



## Jiri to Everest Base Camp Trekking

<b>Trip code</b>	
<b>Package name</b>	Jiri to Everest Base Camp Trekking
<b>Duration</b>	19
<b>Max. elevation</b>	5545 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Kathmandu to Jiri by Local Bus , Lukla to kathmandu by flight .
<b>Accomodation</b>	Hotel and Lodge with twin sharing bed basis during the trek.
<b>Starts at</b>	Kathmandu/Jiri
<b>Ends at</b>	Lukla / Kathmandu
<b>Trip route</b>	Kathmandu - Jiri - Deurali - Sete - Junbesi - Taksindu - Kharikhola - Surke - Phakding - Namche Bazar - Tengbuche - Dingbuche - Lobuche - Gorakshep - Everest Base Camp - Kalapattar - Periche - Namche - Phakding - Lukla - kathmandu .
<b>Cost</b>	USD 2,260 per person

### Highlights

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- o Trekking through low land trails and enough acclimatization before reaching highland
- o Trekking through footsteps of the early Himalayan expeditions
- o Trekking through ethnic Nepalese village, direct touch of their unique cultures
- o Reach at base camp of Mount Everest
- o Climb Kalapathar (5,554m), see closer view of Mount Everest and other mountain peaks

### Overview

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**Classic Everest Trekking is regarded to be one of the ideal trekking trails, especially for those who are fond of taking pictures of the white Himalayas and also wish to have an adventure of passing high hills, passes, slopping, and rocky hills.**

This is one of the adventurous trekking trails lying in the Everest region because you will pass several high passes, high hills, settlements of Sherpa ethnic groups, where you will have chances to explore their unique tradition, cultures and customs, and lifestyles.

Subsequently, another attractions of this trekking is that you will also have breathtaking views of several mountains around Khumbu region including Mt. Everest (8,848m), Mt. Lhotse (8,516m) Mt. Nuptse (7855m), Mt. Pumori (7,161m), Mt. Changaste (7,550m), Mt. Amadablam (6856m), Mt. Thamserku (6,723m), Mt. Kantega (6979m), Mt. Kusum Kangaru (6,367m), Mt. Kongde (6,011m) among others.

Since this trail passes through a well-developed trekking trail, is regarded to be one of the ideal trekking trails, especially for those who are fond of taking pictures of the white Himalayas and also wish to have an adventure of passing high hills, passes, slopping and rocky hills.

You will cross through the foothills of the mountains from lowland to the glacial lakes, peaks, and Himalayan flora and fauna, traditional villages, and ancient monasteries, all these features have made this destination one of the most popular and most loved ones.

## **Trip Itinerary**

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### **Day 1 : Kathmandu / Jiri (1951m) - 8 hrs drive**

The first day is spent on a seven to eight hours bus ride from Kathmandu to Jiri, the starting point . Jiri (1905m) is the central village of this area. The Sherpas, Tamang, Chhetris and various other people live together in this village. For about 100m on both sides of the bus road, there is a bazaar with many stores and lodges.

### **Day 2 : Jiri / Deorali (2705m) - 6 hrs walk**

Leaving the bazaar behind , start trekking on the Everest Trail. From the turning point of the bus take the path on the mountain flank and cross over the small ridge overlooking the whole village of Jiri. Trek through several small hamlets and you will be on pass. Descending to the bank of the Khimti Khola, cross the suspension bridge to Shivalaya (1767m) which has a losge. Here you start the ascent to Deurali, the first pass.

There is a big hill with a mendan and flapping prayer flags. Descend from the pass by the path with stone steps through the forested flalnk and before long you will come across a chorten,. You are now in Bhandar or Changma (2194m). There are several lodge and you can camp in their front yard.

### **Day 3 : Deorali / Sete (2575m) - 6 hrs walk**

Descend along the stream on the aide flank for a while, cross the wooden bridge by a bhatti, and away from the stream, a steep slope begins to descend through the woods. In the valley ahead you will soon be overlooking the hamlet of Gholunda and the river Likhu Khola. Keep descending the steep hill until you reach Gholunda. From here, trek down the path with stone walls through farm fields to the bank of Likhu Khola. Go upstream, you will soon come to Chiddarin which has several houses and a suspension bridge. After you reach Chinbu, the path continues to go zigzagging up. When it enters the forested area, the slope becomes slightly gentler. Now you will see the houses of Seti up ahead. A little further and you will be in the village of Seti, which has a lodge. The elevation is 2575 m above sea level, which means that you gained 940 m since you left Kinja.

