

## NEPAL TREKKING: AROUND ANNAPURNA

### HNTR # 4: JOMSOM MUKTINATH TREK

#### Itinerary:

##### Day 01:

Arrival at Kathmandu airport

You will be met by our representative and transfer to hotel. After refreshment in hotel, short briefing about the programs.



**KATHMANDU DURBAR SQUARE:** Durbar Square, one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies.

##### Day 02:

Kathmandu city sightseeing (1315 m)

Today we explore the Kathmandu valley

**SWOYAMBBHUNATH:** Climb the many steps to Swayambhunath (the monkey temple) with its commanding views of Kathmandu, its whitewashed stupas and its unique synthesis of Buddhism and Hinduism.

**PASHUPATINATH:** It's a sacred temple complex on the banks of the holy Bagmati River. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing saddhus draped in burnt-orange and yellow sit serenely meditating - when they are not posing for photos for rupees.

**BOUDHANATH:** The striking Buddha eyes of Boudhanath Stupa watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.

##### Day 03:

Kathmandu – Pokhara

Early morning after breakfast drive to Pokhara by private Car. Upon arrival, check into the hotel. Your afternoon is free for personal activities and a 1-hour boat ride on Fewa Lake.

Dinner and overnight stay at hotel.



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### Day 04:

Fly from Pokhara to Jomsom (2713 m) & trek to Kagbeni (2895 m)

An early morning transfer to airport, fly to Jomsom. This is one of the world's exciting flights to see mountain closely through plane, Annapurna I 8091 m,



Dhaulagiri 8167 m, Fishtail 6997 m and other numerous peaks. You begin your trek to Kagbeni following along the bank of Kali Gandaki River. En- route, you pass through arid part of Kali Gandaki River. Stay overnight at lodge.

### Day 05: Trek from Kagbeni to Muktinath (3795 m)

The Trail steeply ascends for couple of hundred meters. While gradually walking you can enjoy beautiful deserted landscape, caves, old Tibetan Style villages, apple garden, yaks herds, sheep herds and so on. You can look at Thorong La valley straight up to the Muktinath. You can enjoy delicious lunch at Jharkot and visit Monastery believed to be built in 15 century. Now you head towards Muktinath following steep ascent path for half an hour. You stay overnight at Muktinath village. From here you hike to Rani Pauwa (3700m), an important pilgrimage site for both Hindus and Buddhists. Here you come across Natural flaming which really exhilarates you. At this point, you can see splendid view of Dhaulagiri (8165m), Nilgiri (7061m) and others. Now you walk for fifteen minutes to reach Muktinath Temple, where you can enjoy a holy bath of 108 taps. The people of Kagbeni, Jharkot and Muktinath are close to the life style, culture, religion and idea of Tibetan people. Stay overnight at lodge.

### Day 06: Trek Muktinath to Marpha (2667 m)

You now begin to descent down the dramatic Kali Gandaki Gorge, initially through arid country in the same geographical and climatic zone as Tibet. After passing through Jharkot and Khingar, villages with typical Tibetan architecture, you follow the valley floor most of the way to Jomsom which is sprawled along both banks of the Kali Gandaki .From here there are fine views of the Nilgiri peaks. You continue down to Marpha, a delightful Thakali village, complete with a drainage system beneath the flagstone streets. Its narrow alleys and passageways provide welcome shelter from the strong winds of the Kali Gandaki Gorge and Marpha is particularly well known for its apples, apple cider and apple, apricot and peach rakshi. Stay overnight at lodge.



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### Day 07:

Trek from Marpha to Ghasa (2013 m)

Your trail descends steeply through forests to Ghasa, the last Thakali village and the southern-most limit of Tibetan Buddhism. The beginning part of the trail is stretched at almost flat level up to Kalopani and then your trail begins descending steeply to Ghasa. The first part of the trek passes through the windy area covered with pine forests, rhododendron forests and birches are seen. The surrounding area of Ghasa is famous destination for bird watching and wild Marijuana. Here you are quite amazed at the panoramic view of all the gorgeous snowcapped mountains.

### Day 08:

Trek from Ghasa to Tatopani (1189 m)

The trail descends steeply up to Rukse Chhahara (Rukse Waterfall) which is amazing to look at. There is situated the deepest gorge of the world between two mountains Annapurna I (8091 m) and Dhaulagiri I (8167 m) facing each other near Rukse Waterfalls. Now the trail ascends slightly to Tatopani through different human settlements. You can enjoy the hot spring at Tatopani as the word Tatopani is termed after the natural hot spring situated at the bank of the Kali Gandaki River. It is popularly believed that taking bath in Hot Spring helps you to get rid of skin diseases. Stay overnight at lodge.

