

JUGAL BASE CAMP

BOULDERING GUIDEBOOK



WELCOME

... to the Jugal Base Camp Bouldering Guidebook.

Nestled among the breathtaking vistas of Jugal Himal, this bouldering guide captures the spirit of pure, high-altitude climbing joy. All routes here were pioneered myself during my acclimatization for bigger alpine climbs. Crafted for fun and skill-building, each problem offers unique challenges and an authentic connection to the rock and the rugged beauty around you.

Each boulder is close at hand – no more than a five-minute walk from base camp-making it easy to dive into your climbing adventure. Some boulders also offer more than just a climb; they showcase views so epic, you'll want to snap a photo before you even start.

Enjoy each climb, respect the rock, and always prioritize safety.



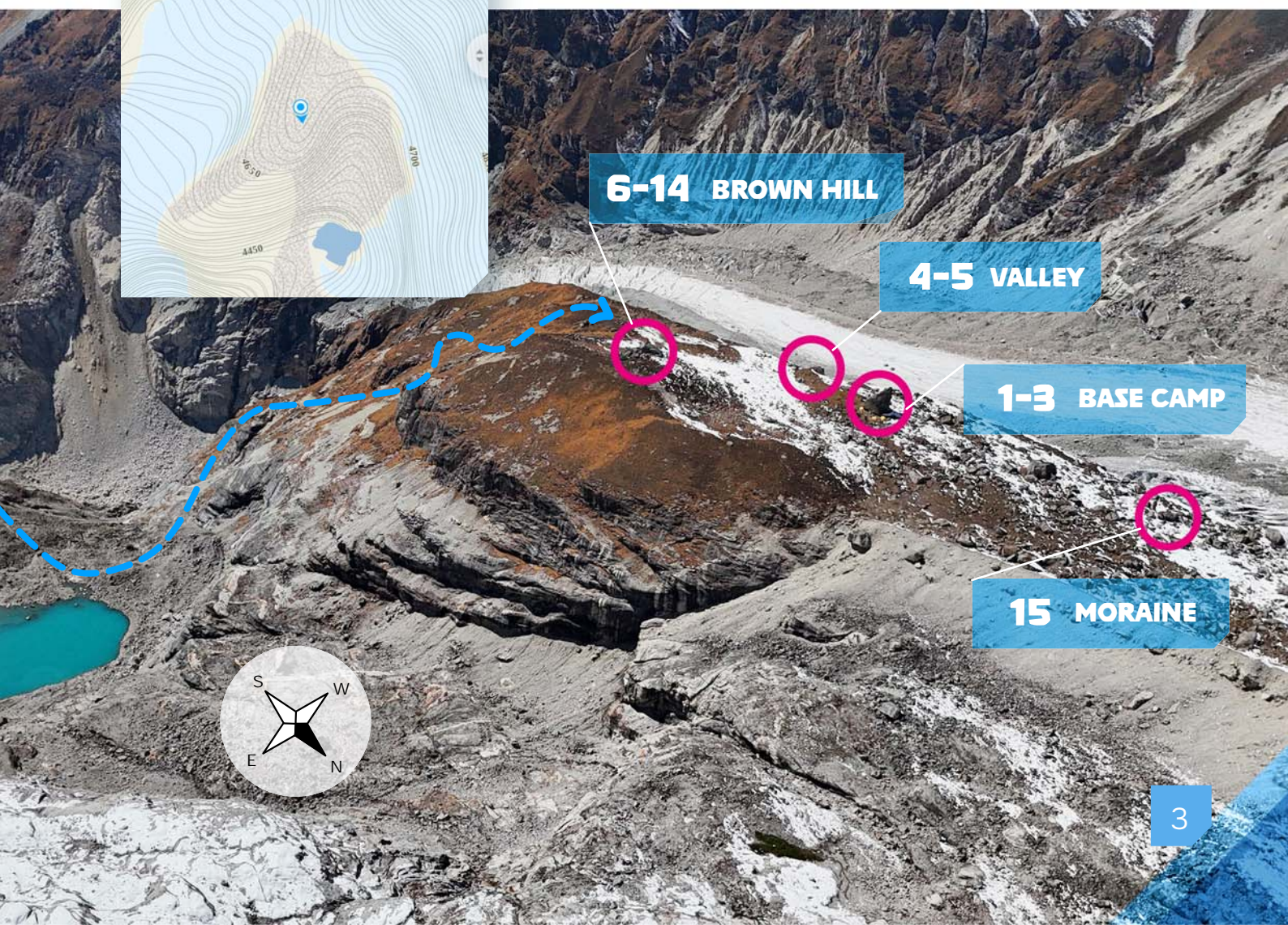
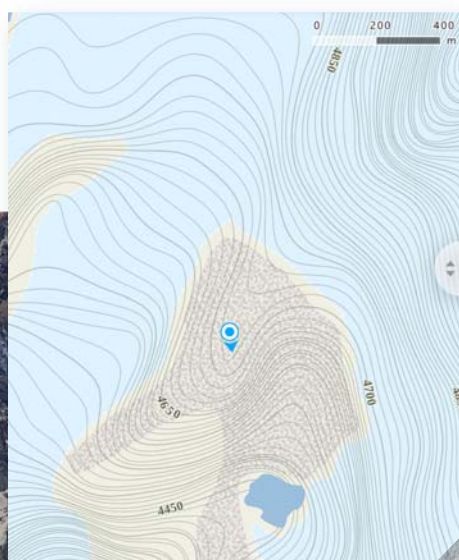
We'd love to hear your thoughts,
so feel free to share your feedback at
[instagram.com/dismanteam](https://www.instagram.com/dismanteam)


