

Footprint

Adventures

the way to go.....



Travel Itinerary



Jomsom - Muktinath Trek

Day 1: Welcome to Kathmandu

Arrive Kathmandu and transfer to your hotel.

Day 2: Kathmandu Sightseeing

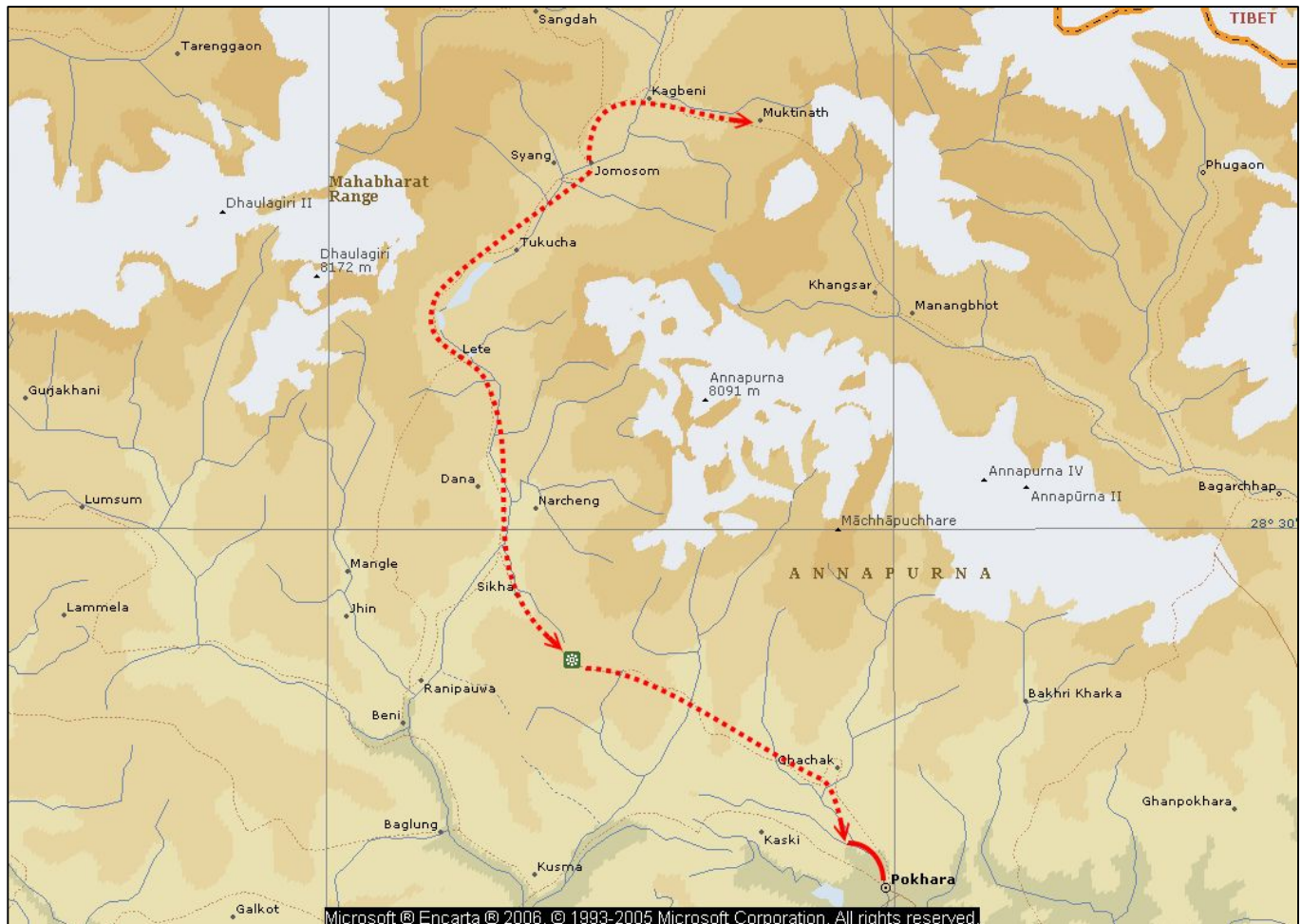
The day is yours to explore the many sight, shops, bazaars and eating houses of Kathmandu.

Day 3: Kathmandu - Pokhara

We spend 2 nights in Kathmandu before boarding our drive to Pokhara. Pokhara is a beautiful town set on the banks of the Phewa Lake. It is smaller and

much less hectic than Kathmandu and is the perfect starting point for our trek.

Transferred by tourist bus for your 6-hour drive to Pokhara, a beautiful town set on the banks of the Phewa Lake. It is smaller and much less hectic than Kathmandu and is the perfect starting point for our trek. Your first day in Pokhara can be spent just relaxing or you may enjoy a visit to the Tibetan Refugee Camp and Devi Falls. The remainder of the time is yours to enjoy either doing last minute shopping for the trek or packing your kitty bag for the following day's departure O/N Hotel B&B



The following morning you fly to Jomsom between Annapurna and Dhaulagiri, both of them are higher than 8000m. Land at Jomsom and you begin your trek behind the Himalayas. You will climb gradually along the ridges that are the foothills of the Annapurnas and Nilgiri. Remember, however, that you are in the Himalayas and that 95 percent of the country is hilly and criss-crossed by numerous trails. There is very little flat land. If you take it slowly and walk at an even pace you should not experience any problems. You will pass through many villages where you will have ample time to take photographs and chat with the local people. Language is not a big problem as many of the local people speak English, your Guide will be happy to translate for you. There are many different ethnic groups along the trail, but the predominant people in this area are the Gurungs. Together with the Thakali, Magar and Chetrie people, the Gurungs are famous as soldiers in the British Army, better known as Gurkhas.

Along the trail the views of Nilgiri (7061), Dhaulagiri(8167m), Machapuchare (6993m) and the Annapurnas are magnificent. The various trails from which we can choose lead us towards such

Himalayan giants as Dhaulagiri (8167m), Lamjung, Annapurna II, and Machapuchare (6993m). The part of Jomsom is the lowest part of Tibetan plateau and almost like desert. Muktinath is the famous pilgrimage site. The winding trail passes through magnificent forests of oak and rhododendron that line the southern foothills of the Himalaya. The terrain varies from sub-tropical valleys with banana trees and rice paddies to high ridges clad in thick rhododendron forest. In January and February these may well be covered in snow, while during March and April they will be a blaze of red rhododendron flowers.

You will visit the famous Poon Hill where you will hopefully be blessed with a fantastic sunrise and 360 deg view of all the Annapurna Range including Annapurna South (7272m) Annapurna I (8091m) with imposing views of the Mt. Dhaulagiri(8157m) and the Dhaulagiri Range to the West. The views here are breath taking before heading down the main trail to Pokhara. Here you will be able to see how things have changed over the years since western man started visiting the Himalayas. One of the added advantage of lodge trekking is being able to sit and

chat to the Sougi (Inn Keeper), whilst he spins you yarns about life in Nepal.

The altitudes of this trek vary between about 915m at Pokhara to approx.3880m at Muktinath, going up and down will test the best pair of knees. The secret is, take it SLOWLY!

Day 04: Pokhara - Jomsom - Kagbeni

Fly to Jomsom & sightseeing around Jomsom. The Kaligandaki valley here is called the Thakkhola, after the native Thakalis, who are distantly related to the Tibetans. The day we walk to Kagbeni, the check point of entry to Upper Mustang.

Day 5 Kagbeni - Muktinath

We ascend steeply to a 3880m, at Muktinath. This is one of the most important pilgrimage sights for Hindus. Holy water flows from the 108 carved spouts surrounding the Vishnu temple in a grove of poplars. Muktinath is also home to many ethnic Tibetans and holy Buddhists, who come here for the temple in which fire miraculously burns in a stream of water inside a small but very holy temple.

Day 6 Muktinath - Jomsom

Descend gradually through fields and poplar groves, then into the Kali Gandaki river valley. Follow the valley southwards to Jomsom. The Kali Gandaki valley here is called the Thak Khola, from the ethnic group the Thakalis, the main inhabitants of this area.

Day 7 Jomsom -Kalopani

Descend to Marpha, a lovely village of whitewashed houses and fertile fields. Continue down the Kali Gandaki reaching the old Thakali trading centre of Tukuche. As the trail continues, the Himalayan rainshadow end and open spaces make way for coniferous forest and Kalopani (2560m.) From here there are spectacular 360 degree views of Dhaulagiri and the Annapurnas high above.

Day 8 Kalopani - Tatopani

A beautiful walk, with another transition into sub-tropical vegetation and the return of water buffalo, banyan trees and poinsettias. The trail follows the river through a narrow gorge, and descends to cross a bridge near a spectacular waterfall, before winding through the valley to Tatopani. The hot water springs that give the village its name provide the perfect opportunity for a good 'scrub.'

Day 9 Tatopani - Ghorepani

Steadily climbing all day, we eventually leave behind the terraced fields and walk through thick rhododendron forest to the village of Ghorepani. We camp at the pass for the best views of the sunset

over the spectacular, snow-capped Dhaulagiri and the Annapurna Range.

Day 10 Ghorepani - Tadapani

A short early-morning climb to the Deurali pass for a spectacular panorama over Dhaulagiri and the Annapurnas, and all the way south to the plains of India. Trail descends steeply through dense moss-covered forest rich with birdlife to Tadapani (2540m) for beautiful sunset views of Annapurna South and Machhapuchhare.

Day 11: Tadapani - Ghandrung

Trail descends steeply through dense damp forest, where you may see monkeys, and continues down over a series of rock-cut steps that follow a leaping stream. Arrive in Ghandrung (1940m) and explore the maze-like streets of this thriving Gurung settlement.

Day 12: Ghandrung - Birethanti - Pokhara

A steady climb down past startlingly green cultivated terraces and picturesque, beautifully-preserved farms to the scurrying Modi River, which the trail follows back to Birethanti. Drive to Pokhara. O/N at Hotel.

Day 13: Drive Back to Kathmandu

Day 14 Free on your own and depart

Important: Before you travel please check your **Tour Voucher** and **Arrival Information** for the latest joining instructions. This will be sent to you upon receipt of final payment.

All itineraries are subject to change without prior notice.