

How to go on your journey?

It's not easy to visit almost all hot springs, you may have to pass rough road, the edge of cliff, rock place, and jungle. Of course there are not any sign boards how to go to hot spring. So one of the most important thing is that you visit hot springs with the local people who know how to get hot springs well. That is the safest and surest way.

If you go to remote area, you have to stay home at local village. There is nothing of comfortable hotels like city. But you can take the room of local people at low price and enjoy the life of village and culture exchange.

Almost all the hot springs in middle western area is located near riverside. In the rainy season, from May to September, the hot springs at riverside will sink in the rivers or not be cleaned up. You can enjoy hot springs in spring, autumn, winter. The best season is from Oct to Mar.

How to take a bath?

You must wear swimming wear in Nepal. You should check the policy of taking a bath because some hot springs has separated bathtub or deafferented time by gender. Of course there is nothing of amenities like soap or towel so you must prepare these if you need.

Website:



<https://journeytohotspringsinmidwesternnepal.wordpress.com>

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Journey to Hot Springs in Middle Western Nepal

10 hot springs on the way to Nilgiri, Dhaulagiri, Annapurna, Machhapuchhre and Mustang from Pokhara and Beni

About the hot springs in Nepal

You may wonder if there are hot springs in Nepal. Actually, there are so many areas that hot springs gush out mainly in mountainous region of Nepal. The famous areas for hot springs are middle western Myagdi, Kaski and middle eastern Sindhupalchok.

In Nepal, almost all Nepali people take a bath for medical purposes and continue to stay for a long time. In the village areas, not only medical purposes, some people go to hot springs in remote places with foods for about 10 days and enjoy camping with their family. Hot springs are recognized as healing spot for many Nepali people.

There are not good amenity like Japanese "Onsen". But you can enjoy natural hot springs gushing out from deep under the ground of Himalaya. If you visit the villages in remote areas, you can also enjoy homestay activity.

Now, carry your backpack, go to see beautiful scenery of Himalaya and rivers, enjoy culture exchange with people live in village, let's go on a journey to hidden hot springs in middle western Nepal!

Features of Dhaulagiri area

Hard Trekking

In Dhaulagiri area, it's famous for hard trekking area. It's not also easy way to visit hot spring because you may have to pass jungle, the edge of a cliff and rock place.

That's why you can feel good to take a bath after hard trekking.

Now let's go on the journey to hot spring with local people guide and a spirit of adventure.



Experience of Wildlife

So many different ethnic groups coexist in Nepal. In most villages of Dhaulagiri area, there are Magar people.

In homestay, you can see their real village life: local food, dancing, singing a local song, fishing, hunting birds with a slingshot and so on. You will never get tired of spending time with them. Also you can enjoy to eat local chicken, vegetable and rice. Especially, you should try to eat local Dal Bhat and spirits. You can feel real Nepal that you never feel in the city.



Hot Springs Map in Middle Western Nepal -Myagdi and Kaski-



Features of Annapurna area

Comfortable stay

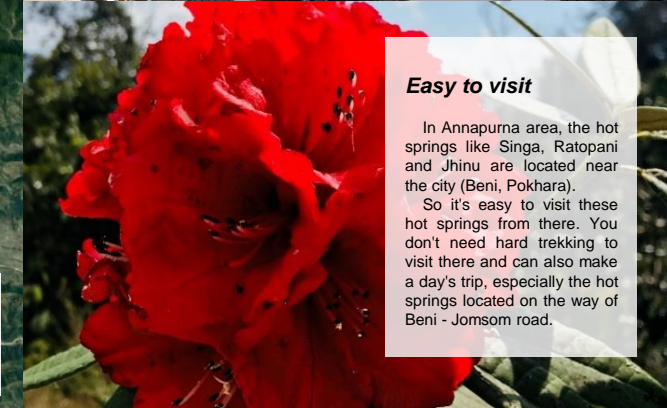
In Kaski, there are many famous trekking routes like the way to Annapurna Base Camp. So you can take a comfortable stay in good cottages on the route to hot springs also.



Easy to visit

In Annapurna area, the hot springs like Singa, Ratopani and Jhinau are located near the city (Beni, Pokhara).

So it's easy to visit these hot springs from there. You don't need hard trekking to visit there and can also make a day's trip, especially the hot springs located on the way of Beni - Jomsom road.



