Muktinath Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**14 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3760m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,725 per person**

Trip overview

The Muktinath Trek is a spiritually significant and culturally rich Himalayan journey that leads to one of the most sacred pilgrimage sites in Nepal. Located in the Mustang region, this trek combines dramatic mountain scenery, ancient Hindu-Buddhist heritage, and the unique trans-Himalayan landscape of the Kali Gandaki Valley.

The main highlight of the trek is the holy temple of Muktinath Temple, a revered pilgrimage site for both Hindus and Buddhists. Situated at an altitude of 3,800 meters, Muktinath is believed to be a place of liberation (moksha), attracting pilgrims from Nepal, India, and around the world.

Throughout the journey, trekkers enjoy spectacular views of Himalayan peaks including Dhaulagiri, Annapurna I, and Nilgiri, while experiencing a combination of cultural exploration and moderate trekking adventure. This trek is suitable for both pilgrims and adventure travelers seeking a meaningful Himalayan experience.

Geography and Landscape

The Muktinath Trek is located in the Mustang region of north-central Nepal within Annapurna Conservation Area. The journey typically follows the Kali Gandaki Valley, one of the deepest gorges in the world, flanked by the massive Annapurna and Dhaulagiri ranges.

The landscape is strikingly diverse, transitioning from lush green hills and terraced farmland in the lower regions to arid, desert-like terrain as one moves toward Mustang. This trans-Himalayan environment is heavily influenced by Tibetan plateau geography, featuring dry cliffs, wind-swept valleys, and colorful rock formations.

Key stops along the route include villages such as Jomsom, Kagbeni, and Ranipauwa, each offering unique cultural and scenic experiences. Kagbeni, in particular, is a historic gateway to Upper Mustang and preserves ancient Tibetan-style architecture and traditions.

The highlight of the trek is Muktinath itself, where natural springs and 108 water spouts flow beside a sacred Vishnu temple, symbolizing purification and spiritual liberation.

Climate and Best Time to Trek

The best seasons for the Muktinath Trek are spring (March–May) and autumn (September–November).

During these months, weather conditions are generally stable, skies are clear, and mountain visibility is excellent.

Spring offers pleasant temperatures and blooming landscapes in lower elevations, while autumn provides crisp air and ideal trekking conditions after the monsoon season. Winter (December–February) can be very cold, especially at higher elevations, but still possible for well-prepared trekkers. The monsoon season (June–August) is less favorable due to rain, landslides, and limited visibility in lower regions.

Overall, autumn is the most recommended season for a comfortable and rewarding Muktinath Trek experience.

People and Culture

The Muktinath region is culturally diverse, inhabited by Thakali, Gurung, and Tibetan-influenced Mustang communities. The region reflects a unique blend of Hindu and Buddhist traditions, making it one of the most spiritually significant areas in Nepal.

The Muktinath Temple is a major pilgrimage site where devotees perform rituals for purification and salvation. Nearby villages such as Kagbeni and Jharkot showcase ancient monasteries, prayer wheels, chortens, and traditional stone houses that reflect Tibetan Buddhist heritage.

The Thakali people of the lower Mustang region are also known for their rich culinary traditions, hospitality, and historical role in Himalayan trade routes. The combination of sacred pilgrimage, trans-Himalayan landscapes, and cultural diversity makes the Muktinath Trek a deeply meaningful and visually stunning journey.

Highlights

- Panoramic views of Annapurna, Dhaulagiri, and Nilgiri ranges
- Visit to sacred Muktinath Temple – major pilgrimage site
- Trek through diverse landscapes – forests, valleys, and desert-like terrain
- Kali Gandaki Gorge – world’s deepest gorge
- Tibetan-influenced villages – rich culture and architecture
- Himalayan flora & fauna – rare biodiversity along the trail
- Natural hot springs at Tatopani – relaxation stop
- Moderate trek – suitable for beginners with some experience

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

We will pick you up from the airport. One of our representatives from Nord Extreme will be there to welcome and assist you upon arrival in Kathmandu. The remainder of the day is free to relax after your journey or explore the vibrant streets of Thamel. You may also prepare for the trek ahead and enjoy the lively atmosphere of Nepal’s capital city.

