

Muktinath Jeep Tour

URL: <https://himalayan360.com/trip/muktinath-jeep-tour/>

Destination

Nepal Treks & Tours

Activity

Cultural and Historical Tours

Start / End Point

Kathmandu/Kathmandu

Trip Type

Religious Trip

Route

Kathmandu-Pokhara-Jomsom-Muktinath-7
Pokhara-Kathmandu

Duration**Destination**

Nepal

Language

Nepal

Per Person From

USD 291

Region

Mustang Region Treks

Max. Altitude

3,762M/12,342FT (Muktinath)

Group Size

2 - 20

Best Season

Mar, Apr, May, Sep, Oct, Nov, and Dec

Activities

6-8Hours

Transportation

Jeep

Accommodation

3-star hotel

Meals

Breakfast

Difficulty

Easy

Major Highlights of Muktinath Jeep Tour

- Visit the holy Muktinath Temple, a sacred place for both Hindus and Buddhists, known for peace, salvation, and liberation.
- Take a holy bath under the 108 water spouts, believed to wash away sins and bring good luck.
- See the natural gas flame at **Jwala Mai Temple**, a rare fire that has been burning on water for centuries.

- Walk through a traditional Thakali village in Mustang, with white houses, narrow stone lanes, and famous apple orchards.
- Drive through the **Kali Gandaki Gorge**, the deepest gorge in the world, carved between the **Annapurna** and **Dhaulagiri** mountains.
- Stop for photographs at one of Nepal's most dramatic roadside waterfalls, **Rupse Waterfall**, during the rugged mountain drive.
- Explore **UNESCO World Heritage Sites** in Kathmandu and enjoy the calm beauty of Pokhara's Lakeside.

7 Days Muktinath Jeep Tour day by day Itinerary

Day 01: Arrival at Tribhuvan International Airport in Kathmandu and Transfer to Hotel (1,400M/4,593FT)

Upon arrival at Tribhuvan International Airport in Kathmandu, the starting point of your 7-day Muktinath Tour itinerary, our airport representative will warmly welcome you. You will then be transferred to your hotel, such as **Himalayan Ghar** or a similar property, which is about a 20-minute drive from the airport. Our team will assist you with the check-in process so you can settle in comfortably after your journey.

After you have time to freshen up and rest, you will attend a detailed trip briefing led by our experienced guide or tour leader. This briefing is an important part, as it explains the tour plan, road conditions, safety guidelines, and answers any questions you may have about the upcoming journey to Muktinath.

In the evening, you are free to take a short walk around Thamel, Kathmandu's lively tourist area, known for its shops, cafes, and local atmosphere. This relaxed stroll is a nice way to ease into the trip. Overnight stay will be in Kathmandu.

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

N/A

Accommodations:

Himalayan Ghar or similar

Day 02: Kathmandu City Tour

On day 2, after breakfast at the hotel, you will begin a full-day sightseeing tour of Kathmandu, where you will explore some of the city's most important cultural and religious landmarks. Your first stop is **Pashupatinath Temple**, one of the holiest Hindu temples in Nepal. At Pashupatinath temple, you can observe traditional rituals and cremation ceremonies along the sacred Bagmati River.

Next, you will visit **Boudhanath Stupa**, one of the largest Buddhist stupas in the world. Surrounded by monasteries and prayer wheels, this peaceful site offers a deep insight into Tibetan Buddhist culture. From here, the tour continues to **Swayambhunath** (Monkey Temple), located on a hilltop. From the

hilltop, you can enjoy panoramic views of Kathmandu Valley and a mix of Buddhist and Hindu symbolism.

The final stop of the day is **Kathmandu Durbar Square**, where you will explore ancient palaces, intricately carved temples, and historical courtyards that reflect Nepal's rich royal history. After completing the city tour, you will return to your hotel to relax and prepare for the upcoming Muktinath Temple Jeep journey. Overnight stay in Kathmandu.

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast

Accommodations:

Himalayan Ghar or similar

Day 03: Drive from Kathmandu to Pokhara (820M/2,690FT)

Today, following the Muktinath Jeep Tour itinerary, you will drive to **Pokhara**, one of Nepal's most beautiful cities, after spending two nights in Kathmandu. You will begin the journey to Pokhara from Kathmandu on a jeep. *The Muktinath journey via jeep takes you along winding Prithvi Highway through green hills, terraced farmland, river valleys, and small towns.* Much of the drive follows the **Trishuli River**, where you may spot people enjoying white-water rafting. You will stop at **Malekhu** for a brief time to have lunch, relax, and stretch. The road is mostly paved, but there can be some bumpy sections.

