



Jiri To Everest Base Camp Trekking - 18 Days

The trekking route from Jiri to Everest base camp is a chronological trekking route which was used by [Sir Edmund Hillary and Tenzing Norgay Sherpa](#) in their hunt to scale the highest peak of the world for the first and foremost time. Everest base camp trek provides an amazing [adventure route](#) that will direct you through different rises and falls, plain trails to irregular way. The part of the trek from Jiri to Phakding offers a soothing experience with its sound surroundings and good landscapes. It contains a great deal of uphill\downhill hiking and passing through countless number of beautiful villages and observes the local inhabitant.

The Jiri route offers incomparable mixture of [natural and cultural](#) wonders. The varying altitudes, diverse flora and faunas, ethnic culture and indigenous lifestyles are some of the highlights of the trek. It takes you from the midland hill through the beaten tracks into the [Himalaya](#).

You can also enjoy the wild vegetation and fauna along with rhododendron, pine forest as well as alpine forests, glacial rivers, suspension bridges during the [Everest base camp trek](#). You will be also observing the culture and lifestyle of the traditional and ethnic people along with Buddhist religions in all the way to the Everest base camp trek.

The itinerary of Everest base camp trekking is designed in such a way that it will provide you everything a [trekker](#) wants from their journey from the beginning of the trip to the last day. The best season for the Everest base camp trekking is considered from March to May and Mid of September to Mid of December at this time you could be able to observe the best views of [mountainous peaks](#) due to the clearness of the sky.



Thamel Chowk, Kathmandu, Nepal
Tel: +977-9851180916
E-Mail: info@visitmount.com
www.visitmount.com

PRICE INCLUDES

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- Domestic flight from Lukla to Kathmandu
- Drive from Kathmandu to Bhandara by private vehicle
- Trekking Permits and TIMS card
- First aids kit
- All taxes and company service charge

PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



ITINERARY IN DETAIL

Day 1: Drive from Kathmandu to Bhandara via Jiri

On the first day we have to drive for around 6 to 7 hours to reach Jiri which lies in the Northern East of Kathmandu. We will continue our drive to Bhandar from a single lane and rough roads which would be the first adventure of our trip. We will be enjoying the views of Koshi River as well as Ganesh Himal, Langtang Lirung, and Dorje Lakpa. We will stay overnight in Bhandar.

Day 2: Trek from Bhandara to Sete

On the second day we will come down to Sete at an altitude of 2575 meters crossing the deep forest and few streams as well as passing some small settlements of Dokharpa and Baranda. We will stay overnight at a teahouse in Sete after 6 to 7 hours walk from Bhandar.

Day 3: Trek from Sete to Junbesi

On the third day we will be ascending to Lanjurla La through the varieties of forests including pine, magnolia, maple, birch and rhododendrons. We also will pass through the settlement of Dagchu and Goyem. After reaching the highest point Lamjura La pass at 3530 meters today we will descend following the pass to Tragdobuk and Junbesi (2670m) where we will stay overnight after the long walk of 6 to 7 hours.

Day 4: Trek from Junbesi to Nunthala

On the fourth day we will be heading to Nunthala which is at 2220 meters of altitude and is accessible after 6 hours of walk. We will be walking crossing the stream and walking through the forest slopes and enjoying the splendid views of mountains which include Everest, Lhotse, Nuptse, Makalu, Thamserku, Mera Peak and other high mountains. We will have our overnight stay after reaching Nunthala.

Day 5: Trek from Nunthala to Bupsa

On the fifth day we will be descending down the trail to Dudh Koshi River heading upwards to Khumbu and continue to reach Churkha. We will be crossing a suspension bridge and finally reach Bupsa after a walk of approximately 5 to 6 hours which is at an altitude of 2360 meters.

Day 6: Trek from Bupsa to Surke

On the sixth day we will be heading to Khari La Pass from where we can observe the scenarios of Gyachung Kang and Khumbila Mountains. We will then descend from here to reach Surke at an altitude of 2290 meters and will stay overnight after a long walk of 5 to 6 hours.

Day 7: Trek from Surke to Phakding

On the seventh day we will climb towards Chaurikharka meaning the grazing place for Yaks from where we will continue to Chhiplung and moving down to Phakding at 2652 meters after walking for 4 to 5 hours. We will stay overnight at Phakding.