Day 2 : Trek and Permit Preparation in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to trek preparation and permit arrangements before beginning your Himalayan adventure. Our team from Nord Extreme will assist you with permit processing, trekking briefing, gear checking, altitude awareness, and final trip preparation to ensure a safe and comfortable journey ahead. You may also use this day to purchase any last-minute trekking essentials.

Day 3 : Drive or Fly to Pokhara (820m)

Altitude: 1400m - 820m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration - 25 minutes flight or 6-7 hours drive

Travel either by a scenic drive or a short domestic flight to Pokhara, Nepal's beautiful lake city surrounded by Himalayan peaks. Upon arrival, enjoy the peaceful lakeside atmosphere, mountain views, and relaxing environment before beginning the trek.

Day 4 : Drive to Nayapul, Trek to Tikhedhunga (1,540m)

Altitude: 820m - 1540m

Walk: 4-5 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

After a short drive to Nayapul, begin your trek through terraced farmland, riverside trails, and traditional Gurung villages. The route gradually ascends through beautiful countryside landscapes before reaching Tikhedhunga, a peaceful mountain settlement surrounded by green hills.

Day 5 : Trek to Ghorepani (2,860m)

Altitude: 1540m - 2860m

Walk: 6-7 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today's trail climbs steadily through dense rhododendron forests and long stone staircases while offering stunning views of Annapurna and Dhaulagiri. As you ascend higher into the mountains, enjoy the peaceful forest atmosphere before arriving at the beautiful hill village of Ghorepani.

Day 6 : Poon Hill Sunrise, Trek to Tatopani (1,200m)

Altitude: 2860m - 3210m - 1200m

Walk: 6-7 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Wake early for a sunrise hike to Poon Hill, one of Nepal's most famous viewpoints, offering breathtaking panoramic views of Annapurna, Dhaulagiri, Machhapuchhre, and surrounding Himalayan peaks glowing in the morning light. After enjoying the scenery, descend through forests and villages toward Tatopani, known for its natural hot springs.

Day 7 : Trek to Ghasa (2,010m)

Altitude: 1200m - 2010m

Walk: 5-6 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Follow the Kali Gandaki River through dramatic gorges, waterfalls, suspension bridges, and terraced farmland while gradually ascending toward Ghasa. The trail offers beautiful natural scenery and peaceful mountain landscapes throughout the day.

Day 8 : Trek to Marpha (2,670m)

Altitude: 2010m - 2670m

Walk: 5-6 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today's trek enters the traditional Thakali region, passing charming villages, apple orchards, and dry mountain landscapes. Marpha is famous for its whitewashed houses, narrow stone-paved alleys, monasteries, and local apple products, offering a unique cultural experience.

Day 9 : Trek to Kagbeni (2,800m)

Altitude: 2670m - 2800m

Walk: 4-5 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Continue trekking through the windy and arid landscapes of the Mustang region toward Kagbeni, a historic medieval village located at the gateway to Upper Mustang. The village is rich in Tibetan culture, ancient monasteries, prayer wheels, and traditional mud-brick houses.

Day 10 : Trek to Muktinath (3,760m)

Altitude: 2800m - 3760m

Walk: 4-5 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Ascend steadily through dramatic Himalayan landscapes toward the sacred pilgrimage site of Muktinath. The temple complex is revered by both Hindus and Buddhists and offers spiritual significance along with breathtaking mountain scenery. Spend time exploring the temples, prayer wheels, and surrounding monasteries.

Day 11 : Explore Muktinath, Trek to Jomsom (2,720m)

Altitude: 3760m - 2720m

Walk: 5 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

After exploring the sacred surroundings of Muktinath, begin descending through dry Himalayan valleys and traditional mountain settlements toward Jomsom. Known for its strong winds, apple orchards, and mountain scenery, Jomsom is a lively town in the Mustang region with a unique Himalayan atmosphere.

