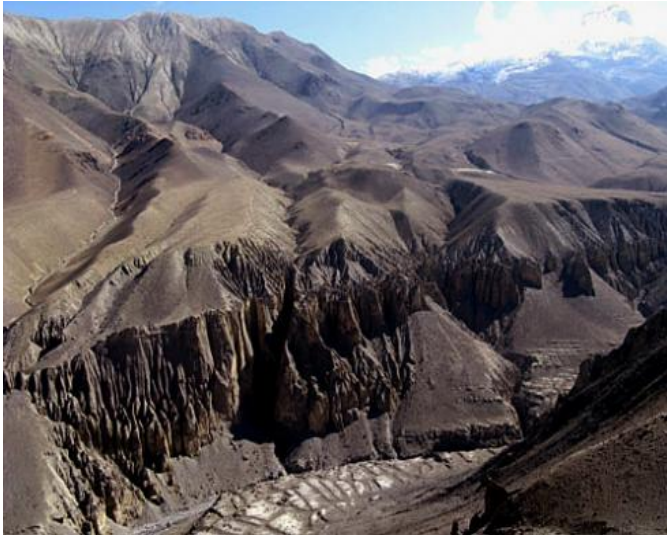


Trekking Type : TeaHouse/Camping
Trekking Grade : Medium-Hard
Trekking Duration : 12 Days
People In Group : 1+
Trekking Price : \$.0
Max. Elevation : 3817 mt.



Trekking highlights:

Jomsom Muktinath Trekking - Sunrise and mountains view from [Poonhill](#), typical Magar village in Ulleri, natural hot spring at

Tatopani

, world's deepest Kaligandaki gorge, typical

Thakali village

in Tukucho and Marpha, monasteries in Tukucho, Marpha, Kagbeni, Jharkot and Muktinath, eternal frame in Muktinath, shaligram, the stone Vishnu available on the

Kaligandaki valley

.

[Jomsom Muktinath Trekking](#)

-The

Jomsom-Muktinath

trail is often covered with trains of donkeys and ponies traveling to Mustang and other areas in

the north of

[Nepal](#)

. Some major attractions include typical

[Mustang](#)

villages such as

Tukuche, Marpha

and Jharkot with its medieval King's Palace and Bonpo Gumpa. The deepest gorge, Kaligandaki is another attraction of this route. Muktinath is a popular sacred place for

Hindu, Buddhist

Pilgrims and ascetic Sadhus. The temple is situated with 108 water tapes emerging from sacred water springs.

Trekking in the Annapurna Region...

Nature's delights envisaged in eco-realities...

The Annapurna region is geographically based towards the north of Central Nepal. This area is known to be the most popular and a major trekking destination in Nepal. According to a recent survey by the Trekkers Paradise Group (TPG-USA) Annapurna region has been recognized as one of the world's best trekking trails to hike on. More than 40,000 tourists annually visit this area. The Annapurna trekking region consists of peaks Annapurna I, II, III, IV, those of Annapurna South peaks, Mt. Dhaulagiri and several other peaks. The major highlights when trekking in this region are the ancient mid-western salt route settlements of Manang, Thorong La pass between Nepal and Tibet, Muktinath Temple and the deepest gorge of world Kali Gandaki. The Gateway to the Annapurna trekking region is the famous city of Pokhara.

Mustang, or Lo Manthang, the desert plateau located in the upper valley of the River Kali Gandaki, and to the north of the main Himalayan range also falls in this region. Tourist access to Mustang is controlled to help retain its exclusiveness. The highlights of the trek include the visit to the Mustang Palace, the visit to Lo Manthang and pony rides up to the Nepal-Tibet border.

The region is said to have seven ethnic groups living and working in this area, from Hindu farmers to Tibetan Lamas. The most prominent ethnic groups of Annapurna region are

Gurungs, Thakali and Manangba. Due to the extremes of elevation the region contains a remarkable diversity of flora; from sub-tropical lowland forests of oak, bamboo and rhododendron in the south to the high alpine meadows and windswept desert plateaus in the north, most bordering Tibet. The Animals found here are pika, blue sheep and Himalayan Tahr.

The well known trekking routes of this region are Jomsom, Annapurna Circuit and Annapurna Base Camp, Sikles, Lamjung, Dhaulagiri, Upper Mustang and within the Pokhara area. The best time to visit is in spring and autumn. Unlike other parts of Nepal, even the monsoon months are ideal to visit Upper Mustang that falls in the rain shadow area. Most trekking routes in the Annapurna region are well serviced by teahouses or better known as tea house lodges.

Whatever the areas of the trek chosen, it is most likely that Pokhara would be either the starting or ending point of your trek in the Annapurna region. *Encounters Nepal* is highly familiar & experienced on almost every trail in this area. We'll escort you into paths hardly tread before...trek the Annapurna with us & experience unique adventure...

Itinerary List

Day 1 : Kathmandu to Pokhara (200 km/ 6-7 hours): Drive by bus/car or fly.

Day 2 : Pokhara to Jomsom and trek to Kagbeni: Fly and trek.

Day 3 : Kagbeni to Muktinath (3817 m): Trek.

Day 4 : Muktinath to Marpha (2709 m): Trek.

Day 5 : Marpha to Ghasa (1970 m): Trek.

Day 6 : Ghasa to Tatopani (1189 m): Trek.

Day 7 : Tatopani to Sikha: Trek.

Day 8 : Sikha to Ghorepani: Trek.

Day 9 : Ghorepani to Tadapani via Poonhill: Trek.

Day 10 : Tadapani to Ghandruk: Trek.

Day 11 : Ghandruk to Pokhara via Birethanti (1040m): Trek, drive for one hour.

Day 12 : Pokhara to Kathmandu (200 km/ 6-7 hours): Drive by bus/car or fly.

Note

12 Days Jomsom Muktinath Trekking Itinerary we are proposing you is only on outline. You could use it to best fitness and interest when practically you are in the field our guide are very

comfortable, flexible and understanding to make your trip with full of pleasure.