Happy climbing!
Marek Disman

LOCATION

Adventure awaits at
 28.132789° N, 85.836083° E

Situated in Nepal's Jugal Himal range, this high-altitude bouldering site is near the northern border of the Sindhupalchok District, which shares a boundary with the famous Langtang National Park. The coordinates place the crag at approximately 4,800 meters (15,748 feet) above sea level, making it a truly high-altitude adventure. The area is characterized by spectacular alpine scenery, with rugged peaks, vast glacial valleys, and sparse vegetation, typical of high-mountain ecosystems.





The Jugal Himal range is less populated and explored compared to more popular trekking routes in Nepal, such as the Everest Base Camp or Annapurna Circuit. This remoteness offers a peaceful and undisturbed environment, perfect for climbers seeking solitude and an authentic connection with nature. The crag can be reached by a multi-day trek that involves crossing challenging terrain, making it accessible only to experienced trekkers and mountaineers.

GETTING THERE

To access this high-altitude bouldering crag in Jugal Himal, climbers can start their journey from Kathmandu by car, heading towards Gamphathang. This scenic drive from the capital to Gamphathang takes around 5–6 hours, navigating through lush valleys and winding mountain roads. Once in Gamphathang, climbers begin the trekking portion of their journey, passing through several small settlements and scenic points before reaching the bouldering crag.

Here's a breakdown of the trekking route from Gamphathang:

1. Gamphathang (1,800 m) to Tempathang (2,200 m): The trek begins with a gradual ascent to Tempathang, where trekkers can enjoy their first taste of high-altitude Nepalese landscapes, surrounded by greenery and views of the valley below.
2. Tempathang to Dipu (2,300 m): From Tempathang, the trail continues to Dipu, gaining moderate altitude as trekkers pass through alpine forests.
3. Dipu to Chhendang (2,600 m): Moving on from Dipu, trekkers reach Chhendang, where the terrain becomes steeper. This is a great spot to rest and acclimatize as the air thins slightly and the views become increasingly interesting.
4. Chhendang to Ne-pemachal (3,500 m): The final push to Ne-pemachal is marked by a challenging climb, bringing trekkers closer to the alpine environment of the bouldering crag. At this elevation, trekkers will find still very green landscape with first views of the surrounding peaks at the end of the green valley.
5. Ne-pemachal to Jugal Base Camp crag (approx. 4,800 m): From Ne-pemachal, trek to Palmo Thang Camp, an alpine meadow at 4,000 m. Continue over low-difficulty via ferrata sections, passing a glacial lake at 4,400 m, before the final steep ascent to Jugal Base Camp at 4,800 m.