Day 12 : Fly to Pokhara (820m)

Altitude: 2720m - 820m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration - 20-25 minutes flight

Take a scenic mountain flight from Jomsom to Pokhara while enjoying spectacular aerial views of the Annapurna and Dhaulagiri ranges. Upon arrival, spend the rest of the day relaxing by Phewa Lake or exploring Pokhara's cafes, restaurants, and lakeside streets.

Day 13 : Return to Kathmandu (1,400m)

Altitude: 820m - 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration - 25 minutes flight or 6-7 hours drive

Travel back to Kathmandu by flight or scenic drive through river valleys, hills, and countryside landscapes. Upon arrival, enjoy free time for shopping, sightseeing, or relaxing before your final departure.

Day 14 : Final Departure

Altitude: 1400m

Visit: Nepal · Meals: Breakfast

Today marks the end of your journey in Nepal. According to your flight schedule, our team from Nord Extreme will transfer you to Tribhuvan International Airport for your onward journey. We hope you had a wonderful trekking experience in the Himalayas and wish you a safe and pleasant journey ahead.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 30°C / night 20°C
- Day 2 · Trek and Permit Preparation in Kathmandu · 1,400 m · day 30°C / night 20°C
- Day 3 · Drive or Fly to Pokhara · 1,400 m · day 30°C / night 20°C
- Day 4 · Drive to Nayapul, Trek to Tikhedhunga · 820 m · day 33°C / night 24°C
- Day 5 · Trek to Ghorepani · 1,540 m · day 29°C / night 19°C
- Day 6 · Poon Hill Sunrise, Trek to Tatopani · 2,860 m · day 22°C / night 11°C
- Day 7 · Trek to Ghasa · 1,200 m · day 31°C / night 21°C
- Day 8 · Trek to Marpha · 2,010 m · day 27°C / night 16°C
- Day 9 · Trek to Kagbeni · 2,670 m · day 23°C / night 12°C
- Day 10 · Trek to Muktinath · 2,800 m · day 23°C / night 11°C
- Day 11 · Explore Muktinath, Trek to Jomsom · 3,760 m · day 18°C / night 5°C
- Day 12 · Fly to Pokhara · 2,720 m · day 23°C / night 12°C
- Day 13 · Return to Kathmandu · 820 m · day 33°C / night 24°C
- Day 14 · Final Departure · 1,400 m · day 30°C / night 20°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- 2 nights 3 star hotel in Pokhara with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Annapurna Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 15 Mar 2027 · USD 1,725 · Available
- 16 Mar 2027 – 29 Mar 2027 · USD 1,725 · Available
- 06 Apr 2027 – 19 Apr 2027 · USD 1,725 · Available
- 20 Apr 2027 – 03 May 2027 · USD 1,725 · Available
- 04 May 2027 – 17 May 2027 · USD 1,725 · Available

Best time to visit

Best months: May–June and September–October. Mustang and Dolpo lie in the rain-shadow of the Annapurna and Dhaulagiri ranges, so they are one of the few regions you can trek during the summer monsoon. May–June and September–October are ideal; winters are harsh and many lodges close.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in teahouses and mountain lodges throughout the route.

In lower regions such as Besisahar, Chame, and Manang, lodges are relatively comfortable with better facilities. As the trek approaches Mustang and Muktinath Temple, accommodation becomes more basic due to high altitude and dry Himalayan conditions.

Rooms are typically twin-sharing with simple bedding and shared bathroom facilities.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek. Meals are

freshly prepared and designed to support trekking in high-altitude environments.

Typical menu options include:

- Traditional Dal Bhat set meals
- Noodles, pasta, and fried rice
- Soups, potatoes, and vegetables
- Tibetan bread, pancakes, and eggs
- Tea, coffee, and butter tea

Food variety becomes more limited in higher Mustang regions.

Difficulty & Physical Requirements

The Muktinath Trek is classified as moderate, suitable for trekkers with a reasonable level of fitness.

