Muktinath Spiritual Trek – 10 Days

Know About The Muktinath Spiritual Trek

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The Muktinath Spiritual Trek is a sacred journey through the ancient Mustang region of Nepal. This moderate-grade pilgrimage is ideal for spiritual seekers, culture enthusiasts, and mountain lovers alike. Additionally, you will explore dramatic desert landscapes and traditional Tibetan-style villages protected under the Annapurna Conservation Area Project (ACAP).

First, your Muktinath Spiritual Trek adventure begins with a scenic drive or flight from Kathmandu to Pokhara. From there, you will take a mountain flight to Jomsom along the Kaligandaki River valley. Along the way, you will visit ancient monasteries, apple orchards, and stone-paved streets in Marpha. Consequently, you can experience rich Buddhist culture and traditional Himalayan hospitality.

However, the true crown jewel of the Muktinath Spiritual Trek is visiting the revered Muktinath Temple at 3,800 meters. At the temple, pilgrims bathe under 108 sacred water spouts to cleanse their souls. In addition, official travel permits for visiting lower Mustang can be verified through the Nepal Tourism Board. Afterward, you will hike through Jharkot village, enjoying stunning views of Nilgiri and Dhaulagiri.

Furthermore, are you looking to explore more of the region? In fact, the Muktinath Spiritual Trek route easily connects with the Annapurna Circuit Trek or the Mardi Himal Trek. Similarly, you can add our full-day Kathmandu UNESCO World Heritage Tour before starting your trip. Ultimately, the best seasons for this pilgrimage are spring (March to May) and autumn (September to November).

Trek Highlights

- Sacred Muktinath Temple (3,800m): First, visit the holy shrine worshipped by both

Hindus and Buddhists, featuring 108 sacred water spouts.

- Fly Over Kali Gandaki Gorge: Furthermore, enjoy a thrilling flight between Dhaulagiri and Annapurna peaks to Jomsom.
- Apple Capital of Marpha: In addition, stroll through cobbled streets and taste famous local apple products in Marpha village.
- Ancient Monasteries & Jharkot Village: Moreover, discover centuries-old Tibetan Buddhist monasteries, prayer wheels, and fortresses.
- Natural Hot Springs at Tatopani: Additionally, bathe in natural thermal waters along the riverbank to soothe your muscles.
- Pokhara & Kathmandu Stays: Finally, relax by Phewa Lake and explore cultural heritage sites in Nepal’s vibrant cities.

Itinerary

Day 1: Arrival in Kathmandu

Your pilgrimage begins as you arrive at Tribhuvan International Airport in Kathmandu. Our team greets you outside the terminal and transfers you to your hotel. Rest after your flight or explore the bustling streets of Thamel. In the evening, join us for a welcome dinner and trek briefing.

- Elevation: 1,400m / 4,593ft
- Location: Kathmandu
- Accommodation: Hotel in Kathmandu
- Meals: Welcome Dinner

Day 2: Fly or Drive from Kathmandu to Pokhara

Enjoy breakfast before traveling to the scenic lakeside city of Pokhara. You can choose between a short 25-minute domestic flight or a 6 to 7-hour drive along river valleys. Upon arrival, check into your hotel near Phewa Lake. Spend your evening taking a peaceful boat ride or strolling by the shore.

- Elevation: 820m / 2,690ft
- Location: Kathmandu to Pokhara
- Accommodation: Hotel in Pokhara
- Meals: Breakfast

Day 3: Fly from Pokhara to Jomsom & Trek to Kagbeni

Take an early morning mountain flight to Jomsom, the windy gateway to Mustang. Meet your trek crew and begin walking along the stone beds of the Kali Gandaki River. Pass through arid landscapes framed by Mount Nilgiri. Arrive at Kagbeni, an ancient Tibetan village featuring narrow alleys and mud-brick houses.

- Elevation: 2,720m / 8,923ft (Jomsom) 2,810m / 9,219ft (Kagbeni)
- Location: Pokhara \ Jomsom /Kagbeni
- Accommodation: Teahouse / Lodge in Kagbeni
- Meals: Breakfast, Lunch, Dinner

Day 4: Trek from Kagbeni to Muktinath

After breakfast, leave Kagbeni and climb steadily through arid mountain terrain. As you gain

altitude, panoramic views of Dhaulagiri and Thorong Peak open up. Walk through the ancient fortress village of Jharkot. By early afternoon, reach Muktinath and check into your teahouse to rest.