This approach to the crag is not only scenic but also provides a well-paced acclimatization route, as climbers gradually gain altitude over several days, helping them better prepare for the high-altitude.



THE CLIMBING EXPERIENCE

This high-altitude bouldering crag offers an array of natural rock formations, with boulders of various sizes and shapes ideal for bouldering. The crag consists primarily of granite and schist rock, providing excellent friction and unique holds for climbers. The natural boulders have not been heavily developed or marked, so climbers should be prepared to identify and clean routes as they go, adding to the sense of discovery and adventure.

Some key characteristics of the bouldering experience here include:

- **Boulder Problems:** Climbers can expect a variety of problems ranging from V2 to V8, though grades can vary due to the rugged and variable nature of high-altitude rock formations. The crag offers slabs, overhangs, cracks and vertical faces, providing a well-rounded experience.
- **Altitude Challenge:** At around 4,800 meters, altitude can pose a significant challenge. Climbers should be well-acclimatized and carry necessary supplies to handle potential altitude sickness symptoms.
- **Weather Conditions:** The Jugal Himal region experiences a wide range of weather conditions, including intense sunlight during the day and freezing temperatures at night, even during summer months. High winds and unexpected snow are also common at this elevation, so climbers should be prepared with proper gear and clothing.
- **Leave No Trace:** As this crag is in a pristine natural environment, climbers are encouraged to follow Leave No Trace principles to preserve the wilderness. This includes cleaning up any chalk marks and taking out any waste or trash brought in.

Best Time to Visit

The best time to explore this bouldering site is during pre-monsoon (April to May) and post-monsoon (September to October) seasons. During these periods, weather conditions are generally more stable, with clear skies and milder temperatures that provide better climbing conditions. Avoid the monsoon season (June to August), as heavy rains increase the risk of landslides and make the trails slippery and dangerous.

BOULDERING GRADES USED IN THIS BOOKLET

The V Scale (USA)

- Scale: V0 to V17 (and counting).
- Basics: Each number from V0 upwards indicates increasing difficulty, with V0 being the easiest.

Progression:

- V0 – V2: Easier routes, usually suitable for beginners, focusing on balance and basic movement.
- V3 – V5: Intermediate level; requires more strength, control, and skill.
- V6 – V8: Advanced level; involves more complex moves and strength requirements.
- V9 and above: Elite level; highly technical and physically demanding.

Notes: If the climb is particularly easy or hard within a grade, it may be denoted by “+” or “-” (e.g., V3+).



BOULDER PROBLEMS

Here's a simple and clear description for the so far established bouldering routes.