As you get closer to Pokhara, the landscape opens up, and the first views of the **Annapurna** range and **Machhapuchhre** (Fishtail) begin to appear, welcoming you to the lakeside city. Upon arrival at Pokhara, you will be transferred to your hotel and have time to freshen up. In the evening, you can enjoy a peaceful walk along **Phewa Lake**, where mountain reflections shimmer on the water, or simply relax by the lakeside. Overnight stay in Pokhara.

Note: *For those who want to avoid the Kathmandu-Pokhara road section, they can opt for a 30-minute flight. It is available as an optional upgrade and costs extra.*

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast

Accommodations:

Hotel Queens Park / Majheri Resort or similar

Daily Note:

There is option of flight to pokhara. If you are planing to flight please contact our team.

Day 04: Drive from Pokhara to Jomsom (2,743M/9,000FT)

After an early breakfast in Pokhara, your Muktinath Jeep Tour starts. The drive journey on a 4WD jeep will take you from the green lowlands to the high-altitude, dry Mustang region. The journey follows the Kali Gandaki River through the world's deepest gorge, the **Kali Gandaki Gorge**. Along the way, you will see thick rhododendron forests, the roaring **Rupse Waterfall**, and tall Annapurna and Dhaulagiri

mountains.

The drive also includes cultural highlights. You first stop at **Galeshwor**, a sacred Hindu pilgrimage site. Then you pass Tatopani hot springs and enter the heart of **Thakali culture**. A major stop is **Marpha**, a charming village famous for its whitewashed houses, an ancient monastery, and apple orchards.

The jeep ride can be bumpy in places, giving a real experience of life in the Himalayas that flying can't provide. You will arrive in **Jomsom** by late afternoon. Jomsom is the main town of the Mustang region. If you have energy after a long drive, you can explore the Kali Gandaki River banks to find sacred Shaligram stones and enjoy the sunset behind the mountains.

Highest Altitude:
,743M/9,000FT | Jomsom

Meals:
Breakfast

Accommodations:
Hotel Trekker's Inn or similar

Day 05: Drive from Jomsom to Muktinath (3,762M/12,342FT) to Pokhara (820M/2,690FT)

Day 5 is the big day. Today you will visit Muktinath Temple, the ultimate destination of the Muktinath Temple Tour by Jeep. Since winds in the Kali Gandaki Valley tend to get strong after 11:00 AM, you will start today's drive early in the morning. The drive from Jomsom to Muktinath takes about 1Hour and covers 20KM of scenic uphill road. On the way, you can stop at Kagbeni, a traditional Tibetan-style village and the gateway to Upper Mustang. You'll have a short time to explore this historic trading town before the road climbs into the barren, moon-like mountains leading to the temple. Soon, you will reach Muktinath Temple.

At Muktinath Temple, you'll witness a unique blend of Hindu and Buddhist traditions. The spiritual highlights include the **108 Sacred Spouts**, where you can take a holy bath under the cold water from 108 spouts, believed to purify the soul. *Another highlight is the Eternal Flame at Jwala Mai Temple, which has been burning continuously for centuries.*

After the temple visit, you will drive back to Pokhara in a 4WD jeep. The drive retraces your route past **Jharkot** and **Jomsom**, following the **Kali Gandaki River**. As the drive continues past Mustang, the dry, arid Mustang landscape gradually gives way to lush green hills. You will pass through **Tatopani**, **Beni**, and **Nayapul** to arrive at **Pokhara**. You will arrive in Pokhara by evening.

Highest Altitude:
,762M/12,342FT | Muktinath

Meals:
Breakfast

Accommodations:
Hotel Queens Park / Majheri Resort or similar

Day 06: Pokhara to Kathmandu (1,400M/4,593FT)

On the sixth day, you will leave Pokhara and travel back to Kathmandu. You will board your vehicle and drive along the scenic **Prithvi Highway** and **Pushpalal Highway**, enjoying views of hills, rivers, and valleys along the way.

Upon arrival in Kathmandu, our team member will escort you to your hotel. After check-in and freshening up, the rest of the day is free to explore **Thamel** at your own pace, shop for souvenirs, or enjoy the local cafes and culture. This second last day of the 7-day Jeep Tour to **Jomsom** and **Muktinath** gives you time to relax and enjoy Kathmandu before preparing for your journey back home.