Day 8: Trek from Phakding - Namche Bazaar



On the eighth day we will walk along the Trail of Dudh Koshi River through pine forests as well as many suspension bridges and the famous Hillary Suspension Bridge. Mt. Thamserku (6618 meters) will be the main attraction on this day whereas the trek also includes passing through benkar, Chumoa, Monjo which small settlements are reaching near to the entrance of Sagarmatha National Park. We then will be at Namche Bazaar at an altitude of 3440 meters after the walk of 5 to 6 hours. We will stay overnight in Namche bazaar.

Day 9: Acclimatization day in Namche bazaar

On the ninth day we will be strolling around the Namche bazaar and spend today's day in Namche bazaar for acclimatization.

Day 10: Trek from Namche Bazar to Tengboche

On the tenth day we have taken a plenty of rest at Namche bazaar we will be heading towards Tengboche at 3870 meters of altitude and the route provides the splendid views of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku. If you remain lucky enough you may encounter with some wildlife found in the trail like pheasant, musk deer, Himalayan thar etc. Walking through the pine forest for most of the time in our 5 to 6 hours walk. We will be reaching Tengboche providing the excellent view of Ama-Dablam, Nuptse, and Everest as well as the Biggest Buddhist Monastery in Khumbu region. We will stay overnight in Tengboche.

Day 11: Trek from Tengboche to Dingboche

On the eleventh day we will be trekking through the upper route to visit Pangboche village and its ancient Monastery. The valley ahead will begin to open up as we approach the confluence of the Lobuche River, we descend into the river and begin the last and steepest climb of the day up to Dingboche. On arrival in Dingboche (4,360 m), we enjoy the beautiful array of fields enclosed by stone walls to protect the barley, buckwheat and potatoes from the cold winds and grazing animals.

Day 12: Trek from Dingboche to Duglha

On the 12th day of our trek our destination is Duglha at 4600 meters altitude which can be easily reached after a short walk of about 3 to 4 hours passing the beautiful mountain views as well as Chola Lake accompanied by the splendid view of Mt. Pumori (7138 meters). Other mountains which are seen are Thamserku, Cholatse as well as other several peaks today on our trek. We will stay at Duglha on this day.

Day 13: Trek from Duglha to Lobuche

On this day we will be walking for 2 to 4 hours to reach Lobuche observing the Khumbu Glacier as well as beautiful mountain ranges. Some of the peaks during today's trek which can be observed are Khumbu Tse, Lingtren, Pumori and Mahalangur Himal. We will stay overnight at an altitude of 4940 meters in Lobuche.

Day 14: Trek from Lobuche to Gorak Shep and Everest Base Camp

On this day we will start our early morning trek to reach Gorak Shep from where we will be heading to Everest Base Camp (5364 meters) which is the beginning point of Everest expedition. After the sometimes of sightseeing in Everest Base Camp; we will be heading back to Gorak Shep (5364) for an overnight stay after today's 7 to 8 hours walk.

Day 15: Trek from Gorak Shep to Pheriche via Kala Patthar



Thamel Chowk, Kathmandu, Nepal
Tel: +977-9851180916
E-Mail: info@visitmount.com
www.visitmount.com

This is the last day we will be moving to any newer destinations. The peaks like Lingtren, Khumbutse, Changtse seen in the east will attract you a lot on this day. We will then ascent to Kala Patthar(5545 meters) from where the best scenarios can be observed where we will have rest for rest time and will again move to Pheriche(4280meters) for the overnight stay after our 7 to 8 hours long trek.

Day 16: Trek from Pheriche to Namche Bazaar

Today we will be to reach Namche Bazaar walking through the beautiful rhododendron forest and juniper trees. We will cross Pangboche and Tengboche on the way to descent to the altitude of 3440 meters where the Namche Bazaar is situated. We can take hot showers here as well as we will be staying overnight here too after walking for 5 to 6 hours today.

Day 17: Trek from Namche Bazaar to Lukla

The trekking route descends slowly towards the rocky terrain and trough some suspension bridges over Dudh Koshi River. We will stay overnight at Lukla.

Day 18: Fly from Lukla - Kathmandu

We will be flying back from Lukla airport to Kathmandu which is the end of our journey. We will be providing a farewell dinner for you in a typical Nepali cultural restaurant in Kathmandu.