- Elevation: 3,800m / 12,467ft
- Location: Kagbeni to Muktinath
- Accommodation: Teahouse / Lodge in Muktinath
- Meals: Breakfast, Lunch, Dinner

Day 5: Exploration of Muktinath Temple & Trek to Marpha

Wake up early to perform holy rituals and bathe under the 108 water spouts at Muktinath Temple. Visit the eternal flame at Jwala Mai Temple nearby. After breakfast, descend through Jharkot toward Jomsom and continue along the riverbed to Marpha village. Explore Marpha's famous apple orchards and enjoy local cider.

- Elevation: 3,800m / 12,467ft (Muktinath) 2,670m / 8,759ft (Marpha)
- Location: Muktinath / Jomsom / Marpha
- Accommodation: Teahouse / Lodge in Marpha
- Meals: Breakfast, Lunch, Dinner

Day 6: Trek from Marpha to Ghasa

Follow the trail descending through the Kali Gandaki Valley, passing timber-line forests and pine woods. The arid desert landscape gradually transforms into green subtropical forests. Walk past

traditional Thakali hamlets like Tukuche and Kalopani. Arrive at Ghasa village, enjoying towering views of Annapurna I and Nilgiri.

- Elevation: 2,010m / 6,594ft
- Location: Marpha to Ghasa
- Accommodation: Teahouse / Lodge in Ghasa
- Meals: Breakfast, Lunch, Dinner

Day 7: Trek from Ghasa to Tatopani

Begin your morning descent through a dramatic gorge carved by the Kali Gandaki River. Pass Ruptse Chhada waterfall along the path. Continue walking down through lush bamboo and subtropical forests. Reach Tatopani by afternoon and relax in natural thermal hot springs beside the river to refresh your body.

- Elevation: 1,190m / 3,904ft
- Location: Ghasa to Tatopani
- Accommodation: Teahouse / Lodge in Tatopani
- Meals: Breakfast, Lunch, Dinner

Day 8: Drive from Tatopani to Pokhara

Enjoy a relaxing breakfast in Tatopani before boarding a private vehicle or jeep. Drive along scenic mountain roads passing through Beni and Nayapul. Arrive back in Pokhara by early afternoon and check into your lakeside hotel. Spend your evening enjoying fine dining or

relaxing by Phewa Lake.

- Elevation: 820m / 2,690ft
- Location: Tatopani to Pokhara
- Accommodation: Hotel in Pokhara
- Meals: Breakfast, Lunch

Day 9: Fly or Drive from Pokhara Back to Kathmandu

After breakfast, embark on your return journey from Pokhara to Kathmandu by tourist bus or short flight. Upon arrival in the capital city, check into your hotel. Use your free afternoon to shop for souvenirs in Thamel. In the evening, join us for a farewell dinner.

- Elevation: 1,400m / 4,593ft
- Location: Pokhara to Kathmandu
- Accommodation: Hotel in Kathmandu
- Meals: Breakfast, Farewell Dinner

Day 10: Final Departure from Kathmandu

Enjoy a leisurely breakfast at your hotel depending on your flight schedule. Pack your bags and check out. A private vehicle will pick you up from your hotel 3 hours before your scheduled international flight home.

- Elevation: 1,400m / 4,593ft

- Location: Kathmandu Airport
- Accommodation: Departure (N/A)
- Meals: Breakfast

Inclusions

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three-star hotel in Kathmandu and Pokhara breakfast included.
- Guided city tour in Kathmandu by private car/van/ bus.
- Stander meal Lunch, Dinner, and Breakfast and tea house accommodation during the trek.
- A government licensed English speaking Guide during the trek, required number of porters, their food, accommodation, salary, insurance, equipment and a general first aid kit.
- Flight fare from Pokhara – Jomsom – Kathmandu including airport departure taxes in Pokhara.
- Annapurna conservation area permit, and all necessary permits.
- Surface Transfer from Kathmandu.
- Farewell Dinner.
- T-Shirt from company
- Trip Completion Certificate.
- All our government taxes.
- Tourist service charge, VAT.

Exclusions

- Lunch and dinner whilst in Kathmandu.
- Your travel insurance (compulsory).
- International airfare and airport departure tax.
- Nepal entry visa fee (US$ 30 per person) you obtain a visa easily upon your arrival at Tribhuwan International Airport Kathmandu for 60 days from the date of issue. You will require 2 passport size photos.
- Teams of a personal nature such as alcoholic drinks, cold drinks, laundry.
- Personal trekking Equipment.

- Tips for trekking staff and driver.
- Sightseeing/Monument entrance fees.
- Any others expenses which are not mentioned on Price Includes section.
- Tips for guide and porter.