#### **Day 4 : Sete / Junbesi (2675m) - 6 hrs walk**

A steep ascent continues. Keep climbing up through the rhododendron forest to Dakuchu and then to Goyam. You will sometimes find stone steps. The ascent continues further from Goyam through the forested slope. From here, follow the path on the open flank, go through Takuto and trek down along the firmland. You will soon come to the edge of the ridge, which commands the view of junbesi village in the valley and Numbur. A little more descent will bring you down to a village with a gompa and a chorten. Junbesi (2675 m) has many lodges and you can camp in their courtyard.

#### **Day 5 : Junbesi / Numtala (2360m) - 6/7 hrs Walk**

Today, you will cross the third pass and reach Tragsindho. Leaving the village behind, go down along the Junbesi Khola, cross the river to the left bank using the wooden bridge and climb to the flank on the left. Do not miss this point. If you continue on the path down along the river, you will come to Phaplu, which has an airfield.

Descend from the pass through the woods. You will soon come to a gompa and will be in the Tragsindho, where there are two or three lodges. Continue walk for approximately two hours to reach Nunthala where you will stop for overnight at lodge.

#### **Day 6 : Nuntala / Bupsa danda (2100 m) - 5 hrs walk**

Today's journey goes down quite a distance to the bank of the Dhud Kosi and climbs back up to Kharikhola. From Jubing to Kharikhola, the course is an ascent. Climb the path, which has stone steps here and there, on the steep flank and you will finally come to a pass like place. The Dudhkosi can be seen far below and Khumbila (5761 m) soaring up far beyond the valley. The Sherpa regards this as a holy mountain and worship it. The path becomes level and it will soon lead you to Kharikhola village (2027 m). There is a lodge and a store. The courtyard of the lodge can be the campsite.

#### **Day 7 : Bupsa / Surkhe (2293m) 6 hrs walk**

After the breakfast we start our trek, crossing server settlement after 6 hours trekking we reach to Surkhe. Over night stay at mountain Lodge.

### **Day 8 : Surkhe / Phakding (2640 m.) - 5 hrs walk**

We start a day with a climb towards Puiyan through Sherpa villages and a forest inhabited by monkeys, passing through a narrow canyon before arriving at Puiyan. We continue a climb from Puiyan to a ridge at 2800 metres, before a gradual ascent to the final ridge, where we descend to Surke following the trail towards Phakding. Over night at mountain lodge.

### **Day 9 : Phakding / Namche Bazaar (3440 m.) - 6/7 hrs walk**

Your destination today is Namche Bazaar. Namche Bazaar is the central village of the Sherpa in Khumbu region. It is situated on a horseshoe shaped flank and is crowded with about 100 buildings including lodges, bhattis, store and banks. There is a plateau in the right side of the village entrance, where they have a bazaar every Saturday. It is thronged with people especially in the morning.

### **Day 10 : Rest at Namche Bazaar**

Namche Bazaar is a very old trade point. You can see Tibetans by crossing the Nangpala Pass to sell cheap goods from China. The village itself is a beautiful place to spend a day for proper acclimatization. Along the way you can see the changing vegetation as we gain height. Trees give way to bushes and shrubs. Around Namche there are numerous ridges for day's hiking.

Rest to acclimatize. You can relax and take a look around the shops and Sherpa houses, observe their culture and life style. Overnight in lodge.

### **Day 11 : Namche / Tyengboche (3867 m.) - 5 hrs walk**

Today you can see very close up view of Thamserku (6618m), Ama Dablam(6814m). Also you can see Mount Everest (8848) and other world high mountains. On the way you can see Nepal national bird Pheasant and mountain animal called Himalayan Thar. The trail contour through the yak pasture land until Kyangjuma (3550m). From Kyangjuma the trail goes to all the way down to the Dudha Koshi. After crossing long suspension bridge then the trail ascends through the pine trees. The magnificent view of Kangtega (6783m) at right side of the trail. Two and half hour walking you will arrive to Tengboche (3860m). Tengboche is famous as the name of Tengboche Monastery. This monastery is open for visit after four oâ€™clock in the afternoon. Visiting Tengboche Monastery is a exciting part of your journey. At evening you will be able to see exciting sunset on the top of the word and other high mountains. Overnight stay at mountain lodge.

### **Day 12 : Tengboche / Dingboche (4410 m.) - 5hrs walk**

Form Tengboche trail move down towards Deboche(3820m).After Deboche, the trail becomes very pleasant. Here you have chances to see Musk deer. It is very rare wild animal. After

crossing iron bridge on your right side you can see the great view of Ama Dablam(6814m). May be you can enjoy taking photos of yours backup with Ama Dablam. Then the trail moves gradually up to Pangboche (4410m).Have a tea and coffee and few minute relaxation at Pangboche. Trek to Shomare (4110m) .Have a Lunch here. After the lunch you walk around two hour and arrive to Dingboche Village (4410m). Over night at mountain lodge.

