Jugal Himal Peak

Duration: 14 Days | Location: Langtang Region, Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Langtang Region, Nepal

Duration: 14 Days

Difficulty: 6/10

Trip Style: Jugal Himal Peak

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 4050 m

Group: Min-1, Max 20

Summary

Jugal Himal Peak/Jugal Himal peak 4050 is call as trekking Peak by Nepal Mountaineering Association and this height is one of thepractical mountain climbing

Overview

Trip Introduction

Jugal Himal peak 4050 is call as trekking Peak by Nepal Mountaineering Association and this height is one of the practical mountain climbing situated in the northern part of Kathmandu. To the north-east of Kathmandu lies a chain of peaks called Jugal Himal, which includes Dorje Lakpa 6966 meters Madiya 6257 meters and Phurbi Chhyachu 6637 meters. The trek starts from the large bazaar of Chautaara 1410 meters descends to the Balephi Khola, then follows a ridge to Bhairav Kund, a holy lake at 3500 meters. The route then makes a circuit around the head of the Balephi Khola Valley to Panch Pokhari at 3600 meters. Ruby Valley Trek

From Panch Pokhari, the trail leads to Tarke Gyang in Helambu, then back to Kathmandu. This is a remote and unfrequented region, despite its proximity to Kathmandu. Treks in this area involve a lot of climbing on narrow trails. There are few villages and no hotels on this route and water are very scarce on the ridge. Everest View Trek

Day by day itinerary

Trip Itinerary

Day 01: Arrival Kathmandu and transfer to hotel.

Day 02: Kathmandu drive to Chautara. Trek to Syaule.

Day 03: Syaule to Kamchatka Danda.

Day 04: Kamikharka Danda to Chyochyo Danda.

Day 05: Chyochyo Danda to Hile Bhanjyang.

Day 06: Hile Bhanjyang to Nasem Pati.

Day 07: Nasem Pati to Panch Pokhari.

Day 08: Panch Pokhari to Gai Kharka.

Day 09: Gai Kharka to Yarsa.

Day 10: Yarsa to Langtang Gompa.

Day 11: Langtang Gompa to Tarke Gyang.

Day 12: Tarke Gyang to Shermathang (2621m.).

Day 13: Trek Shermathang to Melamchi Pul Bazaa to Kathmandu by bus and transfer to hotel.

Day 14: Final Departure, transfer to airport.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- All land transfer, arrival, and departure as per the itinerary.
- Hotel accommodation with bed and breakfast on Twin sharing basis as per the itinerary.Food during the trek 3 meals a day (breakfast, lunch, and dinner) in specified local lodges or prepared by our cook.
- English speaking experienced & professional trekking guide licenses holde.
- Porters (1 porter carries the luggage up to 25 kgs of 2 participants during the trek).
- City tours as mentioned in the itinerary with English speaking guide and all land transportation with private car/jeep/van.
- All necessary trekking and climbing related permit including TIMS, National Park Entrance fee, and ACAP Fee.

- Insurance, proper warm clothing, shoes, sunglass and daily wages for guide and porter.
- Camping Trek daily wages, Guide, Sherpa helpers, Cook, Kitchen Boys, Porters, with food allowance while trekking.
- Accommodation in 2 men Tents during Trek supported with a dining tent, Kitchen tent, Toilet tent, Shower tent, Table, chairs and Mattress.
- Necessary kitchen utensils.

Exclusions

- Lunch and dinner while in Kathmandu or in Pokhara stay.
- Personal gears and expenses of personal nature and Personal medical and travel insurance emergency evacuation.
- Hard and any form of soft drinks.
- All confectionary and snacks, Charges for desserts including shower and boiled drinking water, Phone calls, Laundry and Alcoholic beverages etc.
- Any airfare: Domestic International departure taxes and any excess baggage charges.
- Tips and Gratitude for Guides and Porters according to the custom of trekking in Nepal.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers

- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 14 Days.

Group Size: Min-1, Max 20.

Trekking Region: Langtang.

Trip Type Name: Jugal Himal Peak.

Highest Altitude of the trek: 4050 m.

Highest Point: Jugal Himal Peak Climbing (4050 m)

Grade: Challenging.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

View photo on the trip page

View photo on the trip page



Jugal Himal Peak - photo 3

Plan your journey with our team

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