Jugal Himal Base Camp Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**16 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4700m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,190 per person**

Trip overview

The Jugal Himal Base Camp Trek is a remote and off-the-beaten-path Himalayan adventure located just east of the Kathmandu Valley. Known for its raw natural beauty, dramatic mountain scenery, and quiet trails, this trek offers a true wilderness experience without the crowds found in more popular regions of Nepal.

The trek leads into the Jugal Himal range, where trekkers are rewarded with close views of snow-covered peaks, glaciers, and rugged alpine landscapes. The highlight of the journey is the base camp area beneath the Jugal Himal massif, offering stunning views of peaks such as Dorje Lakpa, Phurbi Chhyachu, and nearby Himalayan ranges connected to the Langtang and Rolwaling systems.

This trek is ideal for experienced trekkers seeking solitude, adventure, and a less commercialized Himalayan experience close to Kathmandu.

Geography and Landscape

The Jugal Himal Base Camp Trek lies in central-eastern Nepal within the Sindhupalchok district, bordering the Langtang region and forming part of the greater Himalayan range within Langtang National Park. The route typically begins with a drive from Kathmandu to villages such as Melamchi or Tarkeghyang before entering remote mountain trails.

The landscape is extremely diverse and untouched. Lower sections feature terraced farmland, river valleys, and traditional villages surrounded by green hills. As the trek progresses, dense forests of rhododendron, pine, and oak dominate the trail, creating a rich natural environment with occasional wildlife sightings.

Higher up, the terrain becomes rugged and alpine, with steep ridges, rocky slopes, and glacial valleys. The Jugal Himal region is less developed than other trekking areas, meaning trails are more natural and less structured, adding to the sense of adventure.

One of the main highlights is the approach to the base camp area, where trekkers are surrounded by dramatic Himalayan peaks, hanging glaciers, and vast mountain walls. The views of Dorje Lakpa and surrounding peaks create a powerful and remote mountain atmosphere.

Climate and Best Time to Trek

The best seasons for the Jugal Himal Base Camp Trek are spring (March–May) and autumn (September–November). These periods offer stable weather, clear skies, and excellent visibility of the Himalayan ranges.

Spring is especially beautiful, with blooming rhododendron forests, fresh greenery, and pleasant temperatures in the lower regions. Autumn provides crisp air, dry trails, and some of the clearest mountain views after the monsoon season.

Winter (December–February) is cold and snowy at higher elevations, making the trek more challenging but still possible for experienced trekkers. The monsoon season (June–August) is less suitable due to heavy rainfall, slippery trails, and reduced visibility.

Overall, autumn is considered the most reliable season for safety and mountain views.

People and Culture

The Jugal Himal region is inhabited mainly by Tamang, Sherpa, and Hyolmo communities, whose culture is deeply influenced by Tibetan Buddhism. These communities maintain strong spiritual traditions, with monasteries, prayer flags, and chortens commonly found throughout the villages.

Villages along the route, such as Tarkeghyang and Sermathang, showcase traditional stone houses, ancient monasteries, and warm local hospitality. The Hyolmo people, in particular, have a rich cultural heritage with unique rituals, language, and festivals closely connected to Tibetan Buddhism.

Daily life in these villages is centered around agriculture, animal husbandry, and religious practices. Visitors experience homestays and teahouses that provide authentic cultural interaction and traditional meals.

The combination of untouched landscapes, spiritual heritage, and remote Himalayan wilderness makes the Jugal Himal Base Camp Trek one of the most rewarding hidden trekking experiences near Kathmandu.

Highlights

- Remote, less-crowded trekking in Jugal Himal region
- Visit sacred Panch Pokhari (4,055m)
- Trek to Jugal Himal Base Camp (4,700m) with glacier views
- Views of Dorje Lakpa, Phurbi Chhyachu, and surrounding peaks
- Landscapes of rivers, forests, meadows, and glaciers
- Close views of Jugal Glacier and ice fields
- Cultural experience with Tamang and Sherpa communities
- Buddhist sites: monasteries, mani walls, chortens, meditation caves
- Fully supported camping-style remote expedition
- Great acclimatization trek for higher peaks

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport, you will be warmly welcomed by our representative and transferred to your hotel. After check-in, you will meet your trekking guide for a detailed expedition briefing covering the route overview, safety protocols, altitude preparation, and essential equipment checklist.

