enjoy a breathtaking sunrise over the Himalayas, with panoramic views of Annapurna, Dhaulagiri, Machhapuchhre (Fishtail), Nilgiri, Hiunchuli, and other surrounding peaks. After spending time at the viewpoint, we will return to Ghorepani for breakfast and continue our trek towards Tatopani.

The trail gradually descends through beautiful rhododendron and oak forests, passing traditional villages, terraced farmlands, and peaceful mountain landscapes. As we lose elevation, the scenery changes from alpine forests to warmer subtropical vegetation, with views of the Kali Gandaki Valley and surrounding hills along the way.

After approximately 7–8 hours of trekking, we will arrive at Tatopani (1,190 m), a charming village famous for its natural hot springs. After the long day of walking, we can relax and enjoy the peaceful atmosphere of this riverside settlement. Overnight at a teahouse lodge.

▣ **Day 7: Trek from Tatopani to Ghasa (2,010m): Walking distance | 13 – 14 | 5 – 6 hours**

Continuing deeper into the Kali Gandaki Valley, we will make our way from Tatopani towards the beautiful mountain village of Ghasa. The trail follows the historic route along the Kali Gandaki River, passing through lush forests, cascading waterfalls, terraced farmlands, and traditional settlements. This section of the trek offers a gradual transition from the greener lower Annapurna landscapes into the drier and more dramatic terrain of the Mustang region.

As we gain elevation, we will walk through peaceful villages and scenic woodland paths while enjoying impressive views of the surrounding hills and Himalayan peaks. The route provides a wonderful opportunity to experience the unique culture, traditions, and daily lifestyle of communities living along this ancient Himalayan trade route.

After approximately 5–6 hours of trekking, we will reach Ghasa (2,010 m), a charming village located in the northern part of the Kali Gandaki Valley. Surrounded by beautiful forests, rivers, and mountain landscapes, Ghasa provides a peaceful resting place before continuing our journey towards the Jomsom and Muktinath region. Overnight at a teahouse lodge.

▣ **Day 8: Trek from Ghasa to Tukuche(2,590m): Walking distance: 14 – 16 km: 6 – 7 hours**

Today, we will continue our journey through the spectacular Kali Gandaki Valley as we trek towards the historic village of Tukuche. The trail gradually ascends through diverse landscapes, following the ancient Himalayan trade route while passing through pine forests, traditional settlements, and wide river valleys surrounded by impressive mountain scenery.

As we make our way north, we will experience the dramatic transformation of the landscape, with greener valleys gradually giving way to the dry and rugged terrain of the Mustang region. Along the trail, we will pass through charming villages influenced by Thakali culture and enjoy magnificent views of Dhaulagiri, Nilgiri, Annapurna, and Tukuche Peak.

After approximately 6–7 hours of trekking, we will reach Tukuche (2,590 m), a beautiful settlement known for its traditional stone houses, rich Thakali heritage, and important role along the historic salt trading route between Nepal and Tibet. Surrounded by spectacular Himalayan landscapes, Tukuche provides a perfect place to rest and experience the unique culture of the region. Overnight at a teahouse lodge.

▯ **Day 9: Trek from Tukuche to Kagbeni(2,800m): Walking distance | 18 – 20 km | 7 – 8 hours**

Embarking on another scenic section of our journey, we will leave Tukuche and continue towards the ancient settlement of Kagbeni, following the remarkable landscapes of the Kali Gandaki Valley. The trail takes us through the heart of the Mustang region, where the lush mountain scenery gradually changes into a dry, desert-like landscape shaped by wind, rivers, and centuries of Himalayan history.

Along the way, we will pass through traditional villages including Marpha, famous for its apple orchards and charming whitewashed houses, before reaching Jomsom, the main town of the Mustang district. The route provides spectacular views of Dhaulagiri, Nilgiri, Annapurna, and the surrounding Himalayan peaks, while offering insight into the unique Thakali culture and lifestyle of the region.

Continuing along the Kali Gandaki River, we will reach Kagbeni (2,800 m), a historic village situated at the entrance of the Upper Mustang region. Surrounded by dramatic cliffs and ancient Buddhist heritage, Kagbeni is known for its traditional architecture, old monasteries, and narrow stone-paved alleys that reflect the rich culture of the trans-Himalayan region. Overnight at a teahouse lodge.

▯ **Day 10: Trek from Kagbeni to Muktinath(3,710 m) : Walking distance | 12 – 13 km | 5 – 6 hours**

Leaving the ancient village of Kagbeni behind, we will continue our trek towards the sacred pilgrimage site of Muktinath, following a scenic trail through the dramatic landscapes of the Mustang region. The route gradually climbs through dry valleys, rocky terrain, and traditional settlements while offering magnificent views of the surrounding Himalayan peaks and the unique trans-Himalayan environment.

