

Damodar Kunda Trek - 19 Days

The sacred **Damodar Kunda 4890m** is located in Nepal's [Upper Mustang](#) area in the Annapurna range of the Northern Himalayas. This lake is well-known and important to the Hindu community. It is a land similar to the Tibetan plateau in a remote part of Nepal near Tibet. People are thought to come here once in a lifetime to take a sacred bath. Bathing in Damodar Kunda cleanses all sins committed in previous and present lifetimes. Damodar Kunda is the major source of the Gandaki River. It's also a fantastic spot to look for Shaligram. The Nepal government has designated Damodar Kunda in Upper Mustang as a restricted area.

This trekking region requires specific permission.

Planning to Trek Damodar Kunda:

Planning a trek to the Damodar Kunda in Nepal can be an exciting adventure, but it's essential to prepare thoroughly to ensure a safe and enjoyable journey. Determine the length of your journey. A typical Royal Mustang journey lasts 10-14 days. Make a plan for your trip, including hiking days, rest days, and major sites to visit (such as Lo Manthang, Ghami, Charang, and Kagbeni).

Physically prepare for the expedition by doing aerobic activities, trekking, and strength training. Because of the great altitude, acclimatization is essential. Spend a few days in Kathmandu or another high-altitude destination before starting the trip. Learn about the symptoms and prevention of altitude sickness. Acclimatization is critical, and knowing how to diagnose and handle altitude-related illnesses throughout the journey is key.

Best time to do the Damodar Kunda Trek:

Spring (March to May) is one of the most popular times for trekking in the [Mustang region](#). Skies are clear during this time and offer excellent visibility of the surrounding mountains, including the Annapurna and Dhaulagiri ranges. The rhododendron forests are also in full bloom, creating vibrant landscapes with colorful flowers.

Autumn (Sep to Nov) is another excellent time for trekking in the Damodar Kunda and is the peak trekking season in Nepal. You'll encounter fewer rain showers and less chance of landslides compared to the monsoon season. During this season, the skies are clear, providing stunning views of the Himalayas ranges.

Monsoon season and Summer Season (June, July, and August) are highly not recommended for the Royal Damodar Kunda Trek. Plus, the cold of the winter (December, January, and February) is unbearable for an ordinary trekker.

Food and Accommodation:

Damodar Kunda's accommodations are mainly simple teahouses or guesthouses. These are small, family-run lodges with rooms that have minimal amenities such as a bed, blankets, and common restrooms. The priority is on giving you a warm and pleasant place to relax throughout your journey. Mustang teahouses and guesthouses often provide a range of meals to keep hikers refreshed and satisfied. The menu options are fairly limited, yet they still offer a variety of possibilities. The quality of food and accommodation may differ as you ascend to higher altitudes.

But it is recommended to consult your guide for better and hygienic options.

Transportation:

Because the Damodar Kunda Trek trip normally begins in Jomsom, we will be traveling from Kathmandu to Pokhara for the Jomsom flight. While traveling to Pokhara, you may take a domestic plane (30 minutes) or a tourist bus/private automobile (6-8 hours) and spend the night there. We'll take a local aircraft to Jomsom Airport after spending the night in Pokhara. This brief flight provides breathtaking views of the Himalayas but is subject to weather conditions. After reaching Jomsom, our hike begins on foot, and we will experience a unique blend of history, culture, and natural beauty in one of Nepal's most intriguing and captivating regions.

Necessary Permits & TIMS for Damodar Kunda Trekking:

There are 2 types of permits necessary in this region including the Annapurna Conservation Area Permit ([ACAP](#)):

1. Upper Mustang Restricted Area Permit:

Damodar Kunda is located in Upper Mustang, which is a restricted area. To enter Upper Mustang, you need an Upper Mustang Restricted Area Permit. This permission could only be obtained from a recognized trekking agency.

Cost: USD 500 per person(10 days trek). Additional USD 50 per day after the 10-day mark.

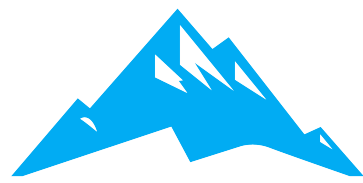
2. Annapurna Conservation Area Permit (ACAP):

Because Damodar Kunda is located within the Annapurna Conservation Area, you also need to get an Annapurna Conservation Area Permit (ACAP) in addition to the [Upper Mustang Restricted Area Permit](#).

Cost: USD 25 per person (includes Damodar Kunda).

