

Kathmandu, Pokhara, and Muktinath - 7 Days

The Kathmandu, Pokhara, and Muktinath tour is an ideal journey for travelers who want to explore Nepal's sacred landmarks, dramatic landscapes, and vibrant culture without venturing too far into the high Himalayas. Blending rich heritage sites of the Kathmandu Valley with the tranquil charm of Pokhara and the spiritual destination of Muktinath in Lower Mustang, this tour introduces you to the soul of Nepal in just a week. Whether you're traveling for pilgrimage, photography, or peace of mind, this itinerary is designed to suit all age groups and all seasons.

From UNESCO World Heritage Sites in Kathmandu to the pristine lakes of Pokhara, and finally the windswept, mystical terrain of [Mustang](#), this journey is more than just a vacation—it's an experience that will stay with you long after you've returned home. Ideal for both family tours in Nepal and travelers looking for spiritual tours, this is one of the best short travel experiences Trek Mania Nepal offers.

Start Your Journey in the Capital of Culture – Kathmandu

Your tour begins in the bustling city of Kathmandu, the cultural and spiritual heartbeat of Nepal. Here, ancient traditions seamlessly blend with modern life. The city is home to several [UNESCO World Heritage Sites](#), including Pashupatinath Temple, a sacred site for Hindu pilgrims, and the serene Boudhanath Stupa, a magnet for Tibetan Buddhist culture. From the Monkey Temple (Swayambhunath) with its commanding view over the valley to the elegant Patan Durbar Square, Kathmandu offers a deep dive into centuries of religious devotion, Newari architecture, and spiritual introspection.

This part of the tour is perfect for visitors who enjoy exploring historic sites, learning about Nepalese festivals, and capturing vibrant street life with their cameras. The capital also allows you to explore local handicraft shops, taste authentic Nepali cuisine, and prepare yourself for the scenic overland journey ahead. For those who wish to expand their exploration of the valley, our dedicated [Kathmandu Valley Day Tour and Bhaktapur Sightseeing](#) Packages are highly recommended.

Overland Adventure to the Sacred Mustang Region

Leaving behind the urban charm of Kathmandu, the road takes you towards Lower Mustang, following the course of the Kali Gandaki River—a sacred waterway flowing through the world's deepest gorge. The drive toward Beni and Jomsom is filled with stunning views of green hills, gushing rivers, and charming rural settlements. This journey is a great way to experience Nepal's mid-hill landscapes, and it gives a refreshing break from the noise and speed of city life.

As you ascend toward Jomsom, the terrain shifts dramatically, revealing the arid, high-altitude desert landscape typical of Mustang. The air becomes crisper, and prayer flags flutter in the strong winds, welcoming you to the spiritual gateway of Muktinath. The change in scenery is almost cinematic—each turn of the road bringing something new to admire. For those interested in a longer version of this route, our [Lower Mustang Trek](#) and [Upper Mustang Jeep Tour](#) provide more immersive experiences.

Visit Muktinath – A Pilgrimage for All Faiths

The jewel of this tour is the visit to Muktinath Temple, one of the holiest pilgrimage sites for both Hindus and Buddhists. Located at an altitude of 3,710 meters, this sacred temple is believed to cleanse the sins of anyone who bathes under its 108 water spouts. The peaceful energy of Muktinath is palpable, enhanced by the panoramic views of Dhaulagiri and Nilgiri mountains, fluttering prayer flags, and the eternal flame that burns inside the temple's sanctum.

The route to Muktinath takes you through Kagbeni, a picturesque medieval village with cobbled lanes, a mystic atmosphere, and breathtaking views of the surrounding snowy peaks. Kagbeni also serves as a gateway to [Upper Mustang](#), making it an ideal stop for photography and cultural exploration. You can also interact with local Thakali communities, adding a personal cultural layer to your adventure.

Relax in Tatopani's Natural Hot Springs

After experiencing the cold winds and spiritual heights of Muktinath, the descent to Tatopani offers a perfect opportunity to relax. The village is known for its natural hot springs, which are believed to have healing properties. It's a welcome pause that allows both your body and mind to unwind in a serene Himalayan setting. Many travelers consider this the most rejuvenating part of their trip.

Pokhara – The Jewel of the Mid-Hills

From Tatopani, the road continues toward Pokhara, Nepal's favorite lakeside retreat. The city is nestled in the shadow of the Annapurna and Machapuchare ranges, offering tranquil lakes, refreshing air, and panoramic mountain views. You can explore Phewa Lake, take a peaceful boat ride to the Barahi Temple, or hike up to the World Peace Pagoda for a quiet moment of reflection. Pokhara also offers exciting options like paragliding, zip-lining, and ultra-light flights for the more adventurous.

The city also houses cultural spots such as the [International Mountain Museum](#), Gupteshwor Cave, and Davis Falls, making it a diverse stop whether you're here for relaxation or exploration. For more travel ideas around this region, consider combining this journey with our [Annapurna Base Camp Trek](#) or [Ghorepani Poon Hill Short Hike](#).

