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Jiri to Everest Base Camp Trek - 24 Days

"Hitchhike into the grandiose Everest region & follow the classic trek route of Jiri to Everest Base Camp Trek with us!" Leave the customary hustles of your daily lifestyle behind and give yourself the green light to experience the adventure of a lifetime by going on our 24 days Jiri to Everest Base Camp Trek.

This is a classic Himalayan trek that starts from the small eastern town of Jiri. Our trek fully captures the authentic essence of traveling inside an extrinsic trekking region of Nepal. Moreover, it gives you a one-of-a-kind insight into the tribal livelihoods of the legendary Sherpa people while you crisscross over the verdurous hills and valleys. So, join this trek and create some unforgettable trekking memories in Nepal this year.

On our Everest Base Camp Trek via Jiri, you visit the unofficial Sherpa capital of Namche Bazaar and the famous Tengboche Monastery, the largest monastery of the Khumbu region. Likewise, as you set on a trailblazing course to EBC (5,380m/17,600ft), you get to witness the panoramic sight of the Himalayan mountains from the top of Kala Patthar (5,545m/18,192ft), which includes Mt. Everest (8,848m/29,029ft)- the highest mountain in the world.

Moreover, you can also see Mt. Ama Dablam (6,812m/22,349ft), Mt, Nuptse (7,861m/25,791ft), Mt. Lhotse (8,516m/27,940ft), Mt. Cho Oyu (8,188m/26,864ft) and even Mt. Makalu (8,485m/27,838ft). You will also be able to encounter incredible wildlife diversity hidden within the sumptuous Everest region. Lastly, trekkers can learn a great deal about the local culture & tradition, which will fascinate you.

HOW DIFFICULT IS JIRI TO EVEREST BASE CAMP TREK?

This is a hard and challenging trek! Therefore, you have to be physically sound and fit to endure the harsh ups and downs of the Himalayan terrain. To simply put it, this is a world-class Himalayan journey that offers phenomenal trekking adventure found nowhere else.

Therefore, it would be indiscreet to miss this miraculous opportunity to tread the paths once walked upon by the legendary mountaineering duo of Sir Edmund Hillary and Tenzing Norgay Sherpa. With so much to see, there will never be a dull moment during your trek. So just give trek a try, and we promise to make your dream trip a reality!

Please have a look at our Jiri to Everest Base Camp Trek itinerary below. And contact Icicles Adventure for any inquiries regarding this trip!

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PRICE INCLUDES

- Four nights' twin sharing accommodation with breakfast in a 4-star category hotel: Ramada Encore or similar
- Guided sightseeing tour in Kathmandu including temple/monument entry fees and private vehicle
- meals (breakfast, lunch and dinner) during the trek
- Best available teahouse/lodge accommodation (twin sharing) during the trek (we provide rooms with private bathrooms and hot shower at Phakding, Namche and Lukla)
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers : 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Lukla– Kathmandu including departure taxes
- Duffle bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- TIMS, National Park Permits
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement **(**more on Nepal Visa Information)
- International airfares
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- Alcoholic drinks and cold drinks
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipment and clothing
- Tips for guides and porters (tip is expected)

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ITINERARY IN DETAIL

Day 1: Arrive Kathmandu.

As you land at Kathmandu Airport (Tribhuvan International Airport), finish your custom formalities (visa, etc.) and get to the airport waiting terminal, you will find our representative waiting to greet you. He/she will be holding Icicles Adventure Treks and Tour signboard with your name. You will be then transferred to your respective hotel in our private vehicle. Stay overnight at Kathmandu. Accommodation: Hotel

Day 2: Trek preparation and Kathmandu Valley Sightseeing tour

It's your first morning in the glimmering capital city and this is a very special day as you get to travel across the entire Kathmandu valley. Today as per our scheduled itinerary, you will be given a fully guided Kathmandu Sightseeing Tour which takes you to the most popular top UNESCO World Heritage Sites within Kathmandu valley. Our tour includes taking you high up to one of the oldest prehistoric stupa of Swayambhunath which is often referred to as the Monkey Temple. That's just a warm up as you will visit other iconic places like Boudhanath Stupa and scared religious Hindu shrine of Pashupatinath Temple. Later to conclude your tour, you get to visit the historic site of Kathmandu Durbar Square. Last but not the least, before you leave Kathmandu for you your onward trek, you shall have a short pre-trip meeting with us and meet your guide for your trek. Stay overnight at Kathmandu. Accommodation: Hotel - Included Meal: B.

Day 3: Scenic drive from Kathmandu to Jiri (1905m): 6-7 hrs drive by car/van.

After breakfast pick up our guide in your hotel then up the Sun-Koshi river valley to the town of Jiri, the trail-head of the Everest trek about 187 km north-east of Kathmandu. Since, we would be traveling on the mountain roads, it takes around 6-7 hrs to reach Jiri. Stay overnight at Jiri. Accommodation: Local lodge, Included Meal: B, L, D.

Day 4: Jiri - Bandar (1520m): 7 hrs

We begin the walk with a climb to the ridge-top at 2,400m after which the trail drops down to Shivalaya (1,800m). After reaching Shivalaya, we make another climb to Sangbadanda (2,150m), Kosaribas (2,500m), then to Bhanjyang, a pass at Bhandar (2,200m). We can possibly take a detour between Sangbadanda and Bhandar to visit Thodung at 3,090m. Stay overnight at Bhandar. Accommodation: Local lodge, Included Meal: B, L, D.

Day 5: Bandar - Sete (2500m): 7 hrs

Today the trail drops down to the Likhu Khola and crosses the river at 1,580m, and tracks along it to Kenja. Now we make the long climb to Lamjura pass. The first part of the climb is quite steep, and then it traverses to Sete, and abandoned gompa at 2,575m. Then we continue through the villages inhabited by Sherpa's and have both Nepali and Sherpa names. Stay overnight at Sete. Accommodation: Local lodge, Included Meal: B, L, D.

Day 6: Sete - Junbesi (2675m): 7 hrs

The day begins with a long but gradual climb to the Lamjura pass at 3,530m. There you are rewarded with frost and often snow along the trail in winter or with flowering rhododendrons in the spring. Goyem at 3,300m. The pass is the highest point between Jiri and Namche Bazaar, there you have good lunch stop. From the top, you descend to Tragdobuk at 2,860m, then to the pretty Sherpa village of Junbesi at 2,675m. Stay overnight at Junbesi.

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Accommodation: Local lodge, Included Meal: B, L, D.

Day 7: Junbesi - Nuntala (2345m): 7 hrs

This day we climb to a ridge at 3080m, from where Everest slowly begins to appear in front of your eye, then on to Salung at 2,650m. From Junbesi the trail leads to the hospital and airstrip at Phaplu and the district headquarters and bazaar at Salleri. Leaving Salung, we make our way descending to the Ringmo Khola at 2,650m. We make a short climb from Ringmo Khola that takes us to the 3,071m Trakshindo pass, then the trail drops down pass the monastery of the same name, on to Nuntala at 2320m. Stay overnight at Nuntala. Accommodation: Local lodge, Included Meal: B, L, D.

Day 8: Nuntala - Khari Khola (2194m): 6 hrs

The trail continues descending to the Dudh Koshi (Milk River) where the trail then ascends through several Sherpa villages, terraced fields and forests to Khari Khola. Stay overnight at Khari Khola. Accommodation: Local lodge, Included Meal: B, L, D.

Day 9: Khari Khola - Puiyan (2890m): 6 hrs

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. Stay overnight at Puiyan. Accommodation: Local lodge, Included Meal: B, L, D.

Day 10: Puiyan - Phakding (2610m): 6 hrs

We continue a climb from Puiyan to a ridge at 2,800 meters, before a gradual ascent to the final ridge, where we descend to Surke following the trail towards Phakding. Stay overnight at Phakding. Accommodation: Local lodge, Included Meal: B, L, D.

Day 11: Phakding - Namche Bazar (3440m): 6 hours

After you finished your hot breakfast your guide will lead the trail continues north up the Dudh Koshi valley with brilliant views of Thamserku & Kusum kangraru to the Monjo, just beyond the Monjo you will see huge building of Sagarmatha National Park Entrance Gate, where trekking permits are checked and National Park fees collected, can get more information about the Everest region & National park Oh don't forget to observe the records of monthly visitor into the Khumbu region. Then trek down & cross the Jorsale Bridge, this is the last place to Namche Bazaar so we recommended you to have lunch or some snacks! make sure you have enough water for 3 more hours. The trail Continue along the Dudh Koshi River after two more brides begins the steep climb up to Namche Bazaar 3,44o m, the administrative center of the Sagarmatha National Park and the hub of Sherpa society. Remember to look out for glimpses of Mt. Everest from the trail to Namche Bazaar! Stay overnight at Namche Bazaar. Accommodation: Local lodge, Included Meal: B, L, D.

Day 12: Acclimatization day in Namche bazaar - Hike to Everest view hotel (3900m): 3-4 hours

This is a day for acclimatization. We will take you the Shyangbuche airport 3700m. it is supposed to height airport in the world. Then continue slightly climbing to Everest view hotel where you can observe including Mt. Everest, Mt. Lhotse, Mt. Ama Dablam, Tawache & many more. After the brilliant view of those mountains, we trek down to

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Namche & we will take a Sherpa museum. There you can see the traditional custom of Sherpa peoples & Mt. Everest photo Gallery. Stay overnight at Namche Bazaar. Accommodation: Local lodge, Included Meal: B, L, D.

Day 13: Namche - Tengboche (3860m): 5 hours

The trail leads flat & easy towards the view of Mt. Everest & other mountains up to Kyangjuma about 1-1.30 hours then have cup of tea and descends deep into the Dudh Koshi Valley at Pungki Thanka. The trail then ascends the right flank of the Dudh Kosi valley to Tengboche at 3,860m. Stay overnight at Tengboche. Accommodation: Local lodge, Included Meal: B, L, D.

Day 14: Tengbouche - Dingboche (4410m): 5 hours

Descend through a beautiful forest then cross the Imja Khola and trek through the village of Pangboche (3,900m). Perhaps today is most interesting trekking because you will not lose altitude while trekking like other days & enjoying the view of Mt. Ama Dablam, Mt. Lhotse & other smaller peaks, will be just in front of those mountains & feel like been heaven, the route continues through summer pastures to Dingboche as known as summer valley 4,400 m. Stay overnight at Dingboche. Accommodation: Local lodge, Included Meal: B, L, D.

Day 15: Day trip to Chhukung RI & trek back to Dingboche (5546 mtrs): 7 hours

Today you can enjoy another acclimatization day. This day we will have a day trip to Chhukung Ri 5,546m. The views from Chhukung is wonderful, also we can observe a fifth highest mountain Makalu. Then descend to Chhukung for Lunch & continue down to Dingboche. Stay overnight at Dingboche. Accommodation: Local lodge, Included Meal: B, L, D.

Day 16: Dingboche - Lobuche (4910m): 5 hours

Trek along a broad valley floor to Dughla is leaving behind the Trekkers Aid Post at Pheriche 4,240 m. A western volunteer doctor, supported by The Himalayan Rescue Association is stationed here and offers treatment and consultation to trekkers. Continue up the valley-gaining altitude. Come out of the valley to descend to the yak pastures at Lobuche 4,910m. Stay overnight at Lobuche. Accommodation: Local lodge, Included Meal: B, L, D.

Day 17: Lobuche - Everest Base Camp (5364m) - Gorekshep (5181m): 7 - 8 hrs

Today is a great day on your Everest base cam trek as your desire of being at Everest Base camp is going to be filled today. Actively wake up little early as we have a long and grueling day ahead of us with a minimum of eight hours net walking time. It starts with a three hour climb to Lobuche Pass. Then after three-and-a-half-hour push to Everest base camp which is an exhausting climb up. We walk past lateral moraine of the Khumbu Glacier which is a tough path and when you stand still and quiet you can occasionally hear cracking or scraping sound of the glacier movement. Everest does not seem to get any nearer and by now we have five of the world's highest mountains in such a small area. We see crest of north ridge of Everest along with Mt. Pumori, Mt. Mahalangur, Mt. Lingtern, Mt. Khumbutse, Mt. Nuptse, etc. The trail ascends the side of the glacier for a couple of hours before we finally drop onto the glacial moraine itself. Not far to go now, the trail winds up and down through fascinating ice seracs to Everest Base Camp. We do not get views of Mt Everest but can see the notorious Everest Ice Fall that flows from the Western Cwm. The Ice Fall is regarded as technically the hardest and most dangerous section of the mountain. If its spring we will see colorful tents that arises charisma in the gray surroundings. By now we have met the ultimate objective of our trip. Spend some

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time taking photos in the natural amphitheater. Trek back to Gorekshep takes about another three hours. Stay overnight at Gorekshep. Accommodation: Local lodge, Included Meal: B, L, D.

Day 18: Gorekshep - Kalapattar (5545m) - trek back to Pheriche (4210m): 7-8 hrs

Today is an0ther important day of your Everest Base Camp Trek. We are going to conquer Kala Patthar today which provides the most assessable point to view Mt Everest and the views are said to surpass the wildest imagination. We start early in the morning to catch the outstanding views from Kala Patthar witnessing the first light of day striking on Mount Everest. Kala Pattar (5,550m) is a small peak literally meaning black rock, it appears as a big brown bump below the impressive Pumo Ri (7,165m) and above Gorak Shep (5,140m). Kalapatthar offers splendid views of the Mount Everest Panorama. During the ascent to Kalapatthar, we take several breaks to catch our breath and to take pictures from several outstanding viewpoints. After about two hours of an ascent, we reach Kalapatthar. We push ourselves to climb the rocky projection near to the summit manifested by cairns and prayer flags. At the very top of Kalapatthar is a small stupa and a weather station. Standing on top of Kalapatthar can be an emotional experience for you. After enclosing as many pictures as we like of the gorgeous Everest, its neighboring peaks and as whole scenery, we trek down to Gorekshep. After having breakfast at Gorekshep, we trek down back to Pheriche. Stay overnight at Pheriche. Accommodation: Local lodge, Included Meal: B, L, D.

Day 19: Pheriche - Khumjung (3900m): 6 hours

Easy walk along the Imja Khola, then a short climb up to the Tengboche Monastery. The trail descends steeply towards Phungki Thanga and another steep climb Khumjung. The Khumjung (As known as Sherpa village) is the famous for observe the Yeti scalp, Hillary foundation school & Khunde hospital. Stay overnight at Khumjung. Accommodation: Local lodge, Included Meal: B, L, D.

Day 20: Khumjung - Jorsale (2740m): 6 hrs

The trail accent slightly to the Shyangbuche airport & trek descends to Namche Bazaar 3,440m. After the relaxing of tea, coffee or lunch the trail descents continue deeply to the Jorsale. Stay overnight at Jorsale. Accommodation: Local lodge, Included Meal: B, L, D.

Day 21: Jorsale - Lukla (2800m): 5 hrs

The trek continues along the Dudh Koshi river to the small mountain airstrip at Lukla to catch your return flight to Kathmandu. Stay overnight at Lukla. Accommodation: Local lodge, Included Meal: B, L, D.

Day 22: Lukla - Kathmandu (1310m)

Early morning, we fly back to Kathmandu and get transferred to Hotel. Rest of the day is spend relaxing at hotel or hanging around Thamel marketplace. Stay overnight at Kathmandu. Accommodation: Hotel – Included Meal: Breakfast.

Day 23: Leisure day in Kathmandu, in case of bad weather in the mountain. Overnight at hotel

Mountain weather becomes unexpectedly bad sometimes that can affect the Lukla-Kathmandu flight to be delayed and even canceled. An extra day would help you to be in safe side from missing your flight back home. If everything went smooth as planned, you can use this day for sightseeing around Kathmandu UNESCO World Heritage sites.

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Stay overnight at Kathmandu. Accommodation: Hotel

Day 24: Final Departure from Nepal to your onward destination. "Farewell"

Today your Everest Base Camp Trekking trip comes to an end. If you have more time you can do some shopping or sightseeing. Approximately 3 hours before your scheduled flight a representative from Icicles Adventure Treks and Tour will take you to the airport for your flight back home. We are sure our service and the Himalayas hospitality has captivated you to come back again!