NECESSARY DOCUMENTS FOR PERMITS:

- An original passport and current visa(valid for at least six months)
- One printed passport-sized photograph (required for an ACAP permit)
- Travel insurance papers (includes helicopter evacuation of up to 6000m)



Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

PRICE INCLUDES

- Airport pickup and drop service.
- Hotel in Kathmandu [Hotel Chhimeki](#) 2nights.
- All food and accommodation during the trek.
- Transportation costs: Comfortable Drive from Hotel to trek start and ends.
- Experienced Government license holder English-speaking trekking guide.
- Trekking permits: Mustang, Annapurna conservation area fees.
- First aid medical box.
- T-shirt, Duffel Bag, and Trekking Map.
- Rescue Management Service.
- All Tax 13% VAT+10% Service charge).
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks.
- Visa fee to enter Nepal.
- International flight tickets and extra baggage charges.
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Porter (1 porter for 2 trekkers with a max load of 17 to 17kg).
- All required trekking gear like sleeping bags and down jackets made available on rent.
- Travel insurance/ Rescue operation costs.
- All personal expenses (laundry, electronic device. charging cost)
- Tip for guide and porters.
- Hot and cold Shower.

ITINERARY IN DETAIL

Day 1: Kathmandu (1300m) to Pokhara (900m)

Begin your journey from Kathmandu to Pokhara, passing through lush green hills, terraced fields, and quaint villages. Along the way, you'll catch glimpses of traditional Nepalese life and stunning vistas of the Himalayan peaks. Pokhara, known as the "City of Lakes," offers breathtaking views of the Annapurna and Machhapuchhre (Fishtail) mountains, providing a perfect introduction to the natural beauty of Nepal.

Day 2: Fly Pokhara to Jomsom (2720m), then trek to Kagbeni (2800m),

Take a thrilling flight from Pokhara to Jomsom, flying between two towering peaks of the Annapurna and Dhaulagiri ranges. As you trek from Jomsom to Kagbeni, you'll traverse the arid landscapes of the Mustang region, characterized by colorful rock formations and traditional Tibetan architecture. Kagbeni, with its ancient monasteries and narrow alleys, offers insights into the rich cultural heritage of the region.

Day 3: Trek from Kagbeni to Chele (3100m)

Trekking from Kagbeni to Chele, you'll ascend through the stunning Kali Gandaki Valley, known as the deepest gorge in the world. Along the way, you'll encounter breathtaking views of Nilgiri and Tilicho peaks, as well as traditional Mustang villages. Chele, perched atop a hill, provides panoramic views of the surrounding valleys and mountains, offering a serene retreat amidst nature.

Day 4: Trek from Chele to Gheling (3570m)

Trek from Chele to Gheling, passing through high mountain passes and ancient trade routes. Gheling is a charming village surrounded by barley fields and apple orchards, offering a glimpse into the traditional agricultural practices of the region. Visit the local monasteries and interact with the friendly villagers to learn more about their way of life.

Day 5: Trek from Geling to Tsarang (3560m)

Today's trek takes you from Gheling to Tsarang, passing through the picturesque village of Geling. Tsarang, with its ancient dzong (fortress) and whitewashed houses, is a cultural hub of the Mustang region. Explore the historic monasteries and intricate murals that adorn the walls, reflecting the rich artistic heritage of the region.

Day 6: Trek from Tsarang to Lo Manthang (3840m)

Trek from Tsarang to Lo Manthang, the ancient capital of the Kingdom of Mustang. Lo Manthang is a walled city adorned with ornate palaces, monasteries, and traditional mud-brick houses. Spend the day exploring the narrow alleys and ancient temples, soaking in the rich cultural heritage of this historic town.

Day 7: Lo-Manthang, day hiking exploring around

Enjoy a day of leisure in Lo Manthang, exploring the surrounding area and engaging with the local community. Visit nearby monasteries, such as the [Champa Lhakhang](#) and Thubchen Gompa, to witness ancient rituals and ceremonies. Don't miss the opportunity to sample traditional Mustangi cuisine and interact with the friendly locals.

Day 8: Lo- Manthang trek to Yara (3650m)

Resume your trek from Lo Manthang to Yara, passing through high mountain passes and barren landscapes. Yara, located on the banks of the Dhechyang Khola River, offers stunning views of the surrounding Himalayan peaks and pristine wilderness. Visit the ancient caves of Yara and learn about their religious significance in Tibetan Buddhism.

Day 9: Trek Yara to Ghuma Thanti (4800m)

Trek from Yara to Ghuma Thanti, ascending to the high-altitude campsite situated at 4800m. Ghuma Thanti offers panoramic views of the surrounding mountains, including Damodar Himal and Nilgiri peaks. Take in the breathtaking scenery and prepare for the challenging trek ahead.

Day 10: Trek Ghuma Thanti to Damodar Kunda (4890m)

Embark on an unforgettable journey to Damodar Kunda, a sacred lake nestled amidst the rugged Himalayan landscape. The pristine waters of the lake hold great religious significance for Hindus and Buddhists, who believe that bathing in its waters cleanses sins and brings salvation. Spend the day exploring the serene surroundings and immersing yourself in the spiritual atmosphere of this sacred site.

Day 11: Exploring the high-altitude Damodar Kunda/Lake (4890m)

Continue to explore the high-altitude Damodar Kunda, marveling at the natural beauty and spiritual significance of the lake. Take the opportunity to meditate by the shores of the lake and reflect on your journey amidst the tranquil surroundings.

Day 12: Trek Damodar Kunda to Ghuma Thanti (4800m)

Trek back from Damodar Kunda to Ghuma Thanti, retracing your steps through the rugged mountain terrain. As you descend from the high-altitude campsite, savor the last views of the majestic Himalayan peaks and pristine wilderness.

Day 13: Trek Ghuma Thanti to Yara (3900m)

Trek from Ghuma Thanti to Yara, descending through valleys and alpine meadows, enjoying the stunning mountain views along the way. Take in the beauty of the Mustang region one last time before bidding farewell to the serene landscapes.

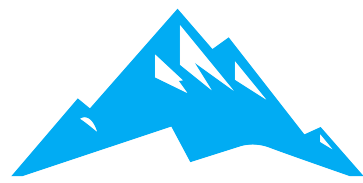
Day 14: Trek Yara to Tangye (3240m)

Continue your journey from Yara to Tangye, trekking through remote villages and picturesque landscapes. Tangye, situated amidst lush green hills and terraced fields, offers a peaceful retreat amidst nature. Visit the local monasteries and interact with the friendly villagers to learn more about their way of life.

Day 15: Trek Tangya to Tetang (3040m)

Trek from Tangye to Tetang, passing through rolling hills and traditional Tibetan villages. Tetang, with its whitewashed houses and colorful prayer flags, is a cultural gem of the Mustang region. Explore the ancient monasteries and engage with the local community to gain insights into their unique cultural traditions.

Day 16: Trek Tetang to Muktinath (3700m)



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E-Mail: trekmanianepal@gmail.com
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Journey from Tetang to Muktinath, a sacred pilgrimage site revered by both Hindus and Buddhists. Explore the ancient temples and monasteries of Muktinath, which are believed to possess healing powers and spiritual significance. Take a dip in the 108 sacred water spouts and pay homage to the deity [Lord Vishnu](#), the preserver of the Hindu pantheon.

Day 17: Trek Muktinath to Jomsom (2720m)

Trek from Muktinath to Jomsom, descending through barren landscapes and rocky trails. Jomsom, situated on the banks of the Kali Gandaki River, is a bustling town known for its apple orchards and traditional Tibetan culture. Explore the local markets and interact with the friendly locals to learn more about their way of life.

Day 18: Fly Jomsom to Pokhara (960m)

Take a scenic flight from Jomsom to Pokhara, enjoying aerial views of the Annapurna and Dhaulagiri ranges. Pokhara, with its serene lakes and snow-capped peaks, offers the perfect setting to relax and unwind after your trekking adventure. Explore the vibrant lakeside markets and indulge in adventure activities such as paragliding and boating on Phewa Lake.

Day 19: Pokhara to Kathmandu

Conclude your adventure with a short flight from Pokhara back to Kathmandu, marking the end of your memorable Damodar Kunda Trek. Reflect on your journey and cherish the memories of the breathtaking landscapes, rich cultural heritage, and spiritual experiences that you encountered along the way.

FAQ

1. Why is Damodar Kunda considered sacred?

Damodar Kunda is a holy lake for Hindus and Buddhists, believed to be the source of the Kali Gandaki River, where Shaligram stones (sacred fossils) are found. Many pilgrims visit to take a ritual bath, which is said to cleanse sins.

2. How do you reach Damodar Kunda?

The trek follows a remote trail in Upper Mustang, starting from Jomsom or Lo Manthang. Some also choose a [helicopter tour](#) from Pokhara or Kathmandu for a quicker visit.

3. What is the landscape like around Damodar Kunda?

The area is dry, barren, and high-altitude, with Tibetan-style villages, cliffs, and snow-capped peaks. The lake itself sits at 4,890m, offering stunning views of Damodar Himal, Annapurna, and Mustang's rugged terrain.

4. Are there teahouses or do we need to camp?

There are limited teahouses along the trail, but for the final stretch to Damodar Kunda, camping is required. Trekkers need to carry food and gear.

5. Is this trek only for religious pilgrims?

No, while many visit for spiritual reasons, the trek also attracts adventure seekers looking for an off-the-beaten-path experience in the remote Mustang region.