Daily trekking ranges from 4 to 7 hours, with gradual altitude gain and some high mountain terrain. The route does not require technical climbing but includes high-altitude walking conditions.

Permits

Required permits include:

- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (Trekkers' Information Management System)

All permits are arranged by the trekking agency.

Best Season

- Spring (March–May): Clear views, pleasant weather, and blooming landscapes
- Autumn (September–November): Best visibility and ideal trekking conditions
- Winter (December–February): Cold but possible with fewer crowds
- Monsoon (June–August): Not recommended due to rain and landslide risk

Transportation & Access

The trek can be accessed via multiple routes:

- Classic Annapurna Circuit route (via Besisahar -> Manang -> Thorong La Pass -> Muktinath)
- Direct jeep access from Pokhara to Jomsom/Muktinath (shorter option)
- Optional flight: Pokhara -> Jomsom

The most popular route includes crossing the high-altitude Thorong La Pass (5,416m) before descending to Muktinath Temple.

Safety & Acclimatization

Due to high altitude conditions, proper acclimatization is essential, especially if crossing Thorong La Pass.

Key acclimatization stops include Manang and intermediate villages along the Annapurna trail. Guides monitor weather conditions and trekkers' health throughout the journey.

Emergency evacuation services are available if required.

Travel Insurance

Comprehensive travel insurance is mandatory and should include:

- High-altitude trekking coverage (up to 6,000m)
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Trip cancellation and accident coverage

Additional information

Guide & Porter Services

Licensed guides are recommended (and mandatory in restricted sections) to ensure safe navigation, cultural interpretation, and permit management.

Porters are available to carry luggage, making the trek more comfortable and manageable.

Cultural & Spiritual Highlights

- The Muktinath Trek is deeply spiritual and culturally enriching:
- Sacred pilgrimage site of Muktinath Temple
- 108 holy water spouts and eternal flame (Jwala Mai Temple)
- Hindu and Buddhist pilgrimage significance
- Traditional Thakali and Tibetan-influenced villages
- Stunning views of Dhaulagiri and Nilgiri ranges
- Crossing of Thorong La Pass (if on Annapurna Circuit route)
- Blend of Himalayan and trans-Himalayan landscapes

Essential Equipment

Recommended trekking gear includes:

- Comfortable trekking boots
- Layered clothing system for cold and windy conditions
- Warm down jacket (-10°C to -20°C recommended)
- Waterproof jacket and trousers
- Gloves, hat, buff, and sunglasses
- Trekking poles and daypack (30–40L)
- Basic first aid kit and personal medication

Communication & Connectivity

Mobile network coverage is available in lower Annapurna regions and in Jomsom, but becomes limited around high-altitude and remote sections.

Wi-Fi is available in some lodges at an extra cost, though connectivity is not reliable in all areas.

Why Choose the Muktinath Trek?

This trek is ideal for travelers seeking a combination of spirituality, culture, and Himalayan adventure:

- Visit the sacred pilgrimage site of Muktinath Temple

- Experience both Hindu and Buddhist religious traditions
- Scenic Himalayan and trans-Himalayan landscapes
- Option to cross the famous Thorong La Pass
- Suitable for moderate-level trekkers
- Combine nature, culture, and spirituality in one journey
- Easy access from Pokhara or Annapurna Circuit route
- One of Nepal's most important pilgrimage treks

Frequently asked questions

How difficult is the Muktinath Trek?

The Muktinath Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Muktinath Trek?

For the Mustang & Dolpo (rain-shadow) region the best months are May–June and September–October. Mustang and Dolpo lie in the rain-shadow of the Annapurna and Dhaulagiri ranges, so they are one of the few regions you can trek during the summer monsoon. May–June and September–October are ideal; winters are harsh and many lodges close.

What permits do I need for the Muktinath Trek?

You need the Annapurna Conservation Area Permit and, for Upper Mustang or Dolpo, the restricted area permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Muktinath Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Muktinath Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Muktinath Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Muktinath Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/muktinath-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 ·

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