



Trip Facts

Price: USD 2425

Duration: 22 days

Trip Profile: Jiri to Everest Base Camp Trek

Geography: Hills/Mountains/Forests

Location: Dolakha/Solukhumbu

Max Altitude: 5,545m

Accommodation: Hotel/Tea house/Lodge

Meals: All meals included during the trekking

Ethnic People: Sherpa

Religious: Buddhism

Transportation: Flight/Tourist bus/Private vehicle

Group Size: 01-10 Pax

Highlights

- Visit the Religious heritage of Kathmandu city
- Trek the original route used by Hillary and Tenzing to climb Mt. Everest
- Discover the lesser traveled trails in the Everest region
- Explore the heart-warming Sherpa culture in the Himalayas
- Walk through UNESCO enlisted Sagarmatha National Park
- View panoramic mountain and sunrise from Kalapatthar viewpoint
- Relish the views of some of the highest mountains in the world

Himalaya Land Treks & Expedition strives to provide the best trekking experience for all our clients. Our mission is to be our client's most reliable companion throughout their journey. From organizing to managing, Himalaya Land Treks & Expedition will always be by your side.

Overview

The trial route from Jiri to Everest Base Camp is the same route that was taken by the first people to reach Everest; Edmund Hillary and Tenzing Norgay Sherpa to explore the Khumbu region to summit the tallest mountain in the world. This historic routeway is full of nature, majestic scenario, a unique lifestyle, big dreams to reach the target destination, and the stories of victory.

The trail from Jiri to Everest base camp is the paradigm way route to Everest. It is also regarded as the most difficult way route to the Everest region. The route way is not only about reaching your destination, it is more about exploring life, identifying the real human within oneself, and finding inner peace. The journey is full of positivity and ultimate peace.

With Himalaya Land Treks' Jiri to Everest Base Camp trekking, you get to enjoy a different side of Nepal and visit places where you can experience the local Sherpa cultures and traditions first-handed. The trek explores the foothills along some of the highest mountains in the world along with a surreal Himalayan vista as well. This 22-day long trekking package will give you immense happiness for your entire lifetime.

Major Attractions In Jiri to Everest Base Camp Trek

Sightseeing at Kathmandu

Keeping your first footstep in the land of Kathmandu, whole Nepal welcomes you with its beautiful culture and warm love. The initial journey starts with a short sightseeing tour of Kathmandu Valley. You get to visit the UNESCO enlisted major landmarks of the city like Kathmandu Durbar Square, Swayambhunath Stupa, Bouddhanath, Pashupati Temple. The city is carved with art at each corner of its heritage, decorated with beautiful culture and clustered with traditional unity.



Trek from Jiri

From Jiri, you start for Jiri to Everest Base Camp trekking. This route is considered to be the most difficult and more adventurous trek route to reach the summit. Crossing the slopy hills, slippery forests, rocky paths, rivers in the scorching day sun, shivering cold nights, irritating flies, fearing wild the path adds more adventure to your journey. You pass through many villages like Junbesi, Bhandar, Sethe, Khari Khola, and Paiya. From Paiya, you head to Phakding and enter the Khumbu region.

Each place you pass gives you the essence of diverse cultural phenomena. Along with traditional variation, natural vegetation can be experienced at each range of altitude you cross. At 6 days of continuous trekking, trekkers get to enjoy much scenic beauty. Moreover, trekkers get a feeling of self-confidence. Away from the depressed city, people find the reason to live through the trek.

Namche Bazaar

The first stop at Khumbu valley is the thriving Namche Bazaar, also called the gateway to Everest. Here you get to experience the human lifestyle at the world's highest altitude. This beautiful hamlet seems to be like a marvellous design woven by a thread in a long white silk bed of snowy Himalaya. It also takes you to the UNESCO enlisted precious Sagarmatha National Park. The national park offers you a chance to spot various endangered species such as Musk deer, snow leopard, red panda etc.

Ethnic Sherpa villages

Along with the majestic scenario, the unique culture of ethnic Sherpa villages takes your heart here in the Everest region. From Namche Bazaar you head to higher elevations and trek to villages like Tengboche and Dingboche. You acclimatize at Dingboche for the final time and head to the base camp. A culture of treating visitors as god gives a lesson of humanity, love and unity. These people have their unique style of living, celebrating festivals, following

culture and treating visitors. This distinctive culture has added a fragrance of peace and beauty to the adventurous trekking journey.