Return to Kathmandu – A Journey Concluded

After your time in Pokhara, the final leg of the journey brings you back to Kathmandu, either by road or optional domestic flight. This return trip allows you time to reflect on all that you've experienced—from ancient temples and mountain views to spiritual awakenings and peaceful lakesides. You'll leave with not only souvenirs but also a renewed spirit and a deeper appreciation for Nepal's unmatched beauty and diversity.



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.
- Two-night Hotel in Kathmandu.
- All food and lodging during the tour.
- Transportation costs.
- Government license holder English-speaking tour guide with his salary, lodging, food, and insurance.
- Trekking permits: Annapurna conservation fees.
- First aid medical box.
- All required trekking gear like sleeping bags and down jackets made available on rent.
- T-shirt, Duffel Bag, and Trekking Map with company logo
- Rescue Management Service.
- All Tax 13% VAT+10% Service charge.
- Farewell Dinner

PRICE EXCLUDES

- Visa fee to enter Nepal.
- International flight tickets.
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary
- Travel insurance/ Rescue operation costs.
- All personal expenses.
- Tip for guide and porters.

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu and have a good rest

Once you land in the airport of Kathmandu, one of our representatives will meet you there and welcome you in a traditional Nepalese style- with a fresh garland and humble Namaste. Then, he will guide you to your hotel through the winding alleys of Kathmandu. Freshen up and take rest.

In the evening, your sightseeing guide will meet you at your hotel. He will brief out the required information about the sightseeing places such as the cultural restrictions and tips to enhance the quality of the sightseeing. Have a good night sleep.

Day 2: Kathmandu Sightseeing (UNESCO World Heritage Sites)

Kathmandu valley is listed in the book of UNESCO cultural heritage sites of the world because of its rich cultural and architectural wonders. With over dozens of ancient complexes, dotted around the valley, there is no eye that is left unsurprised in the classic ambiance of Kathmandu.

First, visit the 12th century Patan Durbar Square, the royal palace of Malla Kingdom. The aesthetic carvings on the windows of this complex tell a story about the ancient lifestyle and their inspirations. After that, explore the Pashupatinath Temple to see the thousands of people worshipping in over 400 Shiva shrines. A few distances ahead, you will arrive at the Boudhanath Stupa- the largest unique Stupa in the world. Finally, ascend to the Swayambhunath Stupa, sitting at the hilltop of the Kathmandu valley.

Besides, there are other dozens of heritage sites to visit in Kathmandu. It is, therefore, people nickname Kathmandu as the 'living museum'.

Day 3: Kathmandu to Beni

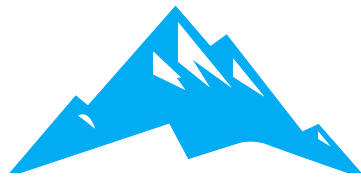
The well-paved road to Beni takes you through some of the scenic valleys and rivers of natural Nepal. Beni is about 300 km away from Kathmandu, and the drive lets you enjoy some of the best views of nature. We will stop at Damauli for lunch and then, continue on our journey to the Beni. Explore the surrounding views and feel the classic charm of the markets of the Beni.

Day 4: Beni to Jomsom

From Beni, Jomsom is just 70 kilometers away. But, the rough and bumpy road will make it appear longer than the real distance. The more you approach Jomsom, the better the views become. The peaks of the Machhapuchre and Annapurna range gradually show up when you are about 10 km away from Jomsom. Once you reach there, explore the markets there. The view of the northeasterly mountain panorama is simply fabulous. Jomsom is best for shopping the hand-made souvenir and handicraft items of mountain people. Get yourself some memories of the mountains from there.

Day 5: Jomsom to Muktinath via Kagbeni & back to Tatopani

From Jomsom, drive to the Muktinath via Kagbeni. Even if you wish to trek to Muktinath from Jomsom, there is a short way that goes through the classic village of Jharkot.



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

The route via Kagbeni passes through an incredible Kaligandaki gorge, the deepest gorge in the world. Most of the time, you will be traveling on the exposed highway overlooking the gorgeous views of the mountains on the south and eastern side. The tiny houses, perched on the terraces of the hills, form an impeccable scene. By the time you reach the Muktinath, explore the man-sized golden statue of the Lord Vishnu. There are 108 sculptured water taps, emphasizing the tone of the temple. The periphery of the temple is surrounded by the incredible mountains that look breathtaking on a clear day.

