



Trip: Jiri to Everest Base Camp Trek

Url: <https://www.megaadventuresintl.com/trip/jiri-to-everest-base-camp-trek/>

Overview

MAI designed this itinerary to explore the beauty of Everest Base Camp trekking in a classical way. It is the same route which led to legendary mountaineer Tenzing Norgay Sherpa and Sir Edmund Hillary at the top of the World in 1953 AD. After driving from Kathmandu to Bhandar, the first 5 days you have to walk in the lower Khumbu region crossing different settlements of Sherpas and other indigenous people. You will meet regular routes in Phakding and continue to EBC and follow the same route back down to Lukla. The routes offer the taste of different dishes and nice accommodation in local tea houses. No one can get such accommodation and amenities in other corners of the world than Nepal's Everest Base Camp trekking trail in such high elevations of 5160 m. You get hot showers, WiFi internet services, twin sharing fine rooms, very good vegetarian and non-vegetarian food in the highest elevation on earth called Everest Base Camp Trekking.

The famous mountains such as Cho Oyu (8153 m), Lhotse (8511 m), Nuptse (7879 m), Makalu (8470 m), Ama Dablam (6856 m) and many more unnamed mountains are located in the Khumbu region. This is the most concentrated mountain region with the highest mountains of the world, where more than 200 peaks are higher than 6000 m.

Highlights of the trek

- Follow the footsteps of renowned climbers; Tenzing Norgay Sherpa, Sir Edmund Hillary,
- One of the most adventure flights in the world: Lukla to Kathmandu
- Scenery of the world's most spectacular mountains
- Unique cultures and lifestyles of legendary Sherpas
- Discovering some of the old and famous monasteries in the lap of mountains
- Searching for the mysterious and mythical snow man Yeti
- Years-old mani stones, engraved with Tibetan Buddhist prayers
- Challenging hikes to Kalapathar, Nagakarshang, and Everest Base Camp trekking in less oxygen
- Incredible Khumbu Glacier
- Some of the dangerous glacial lakes because of global warming
- Flora and Fauna in Sagarmatha National Park, listed in UNESCO

Arrival City Kathmandu

Departure City Kathmandu

Price Per Person

\$1,650.00

Duration 22

days

Trekking Days 18

days

Difficulty Medium-Hard

Max Elevation 5555m/18225ft

Primary Activities

Trekking

Best Season March, April, May, September, October, November

Trip Route

Jiri- Bhandar- Junbensi- Phakding- Namche- Dingboche- Gorakshep- EBC.

Includes

- Airport arrival and departure.
- Normal nice hotel accommodation in Kathmandu – 4 nights – twin share basis in Bed and

breakfast plan.

- Transportation, Guide and Entry permit during city tour.
- Private transportation from Kathmandu to Jiri for clients and Nepali staffs.
- Flight fare from Lukla- Kathmandu for members.
- Flight fare from Lukla- Kathmandu for guides.
- Full board tea house trekking cost with breakfast, lunch, dinner & accommodation in Common room.
- Water purifying liquid during trekking .
- Professional English speaking Guide and his salary.
- Porter salary.
- Trekking permit.
- Sagarmatha national park permit.
- GCAP permit.
- First aid kit.
- Farewell dinner.
- Insurance for Nepali staffs.

Excludes

- Lunch and dinner in Kathmandu.
- Beverages and alcoholic drinks.
- Emergency medical evacuation.
- Tips for staffs (mandatory).
- Personal expenses and extra services beyond itinerary.