As we gain elevation, we will pass through charming villages such as Jharkot and Khingar, where we can observe traditional Tibetan-influenced architecture, ancient monasteries, and the peaceful lifestyle of local communities. Along the way, we will enjoy breathtaking views of Dhaulagiri, Nilgiri, Tukuche Peak, and the Annapurna ranges.

After approximately 5–6 hours of trekking, we will arrive at Muktinath (3,710 m), one of Nepal's most important religious sites for both Hindus and Buddhists. The area is famous for the sacred temple, natural spring waters, and the eternal flame believed to be fueled by natural gas. Surrounded by spectacular mountain scenery, Muktinath offers a unique combination of spiritual significance, cultural heritage, and Himalayan beauty. Overnight at a teahouse lodge.

▮ **Day 11: Trek from Muktinath to Jomsom (2,720m): Walking distance | 15 – 16 km | 5 – 6 hours**

After exploring the sacred surroundings of Muktinath, we will begin our descent towards Jomsom, following a scenic trail through the beautiful landscapes of the Mustang region. The route takes us through dry valleys, open hillsides, and traditional villages, offering a final opportunity to experience the unique beauty and culture of the trans-Himalayan landscape. As we descend, we will pass through charming settlements such as Jharkot, Khingar, and Marpha, where we can observe traditional stone houses, Buddhist monasteries, and the distinctive lifestyle of the local communities. The trail follows sections of the Kali Gandaki Valley, with impressive views of Dhaulagiri, Nilgiri, Annapurna, and Tukucho Peak accompanying us throughout the journey.

After approximately 5–6 hours of trekking, we will arrive at Jomsom (2,720 m), the administrative center of the Mustang region and a popular gateway for trekking and mountain flights. Surrounded by dramatic Himalayan landscapes and known for its strong winds and unique desert-like scenery, Jomsom marks the conclusion of our trekking section. Overnight at a teahouse lodge.

▮ **Day 12: Morning flight from Jomsom to Pokhara: Flight Duration: 20 – 30 minutes**

After breakfast, we will take a scenic mountain flight from Jomsom to Pokhara, enjoying one of the most spectacular aerial journeys in Nepal. The flight follows the Kali Gandaki Valley, passing between the towering peaks of Annapurna and Dhaulagiri, offering breathtaking views of snow-capped mountains, deep valleys, and dramatic Himalayan landscapes.

Upon arrival in Pokhara, we will transfer to the hotel and have time to relax after completing our Jomsom Muktinath Trek with Poon Hill. Depending on your interest and available time, you can explore the peaceful lakeside area, enjoy views of Phewa Lake, or simply rest and reflect on the unforgettable trekking experience through the Annapurna and Mustang regions. Overnight stay at a hotel.

▮ **Day 13: Drive from Pokhara to Kathmandu (1,400m): 7 – 8 hours drive**

After breakfast in Pokhara, we will begin our scenic drive back to Kathmandu, following the Prithvi Highway through the beautiful landscapes of central Nepal. The journey takes us alongside the Trishuli and Marsyangdi Rivers, passing through terraced hillsides, green valleys, traditional villages, and bustling countryside settlements.

As we leave the Annapurna region behind, we will enjoy the final views of Nepal's diverse landscapes and observe the daily lifestyle of local communities along the way. After approximately 7–8 hours of driving, we will arrive in Kathmandu (1,400 m) and transfer to the hotel. The remainder of the day will be free for relaxation, shopping, or exploring the cultural highlights of the Kathmandu Valley. Overnight stay at a hotel.

▯ **Day 14: Farewell and departure**

Today marks the end of our unforgettable Jomsom Muktinath Trek with Poon Hill through the diverse landscapes of the Annapurna and Mustang regions. Depending on your flight schedule, we will arrange a timely transfer to Tribhuvan International Airport for your final departure from Nepal. Our team will assist you with the airport transfer and ensure a smooth and comfortable end to your Himalayan adventure.

As we say goodbye, we hope the breathtaking sunrise from Poon Hill, the sacred beauty of Muktinath, the dramatic landscapes of the Kali Gandaki Valley, and the warm hospitality of the mountain communities have created lasting memories. Thank you for sharing this journey with us, and we look forward to welcoming you again for another incredible trekking experience in the Himalayas.

Alternative: YOU CAN ALSO TAKE A DOMESTIC FLIGHT FROM POKHARA TO KATHMANDU. THE DURATION OF THE FLIGHT IS ABOUT 30 MINUTES. ONE-WAY FLIGHT COSTS AROUND 125 USD PER PERSON. WE CAN MAKE A FLIGHT RESERVATION FOR YOU. PLEASE LET US KNOW.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Flight from Jomsom to Pokhara
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☐ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☐ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☐ Domestic flight POK – KTM
- ☐ Personal interest items or gears
- ☐ Tips to guide / driver / porter
- ☐ Lunch and dinner in Kathmandu and Pokhara
- ☐ Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ☐ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☐ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.