Sector Base Camp

Welcome to Jugal V4

START Center of the rock

ROUTE Climb up along the left-hand leaf holds

1

2

Right Hand Belly V4

START Center of the rock

ROUTE Climb up using the dominant right-hand side hold

3

Left Edge Traction V6

START Begin along the left edge

ROUTE Follow the edge all the way up

Sector Valley

Bubble Boulder V4

START

Begin in the center of the northeast face

ROUTE

Climb straight up the middle

4



Walking the Valley V2

START

At the slab facing the valley

ROUTE

Climb straight up along the right edge

5



Sector Brown Hill

6

Phurbi View – V4

START Begin on the right side

ROUTE Traverse left to reach the top peak

Jugal View – V3

START Begin at the pre-rock on the left edge

ROUTE Traverse to the right and back, avoiding holds on the upper edge

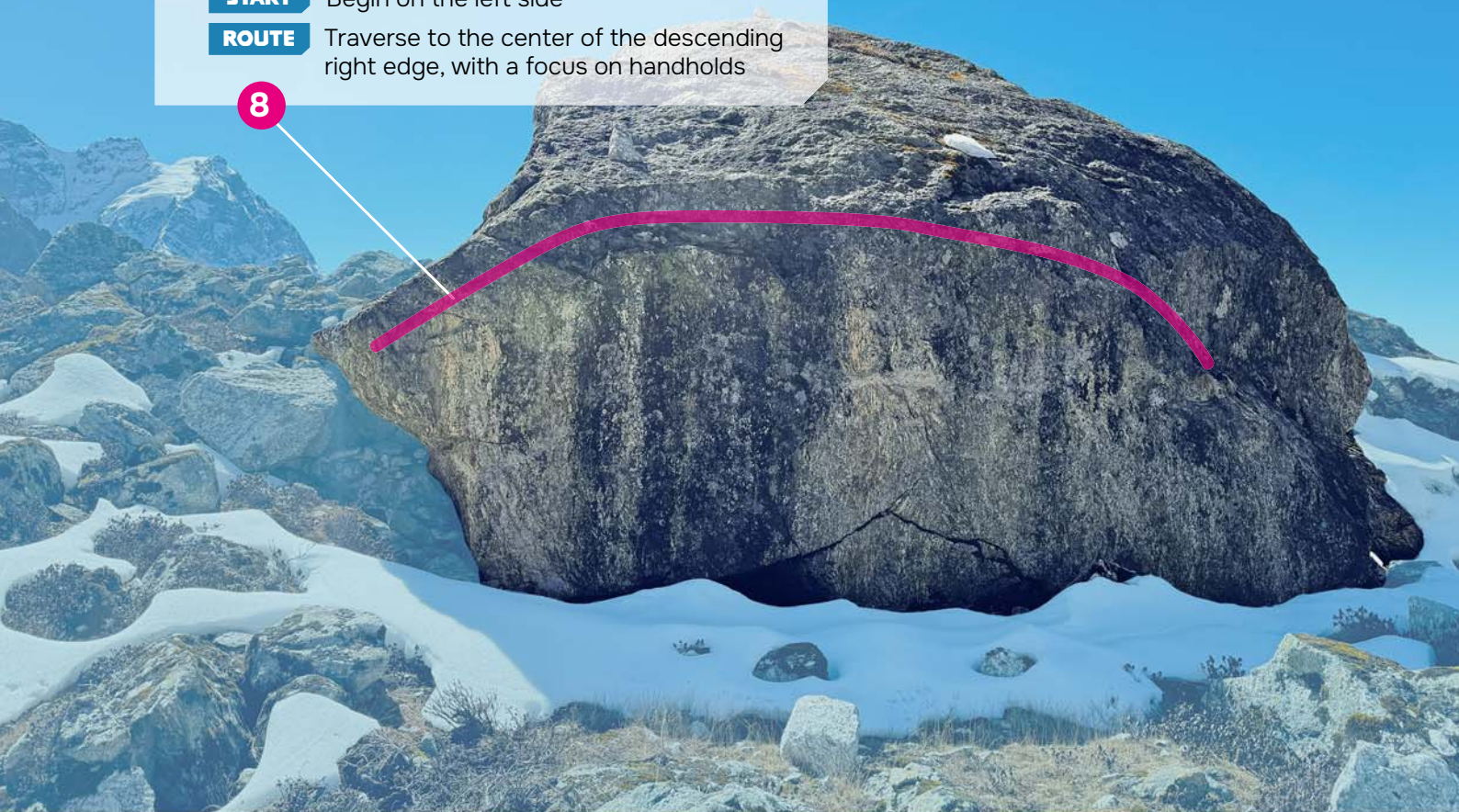
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Morning Shade – V6

START Begin on the left side

ROUTE Traverse to the center of the descending right edge, with a focus on handholds

8



9

Sharp Roof – V6

START Begin from the lower section of the left sharp wing

ROUTE Traverse over the roof to finish at the sharp nose on the right



Sandstone Dance – V8

START Begin at the rock near the left edge

ROUTE Walk along the steep ramp to the right end, using friction-based handholds

10

Neighbours' Roof – V7

START Begin lying beneath the sharp roof on the right side

ROUTE Place your right foot on the step inside, hook your left heel over the edge, and push up the rock

