

# JUGAL 5

## EXPEDITION DISCREET FOOTFALL

### Concept

1. To make the first British ascent of JUGAL<sub>5</sub>
2. To leave minimal impact - hence the name, Discreet Footfall e.g. packing out all human waste from base camp.
3. To build a poo dump at a level which will allow for composting on a 2yr cycle.

### Costs (5 climbers) = 8,000 USD /pp

1. Flights (QATAR) \$1,799
2. Insurance (Snowcard) \$1,100
3. In-country expenses (supplied by Equator Expeditions) e.g. food, accommodation, porters, guides, climbing equipment etc...\$21,800/5 = \$4,360.00 pp.
4. Tips & rentals \$550 pp
5. Dinners etc \$300

### Timings

Departed UK 23/10/25, left Kathmandu for walk-in on 27/10/25, summited Jugal 5 on 9/11/25, Flew home on 20/11/25.

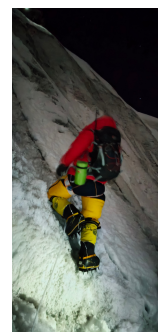


### Route

We chose to walk in using the ridge towards Panch Pokhari from Bhotang. This is a popular route up to the Tilman Pass and it gives steady elevation gain with the option to descend quickly into the Jugal valley if needed (as it was for us), descending 1,800m through the jungle to Dipu on day 5. Once in the Jugal valley itself the climbing continues steadily until reaching base camp at 4,700m on day 10. The route out takes the hydro road via Tembathang (under construction, so quite difficult for anything less than a 4x4) until it joins the main road at Gumba and thence to Sukute and Kathmandu.

### Technical Difficulty

Jugal 5 is not a technically difficult mountain to climb but its not easy, and you need to be confident with a harness, crampons, fixed ropes, and jumars. You may need an ice axe depending how much fixed rope has been used. The snow is steep at the summit (50-60deg) but not too overwhelming. There is a 60ft section of grade 2 ice just above high camp which (if not protected with fixed rope) presents the main technical challenge. The summit is a wonderful airy experience which makes the climb a worthy challenge.





## Advice for a more comfortable trip:

### Cash

- Take 5-10% of your in-country trip cost as cash for tips (you can get rupees from the ATM). Also take \$ for the rentals (boots, duvet jackets, sleeping bags etc) plus an extra 50% for the deposits.

### Kit

- Take Marino thermals. It's colder than you think.
- Use a fig 8 descender (Not ATC) on icy ropes.
- Bring small accessible types of SP50 sun cream and lip balm.
- Bring glue (for boots) and tape and keep boots away from the fire.
- Use gaiters with trekking boots for rain and snow (and leeches).
- Use a 330ml hydro flask for keeping drinks warm at base camp.
- Make sure you have a -5 degree sleeping bag.

### Snacks

- Have protein/energy bars cut up into bite size chunks handy!
- Plan the summit day food menu carefully.

## Food

For us the food was fabulous. When not camping we used tea houses and home-stays where the meal was typically Dal bhat (local rice and lentils). When in tents, all our dietary requirements (vegetarian, gluten free, dairy free) were catered for, and base camp was full of the smells of pizza, cake and chips! But not everyone has 'Prem' (our fabulous base camp manager), so check the details of the catering plan with the organiser! One thing we got wrong was the summit day food which needs careful planning (maybe importing dehydrated or vac packed meals just for this day). We relied on gels and bars which was not great.

## Summary

It turns out the whilst Jugal is the most beautiful and unspoilt valley and represents everything you could want for a tremendous and unforgettable experience, the best thing about this trip is the people: Everyone we met were happy, reliable and fabulous company, and we made enduring friendships. The professionalism of the guides and hardworking porters meant we always felt safe.

All 5 of us are committed to being ambassadors and advocates for this region of Nepal so if you have any questions or queries please contact us.



In photo L to R: Andy, Harriette, James, Mike and Cathie.

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