Kalapathar View point

Located at an elevation of 5643m Kala Patthar viewpoint presents the glorious view of the world's highest summit. The epic sunrise views of the Everest range from Kalapatthar is considered the most magnificent and graceful act of nature. Hence, Kalapatthar is the choice of many visitors coming to the Everest region. It offers a very close view of the summit, which is not properly seen from the Everest Base Camp. Along with Everest, it gives you a glorious view of many other mountain ranges. This viewpoint is among the most valuable treasure of the Everest region.

Best time to do Jiri to Everest Base Camp trek

Autumn (September to November) and spring (March to May) are the best seasons to do Jiri to Everest base camp trek. Winter (December to February) and monsoon (June to August) seasons see adverse weather conditions and frequent changes as well. Therefore winter and monsoon are not considered to be favourable to trek in the context of views, travelling route and safety of trekkers. So, it is quite better and best to make a travel route during autumn and spring.

It is better to have prior trekking experience because you will be going to altitudes of more than 5,000m. During these times, the flights to and from Lukla are often delayed or cancelled. So, it is best to have a couple of spare days in your itinerary.

Alternatives Trekking Route

Apart from this package, if you want to do the base camp trek, in a short day through a different route then you can go to the following trekking packages; [Everest Base Camp trek](#), [Budget Everest Base Camp Trek](#). If you want to explore the Himalayan mystery through a similarly adventurous trek route then you can go through the following link of our next package [Mt. Lobuche East Peak Climbing](#).



Route Map



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Day to Day Itinerary

Day 1: Arrival in Kathmandu | 1,300m/4265ft

Accommodation: Overnight at 3 star Hotel

The first day of the trip, you land at Tribhuvan International Airport, Kathmandu. There, a Himalaya Land Treks' representative will welcome you heartily and then guide you to your hotel. After introductions and refreshments, you can explore the nearby areas.

Day 2: Kathmandu: Sightseeing and trek Preparation

Walking hr: 6-7 hrs | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast

After breakfast, you join the local guide for a short sightseeing trip of Kathmandu Valley. The first stop is Patan Durbar Square where you visit the attractions like the Krishna Mandir, Taleju Temple, and Mul Chowk among others. Then, you head to Kathmandu Durbar Square and after exploration have your lunch there. The next stop is Pashupatinath Temple and the tour ends at Swayambhunath Temple. You then head to Thamel to buy or rent items that you don't have.

Day 3: Drive from Kathmandu to Jiri | 1995m/6545ft | 6-7 Hrs

Walking hr: 7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After an early breakfast, you head to Jiri via the road that goes along Sun Koshi River. En route, you enjoy the hilly landscape with terraced farms and scenic views of the river. You have your lunch at Mudhe and resume the drive. You reach Jiri, a small famous town of Dolakha, by late afternoon. This town is also a hill station and you can enjoy panoramic views of the Himalayas. Overnight stay.

Day 4: Trek from Jiri to Bhandar | 2190m/7185ft | 7 Hrs

Walking hr: 7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner



After an early breakfast, hit the trail that goes uphill and downhill. The first part, you climb up to a ridge and then descend to Shivalaya. Then again you ascend to Sangba Danda and reach Bhandar via Deurali Pass. Throughout this trail, you walk along farmlands and small settlement areas. Bhandar is a small Sherpa village with a large Chorten and you can explore the village for the rest of the day.

Day 5: Trek from Bhandar to Sethe |2985m/9793ft| 7 Hrs

Walking hr: 7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you descend to the banks of Likhu Khola and continue your trek. You then reach Kinja where there is a checkpoint to see permits. After completing the formalities, you walk a steep uphill trail that gives amazing views of the hilly landscapes. Then you walk through a rhododendron forest and you come across Sethe village right in the middle of it. Overnight stay.

Day 6: Trek from Sethe to Junbesi |2700m/8858ft| 7 Hrs

Walking hr: 7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you hit the trail going uphill to Lamjura Pass. The trail gently ascends so it is not difficult. En route, you pass by small settlement areas with farmlands. After crossing a rhododendron forest, you reach the highest point of the Jiri part of the trek, Lamjura Pass. After enjoying the breath-taking views you head down via fir forests and reach Junbesi for overnight stay.

