

# Muktinath Tour and Trip

DURATION: 9 DAYS

## Trip Facts



**Group Size** 1-12 Persons



**Trip Grade** Easy



**Accommodation** Hotel



**Max Height** 3800 Metres



**Start From** Kathmandu



**End At** Kathmandu



**Transportation** Flight +Car+Jeep+Bus



**Duration** 9 Days

**Best season:**

All



## Trip Overview

**Muktinath Tour is a religious** pilgrimage journey to the sacred site of Muktinath in Nepal, located at an altitude of approximately 3,800 meters. It is a highly revered destination for both Hindus and Buddhists, offering spiritual significance and a memorable adventure in the [majestic Himalayan Mountains](#). The tour includes visits to the Muktinath Temple, dedicated to Lord Vishnu, and the Jwala Mai Temple, which houses an eternal flame fueled by natural gas. The tour also includes a trekking component as part of the Annapurna Circuit, offering stunning views of snow-capped mountains, diverse flora and fauna, and an opportunity to experience the unique culture and lifestyle of the local communities. The Muktinath Tour combines spirituality with adventure, offering thrilling challenges and rewards.

Pilgrims typically start their journey from Kathmandu, the capital of Nepal, a navel to Pokhara or Jomsom, and then trek or travel by road to reach Muktinath. Upon reaching **Muktinath, pilgrims engage** in various religious activities, [including offering prayers](#), performing rituals, taking a holy bath in the nearby **Kali Gandaki River**, and circumambulating the temple. The Jwala Mai Temple, which houses an eternal flame fueled by natural gas, symbolizes the fire element. The eternal flame at the Jwala Mai Temple is believed to have been burning for centuries, attracting pilgrims from all over the world. It is said that the flame represents power and is considered a sacred site for Hindus and Buddhists alike.



## Trip Itinerary

### Day 1: Arrival in Kathmandu 1345m

 30  Breakfast  Hotel  Car  1345 m

Arrive in Kathmandu, the capital city of Nepal.

Transfer to your hotel and rest.


Explore the vibrant streets of Thamel and prepare for the journey ahead.

## Day 2: Kathmandu Sightseeing

 5  Breakfast, Lunch  Hotel  Private Car  1345 m

Embark on a guided tour of Kathmandu's cultural and historical attractions.  
Visit UNESCO World Heritage Sites such as Pashupatinath Temple, Boudhanath Stupa, and Swayambhunath Stupa.

## Day 3: Kathmandu to Pokhara 820 m

 6-7  Break Fast  Hotel  Flight +Car +Tourist Bus  820 m

Travel from Kathmandu to Pokhara, either by flight (30 minutes) or by road (6-7 hours).  
Enjoy scenic views of rivers, hills, and villages along the way.  
Arrive in Pokhara and check into your hotel.  
Explore the serene Phewa Lake and enjoy the beautiful sunset views.

## Day 4: Pokhara to Jomsom and Kagbeni 2804m

 20-25  Breakfast+ Lunch+ Dinner  Hotel  Flight + Jeep +Car +Bus  2804 m

Fly from Pokhara to Jomsom (about 20 minutes).

Start your trek from Jomsom to Kagbeni (2-3 hours).

Pass through the Kali Gandaki Gorge, the deepest gorge in the world.

Reach Kagbeni, a picturesque village situated at the confluence of the Kali Gandaki and Jhong Rivers.

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### Day 5: Kagbeni to Muktinath 3800

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 5-6    Breakfast+ Lunch+ Dinner    Hotel    Car +Jeep+Walking    3800 m

Trek from Kagbeni to Muktinath (5-6 hours).

Enjoy the scenic trail with views of the Nilgiri and Dhaulagiri mountains.

Reach Muktinath, a sacred place revered by Hindus and Buddhists.

Visit the Muktinath Temple and take a holy bath under the 108 water sprouts.

Explore the Jwala Mai Temple and witness the eternal flame.

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### Day 6: Muktinath to Jomsom 2,743 m


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 4-5    Breakfast+ Lunch+ Dinner    Hotel    Jeep + Car    2743 m

Trek back from Muktinath to Jomsom (4-5 hours) or travel by road.

Return to Jomsom and rest in a guesthouse.

Explore the town and its unique cultural blend of Tibetan and Nepalese influences.

 Day 7: Jomsom to Pokhara 822 m


 20-25  Break Fast  Hotel  Flight + Car +Jeep  822 m

Fly from Jomsom to Pokhara (about 20 minutes).

Transfer to your hotel in Pokhara.

Relax and enjoy the scenic beauty of Pokhara.

Optional: Explore the Gupteshwor Mahadev Cave or visit the International Mountain Museum.

 Day 8: Pokhara to Kathmandu 1400 m

 30  Breakfast  Hotel  Flight +Bus+ Car  1400 m

Travel back to Kathmandu from Pokhara, either by flight or road.

Arrive in Kathmandu and transfer to your hotel.

Spend the day at leisure, shopping for souvenirs or exploring the city.

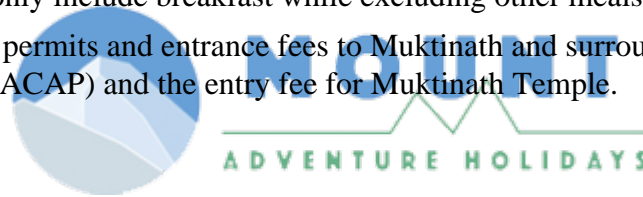
 Day 9: Departure from Kathmandu

 20  Breakfast  Hotel  Car  1400 m

It's your last day in Nepal! Grab some breakfast, and then take in some last-minute shopping in Kathmandu. We'll make sure you arrive at Kathmandu International Airport with plenty of time before your flight home.

## Cost Includes

- ✓ **Transportation:** This typically includes the cost of flights or road transportation from your place of origin to Muktinath. It may also include local transfers within Nepal, such as from Kathmandu to Pokhara or Jomsom (the nearest airport to Muktinath).
- ✓ **Accommodation:** The cost of accommodation during your stay in Muktinath or nearby towns like Jomsom or Kagbeni may be included. This can range from basic guesthouses to more luxurious hotels, depending on your preferences and the package you choose.
- ✓ **Meals:** Some packages may include meals, such as breakfast, lunch, and dinner, either at your place of accommodation or at designated restaurants. However, this may vary, and some packages may only include breakfast while excluding other meals.
- ✓ **Permits and entrance fees:** The cost of necessary permits and entrance fees to Muktinath and surrounding areas may be included in the package. This can include the Annapurna Conservation Area Permit (ACAP) and the entry fee for Muktinath Temple.



## Cost Excludes

- ✗ **Visa and international airfare:** The cost of obtaining a visa for Nepal and international airfare to Nepal are typically not included in the trip cost. You would need to arrange and cover these expenses separately.
- ✗ **Personal expenses:** Any personal expenses such as souvenirs, additional meals and drinks, snacks, travel insurance, and tips for guides or drivers are generally not included and would need to be borne by the individual traveler.
- ✗ **Optional activities:** If you wish to engage in additional activities or side trips during your visit to Muktinath, such as trekking in the Annapurna region, horse riding, or visiting nearby attractions, the cost of these activities would generally not be included.

## Trip Map