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast

Accommodations:

Hotel Surya Heritage / Hotel Kathmandu

Business or similar

Day 07: Transfer to the Airport

Today is your departure day. Depending on your flight schedule, our representatives will meet you at your hotel and transfer you to Tribhuvan International Airport. If your flight is in the morning, you will have a chance to see Kathmandu wake up (*locals starting their day, street vendors opening their stalls, and temples alive with morning prayers*).

With beautiful memories of your tour, we will say goodbye and wish you safe travels. We hope to welcome you again on another adventure soon.

Meals:

Breakfast

Muktinath Temple & it's History

Muktinath Temple is a holy place for both Hindus and Buddhists. **At 3,800 meters, it is situated in Nepal's Mustang district.** Many come annually to worship and seek blessings in the temple. Hindus believe that Lord Vishnu got salvation here, while Buddhists see it as a place of enlightenment. The stunning mountains surrounding the temple make the location peaceful, adding to its spiritual atmosphere. Pilgrims from Nepal and India visit Muktinath, particularly during the festival of Janai Purnima and other occasions, to offer prayers and take a holy bath.

One of the special features of Muktinath Temple is its **108 sacred water spouts**, lined up in a row behind the temple. The **water flows to the Kali Gandaki River** and is considered very pure. Pilgrims

take a bath under these icy-cold streams, believing it washes away sins and brings good fortune. Even though the water is very cold, people still bathe with great devotion. Additionally, number 108 is special in Hinduism and Buddhism, representing spiritual completeness.

Muktinath Jeep Tour Includes/Excludes

Includes

- 6 Nights in a 3-star hotel as mentioned in the itinerary.
- Meals as per the Itinerary mentioned.
- A comfortable private vehicle for the tour, as per Group size and itinerary only.
- All entrance fees as per the itinerary mentioned, places, and the ACAP permit.
- English-speaking guide.
- All internal taxes.
- 1 Bottle/day of water per day during the tour.

Excludes

- Extra night, except as mentioned in the itinerary.
- All drinks and food except those mentioned in the itinerary.
- International airfare.
- All personal expenses.
- All the services out of the “**Include**” list.
- Single supplementary.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,005
2 - 2	USD 651
3 - 3	USD 433
4 - 4	USD 367

No. of Persons	Price per Person
5 - 7	USD 351
8 - 10	USD 310
10+	USD 291

Muktinath Jeep Tour FAQ's

Can I do the Muktinath Jeep Tour if I have motion sickness?

Definitely, you can do the Muktinath Jeep Tour even if you have motion sickness. To make your journey comfortable, we suggest that you take ginger candy or anti-nausea medicine before the drive. You can also sit in the front seat to reduce discomfort and have better stability.

Are the jeeps private or shared? How many people sit in one jeep?

We use private 4WD jeeps for the tour. To ensure comfort, we limit each vehicle to 5-7 people only. This allows everyone to have enough space and a window seat for enjoying the mountain views.

Are there toilet facilities during the long drive from Pokhara to Jomsom?

Yes, we stop at clean local guesthouses and restaurants along the way. However, many are "squat" toilets, so carry your own toilet paper and hand sanitizer for convenience.

Will I get altitude sickness (AMS) on a Jeep tour since we go up quickly?

Since you are driving rather than walking, your body has less time to adapt, so there is some risk of altitude sickness. To reduce this risk, we plan an overnight stay at a lower altitude, Jomsom, before visiting Muktinath. This helps your body adapt more safely.

Do I need to bring my own towel and clothes for the 108 water spouts?

Yes, you need to bring your own towel and clothes. Though there are small changing rooms near the spouts, there are no towels. Thus, bring a quick-dry towel and warm clothes so you can change right away after bathing and stay warm.

Is there a safe place to keep my camera or phone while bathing?

There are no official lockers at the site. Usually, your guide or another group member will watch your belongings while you take a bath. You can also leave valuables locked inside the jeep with the driver.

Is there mobile network and Wi-Fi coverage at Muktinath?

Mobile signal at Muktinath is limited. Jomsom has good 4G coverage (NTC and Ncell), but at Muktinath, the signal is spotty. Most teahouses offer Wi-Fi, but it may be slow due to the high altitude and weather conditions.

Is it better to sit on the left or right side of the jeep for the best views?

For the journey from Pokhara to Jomsom, the right side of the jeep offers the best views of the river valley

and waterfalls. On the return trip, you can sit on the left side to enjoy the scenery from a different angle.

Is there a hospital near Muktinath in case of an emergency?

Yes. There are two high-altitude treatment centers at Muktinath with health assistants, medicines, and basic equipment to treat pilgrims who may feel unwell due to altitude or other health issues. For serious emergencies, we coordinate helicopter evacuations to Pokhara or Kathmandu.

