


# Jiri to Everest Base Camp Trek | Duration: 23 Days

## Days | Cost: \$2199

Jiri to Everest Base Camp and the Kala Patthar is known as the one of the popular trekking route of the Everest region. In this trip we are going to follow the expedition which was made by Sir Edmund Hillary & Tenzing Norgay Sherpa in 1953 AD the two first climbers makes the history by climbing the top of the Everest. All our treks are managed by our experienced Leader/guide responsible for all aspect of the running of the trek. Our special departure trek is well versed in the culture and the natural history of the Himalayas. Your day start with a cup of hot tea served in your room. A member of the trekking staff followed by a bowl of hot washing water, after which you will be required to pack your luggage and the porters loaded whilst we are having breakfast. After breakfast we set off on the trail, enjoying the pleasant cool of the morning. Your day's trek involves navigating, numerous picturesque forests, hills, mountains and the local villages for the next three hours. One can join this package trip those who wish to complete the same route made by Hillary and Tenzing. We have designed a unique and distinct Jiri to Everest base camp Package tour itinerary as under. If you wish to trek directly from Lukla then there is also an option can be found here Everest Base Camp trek.

### At a Glance:

- **Tour code:** NEBC024
- **Style:** Trekking and hiking
- **Grading:** 
- **Suitable for:** 5545m
- **Duration:** 23 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 2199

### Highlights of the tour:

- Trek to the foot of breathtaking Everest, the world's highest mountain
- Explore unique Sherpa culture, mani walls, chortens and prayer flags
- Spectacular Himalaya mountain views
- Breathtaking Mountain flight to and from Lukla

## **What's Included:**

- Kathmandu Airport transfers
- An experienced insured and equipped English speaking Guide
- Guided sightseeing and entry fee in Kathmandu
- 3 meals during trek
- Internal flights and land transport involved in the itinerary
- Flights of guide
- Airport tax
- Good standard Hotel ( 3-4\*) accommodation in Kathmandu with breakfast
- Teahouse accommodation on trek twin sharing basic
- Tims permit
- National park permit
- Insured and equipped porter as on IPPG rules
- Ascents of Kala Patar (5545m) and Chhikung Ri (5100m)
- Acclimatize day to explore in Namche and Dinboche
- Trekking off the main trail to the village of Phortse - one of the more traditional Sherpa villages in the Khumbu region.

## **What's Not Included:**

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch & dinner in the city
- Additional costs due to illness, rescue etc
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and Bar Bill

## **Arrive at Tribhuvan International Airport (TIA) Kathmandu**

Arrival at Tribhuvan International Airport, Kathmandu. Traditional warm welcome by our airport representative. Your guide brief about your further programmed. Typical Nepali dinner served in the evening.

## **Kathmandu Sightseeing**

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists

and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of century's old temples and palaces.

## **Drive Kathmandu to Jiri (1905m)**

The road from Kathmandu to Jiri almost into Sherpa country takes 7 to 8 hour drives. On the road you can see the many interesting and wonderful Places likes the Sun Khoshi (River of Gold), Tama Koshi River(river of Copper) Tall hills and climbing high over forested ridges before reaching Jiri. The first day, the camp is generally located fairly near Jiri. The Jiri is popularly named as the Switzerland of Nepal. The Evening is free to look around Village side. Spend your night at Jiri hotel.

## **Trek from Jiri to Bhandar(2200m)**

Today is the day where we begin our adventure trip from Jiri to Bhandar. The way will offers you the stunning scenery of mountains, flowers along with friendly village people. We will trek through tranquil forest of oaks and rhododendron. You will also notice tiny settlement of Sherpa Village with massive Buddhist monuments. You will take pleasure in the day exploring the local villages. Overnight at tea house in Bhandar.

## **Trek from Bhandar to Sete(2500m)**

From the bhandar the Trail move down through the lower fields of village, then just follows the small river. It cross the stream and descend through the deep forest. After leaving the forest, the trail drops into a valley, passing Barandas, where local kids sell trekking stick to help you on the steep descent towards another riverbank little Sherpa town kenja.(1570m) Trail ascends steeply towards Lamjura Pass The first parts of ascend is very steep, then it becomes less server as you gain height. After climbing two hours you will reach chimbu, at 2140m height. There is a trail joint, take right hand branch to sete.

## **Trek from Sete to Nunthala(2,250m)**

Today trekking will offer the views of the Mt Everest along with our peak of the eastern Nepal. Todays our climb will be up and down. The trail descends through conifers and rhododendron forest alive with birds through dense forest. Trail crosses many picturesque streams on the wooden bridges just before it reaches Nunthala at 2250 height and after trekking 5-6 hours, overnight at hotel in Nunthala.

## **Trek from Nunthala to Bupsa(2,360m) 5-6 hrs**

Today our trekking will be little shorter as the trail descends to the Dudh koshi River. The trail follows to the river up to the jubing village. The trail crosses a suspension bridge and then takes a steep climb to the village of the Bupsa. Stay overnight at hotel of Bupsa.

## **Trek from Bupsa to Surke(2,290m) 6-7 hrs**

Today's our trek start with dense forests and over khari La mountain pass that offer again some fabulous views of the Himalayas. The trail today is up and down as you make your way to Surke village. Overnight at hotel.