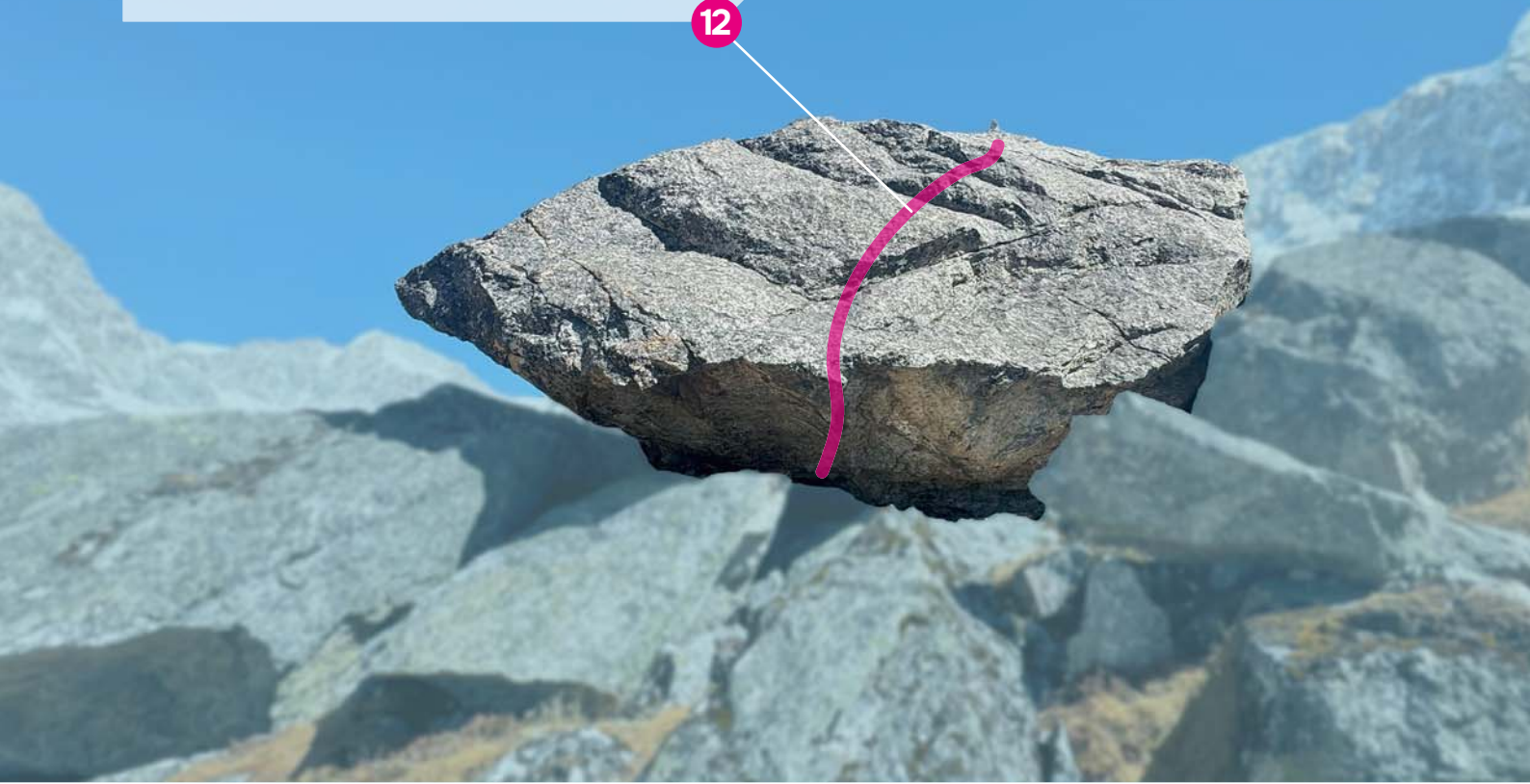
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Photographer's Route – V3