Do I need a special permit for the Jeep or just for myself?

You only need an Annapurna Conservation Area Permit (ACAP) and a Trekkers’ Information Management System (TIMS). TIMS is not mandatory. These permit fees, vehicle fees, entry charges, and road taxes are already included in the tour package, so you don’t need extra permits for the jeep.

Is the road to Muktinath paved or off-road?

The road is mixed. From Pokhara to Beni, it is paved. From Beni to Muktinath, the road is mostly dirt and rough, carved along cliffs and hills. That’s why a 4WD jeep is required for safety and comfort.

Can we do the Jeep tour during winter (December-February)?

Yes, the tour is possible in winter. However, roads above Jomsom may be closed in case of heavy snow.

Can I take photos inside the main Muktinath Temple?

You can take photos outside the temple and at the 108 water spouts, but it is strictly prohibited inside the inner sanctum, where the golden idol of Lord Vishnu is located. Please respect local rules while inside the temple.

Muktinath Jeep Tour cost

The Jomsom Muktinath Jeep Tour costs **USD 1,005** per person. However, the cost depends on the number of people in your group. The more people you travel with, the lower the price per person. Refer to the table below for detailed pricing information.

Group size	Price (per person)
1 pax	USD 1,005
2 pax	USD 651
3 pax	USD 433
4 pax	USD 367
5 - 7 Pax	USD 351
8 - 10 pax	USD 310
10+	USD 291

You can further customize your Muktinath trip with optional upgrades to make your trip more comfortable and luxurious. You can **choose a helicopter tour for USD 250 for a 50-minute** scenic

view. If you prefer better hotels, you can upgrade to a **4-star hotel for USD 120** or a **5-star hotel for USD 300**. Other add-ons include domestic flights between Kathmandu and Pokhara, priced from **USD 125 per flight, and between Pokhara and Jomsom, priced at USD 190 per person**. If you prefer a single room, you can choose the single supplementary option for **USD 120**.

Muktinath Temple and Its Spiritual Importance

Muktinath Temple sits high at about 3,762M at the foot of the **Thorong La Pass** at **Mustang district**. It is a very special place for both Hindus and Buddhists, and people come here to pray for peace and freedom of the soul. Hindus call it **Mukti Kshetra**, which means “place of liberation,” while Buddhists know it as **Chumig Gyatsa**, meaning “Hundred Waters.” It is one of the few places in the world where all five natural elements, **earth, water, fire, air, and sky**, coexist in their pure form.

For Hindus, Muktinath holds prestige as the **106th Divya Desam (out of 108)** and the only one located outside India. The temple is believed to be **self-created (Swayambhu)**. Here, Vishnu is worshipped through **Shaligram stones**, which are found in the nearby **Kali Gandaki River**. According to the Varaha Purana, **Vishnu took this stone form due to a curse from his devotee Tulsi**. Later, the lord achieved “**Mukti**” (salvation) at this very spot after intense penance, giving the temple its name.

The temple complex is also one of the **51 Shakti Peethas**, where Goddess Sati’s cheek is believed to have fallen, and a site where the **yogi Nilkanth Varni (Lord Swaminarayan)** performed penance on one leg for 21 days. Likewise, the spiritual experience is centered around the **108 bull-headed water spouts (Muktidhara) and two sacred ponds**. Pilgrims take a cold bath under these taps, even in freezing weather, because they believe it cleanses the soul and brings spiritual peace.

Likewise, for Buddhists, Muktinath is equally sacred. It is a sacred residence of **Dakinis (Sky Dancers) and one of the 24 important Tantric power places**. Legend says **Guru Rinpoche (Padmasambhava)** meditated here while traveling to Tibet and blessed the land. Buddhists worship the main statue as **Avalokiteshvara**, the god of compassion. One unique fact about Muktinath Temple is that **both Hindu priests and Buddhist nuns care for the temple together**. *The Hindu priest performs morning Arati, and then the nuns continue the daily rituals.* This beautiful sharing of faith makes Muktinath a symbol of harmony, respect, and spiritual unity for all who visit.

Holy Bath from 108 Mukti Dhara

Bathing at the 108 Mukti Dhara isn’t as simple as it seems. It isn’t only about running under the 108 bull-headed water spouts. It is a **sacred process that involves specific steps** to ensure your purification ritual is performed correctly. Here are those steps you should follow:

Step 1: Preparation and Sankalpa:

First, **leave your shoes** in the designated area. Then enter the temple complex. Take a moment to calm your mind. Quietly make a **Sankalpa**, which is a personal prayer or promise in your heart. This helps you focus on your spiritual journey.

