

Jugal Himal Base Camp Trek – A Remote Himalayan Journey

Overview:

The Jugal Himal Base Camp Trek is a rewarding journey into one of Nepal's quieter Himalayan regions, offering a mix of mountain landscapes, traditional Tamang villages, and peaceful trails far from the busier trekking routes. Located in Sindhupalchok District, northeast of Kathmandu, the trek explores the southern slopes of the Jugal Himal range, an impressive stretch of snow-covered peaks that still receives relatively few visitors compared to Nepal's more established trekking areas. It is well suited for trekkers looking for a less commercial and more grounded Himalayan experience.

The journey begins with a drive from Kathmandu to Gumbagaon, where the road gradually gives way to foot trails. From here, the route passes through small mountain settlements including Dipugaon and Nepemachhal, where traditional village life continues much as it has for generations. Fields, forests, and scattered homes line the trail, and the landscape steadily shifts as the elevation increases. The route also passes Tongsokpa Cave, a local landmark along the way.

As the trail climbs higher, the surroundings become more open and rugged. Forests of rhododendron and pine give way to alpine terrain, and the Jugal Himal range slowly comes into view along the ridgelines. The final approach to Jugal Himal Base Camp at 4,500 metres opens into a wide mountain basin surrounded by glaciers and steep Himalayan slopes. From here, the views stretch across the surrounding peaks, giving a clear sense of the scale and remoteness of this part of the Himalaya.

Accommodation along the route is in simple, locally run teahouses, offering basic but comfortable shelter and a close connection to the communities of the region. While the trek does not involve technical climbing, the steady ascent and several long walking days require a good level of fitness, and prior trekking experience is helpful.

More than just reaching base camp, this trek is about the experience of moving through a remote Himalayan landscape at a slower pace. With quiet trails, welcoming local communities, and a feeling of remoteness that is increasingly rare, the Jugal Himal Base Camp Trek offers a genuine and understated Himalayan journey for those looking beyond Nepal's more crowded routes.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Gumbagaon / Dipugaon / Nepe / Jugal Himal Base Camp

Duration: 9 Days

Trek starting point: Gumbagaon

Trek ending point: Gumbagaon

Grade: Moderate

Transportation: Private vehicle / Local Jeep

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 4,500 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, September, October and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

- **Day 1: Arrive at Kathmandu / Meet and Greet**
Accommodation: Hotel
- **Day 2: Kathmandu Sightseeing and preparation for trekking**
Accommodation: Hotel
- **Day 3: Drive from Kathmandu to Gumbagaon**
Accommodation: Teahouse
- **Day 4: Trek from Gumbagaon to Dipugaon (2,240 m)**
Accommodation: Teahouse
- **Day 5: Trek from Dipugaon to Ne-pemachhal (3,470 m) via Tongsokpa Cave (3,400 m)**
Accommodation: Teahouse
- **Day 6: Trek from Ne-pemachhal to Jugal Himal Base Camp (4,500 m) to Nepe (3,470 m)**
Accommodation: Teahouse
- **Day 7: Trek from Ne-pemachhal to Gumbagaon/ Dipugaon (2,240 m)**
Accommodation: Teahouse
- **Day 8: Drive from Gumbagaon to Kathmandu (1,440 m)**
Accommodation: Hotel
- **Day 9: Farewell and Final departure**

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / lodge / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (private vehicle / public Jeep)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Langtang National Park Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.