

Jiri To Everest Base Camp Trek-21 Days (all-inclusive)

3 Star Hotel Package

2700^{USD}
per person

*Including healthy meals

5 Star Hotel Package

3000^{USD}
per person

*Including healthy meals

Trip Style: Cultural Tour + Trek



Trip Difficulty: Demanding

The "[Jiri to Everest Base Camp Trek](#)" is a classic and traditional route to reach the base camp of Mount Everest, the world's highest peak. This route was popularized by early Everest expeditions before the construction of Lukla Airport, which now serves as the primary gateway to the Everest region. The **Jiri to Everest Base Camp trek** offers a longer and more gradual approach to the Everest region compared to the Lukla route.

The **Everest Base Camp trek via Jiri** typically begins in Jiri, a town in the Dolakha District of Nepal. However, now it is possible to drive up to Bamti Bandar, which is about a 2–3-hour drive from Jiri. The road up to Jiri is well-paved and well-maintained; however, after Jiri to Bandar, the road is not gravelled and a bit bumpy. You will be transported to Bamti Bander by a private jeep from Kathmandu, the capital city of Nepal.

The distance from Jiri to Everest Base Camp via the traditional trekking route is approximately 160 kilometers (about 100 miles) in a straight line. However, it's important to note that the actual distance you will cover during the trek will be longer due to the winding trails, ascents, descents, and deviations in the route. Trekking from **Jiri to Everest Base Camp** typically takes about 19 to 21 days, covering a total trekking distance of approximately 205 kilometers (127 miles) on the trail. However, the **Jiri to Everest Base Camp trek itinerary** can be customized as per your holiday timeframe.

The Jiri to Everest Base Camp trek involves a lot of elevation gain and loss as you traverse various valleys and passes in the Everest region, making it a physically demanding but rewarding journey with stunning Himalayan views and unique cultural experiences along the way.

Why is the Jiri to Everest Base Camp Trek (EBC Trek) a must-do trek in Nepal?

- The "Original Everest Base Camp Trek via Jiri" offers breathtaking views of the Earth's highest mountain, Mount Everest, from both **Everest Base Camp (EBC)** and Kalapathar.
- The landscapes surrounding **EBC and Kalapathar** inspire spiritual contemplation, highlighting the genius of God's creations and the Sherpa culture's deep connection with nature.
- The trek takes you through the heart of the Sherpa homeland in the Khumbu region, where you'll walk village paths adorned with colorful prayer flags.
- The "**Jiri to Everest Base Camp Trek**" is a remarkable adventure for those who dream of getting close to Mount Everest, even if they don't plan to climb it.
- This trek begins in the picturesque foothills of the Khumbu region, where you can follow in the footsteps of legendary explorers.
- While many trekkers now opt for a flight to Lukla to start their journey quickly, the original route offers stunning landscapes and a deeper connection to the area's history.
- Along the way, trekkers can enjoy butter tea with lamas, and gaze upon famous peaks like Ama Dablam, Mt. Lhotse, Nuptse, and the mighty Mount Everest

DURATION: 24 days

ITINERARY

Day 01:: Arrival in Kathmandu and transfer to the hotel by a private car. overnight stay in Hotel

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuvan International Airport, Mountain Sherpa Trekking and Expeditions office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

Day 02:: Half-day Kathmandu City Tour & Trek Preparations - Overnight stay at a deluxe hotel.

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world} and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos). We next drive down to Swayambhunath {popularly known as Monkey Temple} "Swayambhu" means "self-created" and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. Hereabouts we see a cremation ritual of Hindus at 'Aryaghat', the cremation area of the temple. This cremation site is used for the once royal family of Nepal and also for the simple Nepalese people who live within the country. We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We take a tour of the Patan Durbar Square - a UNESCO World Heritage Site. Located in the square is the Patan Museum (originally a Malla palace), Krishna Mandir- a stone temple of Lord Krishna with its 21 spires and art that displays scenes from the Mahabharata and Ramayana epics, this includes the Royal Bath or 'Tushahity' and the nearby Hindu and Buddhist temples. We return back to our hotel, refresh, do some shopping for our trek the next day, have an early supper and retire to bed, most probably. Breakfast

Day 03:: Drive to Bhandar (7,380 feet / 2,250 meters) 8-9 hours drive- Overnight stay at a lodge.

Today, after enjoying breakfast in Kathmandu, we embark on a lengthy but scenic journey to Bamti Bandar village. Along the way, you'll be treated to breathtaking countryside vistas, including rivers, mountains, and quintessential Nepali villages. Our drive will last approximately 7-8 hours, and we ensure your safety and comfort with an experienced driver and a well-maintained Jeep. Feel free to request stops for breaks and photo opportunities as you please. Our guide will provide a midday meal during the trip. While the road conditions are good up to Jiri village, be prepared for a few hours of bumpy road driving. We'll spend the night in Deurali/Bandar village.

Day 04:: Trek to Sete at 2520 meters/8,267 feet): Approx. 5-6 hours trek-overnight stay at a lodge.

We soon descend the trail from Bhandar through deep forests crossing a few streams and passing the small settlements of Dokharpa and Baranda. We climb through the forests winding down to the Surma Khola. And then continue to Likhu Khola Valley. We again climb the ridge going up to the small settlement of Kenja. Another steep

ascent to Chimbu and continuing further finally brings us to the village of Sete. We crash out here in our lodge for the night. B. L. D

Day 05:: Trek to Junbesi Village-2,580 meters (8,464 feet) approx.(5/6 hrs)-Overnight Stay at Lodge.

After b/fast, we do an uphill climb to Lamjura La through forests of pine, magnolia, maple, birch and rhododendrons. We then pass by the villages of Dagchu and Goyem. Lamjura La pass at 3530 meters, the highest point between Jiri and Namche Bazar, offers a great view of the surrounding green mountains. Descend down the pass to Tragdobuk and Junbesi. We spend our afternoon here exploring the village and the way of life of its inhabitants. Overnight at Junbesi – B. L. D

Day 06:: Trek to Nunthala - 2200 meters (7218 feet) Approx. 5/6 hrs- Overnight stay at a lodge.

We now cross the stream beyond Junbesi climb up the forest slope and after an hour's trek, the compelling views of the Himalaya Mountains appears before our eyes. The mountains that are visible include Everest, Lhotse, Nuptse, Makalu, Thamserku, Mera Peak, and many other high mountains. This is the first view we get of Everest on this trek, although the lower peaks look closer and higher than the distant 8,000er mountains. Continue the trail to Salung and descend to Ringmo Khola. Ascend to Ringmo, cross the Trakshindo La pass and descend to Trashingdo. After another hour's descent through conifer and rhododendron forests, and terraced fields, we finally arrive at Nunthala. Overnight at Nunthala – B. L. D

Day 07:: Trek to Bupsa -2,500 meters (8,202 feet) Approx. 5-6 hours. Overnight stay at a lodge.

We next descend down the trail to the Dudh Koshi River. We follow the Dudh Koshi River as we head upwards to Khumbu. Cross the bridge, climb to Jubing and continue straight to Churkha. Climb the trail eastwards to reach Kharikhola and descend to cross a suspension bridge. Another steep climb finally takes us to Bupsa. Overnight at Bupsa in our lodge – B. L. D

Day 08:: Trek to Chablung - 2700 meters/8,858 feet. Approx.5-6 hours- Overnight Stay at Lodge.

Today our trek starts with a gentle climb, passing the village of Kharte and continues on through forests inhabited by monkeys. From this part of the trek we can admire views of Cho Oyu (8153m). We keep climbing the ridge till we reach the teashop on Khari La pass at 2840m. From the pass, the trail descends into the deep canyon of Puiyan Khola. After crossing bridge we reach the small settlement of Puiyan (2770m). The trail climbs up and down for about an hour after Puiyan to a ridge that offers a good view of the Khumbu region and then descends about 500m towards Surke (2290m). Continuing our trail upwards again, we climb through a jumble of boulders, passing some wonderful mani walls until we reach Chablung at (2700m). Overnight at our teahouse lodge – B. L. D

Day 09:: Trek to Namche Bazaar (3440 meters/11,286 feet)-Approx. 6-7 hours-Overnight stay at a lodge.

Walking through a beautiful pine forest, the track leads us along the Dudh Koshi River through many suspension bridges, one of which is the famous Hillary Suspension Bridge. First, we catch superb scenes of the glistening Mt. Thamserku (6618m). Through the settlement of Benkar, Chumoa, Monjo, we come to the check post and entrance to Sagarmatha National Park. We pass through the last village of Jorsale before reaching Namche Bazaar. The trail climbs through the forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours we get first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. At this juncture, we stop at Chautara to admire the views. We still need to hike about 1.5 hours to reach Namche Bazaar, a gateway to Mt. Everest and the main trading centre of this region. Overnight in Namche [Las Vegas of the Khumbu] – B. L. D

Day 10:: Hike to Khumjung Village at 3,790 m/12,430 feet) & return to Namche Bazaar-4 hours -Lodge.

If we trek a few hundred vertical feet during the day, it will help us to properly acclimatize. We visit the Tourist Visitor Center near the Sagarmatha National Park headquarters and observe an assortment of things related to the

first Everest ascenders, Sherpa culture and learn about the various plant and animal life of the Everest region. We also take an interesting side trip up to Khumjung and climb up to the famous airstrip at Syangboche. Just above the airstrip is the Everest View Hotel, a Japanese scheme to build a deluxe hotel with great views of the highest mountains on Earth. The Khumjung valley surrounded by the snowy peaks of Kongde and Thamserku and the sacred peak of Khumbila hosts a well known monastery that houses a yeti scalp. We visit Hillary School which is at the same site. After having lunch and spending some time in Syangboche, we walk back down to Namche Bazaar. Overnight in Namche Bazaar – B. L. D

Day 11:: Trek to Tengboche (3,860 meters/ 12,660 feet)-Approx. 4 hours -Overnight stay at a lodge.

After enjoying our breakfast in Namche, we hit the trail towards Tengboche enjoying superb views of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up views of Thamserku. Our trek follows on the gradual trail with some ups and downs overlooking magnificent views of the great Himalaya. Along the way we can spot wild fauna like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kayangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Koshi River, we reach Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Thenga we then have a little tough climb steep up through the pine forests while before we reach Tengboche. Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and the biggest Buddhist Monastery in Khumbu region is found herer. Overnight stay at lodge in Tengboche – B. L. D

Day 12:: Trek to Dingboche (4,350 meters / 14,270 feet)-Approx. 4 hours-Overnight stay at a lodge.

From Tengboche, the trail climbs and contours around the west side of the Imja Khola valley, providing outstanding views of Ama Dablam, the Nuptse-Lhotse wall and Everest. We enter Pangboche on the high trail and after lunch visit the monastery which has relics said to be the skull and hand of a yeti. From Pangboche we walk through alpine meadows and pass beneath the towering Ama Dablam to Dingboche. An exciting village to spend the night - B. L. D

Day 13:: Hike to Nagarjuna Peak, then back to Dingboche (4,410 m/14,469 ft)-Approx. 5-6 hrs-Lodge

Today is a crucial acclimatization day, offering the perfect chance to explore Dingboche village, connect with locals, and gain insights into their culture and traditions.

As you wander through the village, you'll be surrounded by stunning Himalayan landscapes, including majestic mountains, lush valleys, and pristine natural beauty. This serene setting provides an excellent opportunity to relax, read, and immerse yourself in the tranquility.

The highlight of the day is an exciting hike guided by our experienced Sherpa guide to **Nagarjuna Peak**, which stands at an impressive altitude of **5,100 meters (16,733 feet)**. This excursion not only treats you to breathtaking views but also aids in acclimatization.