### **Day 13 : Dingboche / Lobuche (4930 m.) - 5 hrs walk**

Form Dingboche the trail climb up 20m above the village. From here you can see panoramic view of Khumbu Mountains including Mt, Makalu (8463m). Tea break in Dughla(4620m). After Dughla you ascend along with pebbly and sandy trail. After half and hour climb you arrive to Dughla Pass (4830m). In Dughla pass you see monuments on the memory of Everest climbers who has lost their life while climbing Mt. Everest. From here trail goes gradually up to the Lobuche (4910m). Evening sunset view of the Nuptse(7864m). Over night at mountain lodge.

### **Day 14 : Lobuche / Gorak Shep (5140 m.) ans Everest Base Camp (5364m) . - 7 hrs walk**

After having breakfast early in the morning, we continue our trek to Gorakshep Village. The subsequent, straight trail to Everest Base Camp is harder, involving rocky dunes and moraine, formed accumulation of unconsolidated glacial debris. On the way to our destination, we'll approach the famed Khumbu Glacier and icefall, located on the slopes of Everest. During spring season, the entire climbers attempting to scale the mountain's summit gather in Everest Base Camp with colorful tents can be seen as if we are in snowy tents park. Break out your cameras for unbelievable views of breathtaking beauty. After exploring base camp and its surroundings glacier, we return back to Gorakshep before sunset.

### **Day 15 : Gorakshep to Kalapatthar(5550m), back to Periche - 8 hrs walk**

We'll wake before dawn today to trek towards Kalapatthar (which means "black rock") for a fiery, glorious sunrise over Mt. Everest. After climbing for couple hours, we arrive in the famous view point, the top of Kala Patthar. The day's first light will illuminate your spectacular view of Nuptse Nup, Changtse and Lhotse we have the best view of Mt. Everest, Nuptse, Pumori and Ama Dablam along with the entire mountain views of Khumbu Himalayan range. This may be, of the whole journey, our most opportune moment to snap amazing pictures of Everest and its neighboring peaks. Afterwards, we get back to Gorakshep for breakfast and descend down in the direction of Periche, our nighttime stop. Our pace will be a lot brisker as we descend, and the walking is easier going this way.

### **Day 16 : Periche / Namche Bazar( 3440m) - 6 hrs walk**

Today we are leaving imja valley, and following the Dudh koshi River to get Namche Bazar . The trail descends quite considerably today, but some uphill must be tackled! As we approach Namche, the forests and greenery return.

This is a long day of walking, made harder by the hard hiking the day before. But push on because a good dinner and a hot shower await! And now is the opportunity to celebrate your successful trek to Everest Base Camp with a beer!

And with wifi available, now is also time to get in touch with loved ones at home and perhaps upload a few pictures of your trip.

### **Day 17 : Namche Bazar / Phakding (2640m) - 4 hrs walk**

Today we descent down the valley and descent steeply back to the Dudh Kosi river and continue our way past the national park checkpoint at Monjo. From Monjo we will go through forests of magnolia, giant firs and rhododendrons to Chomoa, the site of an agricultural project. We cross the Dudh Kosi river to its west-bank and continue our way down to Phakding.

### **Day 18 : Phakding / Lukla (2886m) - 3 hrs walk**

Trek down enjoying the lush green scenery around and passing through the incredible mountains and local Sherpa Villlage. After walking about 3 hours we arrive to Lukla and you can stroll around the area.

### **Day 19 : Lukla / Kathmandu 25 min flight.**

Today we fly back to Kathmandu. This early morning flight is because of the location of the airstrip, and the often clear morning views from the plane one of the most interesting flights you'll ever experience. Overnight stay at hotel.

## **Inclusions**

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### **What is included?**

Airport transfers in Kathmandu.

Local bus kathmndu to Jiri .

Domestic flight from Lukla to Kathmandu.

Trekking permits and TIMS (Trekker's Information Management System) card.

Experienced and licensed trekking guide.

Porter service to carry your luggage (one porter for every two trekkers).

Accommodation in teahouses or lodges during the trek.

All meals (breakfast, lunch, and dinner) with cup of Tea/Coffee during the trek.

Gaurisankar conservation , Sagarmatha National Park entrance and Khumbu rural municipality fee.

Basic first aid kit.

Government taxes and service charges.

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

International airfare to and from Kathmandu.

Nepal entry visa fees.

Personal travel insurance (covering medical, evacuation, and trip cancellation).

Accommodation and meals in Kathmandu (beyond the itinerary).

Personal expenses, such as laundry, phone calls, internet access, etc.

Additional porters or services if needed.

Tips for guides, porters, and other staff (tipping is customary in Nepal).

Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

### **Complimentary**