START Begin on the pre-rocks below

ROUTE Climb straight up to reach the top

12



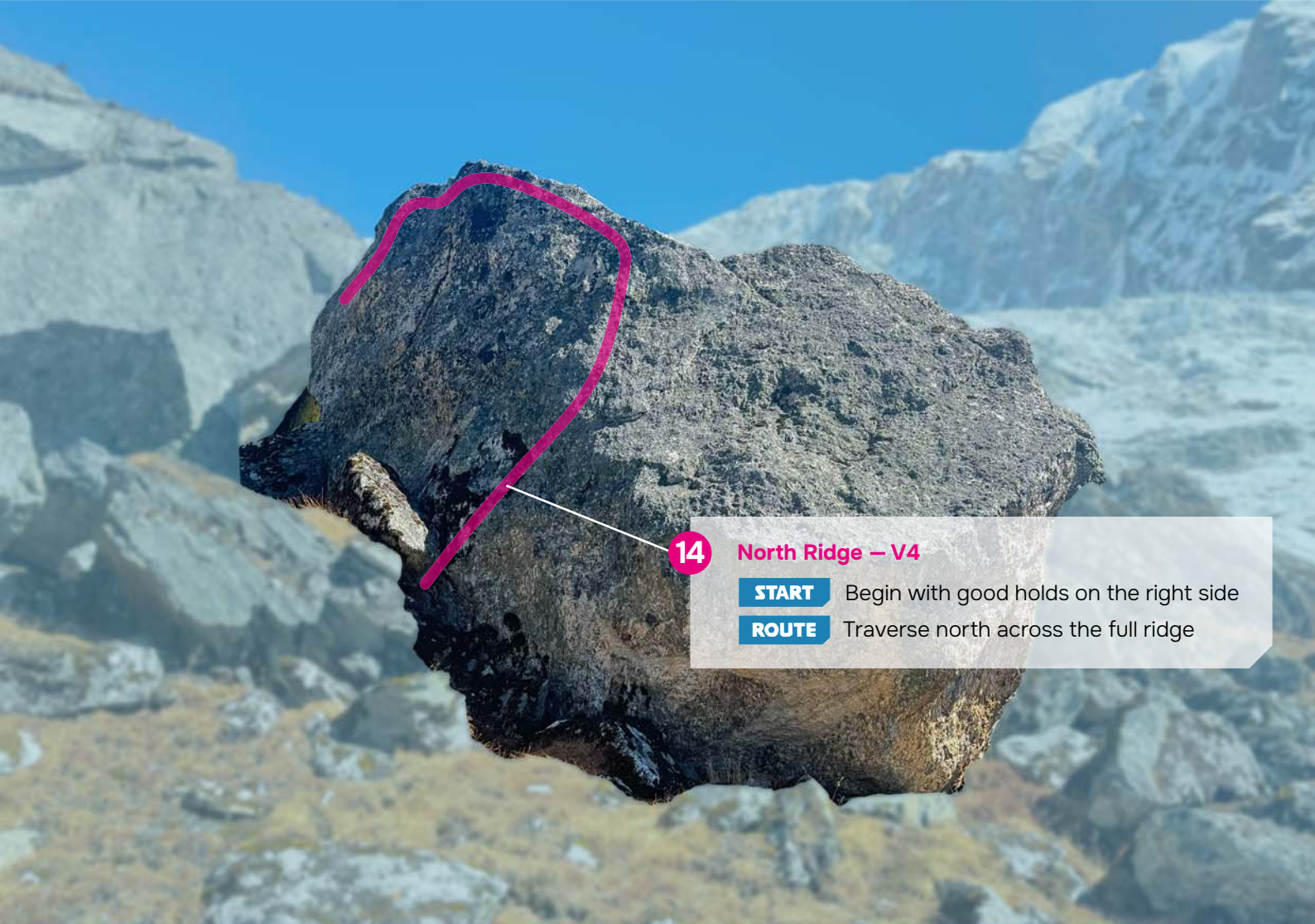
Lazy Man's Choice – V2

START Align with the jammed rock in the line

ROUTE Climb straight up to the mound at the top

13





14

North Ridge – V4

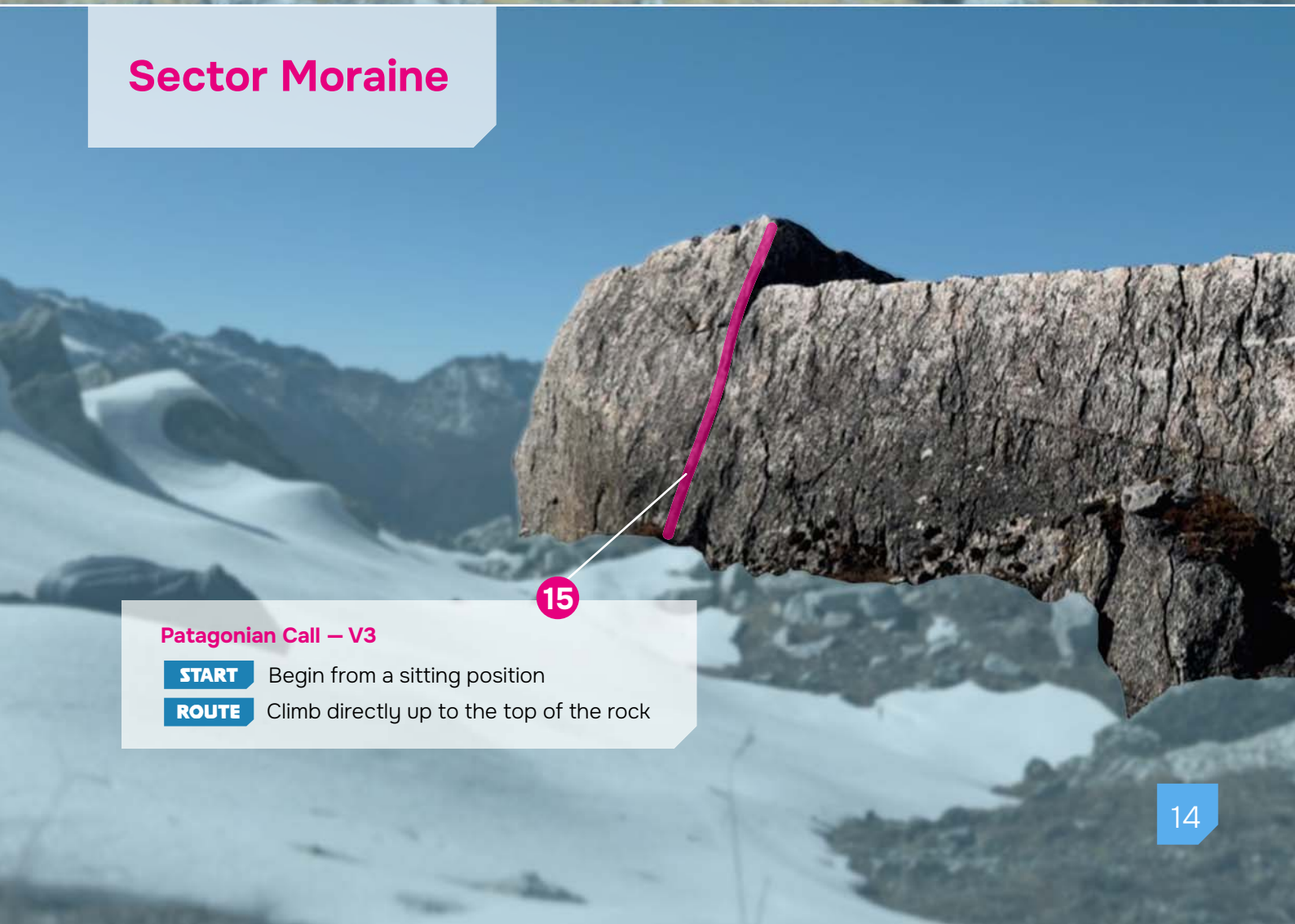
START

Begin with good holds on the right side

ROUTE

Traverse north across the full ridge

Sector Moraine



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Patagonian Call – V3

START

Begin from a sitting position

ROUTE

Climb directly up to the top of the rock

SPECIAL THANKS

The journey to the Jugal Base Camp bouldering crag was made possible by two incredible partners. **Jan Kreisinger**, my climbing partner, turning each climb into a memorable adventure. Heartfelt thanks also go to **Seven Summit Treks Pvt. Ltd.** for expertly handling logistics, guiding us safely through remote trails, and allowing us to fully immerse ourselves in the climbing experience.

ABOUT THIS JUGAL BASE CAMP BOULDERING GUIDEBOOK



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This guidebook is authored by Marek Dismán, who aims to share his love of high-altitude challenges in the Jugal Himal region with fellow climbers. Electronic copies are available for free download at www.dismanteam.com and may be freely used for personal reference. However, to preserve the integrity of this work, copies may not be amended, altered, or misused in any form.