Starting from the northern ridge of the village, we ascend towards Nagarjuna Peak. As we climb higher, you'll be treated to panoramic vistas, including the towering peaks of Mt. Lhotse, Mt. Makalu, and Mt. Cho Yu, as well as the enchanting Cholatse (6,440 meters/21,126 feet) and Taboche (6,542 meters/21,463 feet) on the western side.

Your Sherpa guide will ensure your safety and share valuable insights about the mountains and the local environment. A packed lunch will keep you energized, allowing you to enjoy a satisfying meal amidst the pristine surroundings.

Day 14:: Trek to Lobuche (5018 meters/16,463 feet) - Approx. 4 hrs - Overnight Stay at Lodge

Today, the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for

climbers who have perished on nearby summits. We continue to climb as we are heading to the altitude of 4,910m / 16,018ft at Lobuche, which are really just a few huts at the foot of the giant Lobuche peak. Some breathing problems may arise today due to the altitude. Overnight at Lodge – the Accommodation hereabouts is pretty basic and without attached Toilet and Bathroom. Overnight Lobuche – B. L. D

Day 15:: Trek to Everest Base Camp (5,400 m/17,716 ft) & back to Gorakshep (5,170 m/16,961 ft)-7/8 hrs

A real early start is required to reach the Everest Base Camp. It takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. After a brief lunch and rest, we take the trail to Everest Base Camp through the once vast Gorak Shep Lake. Continuing straight ahead, we come through the Indian army mountaineers' memorials. Only upon reaching the Everest Base Camp do we really appreciate the Everest climbers who brave the risky route through the Khumbu icefall. Mountaineer's tents stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbute and Pumori are the mountains we can view from the base camp. On the return leg, we can take a higher route to get a grand view of the Khumbu icefall and the route to the South Col. We return to Gorakshep for a restful night. B. L. D

Day 16:: Trek to Kalapattar (5545M) & Trek back down to Pheriche (4280M) - approx 6/7 hrs

Today is the most important part of our trip. We start early at dawn to catch the dramatic views from Kalapattar witnessing the first light of day shining on Mt. Everest. However, we need to get prepared for an early morning, dark and cold temperature (-10 to -14 C) departure beforehand. Plus there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as Everest begins to expose itself emerging between the west shoulder crest and Nuptse. During the ascent to Kalapattar we can pause to catch our breath at several outstanding view points to click pictures. After several hours of ascent, we reach Kalapattar. From here, we scuttle to climb the rocky outcrop near to the summit marked by cairns and prayer flags. As we reach the top, we sit on the Kalapattar rocks and our eyes take in the unbelievable Himalayan views, wandering from one mighty massif to another. We take as many pictures as we possibly can with our camera so they can last a lifetime. After this we make our way back to Pheriche with a slow descent; for a good night's rest which we truly deserve. Overnight at a local lodge after a great day – B. L. D

Day 17:: Trek from Pheriche to Namche Bazaar (3,440m/11,280 ft): 6 -7 hours. Overnight stay in Lodge

The trek from Pheriche to **Namche Bazaar** is a captivating journey through Sherpa villages and breathtaking landscapes. It begins at an elevation of 4,371 meters (14,340 feet) and covers about 15 kilometers (9.3 miles), taking roughly 6-7 hours, depending on your pace and acclimatization.

Starting with a gentle descent along the Dudh Koshi River, you'll traverse enchanting rhododendron and pine forests, offering occasional glimpses of majestic snow-capped peaks like Ama Dablam and Thamserku. The trek gains excitement as you cross suspension bridges, adding an adventurous touch to your experience.

Namche Bazaar, perched at 3,440 meters (11,286 feet), is a bustling hub for trekkers and climbers. It typically takes 6-7 hours to reach Namche Bazaar from Pheriche. This journey not only treats you to stunning scenery but also allows you to immerse yourself in **Sherpa culture and warm hospitality**.

Day 18:: Trek to Lukla (2,840 meters/9,318 feet) - Approx. 7 hours- overnight stay in a lodge."