Myagdi Hidden Hot Spring Heaven

Myagdi, main district in Dhaulagiri area, where is located between Kali Gandaki river and Myagdi river and you can see beautiful mountains like Dhaulagiri. There are Singa hot spring that is famous for hot spring cures and other 7 hot springs with bathtub. The local specialties are orange and Timur pepper. You can enjoy local vegetable, rice, meat and fish. And there are not only hot springs but also natural materials like natural stone and Shilajit (Ayurvedic medicine).

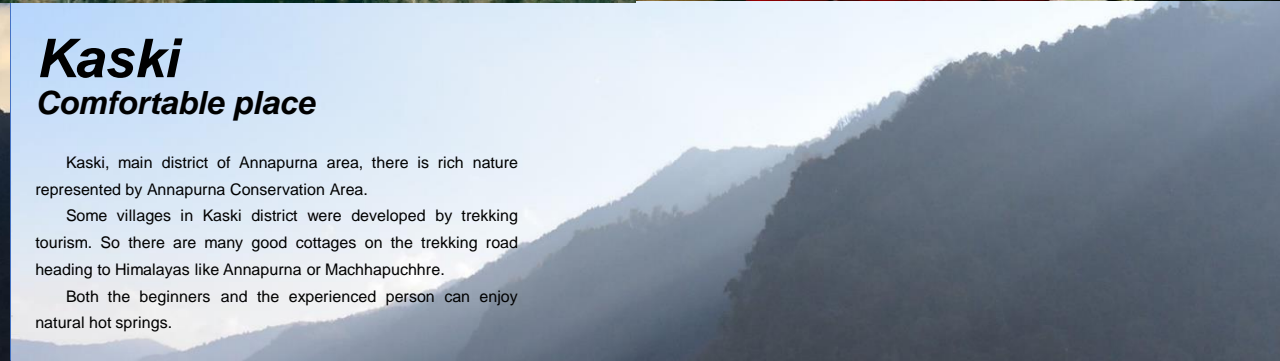
Beni, main city in Myagdi district, where is located west from Pokhara to take 4-5 hours by bus. Beni had developed as the entrance of trekking route. Your journey to hot spring starts from this small town.

Kaski Comfortable place

Kaski, main district of Annapurna area, there is rich nature represented by Annapurna Conservation Area.

Some villages in Kaski district were developed by trekking tourism. So there are many good cottages on the trekking road heading to Himalayas like Annapurna or Machhapuchhre.

Both the beginners and the experienced person can enjoy natural hot springs.



Modi riverside

Jhinu On the Annapurna base camp route, 3 bathtub, changing room and Toilet
Best healing spot for ABC trekkers



Simple spring Warm NRs100 Toilet Changing room Shower

Village Jhinudanda Comfortable place for ABC trekkers
Taking 30 minutes to Jhinu hot spring



Annapurna South, Dhaulagiri



Route Information
Harichowk jeep station - Landruk - Jhinudanda
- Jhinu (taking 2 half hours by motor vehicle to Landruk, 3 half hours by walking to Jhinudanda and 30 minutes to Jhinu hot spring), you can also visit there via Ghandruk and Motkyu.

Hotel Information
Hot spring Cottage
☎ 9856036459
 NRs200~ / room
 Dal Bhat 520NRs
 Free Wi-Fi

Seti riverside

Machhapuchhre Passing the jungle and the peak and showing the hot spring in wilderness



Sulfur spring Warm Free Camping tent for staying

Village Karuwa Near by riverside from Machhapuchhre Himalaya



Hotel Information **Route Information**

Karuwa Home Stay
☎ 061621726
(Mobile:9846731999)
 NRs200 / room

Harichowk jeep station - Karuwa - Machhapuchhre (taking 1 half hours by motor vehicle, 1 half hours by walking), recommended visit there with local people