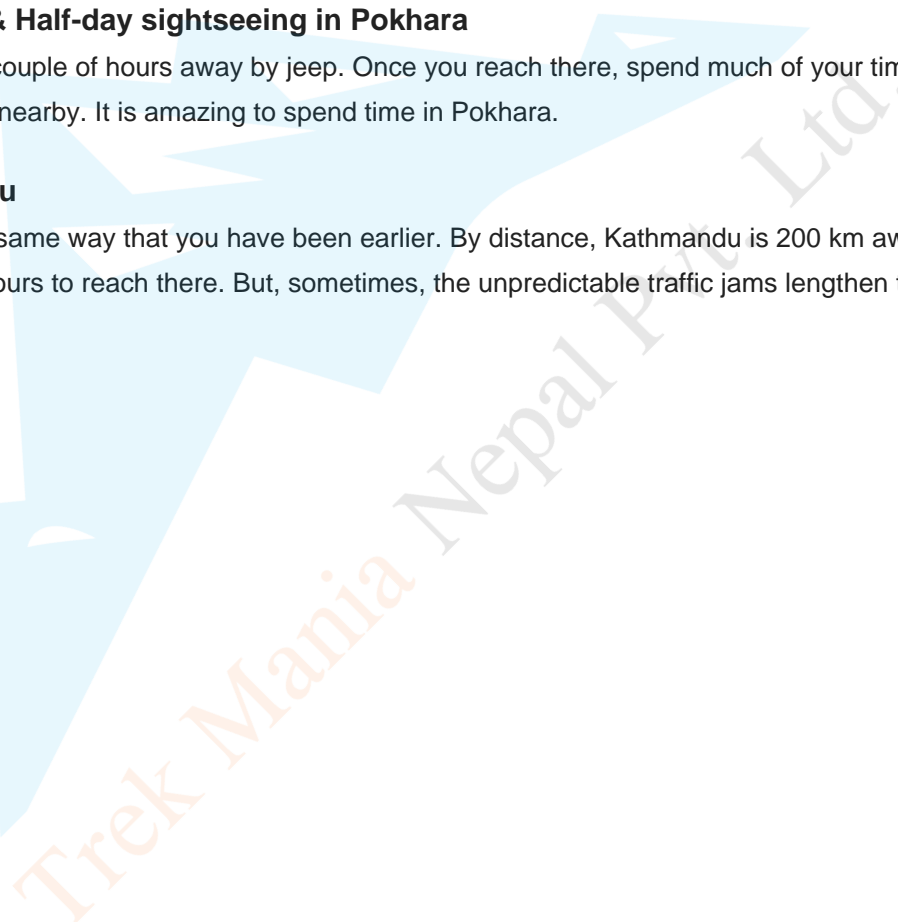
After exploring the temple, return to Tatopani (meaning 'hot water'). There is a natural hot water spring to dive in. Locally, the water of this spring is believed to have the natural healing capacity.

Day 6: Tatopani to Pokhara & Half-day sightseeing in Pokhara

From Tatopani, Pokhara is just a couple of hours away by jeep. Once you reach there, spend much of your time exploring the waterfalls and lakes nearby. It is amazing to spend time in Pokhara.

Day 7: Pokhara to Kathmandu

From Pokhara, Kathmandu is the same way that you have been earlier. By distance, Kathmandu is 200 km away from Pokhara. It takes around 7 hours to reach there. But, sometimes, the unpredictable traffic jams lengthen the delays.



FAQ

1. Is a permit required to visit Muktinath and Jomsom?

Yes, travelers need both the Annapurna Conservation Area Permit (ACAP) and the TIMS (Trekking Information Management System) card for this trip. These permits are mandatory for entering the Mustang region and can be arranged easily through a registered trekking agency in Kathmandu.

2. Can senior citizens and children do this tour comfortably?

Absolutely. Since the journey is mostly overland with manageable driving hours, this trip is ideal for senior citizens and families with children. The itinerary avoids strenuous trekking, focusing more on cultural exploration and scenic beauty, making it suitable for all age groups.

3. What kind of weather should I expect during the tour?

The weather varies depending on the season, but Lower Mustang, where Muktinath is located, lies in a rain shadow zone, making it accessible even during monsoon months. Days are generally sunny and dry, while mornings and evenings can be chilly, especially from October to March.

4. Are vegetarian meals available during the tour?

Yes, vegetarian and vegan meals are widely available throughout the journey, including in Jomsom, Kagbeni, and Muktinath. Most teahouses and hotels offer freshly prepared meals using local produce.

5. Is altitude sickness a concern on this tour?

Since the tour gradually gains elevation and includes overnight stays at lower altitudes before visiting Muktinath (3,800m), the risk of altitude sickness is low. However, staying hydrated and taking it easy at higher elevations is still recommended.

6. Can I combine this tour with a short trek or adventure activity?

Definitely. Many travelers extend this tour with short treks in Pokhara, paragliding, or even a Chitwan Jungle Safari. You can also add a Lumbini tour or include Bandipur for more cultural depth. Let your travel agency know in advance for a customized package.

7. Are there ATM or money exchange facilities available on this route?

ATMs are available in Kathmandu and Pokhara, and there are limited services in Jomsom. It is advisable to carry enough Nepali rupees before heading towards Mustang, as card facilities are rare in remote areas.