### Day 09:

Trek from Tatopani to Ghorepani (2853 m)

Your trail passes through flat level of the land at some distance. Then the trail begins ascending steeply for at least one hour. Now path goes up through different villages inhabited by the people of different caste and agricultural land. The majority of the people here serve Gorkha Regiment and Indian Regiment as well. While trekking you cross through the Kali Gandaki river with panormic view of Dhaulagiri and Annapurna ranges. The trail ascends gently all the way to Ghorepani passing through small villages like Phalate, Chitre and so on. While trekking you pass through rhododendron forests and come across the wildlife such as monkeys and birds of various species. You are accompanied by more panoramic views of different mountains. Ghorepani (Watering to Horse) are a small pass and the village of Deurali. Although there is time enough to continue, it is better to stay here overnight so that we can make the morning trip to Poon Hill (3180 m) for an outstanding panorama view of all the mountain peaks. The view you can see from here is probably the best view in the world. Not only this, Poon Hill is crowded by different visitors to enjoy the sunrise and sunset views over the snow-capped mountain. Stay overnight at lodge.



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### Day 10:

Trek from Ghorepani to Poon Hill (3180 m) to Tadapani (2675 m)

Early morning trip to Poon Hill (3232 m) to enjoy the sunrise view over the numerous snowcapped mountain peaks. After breakfast trek Ghorepani to Tadapani (2650 m) through the deep forests of rhododendrons, bamboos and oaks. En- route, you frequently see waterfalls, rocks, wild animals, local birds and green scenarios. Tadapani is a small village surrounded by beautiful forests which grants you a magnificent view of Annapurna South, Hiunchuli, Fishtail, and Annapurna II and so on. Stay overnight at lodge.



### Day 11:

Trek from Tadapani (2675 m) to Ghandruk (1950 m)

It is very easy trek by descending gently all the way through rhododendron, oak and other kinds of dense forests. You could hear different kinds of birds chirping on the way. This is one of the popular destinations for the birds' lovers. Ghandruk is a big Gurung village. There is a handicraft centre and Gurung museum. From this village you could see good views of Annapurna South, Hiunchuli, Gangapurna (7455 m), Annapurna III (7755 m) and Fishtail. Stay overnight at lodge.

### Day 12:

Trek from Ghandruk (1950 m) to Pokhara (900 m)

Your trail descends gradually for at least an hour and follows gravel road for two hours and then steeply descends to Phedi passing through Dhampus village, paddy fields and forest protected by local community. Upon your arrival at Dhampus Phedi, you could take a vehicle to reach Pokhara. Stay overnight at hotel in Pokhara.

### Day 13:

Pokhara – Kathmandu

Early morning after breakfast we'll visit Nepal Mountaineering Museum & later we will drop you at Domestic airport for flight back to Kathmandu. Transfer to Hotel.

### Day 14:

Departure

After breakfast we'll transfer you to airport for final departure or continue your onwards trips. Tour ends with THANK YOU!



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### Package Cost:

1 pax: US \$ 2400  
2 – 4 pax: US \$ 2000  
5 – 8 pax: US \$ 1700  
9+ pax: US \$ 1565

### Single Supplement:

US \$ 385 per person

### Hotels:

Kathmandu: Royal Penguin  
Boutique Hotel

Pokhara: Temple Tree Resort

In the tour it is also possible  
to take **1 hr mountain flight to Everest.**



### SERVICES INCLUDED:

- Accommodation in twin sharing basis with breakfast
- All transfers by private Japanese Vehicle for the whole trip
- Driver expenses for whole trip
- English speaking tour guide for 2 day S/S
- Flight ticket PKR – JOM – PKR – KTM + airport taxes
- Jomsom Muktinath trekking package for 10 days
- Accommodation in normal teahouse lodges while trekking.
- All meals & Tea OR Coffee 3 times a day while on trek
- 1 good English speaking Sherpa guide with necessary porters
- Sightseeing entrance fees
- TIMS card & ACAP permit
- Trekking equipments like: dawn jacket, sleeping bag, trekking stick, water bottle, rain poncho etc.
- Insurance for our staff
- All Government taxes

### SERVICES EXCLUDED:

- Lunch & dinner during stay in Kathmandu, Pokhara
- All bar bills
- Travel insurance
- Any extra cost not mentioned in service include