Kali Gandaki riverside

Bhurung Popular with foreign tourists
Located near so many hotels



Sulfur spring Warm NRs150 Toilet Changing room Lunch

Shekhar Near riverside, popular for local people



Sulfur spring Warm Free Shower

Hotel Information

Hotel Lamhu ☎ 9846519155
 NRs1,100 / room
 Dal Bhat NRs350~



Paudwar Seeing beautiful Nilgiri Himalaya view



Sulfur spring Very Hot Free Toilet Changing room Shower Nilgiri

Ratopani Easy to visit from Beni
Healing spot for local people



Sulfur spring Hot Free

Route Information

All 4 hot springs are located on Beni-Jomsom road so you can go near by bus or jeep that costs around NRs200-500.
[Shekhar] Beni - near Shekhar - Shekhar (taking 1 hour by motor vehicle, 1 half hour by walking) , recommended to visit there with local people
[Ratopani] Beni - Ratopani (taking 1 half hours by motor vehicle)
[Bhurung] Beni - Bhurung(taking 2 hours by motor vehicle)
[Paudwar] Beni - near Paudwar - Paudwar (taking 2 hours by motor vehicle, 30 minutes by walking) , recommended to visit there with local people



Dhaulagiri area

Myagdi riverside

Bagara

Natural blue hot spring
The best healing spot on the way to DBC



☞ Sulfur spring ☞ Hot ☞ Free ☞ Toilet ☞ Camping tent for staying

Village Jeltung

Cottages for trekkers heading to DBC
Taking 2 hours to Bagara hot spring



Hotel Information
Chitra Bahadur ☎ 9840711045 or 9862386232
☎ NRs300~500 / bed ✕ Dal Bhat NRs300-500, Local Spirits NRs30

Village Naura

The village on the way to DBC



Route Information

[Day 1] Beni - Paryagaun - Mudi (taking 5 hours by jeep, 1 hour by walking and staying in Mudi)
[Day 2] Mudi - Naura (taking 4 hours by walking and staying in Naura)
[Day 3] Naura - Jeltung (taking 6 hours by walking and staying in Jeltung)
[Day 4] Jeltung - Bagara (taking 2 hours by walking)



Hotel Information

Sisha ☎ 9846841598 or 9869731788
☎ NRs300~500 / bed
✕ Dal Bhat NRs300- Local Spirits NRs30

Mudi riverside

Folding Khola

The hidden hot spring located into the depth of the mountain, dangerous road through jungle, rocky place and the edge of a cliff, after the hard-trekking natural hot spring waiting for you.



☞ Mineral spring ☞ Warm ☞ Free ☞ Toilet ☞ Camping tent for staying

Village Arche

The nearest village from Folding Khola hot spring, seeing shooting stars at the night sky



▲ Dhaulagiri

Route Information

[Day 1] Beni - Paryagaun - Mudi (taking 5 hours by jeep to Paryagaun, 1 hour by walking to Mudi and staying in Mudi)
[Day 2] Mudi - Arche (taking 3 half hours by walking and staying in Arche with seeing shooting star)
[Day 3] Arche - Folding Khola (taking 6 hours by walking and staying Folding Khola by camping), recommended to visit there with local people and equipment of trekking



Hotel information

Camping only
There nothing of hotels or homestay. So you must camp at garden of local people's house. You can rent the equipment for camping from homestay's owner in Mudi (tent and sleeping bag).

Village Mudi

The village of entrance to DBC, Bagara hot spring and Folding Khola hot spring
Available local food, enjoying homestay and culture exchange with local people



Hotel information

Kina Maya ☎ 9867682191
☎ NRs500 / bed ✕ Dal Bhat NRs350~450 ▲ Dhaulagiri

Raughat riverside

Darmija

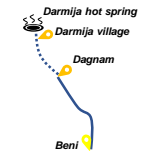
Near Darmija village, now constructing new bathtub, but you can feel the warm hospitality of the local people.



☞ Simple spring ☞ Very Hot ☞ Free ☞ Toilet ☞ Camping tent for staying

Route Information

Beni - Dagnam - Darmija village - Darmija hot spring (taking 1 half hours by motor vehicle to Dagnam, 1 half hours by walking to Darmija village, 1 half hours by walking to Darmija hot spring), recommended to visit there with local people



Hotel Information

You can do a homestay only.
Contact person:
Dhan kumar Sarpunja
☎ 9846833711



Myagdi riverside

Singa

Most strong sulfur spring in mid-western Nepal, famous place for good hot spring cures, nearest hot spring from Beni



Route Information

Beni - Singa (taking 30 minutes by taxi or bus on Myagdi riverside)

☞ Sulfur spring ☞ Hot ☞ NRs50 / day, NRs300 / over 4 days ☞ Toilet ☞ Camping tent for staying