Day 2 : Trek Preparation Day in Kathmandu

Altitude: 1400m

Walk: 2-3 hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast

A full day is allocated for final preparations, including permit processing, gear inspection, and last-minute arrangements. This is also an opportunity to explore Kathmandu's cultural heritage if time permits.

Day 3 : Drive to Chhimti (1,875m)

Altitude: 1,340m – 1,875m

Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Drive Duration: 6–7 Hours

After breakfast, embark on a scenic drive through the Melamchi Valley toward Chhimti. The journey passes terraced farmlands, traditional villages, lush forests, and winding mountain roads, offering a glimpse into rural Nepalese life. Upon arrival, prepare for the trekking adventure ahead.

Day 4 : Trek to Tuppi Danda / Bhrondogang (2,720m)

Altitude: 1,875m – 2,720m

Walk: 5–6 Hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

The trek begins with a suspension bridge crossing followed by a steady ascent through beautiful rhododendron, pine, and fir forests. Along the way, enjoy waterfalls, birdlife, and occasional views of distant Himalayan peaks before reaching the ridge-top campsite at Tuppi Danda.

Day 5 : Trek to Nosyampati (3,665m)

Altitude: 2,720m – 3,665m

Walk: 5 Hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Today's trail gradually ascends through alpine forests and open ridgelines. As elevation increases, spectacular views of the Jugal Himal range emerge, while the landscape becomes increasingly remote and pristine.

Day 6 : Acclimatization Day at Nosyampati (3,665m)

Altitude: 3,665m

Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Activity Duration: Optional 2–3 Hour Hike

A vital acclimatization day allows your body to adapt to higher elevations. A short hike to a nearby viewpoint offers breathtaking panoramas of surrounding peaks and valleys while helping with altitude adjustment.

Day 7 : Trek to Panch Pokhari (4,055m)

Altitude: 3,665m – 4,055m

Walk: 3–4 Hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Follow ancient stone pathways ascending toward the sacred Panch Pokhari, or "Five Holy Lakes." Revered by both Hindus and Buddhists, this spiritual site is surrounded by dramatic alpine scenery and snow-capped Himalayan peaks.

Day 8 : Trek to Nema Gchukpa Kharka (3,578m)

Altitude: 4,055m – 3,578m

Walk: 3 Hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

After a short climb to a scenic viewpoint overlooking Panch Pokhari, descend through pristine alpine terrain into peaceful grazing meadows. The tranquil wilderness setting offers a rewarding camping experience.

Day 9 : Trek via Chidakpu to Chhendang (2,636m)

Altitude: 3,578m – 2,636m

Walk: 4 Hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Descend through dense rhododendron and fir forests while enjoying changing landscapes and rich biodiversity. Crossing the Balephi Khola, continue to Chhendang, a culturally significant settlement strongly influenced by Tibetan Buddhism.

Day 10 : Trek to Ne-Pemachhal (3,495m)

Altitude: 2,636m – 3,495m

Walk: 5 Hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Today's route traverses pristine forest landscapes and sacred terrain. Along the way, visit a meditation cave associated with Guru Rinpoche before reaching the serene valley of Ne-Pemachhal, surrounded by rugged mountain scenery.

Day 11 : Acclimatization & Exploration at Ne-Pemachhal (3,495m)

Altitude: 3,495m – 4,400m

Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Activity Duration: Full Day Exploration

A second acclimatization day provides an opportunity to explore higher viewpoints such as Bumpa Sherpu (4,200m) or Gyap Kharka (4,400m). These excursions reward trekkers with dramatic glacier views and sweeping Himalayan panoramas while aiding altitude adaptation.

Day 12 : Trek to Palmothang (3,900m)

Altitude: 3,495m – 3,900m

Walk: 4 Hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Follow a beautiful glacial river valley beneath towering Himalayan peaks. The route offers spectacular mountain scenery before reaching Palmothang, the final campsite before entering the base camp zone.

Day 13 : Trek to Jugal Himal Base Camp / Yang Kharka (4,700m)

Altitude: 3,900m – 4,700m

Walk: 4 Hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

One of the highlights of the expedition, today's trek ascends through rugged alpine terrain toward Jugal Himal Base Camp. Surrounded by glaciers, icefalls, and remote Himalayan summits, the camp offers an

unforgettable high-mountain wilderness experience.

Day 14 : Trek to Ne-Pemachhal (3,495m)

Altitude: 4,700m – 3,495m

Walk: 6 Hours · Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Begin the return journey by descending through glacial valleys and alpine landscapes. The changing perspectives reveal new views of the mountains and wilderness before arriving back at Ne-Pemachhal.

Day 15 : Drive to Kathmandu (1400m)

Altitude: 3,495m – 1,340m

Stay: Hotel · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Walk & Drive Duration: 6–7 Hours

After a short walk to the nearest roadhead, begin the scenic drive back to Kathmandu through picturesque valleys, villages, and forested hil

Day 16 : Final Departure

Visit: Nepal · Meals: Breakfast

According to your international flight schedule, our representative will transfer you to Tribhuvan International Airport for your onward journey. Your Jugal Himal Base Camp Trek concludes with unforgettable memories of remote wilderness, sacred landscapes, and spectacular Himalayan scenery.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 2 · Trek Preparation Day in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 3 · Drive to Chhimti · 1,340 m · day 25°C / night 9°C
- Day 4 · Trek to Tuppi Danda / Bhrondogang · 1,875 m · day 22°C / night 6°C
- Day 5 · Trek to Nosyampati · 2,720 m · day 18°C / night 0°C
- Day 6 · Acclimatization Day at Nosyampati · 3,665 m · day 13°C / night -6°C
- Day 7 · Trek to Panch Pokhari · 3,665 m · day 13°C / night -6°C
- Day 8 · Trek to Nema Gchukpa Kharka · 4,055 m · day 12°C / night -9°C
- Day 9 · Trek via Chidakpu to Chhendang · 3,578 m · day 14°C / night -6°C
- Day 10 · Trek to Ne-Pemachhal · 2,636 m · day 19°C / night 1°C
- Day 11 · Acclimatization & Exploration at Ne-Pemachhal · 3,495 m · day 14°C / night -5°C
- Day 12 · Trek to Palmothang · 3,495 m · day 14°C / night -5°C
- Day 13 · Trek to Jugal Himal Base Camp / Yang Kharka · 3,900 m · day 12°C / night -8°C
- Day 14 · Trek to Ne-Pemachhal · 4,700 m · day 8°C / night -13°C
- Day 15 · Drive to Kathmandu · 3,495 m · day 14°C / night -5°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Local Government entry permits.
- Gaurishankar Conservation Area entry Permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 17 Mar 2027 · USD 2,190 · Available
- 16 Mar 2027 – 31 Mar 2027 · USD 2,190 · Available
- 06 Apr 2027 – 21 Apr 2027 · USD 2,190 · Available
- 20 Apr 2027 – 05 May 2027 · USD 2,190 · Available
- 04 May 2027 – 19 May 2027 · USD 2,190 · Available

Best time to visit

Best months: February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is mainly provided in basic teahouses, homestays, and tented camping depending on the route conditions and season.

Villages such as Panch Pokhari, Tupi Danda, and higher base camp areas offer very simple lodging facilities with limited infrastructure. In remote sections, fully supported camping is required.

Facilities are basic but offer authentic Himalayan hospitality and close interaction with local communities.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is provided throughout the trek.

Meals are prepared either in teahouses or by the expedition cooking team during camping sections.

Typical menu options include:

- Traditional Dal Bhat set meals
- Rice, noodles, pasta, and soups
- Potatoes, seasonal vegetables, and local dishes
- Tibetan bread, eggs, and porridge
- Tea, coffee, and hot beverages

Food variety becomes limited in higher and more remote sections of the trek.

Difficulty & Physical Requirements

The Jugal Himal Base Camp Trek is classified as moderate to strenuous, suitable for trekkers with good physical fitness and prior trekking experience.