Step 2: Bath at the 108 Water Spouts:

Now, proceed to the semi-circle of bull-headed spouts behind the temple. While bathing, **start from the**

first spout on the right and move clockwise to the left. Walk under each spout and let the cold water touch your head or shoulders. Each spout represents a **Divya Desam** (sacred Vishnu shrine). Completing all 108 is believed to wash away sins and past burdens.

Step 3: Dip in the Two Holy Ponds:

After the spouts, go to the two small ponds in front of the temple: **Mukti Kunda and Saraswati Kunda**. Take a quick dip in both ponds to finish the water cleansing. The water is very cold, so do not stay in too long to prevent hypothermia.

Step 4: Visit the Eternal Flame (Jwala Mai):

Next, visit the **Jwala Mai Temple**, located below the main shrine to see a natural flame burning on water behind a small curtain. Offer a prayer here to the “Goddess of Fire” for the harmony of the five elements within your body.

Step 5: Main Temple Darshan:

After the water and fire rituals, enter the main temple for Darshan. Offer fruits, incense, or a yellow cloth to the golden statue of Lord Vishnu, who is also worshipped by Buddhists as Chenrezig, the god of compassion.

Step 6: Look for Shaligram Stones:

While walking near the Kali Gandaki River, look for Shaligram stones. Finding a black one is considered a direct blessing from Lord Vishnu. These stones are sacred gifts from nature and are never bought or sold.

Preparation for Muktinath Jeep Tour

The Muktinath Darshan by Jeep is a comfortable journey. That said, good preparation is still important for a safe and smooth journey. The trip goes to a high-altitude area with rough roads and changing weather, so planning ahead will help you enjoy the pilgrimage without stress.

- **Prepare for rough roads:** The jeep journey includes bumpy roads, river crossings, and sharp turns. If you get motion sickness, carry anti-nausea medicine. A small travel pillow or seat cushion can make the long drive more comfortable.
- **Carry important documents:** Before starting your journey, make sure you have all the required documents. Carry a valid passport, visa (if needed), and travel insurance. Also, keep photocopies or digital copies of these documents in case they are lost.
- **Pack warm and comfortable clothing:** The weather in Muktinath can change quickly, and it gets cold, especially in the morning and evening. Pack warm jackets, sweaters, gloves, and socks. Wear comfortable walking shoes with a good grip, as you need to walk around temple areas and viewpoints.
- **Stay hydrated and eat light:** Drink plenty of water during the journey to avoid dehydration. Carry water bottles and oral rehydration drinks. It is best to avoid alcohol and smoking, as they can increase altitude problems.
- **Health and medicines:** Muktinath lies at a high altitude, so some people may feel tired or dizzy. Carry your regular medicines, a basic first-aid kit, and altitude sickness medicine. If you have health issues, consult a doctor before the trip.
- **Carry snacks and cash:** Food options can be limited in some areas along the route. Carry light

snacks like biscuits, energy bars, or dry fruits. Also, keep enough cash, as ATM services may not be available in all places.

- **Respect local culture and religion:** Muktinath is a sacred place for both Hindus and Buddhists. Wear modest clothing, remove shoes before entering temples, and follow local rules. Respect prayer areas, monks, and pilgrims during your visit.

Driving vs Trekking to Muktinath: Which is the best?

Some travelers choose to hike for days to reach Muktinath, while others take the adventure by jeep. Trekking and jeep tours provide very different experiences, even though they share the same destination. Both are exciting, but one may suit you better.

Reaching Muktinath by trekking means walking the Annapurna Circuit, which takes around 10 to 12 days. You need to hike 6 to 7 hours every day at high altitude. This option is best for people who enjoy long walks, physical challenge, and slow travel. While trekking, you can experience village life and mountain culture closely, but it can be very tiring. It may not be suitable for children, elderly people, or travelers with health issues. In short, trekking is for adventure lovers with strong fitness and more time.

On the other hand, the Muktinath Jeep Tour is a faster and more comfortable option. It takes 4 to 6 days and does not require long walks. A 4WD jeep safely drives through the rugged roads of the Kali Gandaki Gorge, saving your energy. Here's the interesting thing: you still enjoy stunning views of the Annapurna and Dhaulagiri ranges without physical stress. In the jeep tour, you also visit important places like Marpha and Kagbeni. You focus more on the spiritual experience at Muktinath Temple rather than on physical effort. This option is ideal for families, senior pilgrims, and travelers with limited time and is popular among modern travellers.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal