



## Jugal Himal Trek

<b>Trip code</b>	
<b>Package name</b>	Jugal Himal Trek
<b>Duration</b>	14
<b>Max. elevation</b>	3800 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Grounded vehicals depending on group size.
<b>Accomodation</b>	Lodge + camping twin sharing bed basis during the trek
<b>Starts at</b>	Kathmandu/Chautara
<b>Ends at</b>	Melamchi/Kathmandu
<b>Trip route</b>	Kathmandu - Chautara - Syaule - Khami kharka dada - chyochu Dada - Hile kharka - Nasimpatu - Panch Pokhari - Gai Kharka - Yangri - Tyarkefgyang - sermathang - Melamchi - kathmandu .
<b>Cost</b>	USD 2,200 per person

## Highlights

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- Stunning scenery of mountains Mt Dorje Lakpa , Gaurisakar and Jugal Himal
- Explore the glistening lovely glacial lakes of Panch Pokhari and Bhairab Kunda.
- Adventure around remote corners of the Central Mountain range of Jugal Himal.
- On least ventured and hidden trails away from main popular trekking routes.
- Enchanting forest lined with tall rhododendron, magnolia, oaks, and pine trees.
- Exploring Tamang Culture and Tradition

## Overview

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**Jugal Himal trek is a unique trek that lies to the northeast part of Kathmandu valley and is called either Jugal Himal or Panch Pokhari (five Lakes). It is less touristy trekking in Langtang Region which offers beautiful Himalayan views of Dorje Lakpa, Gaurishanker, Madiya, and Phurbi Chhyachu. It's a marvelous trek through remote traditional Tamang villages and luxuriant forests.**

Jugal Himal is the nearest mountain to the northeast of Katmandu. There are a number of Himalayas in this chain such as Dorje Lakpa, Madiya, and Phurbi Chhyachu. Jugal Himalaya area has high crossing passes, a Superb mountain view, a picturesque village, deep forests with beautiful Panch Pokhari and Bhairab Kunda lakes, an impressive display of wild flowers, an abundance of wildlife, and of course friendly local people.

We can experience a beautiful landscape, mixed culture, Tibetan monasteries, etc throughout the trial. Jugal Himal trek takes you heart of the Langtang, Gaurishanker & Rolwaling Himalayan ranges. It's a marvelous trek through remote traditional Tamang villages and luxuriant forests. The drive from Katmandu to Chautara takes about four hours. Then we ascend a series of terraced and forested ridges.

The trek towards the holy lakes named, "Panch Pokhari" (five lakes), situated at 14,000 ft. It is another breathtaking attraction. Enjoy the tranquility of trails that offer superb mountain views, green Himalayan ranges, and running rivers with waterfalls. Trekkers carry only day packs and walk at their own pace. The average hiking per day will be 5-6 hrs. Jugal Himal Trekking is special for trekkers who would prefer not to meet many other tourists or spend time in crowded villages.

## **Trip Itinerary**

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### **Day 1 : Drive from Kathmandu to Chautara (1,418m/4,651ft) – 4 hrs drive and commence trek towards Syaule (1,550m/5,084ft)**

Our journey begins with about four to five hours drive from Kathmandu to Chautara. After a 25 km drive, you will reach Chautara. Chautara is a large village inhabited mainly by Tamang ethnic people. One can observe a Tamang culture very closely. This area offers a combination of rich culture heritage, unsurpassed beauty and biological diversity as you trek to a group of high altitude holy lakes. Then we commence trek towards Syaue which is our destination place for today. Overnight at Syaule.

### **Day 2 : Trek from Syaule to Ghyang on the Kamikharka Danda (2,270m/7,446ft)**

Early in the morning wake up and have a breakfast before starting the trek towards Ghyang. Today, our walk continues through the scenic villages with few ups and down upto Kamikharka Danda. Overnight stay at camp at Kamikharka Danda.

### **Day 3 : Trek from Kamikharka Danda to Chyocho Danda 3400m - 5 hrs walk**

Today you will have the opportunity to enjoy the superb mountain views, green Himalayan ranges etc. Walking for about five hours you will reach Chyocho Danda where you will camp for the overnight.

#### **Day 4 : Trek from Chyocho Danda to Hile Bhanjyang (3,600m/11,808ft) - 5 hrs walk**

Leaving Chyocho Danda, we will be passing through beautiful oak and rhododendron forest. You will have a magnificent views throughout the trail. The trail later follows the ridge crest, rising to a large chorten at 3160m before reaching Hile Bhanjyang. Overnight at Hile Bhanjyang.

#### **Day 5 : Trek from Hile Bhanjyang to Nasem Pati (3800 m) - 6 hrs walk**

Today, you will have both ascending and descending trail. At the beginning, the route involves an ascent of the ridge at 3750 meter followed by a descent through the forest. Another ascent brings you to the crest of 3913 meter at Chang Samarphu. You will descend to Hile Bhankyang at 3800m for camping. A steep climb to a hillock at 3980m then traverses a open ground along a flag stone trail to another crest of wonderful views. Overnight camping at Nasempati.

#### **Day 6 : Trek from Nasem Pati to Panch Pokhari, five sacred lakes (3,780m/12,398ft) - 5/6 hrs walk**

After walking about four-hour on a steep climb on a well-defined trail you will reach Panch Pokhari, five holy lakes. Panch Pokhari means the group of five holy ponds/lakes. There is often snow on this ridge, making the trek more difficult. You can return to Nasempati for camping if you want to avoid camping at snow. Overnight at Panch Pokhari or Nasem Pati.

#### **Day 7 : A rest day for acclimatization at Panch Pokhari**

Today is the perfect day for rest and letting our body for acclimatization. Panch Pokhari is situated to the north east of Kathmandu valley and west of Rolwaling Himal at the altitude of 12.398 feet above sea level. It is a holy sacred lake for Hindu and Buddhist with five holy ponds at the height of 4100 m. The trek to Panch Pokhari at the base of Jungle Himal offers pristine mountain views, rich culture and genuine adventure.

#### **Day 8 : Trek from Panch Pokhari to Gaikharka 3700m - 5 hrs walk**

Leaving Panch Pokhari, we return to Nasem pati and descend west. The trail is quite good enough passing through several ravines with water but not a good option for camping. Overnight at Gaikharka.

#### **Day 9 : Trek from Gaikharka to Yangri (1360 m) - 5 hrs walk**

From Gaikharka, we continue our trail towards Yangri. We pass through several villages and forest to Yangri, our destination for today. We camp below Yangri Village.

#### **Day 10 : Trek from Yangri to Laghang Gompa (2800 m) - 6 hrs walk**

Today, the trail crosses bridges over the Larke and Yangri Rivers and passes through Yangri Village, climbing rapidly to the west and north. The trail is often steep up through country dotted with villages and fields, scrub hillsides and pleasant villages. Overnight camping at Laghang Gompa.

### **Day 11 : Trek from Laghang Gompa to Tarkeghyang 2560m - 5 hrs walk**

Commencing trek from Laghang Gompa, we continue our trail towards Tarkeghyang. Today's trail is very short and we have to walk through beautiful forest, pastures, stone houses, scrub growth and cow trails. Overnight camping at Tarkeghyang.

### **Day 12 : Trek from Tarkeghyang to Sermathang (2,590m/8,495ft) - 5 hrs walk**

Leaving Tarkeghyang, we continue our trek towards Sermathang. The walk leads through small forest and Sherpa/Tamang settlement with few up and down to Sermanthang where we will stop for overnight.

### **Day 13 : Trek from Sermathang to Melamchi (870m/2,853ft) - 4 hrs walk**

Today is our last day of the trek. We have a short and pleasant walk in this day. We descend through the Sermathang to reach Melamchi. We will stay one overnight at Melamchi.

### **Day 14 : Drive from Melamchi to Kathmandu – 4 hrs drive**

After wonderful time in the mountain today after breakfast you have about couple of hrs scenic countryside drive to Kathmandu. Stay overnight in Kathmandu.

## **Inclusions**

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### **What is included?**

Domestic airports pick up and drop in Kathmandu as per program by private car

Camping+lodge (whereas possible) trek with all meals (breakfast, lunch and dinner prepared by our cook) and accommodation in tent/lodges.

Services of an experienced English speaking trekking guide, cook, kitchen helpers and porters.

Food, salary (allowance), insurance, equipment and transportation for cook, assistance, porters etc.

First aid kit bag box including oximeter to check pulse rate and oxygen level everyday to save from higher risk of altitude.

All equipment for camping (tent, mattress, kitchen tent, kitchen utensils, toilet tent etc)

Sleeping bag and down jacket if necessary.

All applicable government taxes and service charges.

Gaurisankar conservation and Langtang national Park fee and TIMS.

kathmandu - kathmandu private vehicals.

### **What isn't included?**

Any meals, accommodation and sightseeing in Kathmandu (if required please let us know and as per your budget requirement we would be very happy to arrange the same)

Bottled drinks (mineral water, any cold drinks, and alcoholic drinks).

Personal travel insurance against sickness, injury, accidents, damage or loss of goods.

Liability for extra expenses caused by illness, accidents or situation beyond our control.

Expenses of personal nature such as laundry, telephone, bar bill, tips for driver, guide and porter, etc.

Medical and emergency evacuation charges.

Respective expenses if one returns earlier from the trip due to sickness or emergency purpose.

Personal equipment for Sunglasses, Sun hat, normal trekking booth, plastic trekking booth etc.

Any other services or optional activities not mentioned above in the included list.

Any kind of tips for guide and Porters with other staff.

### **Complimentary**