Daily trekking typically ranges from 5 to 8 hours, involving steep ascents, rugged trails, river crossings, and remote mountain terrain.

Certain itineraries may include high passes above 4,500–5,000 meters, requiring strong endurance and proper acclimatization.

Permits

Required permits include:

- Langtang National Park Entry Permit (for certain access routes)
- Local municipality permits
- TIMS Card (Trekkers' Information Management System)

All permits are arranged by the trekking operator.

Best Season

- Spring (March–May): Clear skies, rhododendron blooms, and stable weather
- Autumn (September–November): Best visibility and trekking conditions

- Winter (December–February): Cold but scenic with snow-covered landscapes
- Monsoon (June–August): Lush greenery but trails may be slippery and less stable

Transportation & Access

The trek typically begins with a drive from Kathmandu to trailheads such as Chautara or nearby gateway villages in the Jugal Himal region.

The route passes through remote valleys, traditional settlements, alpine forests, and high ridges before reaching Jugal Himal Base Camp and surrounding viewpoints.

Due to limited infrastructure, logistics may include jeep travel and multi-day trekking segments.

Safety & Acclimatization

The trek reaches high-altitude zones above 4,500 meters in some itineraries, requiring careful acclimatization.

Key safety considerations include:

- Gradual ascent through remote valleys
- Monitoring for Acute Mountain Sickness (AMS)
- Proper hydration and nutrition
- Weather awareness in exposed ridge sections
- Limited emergency facilities in remote areas

Experienced guides are essential for navigation, safety, and communication.

Travel Insurance

Comprehensive travel insurance is strongly recommended and should include:

- High-altitude trekking coverage (up to at least 5,000m)
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Trip cancellation and accident coverage

Additional information

Guide & Porter Services

A licensed guide is highly recommended due to the remote and less-developed nature of the Jugal Himal region.

Porters assist with luggage transport, especially in camping-based itineraries, allowing trekkers to focus on the journey.

Cultural & Natural Highlights

The Jugal Himal Base Camp Trek offers a rare combination of natural beauty and cultural authenticity:

- Stunning views of the Jugal Himal range
- Sacred alpine lakes such as Panch Pokhari
- Remote Tamang and Sherpa villages
- Pristine forests, waterfalls, and river valleys

- High ridges with panoramic Himalayan views
- Less-crowded, off-the-beaten-path trekking experience
- Rich biodiversity and untouched wilderness
- Authentic Himalayan rural lifestyle

Essential Equipment

Recommended trekking gear includes:

- High-quality trekking boots
- Layered clothing system for alpine conditions
- Warm down jacket (-10°C to -20°C recommended)
- Waterproof jacket and trousers
- Gloves, hat, buff, and sunglasses
- Trekking poles
- Sleeping bag suitable for cold conditions
- Daypack (30–40L) or expedition duffel bag
- Personal first aid kit and medications

Communication & Connectivity

Mobile network coverage is very limited throughout the region.

Wi-Fi is generally unavailable in higher areas, and trekkers should expect long periods of offline travel. Satellite communication may be required for expeditions.

Why Choose the Jugal Himal Base Camp Trek?

The Jugal Himal Base Camp Trek is perfect for trekkers seeking raw adventure and solitude:

- Remote and less-explored Himalayan trekking route
- Close to Kathmandu yet extremely wild and untouched
- Stunning views of Jugal Himal and surrounding ranges
- Sacred lakes and culturally significant sites
- Authentic village life and traditional culture
- Ideal for camping-style expedition trekking
- Fewer crowds compared to popular trekking routes
- Excellent for adventure photography and exploration
- Rich biodiversity and natural wilderness
- One of Nepal’s emerging trekking destinations

Frequently asked questions

How difficult is the Jugal Himal Base Camp Trek?

The Jugal Himal Base Camp Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Jugal Himal Base Camp Trek?

For the Kathmandu Valley & mid-hills region the best months are February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What permits do I need for the Jugal Himal Base Camp Trek?

You need entry tickets for the heritage sites you visit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Jugal Himal Base Camp Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Jugal Himal Base Camp Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Jugal Himal Base Camp Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Jugal Himal Base Camp Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/jugal-himal-base-camp-trek/
Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com