Jugal Himal Base Camp Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/jugal-himal-base-camp-trek/
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