Itinerary

- Days 01: Arrival in Kathmandu.
Our staffs will be at airport to pick up you and transfer to the Hotel. Introduction with guide and short briefing about the trek. Our guide will suggest you best restaurant for your Dinner.
- Days 02; Final Preparation day for Trekking/. City Tour around Kathmandu Valley.
Final preparation for trekking. Trekking guide will check your final gear list. If anything is missing will assist you to hire or to buy around thamel and give the final instruction for next day. Guided city tour around Kathmandu valley; Pashupatinath Temple/ Boudhanath Stupa/ Monkey Temple.
- Day 03: Drive from Kathmandu to Jiri to Bhandar (8 hours driving).
- Day 04: Trek Bhandar to Sete (2,645 m).
- Day 05: Trek Sete to Junbesi (2,675m).
- Day 06: Trek Junbesi to Nunthala (2,440m).
- Day 07: Trek Nunthala to Kharikhola (2,020m).
- Day 08: Trek Kharikhola to Puiyan (2,700m).
- Day 09 : Trek Puiyan to Phakding (2,646m).
- Days 10: Phakding to Namche (3440m) – Around 5-6 hours walking. Lunch @ Monjo.
Today is little bit long walkng day. We continue walking along the bank of Dudh Koshi River, on the way you will pass different lodge, local bhattis (porter rest house) the trail climb up to Toktok village and continue steep climb after the village3 you will see the magnificent glimpse of Thamserkue Peak (6608m). Within one and half hour from Phakding you will be in village called Benker, where you can see the enough lodge for trekkers. Continue walking from Benker on the way you can see the forest of rhododendron and fir. The trail goes steep from chumoa to Monjo. Monjo is a nice village with lodge and local houses. You can see gompa, school and vegetables fields. After having lunch in Monjo continue walking towards our today's destination Namche. Just above the Monjo there is check point of Sagarmatha National Park. Guide will arrange all entry process in national park office. Now the trail descend down, cross

the suspension bridge, gentle walking to Jorsalle. After Jorsalle re-cross the Dudhkoshi River over suspension bridge and follow the river bank. Slightly up few steps and cross the high suspension bridge over Dudhkoshi. Namche is yet 2 hours far from you, where the walk is little bit tough. It is zigzagging ascent through the pine forest. Never rush while going up; in every step you are gaining the height, so there is a risk of altitude sickness. Climb slowly and drink enough water.

- Days 11: Namche – acclimatization – Hike up to Khumjung valley (3970m). Lunch @ Khumjung.

Today is our acclimatization day in Namche. To adjust with high altitude and to avoid the AMS in further trail acclimatization is required for every trekker, those who want to conquer their goal safely. We hike to Khumjung – the green valley, not because of trees but because of green roofs of local houses. On the way we will visit Namche Museum, where you can see the cultural, religious and some facts of mountains and climbers of the Everest region. Cross Syonboche airport, the airport in the highest elevation in the world. While going further ahead you will see the breathtaking view of Mt. Amadablam and other mountains. Few minutes further walking you will be in Everest View Hotel, from where you can see the magnificent view of Mount Everest and Lhotse. Slightly descend down to Khumjung valley and visit Sir Edmund Hillary's school and hospital at Khumjung and walk down to Namche.

- Days 12: Namche – Tengboche (3840m) continue to Deboche – around 4-5 hours walking. Lunch @ Phunki Thenga.

After breakfast, slowly start to walk towards north leaving the Namche back. Trail runs straight through the slopy hills, somewhere covered with pine and Juniper's trees. Crossing different mani walls and chortens, you will be in Sansa within 1 hour. From Sansa trail gradually down inside the forest of pine. Cross some smokey tea houses and continue descend few steps. On the way you can see the thumb-like view of Amadablam. No sooner you cross the suspension bridge; you will be in Phunki Tenga where you will recharge your energy for next steep climb towards Tengboche.

After having lunch, fill up your water bottle and ready to navigate the uphill. While climbing up gradually inside the rhododendron forest, it is as if you are playing a Hide and Seek game with different peaks. Drink enough water and continue moving slowly, the trails bring you at one of the magnificent places of your trip. Don't be confused, towering big mountains in front of you are Mt. Everest (8848m) and Mt. Lhotse (8501m). Beside this Tengboche offers the breathtaking view of Kwangde (6187m), Twachee (6542m), Amadablam (6812m), Nuptse (7879m), Kangtega and Thamserku. Enjoy the view, capture the photos and relax in the sunlight. From Tengboche gradually ascend down to Deboche. Overnight at tea house in Deboche.

- Days 13; Trek to Dingboche. Around 4 hrs walking. Lunch @ Somare.

Wake up early in the morning and capture some magnificent view of mountains, have some breakfast, gear up and ready to move towards Dingboche. First the trail gradually descends down to Deboche through the forest of birches, conifers and rhododendron. The continuing path inside the forest leads you to Imja Khola, cross the steel bridge and continue walking up hill towards Pangboche. Crossing different stupas along the route; you will be in Pangboche within one and a half hour from Tengboche. Pangboche offers enough lodges for trekkers. In the upper part of the village there is the oldest monastery of Khumbu, founded by Lama Sange Dorje in the 17th century. Follow the path of Imja Khola, the trail slightly steep up to Somare, have a lunch and continue the trail along with Imja Khola, the trail leads you to the small bridge over Khumbu Khola, cross the bridge and climb around 1 hour, you will be in Dingboche the beautiful village with enough lodges for trekkers. The views are great from Dingboche. You can see Island Peak, Makalu and another face Mt. Amadablam.