Today, we begin to get warmed up by the light cool breeze. Although we are traveling the same route down, we enjoy completely different views. We snap a mixture of open plains, rhododendron and pine forests, and in the distance snow covered peaks. We take time and walk at our own pace today as this is the last day of our trek. We experience the Sherpa villages' impressive faith in Buddhism and culture of prayer stones and prayer flags while we walk through the villages. Upon arrival in Lukla, we have plenty of time to relax, stretch those aching legs, and recall the experiences of the last couple of days. We experience the culmination of a fantastic trek on a happy note with everyone back safe and sound with truly happy faces! Upon arrival in Lukla, we stroll around while our leader will re-confirm our flight ticket. In the evening, we enjoy last dinner with our crew and make it a party night which

calls for a celebration. Overnight at our Lodge - B. L. D

Day 19:: Fly to Kathmandu and transfer to the hotel by a private car - Check into the hotel and rest.

Today, after a hale and hearty b/fast, we fly back to Kathmandu after our long mountain journey. The early morning flight drops us in Kathmandu. We can rest and relax throughout the day at our hotel. If interested, we could buy some gifts to take home from Nepal for loved ones and friends and relatives; we can visit some nearby shops or venture out in Thamel for typical Nepalese goods. This short excursion either can be assisted by Mountain Sherpa's guides or we can do it ourselves too. If we want to explore any other areas in Kathmandu, we have to manage time for this today as well! At eventide, we will attend an exciting celebration dinner together for successfully completing our original EVEREST Base Camp trek hosted by Mountain Sherpa Treks and Expeditions! Overnight in Kathmandu, the valley of the gods, they say (B, D)

Day 20:: Reserve day (In case of flight cancellation due to bad weather) - Highly recommended.

This is more or less a contingency day we keep in hand in the event of a delay in flights from Lukla to Kathmandu, which sometimes happens; so, if this doesn't happen which is good and fortunate, and then it's just great. It's your free day to do whatever you wish, at your cool pace that suits your convenience. You could simply use this day for some shopping of souvenirs or penning a few postcards to the loved ones at home. It's your day anyways.

Breakfast

Day 21:: Drive to the Airport to head back to that lovely place we call 'home''

After breakfast, our representative and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, and we at **Mountain Sherpa Trekking** will cherish the bonds of our relationship created over the time you spent with us. We thank you for choosing us as your travel partner and for visiting this amazing country, Nepal. We are sure that trekking in this beautiful region of the Khumbu (Everest region) will give you lifelong memories of a well-enjoyed vacation. Ciao, friends! Till we meet again.

Please note that although we try to follow the itinerary given above, at times local trail or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure takes us into wild territory above the timberline, so we seek to request maximum flexibility if and when required for the safety of your trip and your life. Thank you so much for your understanding.

Cost Includes



Transports & Accommodations

- Private airport transfers for arrival and departure.
- One- Way flight between Lukla-Kathmandu

- Kathmandu to Bandar by Private Jeep
- 4 nights in city hotels as outlined in the itinerary.
- Best available Sherpa lodges during the trek.

Meals & Drinks Included As Per Below

- Enjoy daily hygienic breakfasts as per the itinerary in the city.
- Get three daily meals on the trek (Breakfast, Lunch & Dinner).
- Get your choice of Tea or Coffee, up to 5 cups per day.
- Welcome Dinner at a Sherpa Home with an Insightful Briefing on Sherpa Culture

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole
- Sleeping bags and Down Jackets (if needed)
- Duffel bag, Trek Map, and Group Medical Kit
- Pulse oximeter for measuring oxygen saturation and heart rates.

Best Sherpa Guide & Porters Will Be Provided

- Dependable and truthful local Sherpa guide
- Diligent and reliable porters (1 porter per 2 individuals)
- Complimentary service for additional luggage storage

Staff Pays & Permit Is Included

- Pay and insurance for guide and support staff
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments

Additional Service

- We help you, if an airline loses your luggage, or delayed
- One hour free Special Ayurvedic massage at the end of Trek
- We help our clients to buy souvenirs at wholesale price
- We show you around local areas, recommend to eat etc
- Free help to get SIM Card & Necessary gears renting or buying

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek