Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Jugal Himal Trek - 7 Days

JUGAL HIMAL TREK: OFF-THE-BEATEN-PATH TREK IN NEPAL

The Jugal Himal Base Camp trek is a unique and less-traveled route in Nepal's Sindhupalchwok district, nestled beneath the Dorje Lakpa and Jugal Himal. This journey offers stunning landscapes, yak pastures, dense forests, local villages, and the magnificent Himalayan range, along with glacial rivers. While popular trekking routes such as Everest Base Camp Trek, Annapurna Circuit, Manaslu Circuit, Annapurna Base Camp Trek, and Langtang Valley Trek attract many visitors, Nepal offers numerous pristine and unexplored trekking destinations. The Jugal Himal Trek stands out as an exceptionally scenic trekking route that showcases untouched natural and cultural heritage in close proximity to Kathmandu. Situated in the Himalayan range between the Langtang and Gaurishankar ranges, Jugal Himal is an ideal trekking destination for those seeking tranquility and an authentic off-the-beaten-path experience.

The Jugal Himal Trek offers the option to combine it with the Panch Pokhari Trek, which is typically planned as a 20-day camping expedition. You now have flexibility to choose between longer and shorter routes, with some sections featuring basic lodge accommodations alongside camping options. For an authentic trekking experience that fully immerses you in this remarkable natural landscape, the alpine camping trek is highly recommended. The 7-day Jugal Himal Trek commences from Kathmandu with a scenic drive to Gompa or Tembathang (2330m), covering approximately 110km. Tembathang serves as the official trekking starting point, from which you can reach Bomba Sherpu via Chhendang, Ganazi Khola, Tangsokpa Caves, and Nepemachal. From Bomba Sherpu, the trek continues to Jugal Himal, where you can appreciate magnificent views of the towering peaks. Along the way, you will experience Sherpa villages, local culture, alpine vegetation, challenging terrain, and breathtaking landscapes that vary with the changing climate.

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If you are seeking to undertake the Jugal Himal trek with guidance from local specialists, Sherpa Nomad Trek Pvt. Ltd. is your ideal choice. We are recognized for pioneering challenging and innovative trekking routes. Our organization provides exceptionally competitive pricing while maintaining the highest standards of service quality. As a premier trekking and adventure company operating throughout the Himalayan region, we offer you an exceptional opportunity to witness pristine, untouched natural landscapes and discover breathtaking vistas.

JUGAL HIMAL TREK COST FOR 2026-2027

The Jugal Himal Trek pricing ranges from USD 700 to USD 1,000 per person. Multiple packages and cost options are available for the Jugal Himal Trek, with variations based on factors including trek duration, itinerary design, service quality, group size, and safety protocols. Sherpa Nomad Trek Pvt. Ltd. stands as the premier local trekking organizer, delivering exceptional service at competitive rates. Our comprehensive packages provide clients with private transportation, camping gear, meals, lodging, permits, experienced guides, porters, and complete documentation management, all clearly outlined in our inclusions and exclusions section. We welcome participants to join as solo travelers, couples, friends, or small to large groups. Pricing varies based on group size and service level. Solo travelers typically incur higher per-person costs compared to group participants. This package offers excellent comfort; however, if you are seeking a more budget-friendly option, please inform us, and we can customize arrangements according to your needs. The Jugal Himal Trek pricing breakdown is as follows:

- Solo travelers can book the Jugal Himal Trek for USD 1,000
- The Jugal Himal Trek costs USD 800 per person for groups of 2-6 participants.
- The Jugal Himal Trek costs USD 700 per person for groups of 7-10 participants

MAJOR HIGHLIGHTS OF THE JUGAL HIMAL TREK

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- The Jugal Himal Trek represents an exceptional off-the-beaten-path adventure that can be completed within 7 to 20 days
- Discover the pristine cultural and natural heritage of the Jugal Himal region during your expedition
- Witness authentic villages, breathtaking landscapes, natural springs, and diverse flora and fauna throughout the trek
- Experience alpine vegetation and stunning grasslands where yaks and sheep roam freely in their natural habitat
- Accommodate yourself in local villages and establish camps in picturesque and scenic locations
- Immerse yourself in local culture, savor traditional meals, and cherish every moment of your journey
- Trek to Jugal Himal Base Camp to enjoy spectacular panoramic views of the Jugal Himal Range
- This short and scenic trek remains uncrowded while offering pristine natural and cultural diversity
- Sherpa Nomad Trek Pvt. Ltd. provides a comprehensive package that includes all essential services and support
- Benefit from a complete trekking package designed to ensure a memorable and well-organized experience

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DETAILED ITINERARY

Day 1: **Drive from Kathmandu to Tembathang (2330m): 7 hours: 120km**

Day 2: **Trek from Tembathang to Chhendang (2630m) via Dipu (2240m) & Chidakpu (2540m): 6-7 hours**

Day 3: **Trek from Chhendang to nepemacchal (3470m) via Nimala (2700m), Chachung Kharka (3000m) and Ganazi Khola, Tongsokpa Cave (3400m) : 6-7 hours**

Day 4: **Trek from Nepemacchal to Bomba Sherpu (4130m): 6 hours**

Day 5: **Trek from Bomba Sherpu to Jugal Himal Base camp (4500m)**

Day 6: **Trek from Jugal Himal Base Camp to Chhendang**

Day 7: **Trek from Chhendang to Tembathang and drive back to Kathmandu**

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PRICE INCLUDES

- Kathmandu to Tembathang by Private Jeep
- A professional English-speaking guide (trained by NATHAM and certified by the Nepal Government)
- All the equipment you need to do the Jugal Himal Trek
- Porter Support (every 2 clients: one porter for the backpack)
- Guide- and porter-related expenses, such as meals, salaries, transportation, accommodation, insurance, and gear.
- Mountain Accommodation in a local tea house and Tent at Camp
- Mountain Meals (Breakfast, Lunch & Dinner)
- Drive back to Kathmandu by Private Jeep after the trip is complete.
- Luggage storage service
- Seasonal fruit, nuts and energy bar
- 3 cups of Tea or Coffee Every Day in the mountains
- Map, sleeping bag returned after the trip.

PRICE EXCLUDES

- Nepal Visa Fees
- International Flight fare
- Travel insurance for the Travellers
- Extra activities and other services
- Kathmandu sightseeing: USD 80 per person

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- Chitwan Safari Tour: USD 180 per person for 2 nights, 3 days
- Tips for the Guide and Driver
- Trekking Gears

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EQUIPMENT & GEAR

Clothing

- Moisture-wicking T-shirts (2–3)
- Hiking pants (1–2 pairs)
- Fleece or warm mid-layer (mornings and evenings can be cool)
- Lightweight waterproof/windproof jacket
- Rain poncho or rain jacket (weather can change quickly)
- Underwear and hiking socks (3 pairs)
- Hat or cap for the sun
- Warm beanie (especially outside the warmer months)
- Lightweight gloves (optional in warmer months; recommended in winter)

Footwear

- Comfortable hiking boots or trail shoes with good grip
- Camp shoes or sandals (optional)

Backpack

- 35–45 L daypack if staying in teahouses/lodges
- Rain cover for your backpack

Essentials

- Reusable water bottles or hydration bladder (2 liters total capacity)
- Sunglasses with UV protection
- Sunscreen (SPF 30+)

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- Lip balm
- Trekking poles (optional but helpful on descents)
- hand sanitizer
- toiletries

First Aid

- Personal medications
- Blister treatment (e.g., moleskin or blister bandages)
- Pain reliever
- Bandages and antiseptic wipes
- Anti-diarrheal medication
- Insect repellent

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