



## Muktinath Temple

"The holiest of holy Vishnu temple in Mustang District of Nepal"

# Muktinath Temple (Chumig Gyatsa)

<b>District:</b>	Mustang	<b>Country:</b>	Nepal
<b>Altitude:</b>	3710 meter	<b>Distance:</b>	406 km from Kathmandu
<b>Nearest Airport:</b>	Jomsom		200 km from Pokhara
<b>Name in Hindu:</b>	Mukti Kshetra	<b>Name in Buddhist:</b>	Chumig Gyatsa
<b>Divya Desam (premium temples)</b>	106 <sup>th</sup>	<b>Shakti Peethams</b>	51 <sup>st</sup>
<b>God Worshipped</b>	Vishnu		



## Introduction:

Muktinath Temple (Chumig Gyatsa) is symbol of the religious symbiosis between both Hindus and Buddhists. Hindu believes that lord Vishnu got salvation from curse of Brinda (wife of Jalandhar) here. Therefore he is worshipped as Muktinath (Lit. the lord of salvation). The holy shrine, which is said to have risen on its own, is one of eight such shrines (the others include Srirangam, Sri Mushnam, Tirupati, Naimisaranyam, Thottadri, Pushkaram and Badrinath).

This Pagoda Style Muktinath Temple is also one of 108 Vaishnava shrines. Here in the early 19th century the Hindus consecrated a Vishnu temple and named is Muktinath - Lord of Liberation. Against a backdrop of incredible starkness you can sit and stare to the south the snow covered Annapurna range, or to the north the Tibetan plateau

## Importances:

According to Hindu Myth it is belief that this world is "MAYA" (an illusion) of life cycle of birth and rebirth. Everybody seek to get rid of this cycle and get nirvana. A visit to Muktinath will help to achieve this goal. There are 108 waterspouts in the back yard of this temple called as Muktidhara where froozen water are continuously flowing from the bull head and two Kunda (ponds in front of the temple). Taking bath in these 108 waterspouts and two kunda believe that it brings them salvation.



## Location:

Muktinath Temple is located at the laps of snowcapped mountains at Thorong-La mountain pass at an altitude of 3710 meters above sea level in Mustang district of Nepal. This temple is covered in one of the famous trekking route of Annapurna Circuit.

## Travel Access:

### Option 01: By Road - 2 nights (Kathmandu - Pokhara - Jomsom - Muktinath)

Muktinath Temple can be accessed by road way from Kathmandu to Pokhara following the Prithivi Highway after that crossing Beni, Tatopani, Ghasa, Marpha, Jomsom and Kagbeni.

**First halt:** Muktinath Yatra via road begins from Pokhara and will be the good idea to spend one overnight which is 206 km far from Kathmandu, 910 meters above sea level and journey takes around 7 hours. Road are blacktop and comfortable for the journey. Whereas, Pokhara is easily accessible by 25 minutes flight from Kathmandu. You can easily find different categories hotel from standard to five star level as per your choice. Most of the popular hotels, shopping center and restaurant are located near Lakeside and they do accept the major Credit Card, Visa Card, Master Card, AMX, and more. You can enjoy varieties of foods with live music and cultural dance shows in different restaurant here.



**Second halt:** Pokhara to Muktinath by road might need one night stop at Jomsom which is located at an altitude of 2734 meters and 170 km far from Pokhara. Roads upto Beni – 100 km are blacktop and comfortable for the journey whereas next 70 km upto Jomsom are off road. It might take 8/9 hours to reach at Jomsom. Please do not expect for the star hotel here. Jomsom is also connected via air way from Pokhara. 15 minutes flight from Pokhara will take you to the Jomsom. And on the same day you can visit Muktinath Temple and return back to Jomsom as well.

On the very next day morning, walk for 25 minutes to catch a Jeep then 1:30 hour drive to Ranipauwa - Jeep Station at Muktinath Temple (3710m) and again hike for 25 minutes till the temple entrance. Have darshan/pooja at temple and either return directly to Pokhara or halt at Beni.

**Option 02: By Flight - 1 night (Kathmandu - Pokhara - Jomsom - Muktinath)**

Jomsom is the nearer airport to reach Muktinath Temple. There is no direct flight from Kathmandu. First, take flight to Pokhara, then to Jomsom. Since, Jomsom is the windy place; flights are operated in the early morning only if the weather permits. Sometimes flight might get canceled due to bad weather. So, one night stay at Pokhara is must and takes next day morning flight to Jomsom. 18 seats Twin Otter plane carries passengers in this route.

### **Option 03: By Helicopter - 1:30 hours (Kathmandu - Muktinath)**

Muktinath Yatra by helicopter is operated from Kathmandu. Muktinath Temple is in just one and half hour flying distance by helicopter. The helipad is located at Ranipauwa. From here the temple can be reached via 30 minutes walking. Perform pooja/darshan at the temple and fly back to Kathmandu.

### **Option 04: By Trek - 7 nights**

Muktinath Temple can also be visited via adventurous trek. First get yourself at Pokhara and trek starts from Nayapul (1 hr drive) following overnight stay at Tikhedunga, Ghorepani, Tatopani, Ghasa, Marpha, Kagbeni then to Muktinath. The average walking duration are 7 to 8 hours per day.

## **What permits are required to visit this temple?**

Muktinath Temple lies in conservation and trekking zone. So, two permits are required to enter in this area. One is Annapurna Conservation Area Project Permit (ACAP) and another is Trekker's Information Management System Permit (TIMS). It is restricted to enter in this zone without collecting these two permits.

## **What are the best months to visit?**

March, April, May, June, September, October and November are the best time to visit Muktinath. During these months weather will be clear and snowcapped mountains can be observed closely.