- Days 14 - Acclimatization- Hike to Nagakarsang (5090m).

Acclimatization in Dingboche is mandatory for every trekker as like in Namche. After breakfast, slowly start to scale the Nagakarsang Hill. The view is magnificent from the hill. You can see different glacial lake and some of the best view from Nagakarsang. You can also see the Makalu (8463m) fifth highest mountain of the world. After hiking 2-3 hours you can back down to Dingboche. In the evening explore the Dengboche village.

- Days 15; Trek to Lobuche. Lunch @ Dukla- Around 5 hours walking.
We continue our journey from Dingboche through the high alpine region to the conclusion of Loboche and stay overnight. Trail goes just above the Pheriche. The gradually up trail leads you to Dhukla, within 2 hours. Before reaching Dukla you have to cross the small glacial stream. Have short rest and you're your lunch and gain more energy for coming tough walking. The trail is directly up Dukla for about one hour but the magnificent view of Cholatse, Lobuche, Pumori and Nuptse gives you more pleasure. At the top of the ridge you can see the memorials of climbers who lose their life in mountains. Continue walking towards Lobuche, the perfect peak Pumori (7165m) soars into view with whistling air, makes you feel cooler. When you are in lobouche you will feel completely different. Symptoms of high altitude may occur on you; drinks enough hot water, noodles and garlic soup.
- Day 16: Trek to Lobuche to Everest Base Camp and back to Gorakshpe . Around 6 hours
As usual after breakfast, start to trek towards Gorakshep. The first section of the trail goes through the narrow gap between the glacial moraine and the mountain wall. After rounding the bend you will the first views of Kala Pathar (5545m). This dark mound of mountains provides the best view of Everest and the massive mountains range.. We can see Khumbu Glacier along the way to Gorakshep. After having short rest and lunch in Gorakshep, process towards Everest Base Camp. Though it looks close it takes around 2 hours to reach there. Spend few times @ base camp, take picture of different mountains and giant khumbu glacier and return back to Gorakshep. You can see lots of expedition tent and group in Everest Base Camp during expedition period in spring. Next day our goal is Kalapathar top. To night before going to bed your guide will give you time for next morning and instruction for necessary gear. It's better to be in kalapathar top before sunrise.
- Days 17: Early in the morning climb Kalapathar (5545m) and back down to Pheriche. Lunch @ Lobuche or Dukla. Around 6 hrs walking.
Early in the morning fill up your water bottle and process towards Kalapathar. The way is straight line up above the Gorakshep along the grassy ridge. With the help of your torch light move continually towards the summit. The more you go up the more you feel cooler. Views are fantastic and breathtaking from the top. It takes around 2 hrs to reach the top. After spending few minutes at the top, the chilling atmospheres push you back down to Gorakshep. Take your breakfast and process down to Pheriche.
- Days 18: Trek down to Namche.
- Days 19: Last trekking day. Back to lukla and enjoy the evening with your crew members.
- Days 20 - Fly back to Kathmandu.
- Days 21: Rest / shopping day/ Buffer day in case of bad weather in Lukla
- Day 22: Final Departure to your country. Our staff will be at hotel to help you to the airport and give you Khada.

Testimonials

They were reliable, timely, organized and above all fun!

My experience with **Mega Adventures** could not have been any better! When I arrived in Kathmandu, I was warmly received by a member of the staff who, after dropping my bags off at the hotel, kindly led me around the city. After spending a few days exploring that wonderful city and meeting my climbing guide, we flew out to Lukla to begin our trek. Our goal was to

summit Island Peak with a stop at Everest base camp along the way for acclimatization. Throughout the trek, my guide and porter were incredibly supportive and engaging and taught me so much about the region and culture. Although we ultimately were unable to summit Island peak due to weather conditions (one of the greatest challenges of climbing) we did reach approximately 6,000m, the highest I had ever been. I was immensely satisfied with the climb. Though I have taken a mountaineering course previously and had the opportunity to climb many of the highest peaks in Washington State, I was new to the Himalayan Mountains. My guide taught me several new techniques to enhance safety while climbing and provided a safe, encouraging environment. I would highly recommend this guiding company, as they were reliable, timely, organized and above all fun!

– Natalie Vandeven, USA