Day 7: Trek from Junbesi to Nunthala |2194m/7198ft| 7 Hrs

Walking hr: 7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After an early breakfast, you descend to Junbesi Khola. After crossing the river, you reach a junction and take the left trail, which leads you to the Khumbu region. You can even enjoy the views of the Mt. Everest (8848m) en route and reach Taksindu Pass via Salung village. From the pass, you descend through fir, pine, and rhododendron forests. After crossing the forest area, you reach Nunthala for overnight stay.



Day 8: Trek from Nuntala to Khari Khola |2040m/6693ft|6 Hrs

Walking hr: 6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you descend to the banks of Dudh Koshi River. The trail continues through farmlands and you ascend to Jubling, a Rai village, for lunch. After resting, you resume your trek and climb up a ridge. Then you descend to lush vegetation and reach Khari Khola for overnight stay.

Day 9: Trek from Khari Khola to Paiya |2730m/8957ft|6 Hrs

Walking hr: 6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you cross the river and pass by rustic villages like Bupsa and Bhumsing. Then you continue to walk through oak and rhododendron forests and may get the chance to see Langur on the way. En route, you can catch glimpses of the Mt. Everest (8848m) and its neighboring peaks. After crossing the forest you reach Paiya for overnight stay. You can explore the village in your free time.

Day 10: Trek from Paiya to Phakding |2610m/8563ft|6 Hrs

Walking hr: 6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, the trail takes you uphill to Paiya Pass. From there, you descend to Surke and continue the trail through the banks of Dudh Koshi River. Then you cross the river and ascend to Chauri Kharka, a village with monasteries and fertile farmlands. There you have your lunch and head towards Phakding. The trail joins up with the route from Lukla and you reach Phakding for overnight stay.

Day 11: Trek from Phakding to Namche Bazaar |3440m/11286ft|6 Hrs

Walking hr: 6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner



After breakfast, you hit the trail that goes through pine and cedar forests. You walk through rugged mountain terrains with the mountains in the background and reach Monjo, where you need to show permits to enter Khumbu region. Then you reach Namche Bazaar, also known as the entrance to Sagarmatha National Park. You can explore the market after you refresh. Overnight stay at Namche.

Day 12:Acclimatization in Namche Bazaar

Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You need to acclimatize to the high elevations because you will be climbing to areas of more than 5,000m elevations. Today, after breakfast, you hike to Khumjung, a Sherpa village that has a monastery that holds a yeti's bone. After exploring, you head back to Namche and hike to Sherpa Culture Museum to learn about the Sherpa culture. From there you can get spectacular views of Everest as well.

Day 13:Trek from Namche Bazaar to Tengboche |3860m/12664ft| 5 Hrs

Walking hr: 5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you hit the trail leading you to Tengboche. The trail today ascends as well descends. You walk through pine forests and see stunning views of Everest, Ama Dablam (6856m) and Lhotse (8516m). After crossing the forest, you walk via a stone path made by a local lama. Then you reach Tengboche for overnight stay. After refreshing, you visit the revered Tengboche Monastery and experience the life of a monk.

Day 14:Trek from Tengboche to Dingboche|4410m/14469ft|5 Hrs

Walking hr: 5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After an early breakfast, you head to Dingboche. You trek along the banks of Imja River and cross it to walk through rhododendron forests. You pass by villages like Pangboche and Milingo. You have your lunch at Milingo and resume your trek. The vegetation starts to get thin and you know you are about to reach Dingboche. Overnight stay.

Day 15:Acclimatization in Dingboche



Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

This is the final acclimatization day before you head to the base camp. After breakfast, you hike to Nangkartshang peak to see panoramic views of Lhotse (8516m), Ama Dablam (6856m), Pumo Ri (7165m), and the Mt. Everest (8848m). After enjoying the view, you head back to Dingboche and have lunch. Then, you can explore the village on your own and visit the local monasteries.

Day 16: Trek from Dingboche to Lobuche |4910m/16109ft|5 Hrs

Walking hr: 5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You have your breakfast and head to Lobuche. The trail starts to get difficult from this point onwards. You pass by villages like Pheriche and trek along the Khumbu Glacier. As you ascend, you come across Dughla, which holds memorial stupas for deceased mountaineers and trekkers. After crossing this area, you reach Lobuche for overnight stay.

Day 17: Trek to Everest Base Camp |5364m/17598ft| then trek back to Gorakshep |5140m/16864ft|8 Hrs

Walking hr: 8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you start your trek to Gorakshep. The trail to here is relatively short and easy. Then your trek to base camp starts from here after finalizing your preparations here. The trail goes straight to the base camp and is very rocky and filled with moraines. You walk past Khumbu Glacier, Icefall and reach base camp shortly. After enjoying for some time, you head back to Gorakshep.

Day 18: Hiking to Kalapatthar |5545m/18192ft| back to Gorakshep and trek to Pheriche |4240m/13911ft|7 Hrs

Walking hr: 7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner



You wake up at dawn to hike to Kalapatthar, which is famous for scenic sunrise views of the Everest range including mountains like the Mt. Everest (8848m), Lhotse (8516m), and Nuptse (7861m). By the time of sunrise, you can relish the surreal scenery which accommodates the gleaming vistas including some of the highest mountains in the world. After enjoying the view, you descend back to Gorakshep. From then on, you descend to Pheriche for overnight stay.

Day 19: Trek from Pheriche to Namche Bazaar |3440m/11286ft| 6 Hours

Walking hr: 6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After an early breakfast, you head to Namche Bazaar. You pass by prayer flags and Mani walls. You may get to see evidence of wild animals like snow leopards and mountain goats. You walk through pine and rhododendron forests with the mountains like Ama Dablam (6856m) and Nuptse (7861m) in the background. After crossing the forests, you pass by small settlement areas and reach Namche Bazaar for overnight stay.

Day 20: Trek from Namche to Lukla |2840m/9318ft|7 Hrs

Walking hr: 7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you hit the trail leading you to Lukla via Phakding. It will be your last night in the Khumbu region, so enjoy the sceneries. The trail descends to villages at lower elevations and you stop at Phakding. Then, you continue the long descend on the mountain terrain and reach Lukla for overnight stay. Enjoy the last dinner with your guides and local porters.

Day 21: Fly to Kathmandu from Lukla Airport and free day | Farewell Dinner

Accommodation: Overnight at 3 star Hotel | **Meal:** Breakfast/Farewell Dinner

You catch the first flight to Kathmandu from Lukla. You head to the hotel and have your breakfast. The rest of the day is free and you can enjoy the day however you want. You can go shopping or explore other parts of Kathmandu that you didn't visit. If you wish, we can arrange transportation for you. As the trip comes to an end, you will attend a farewell dinner hosted by the Himalaya Land Treks.

Day 22: Final departure

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Meal: Breakfast

Today is the last day of the trip. Please make sure that you all your belongings with you. Before you depart for the airport, please share your feedback about the trip and our services. Our staffs will drop you off at the airport as per your scheduled flight. Thank you for choosing Himalaya Land Treks.

With a challenging geographical structure and unpredictable climate, internal flight delays are quite frequent, especially so in the Himalayan regions of the country. The flights are even canceled if the weather conditions worsen. As such, we advise you to travel to Nepal during autumn and spring seasons. These seasons offer the most stable of climatic conditions and see far fewer flight delays and cancellations. We also recommend the travelers to include a few extra days in their travel itineraries as contingencies. You should also be careful to get travel insurance to cover the additional expenses due to these conditions.

Trip Cost Includes

- Airport picks up and drops off, upon arrival and departure.
- Pre trek meeting.
- 3-star Hotel in Kathmandu for 2 nights.
- Full day city tour in Kathmandu by a private vehicle.
- City entrance fees.
- Lukla-Kathmandu flight tickets.
- Transport from Kathmandu to Jiri.
- All necessary paperwork and trekking permits (National Park Permit, TIMS).
- Trekking equipment: down-filled sleeping bag, walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry luggage (2 trekkers: 1 porter).
- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Full meals: Breakfast, Lunch & Dinner on your choice.
- Supplementary snacks: energy bar and cookies.

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- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation to Everest base camp and return.
- All accommodation during the trek (Soft, comfort, private room with shared toilet).
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.
- Farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.

Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- Hot and bottle drinks.
- The cost incurred during the tour around the city.
- Cost for additional trips.
- Extra Battery Charging, Hot shower, and wifi.
- Travel insurance which covers emergency rescue and evacuation.
- Tipping to Staff.