Muktinath Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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