## **Trek to Phakding (2,652m)**

Today we continue our trek from Surke to the Phakding at the height of the 2,652m height. Following a short tea break you will trek northwards up to the valley of Dudhkoshi. Descend from the small plateau into the forested valley. The trek is very easy and short today. However, the difference in altitude, in comparison with Kathmandu, can make you feel a bit difficult. After lunch you trek north towards Phakding. The trail crosses several streams and you finally reach to Phakding (2650m). You will spend your first night in this settlement from where you will have tantalizing views.

## **Trek to Namche Bazaar (3,440m)**

Hike to Namche Bazaar through farmland and settlements. You will follow the Dudh Kosi northwards. This day walk takes you through magnificent forests of rhododendron, giant fir and magnolia trees. You will cross the west fork of the river, the Bhote Kosi, and start the steep climb to Namche Bazaar. Namche is the largest Sherpa village which is called as gateway to Mount Everest. Namche is a prosperous Sherpa village and an important trading center as well. Locals from various villages gather during the weekly bazaar and sell fresh foodstuffs.

## **Acclimatization day/explore around Thamo or Synboche**

You will take rest in Namche and explore the village Thamo or Synboche. Make yourself fit, physically and mentally, for the further journey. This day is for acclimatisation. We suggest you to stay active even in the rest day so that it will help you for the further trekking.

## **Trek to Tengboche (4,360m)**

The route from Namche to Tengboche is unbelievably beautiful – the Dudh Kosi is far below and Thamserku, Kantega, Ama Dablam, Lhotse and Everest rise in the front. This lovely walk is full of woods, rhododendron forests, mani walls, chorten (stupas), and suspension bridges across the river.

## **Trek to Dingboche (4410m)**

After breakfast visit the beautiful Tenboche Monastery. Hear the story of Yeti from Lama and if possible see the praying. After this descend to a lodge in Debuche. After lunch trek to Dingboche. The trek is very beautiful. It is one of the most beautiful valley walks in the earth. Overnight in Dingboche.

## **Acclimatization day/ explore Chhukung Ri (5100m)**

This is an acclimatization day. An acclimatization day here can be used to hike up the Imja Khola to Chhukung

or Nagarzhang Peak, a small summer settlement from where stunning views of Island Peak, Lhotse, Ama Dablam and the fluted ice walls flanking the Amphu Lapcha pass can be seen. Make fit yourself for the further journey. Physiologically prepare yourself for adaptation to changes in climate or environment. We recommend you to stay active even in a rest day as it is better than being idle while on a trekking journey.

## **Trek to Lobuche**

The ascent towards Everest Base Camp continues through alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier. It is a steep, tough climb towards the village of Gorak Shep. Trek continues towards Lobuche where the view is straight towards Nuptse and the sunset is truly magnificent.

## **Trek to Gorakshep and explore Everest Base Camp(5380 m)**

The higher altitude makes this day's trekking quite challenging. Trekking from Lobuche to Gorak Shep is very challenging. You will climb Khumbu Glacier and cross the Changri Glacier to Gorak Shep. The views are really stunning. You will explore Everest Base Camp and its surroundings. Overnight in Gorakshep.

## **Climb to Kala Patthar (5550m) for sunrise & trek to Pheriche(4240)**

Your condition will be checked today before you move on. If the condition is found good then hike to Kala Patthar. Enjoy an early morning hike to an excellent viewpoint of the Everest region, with panoramic vistas of the front of Mt. Everest and Pomo-Ri. Kala Patthar is a notable landmark located on the south ridge of Pumori. The ascent of Kala Patthar begins at Gorakshep, the original base camp for Mt. Everest. Back to hotel for breakfast and trek down to Pheriche.

## **Trek to Phortse (3680m)**

Today's trail is not too much up and down, following a gradual ascent through a forest to the Phortse. This is the beautiful remote village in Khumbu region with spectacular mountain scenery. Meet with the local people and chat with them if you like. The trek is about 5-6 hours today.

## **Trek to Monjo (2840m)**

After breakfast trek around one and half hour up to the Khumjung, at the foot of the sacred Khumbi Yul Lha. The village of Khumjung is situated near the peak of Khumbila, from which this region is named. The local monastery is well known for housing what is purported to be the scalp of the infamous Yeti. You will leave Khumjung passing through the school where Sir Edmund Hillary raised funds. His legacy and the great work he started here still continue. You will head towards Namche where you'll spend a few hours before we leave for Monjo. As you reach the peak of the mountain you are destined with spectacular views of Namche from above. There is a very distinct tree line that you notice as you trek through the mountains. As you descend landscape continues to become greener. Beautiful waterfalls and streams are common as you walk down.

## **Trek to Lukla (2,800m)**

Hike down a steep trail to the Dudh Kosi and trek down. You'll have a long and leisurely trek back to Lukla.

Celebrate your trek at a local tea house and gaze back at the jagged peaks of the mountain you've enjoyed. Bid adieu tonight to your trekking crew.

## **Fly back to Kathmandu**

Fly from Lukla to Kathmandu. Enjoy panoramic mountain views and spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants

## **Day at Leisure**

It's a leisure time in Kathmandu, where the rest of the day is free for shopping, sightseeing or relaxing. This is an extra day in case of bad weather. Free time to explore Kathmandu before setting for the airport.

## **Drive to Airport for Return flight**

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoy exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport.

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