

Most popular trekking in Nepal

Jiri Base Camp Trekking - 27 Days

This unique trek leads you to the home of the legendary Sherpa people.

About Jiri Base Camp Trekking:

This unique trek leads you to the home of the legendary Sherpa people, on the foothill of the highest peak of the world, the Mt. Everest at 8848m. This 18 days trek follows the highly praised trekking route through the Dudh Koshi to its source the Gokyo Lake to the west of the Everest Base Camp. The excellent trek give the benefit to summit Gokyo peak (5483m) offering a fantastic panoramic view of Cho Oyo, Everest, Makalu etc. During traveling through Khumbu Himal, Gokyo valley and pass, one is rewarded with some of the most dramatic landscapes.

The trek can be treated as one of the adventurous trek in the Himalayas as it follows the route via high pass into Khumbu i.e. Cho La pass at 5330m. As we cross the Cho-La pass, we then return back to Lukla following the route through Everest Base Camp, Kala Pathar and Thyangboche monastery, Khumjung village, Namche Bazar.

This ideal trek gives enough opportunity to enjoy the breathtaking view of Everest including several other similar peaks and to explore the Buddhists monasteries located at the world's highest elevation.

Itinerary of Everest to jiri trekking

Day 1: Drive from Kathmandu (1350m.) to Jiri (1905) about 188 km which takes about 8 hours. The first part of your journey drives eastwards from Kathmandu through passing Bhaktapur, Banepa, Dhulikhel, Dolalghat, Lamasanghu, a part of the Araniko Highway and turn to right from Lamasangu for the Jiri road passing through Green Hills scenery as well as snow capped mountains. The road is quite narrow but it is smooth. Jiri is a town named after Jirel, the majority people inhabited in and around the town.

Day 2: Trek from Jiri (1905m.) to Deurali (2705m.) which takes about 6 and half hours. The beginning of your trek is gently ascent for the first two hours to Mali Danda (2440m.) and then it follows gently descent path to Shivalaya (1800m.) where you could take lunch and hang around. After your lunch, the trail steeply goes up for an hour and rest of the day is gently up to the Deurali. You could enjoy the green scenery as well as some of the snow-capped mountains at a far distance.

Day 3: Trek from Deurali (2705m.) to Sete (2400m.) and it takes about 6 and half hours. The starting of your trek is steeply descent for early an hour to Bhandar (2250m.) and then gently descent to Kenja (1600m.) where you could enjoy your lunch. After your lunch, your trek is steeply up to destination. En route, you could enjoy with agricultural farm scenery where locals work hard. In addition to this, you could pass through Sherpa villages with beautiful mountain views.

Day 4: Trek from Sete (2400m.) to Junbesi (2675m.) and it takes about 6 and half hours. To begin your trek, you should climb steeply for an early two hours passing through Dagchu, Goyem, a small Sherpa settlements. Then your trek starts gently up to the Lamjura Pass (3500m.) through rhododendron forest. After the pass, rest of the trek is gently descent to the destination. In this route, you could enjoy some of the snow capped mountains such as the "Goa of the Solu". Besides this, you could see some wildlife such as monkey and many species of birds.

Day 05: Rest day at Junbesi and hang around or visit Thubten Chholing Monastery known as Nunnery Monastery on a two hours side trip after 3 days harassing working.

Day 06: Trek from Junbesi (2675m.) to Nunthala (2200m.) which takes approximately 6 hours. The beginning of your trek is gently ascent for early one and half hours to Phurtung (2900m.). From this place, you could see first view of Mount Everest including Thamserku (6623m.), Kantega (6780m.), Kusum

Kangaru (6370m.) and Mera Peak (6650m.) Your trek is flat and gently descent to Ringmo Khola (2500m.). Immediately, your trail is steeply up for one and half hours to the Takshindo La Pass (3100m.). From this point, you could see excellent mountain views. At the end of your trek is steeply descent to the town Nunthala (2200m.) through small Sherpa settlement and forest.

Day 07: Trek from Nunthala (2200m.) to Bupsa (2350m.) and it takes about 6 hours. The beginning of your trek is gently descent to the Dudh Koshi river (Milk River) for an early two hours passing through agricultural farming land and small Sherpa and Rai settlements. From Dudh Koshi river, your trail is gently ascent all the way to Kharikhola (2050m.) passing through Juving (1680m.) a pretty big Rai village and farming lands. From Kharikhola your trail follows flat path for 45 minutes and then steeply up to the camp (Bupasa) where you could visit Buddhist Monastery in ruined state.

Day 08: Trek from Bupsa (2350m.) to Surkey (2400m.) which takes about 6 and half hours. At the beginning of the day, you should ascend steeply for the early two hours to Khari La Pass (2880m.) passing through rhododendron and oak forest including a small Sherpa settlements and teashops. From this point, you could see excellent view of different mountains such as Numbu (6960m.), Cho-oyu (8201m.), Gyangchung Kang (7922m.) and Thamserku (6629m.). Now, your trail is gently descent and flat to Chaubar (2730m.) passing through Bamboo forest and Puiyan (2770m.) with view of Khumbu Valley as well as beautiful mountains. At the end of the day, your trail steeply descent up to the destination. Surkey is a small Sherpa village at the bottom of the Lukla.

Day 09: Trek from Surkey (2400m.) to Phakding (2652m.) which takes about 4 hours. The first part of the trek is gently ascent for early 2 hours to Chhiplung (2700m.), a junction road to Jiri and Lukla passing through Mushe (2650m.). From this place, the road is quite broad and busy. Now, your trail is almost flat and gently descent and ascent to Phakding. This is a short trek after 3 long days trek. You could hang in and around Phakding village.

Day 10: Trek from Phakding to Namche Bazaar (3440 m.) which takes about 5 to 5 and half hours. This day you trek and cross the river on high suspension bridges. Beyond Monjo(2800m.) is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve this fragile mountain environment. You then ascend quite steeply to Namche and along the way, if the weather is clear, catch a first glimpse of Mt Everest in the distance. You can also enjoy the view of Mt. Kusum Kangaru, Thamserku, Konde-Ri and Tawache peak. You can also visit some of the village monasteries on the way of trekking to Namche Bazaar(3440 m.). Namche is the main trading village in the Khumbu region and holds a busy Saturday market. There is set a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have reached there by crossing the glaciated Nangpa La.

Day 11: Rest at Namche Bazar for acclimatization and excursion around the places. Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, teashops and souvenir shops as well as a magnificent outlook. It is an ideal place to spend a rest day for acclimatization to the high altitude before heading off towards Tyangboche. For the acclimatization you walk upto Khunde Hospital which was set-up by Sir Edmund Hillary, or a one hour walk up to the Syangboche (3800m.) where Everest View Hotel is situated above Namche for the outstanding view of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. There are also good views from the National Park Centre and Museum just above the town.

Day 12: Trek from Namche Bazaar to Thame [3739m] and it takes about 4 hours. From Namche the route turns west and the trail is almost level as you head up the Bhote Koshi Valley, once a popular trading route into Tibet. Along the way you pass many prayer flags, mani walls and carved stones, all indicative of the Tibetan Buddhist culture of this area. After descending to the Bhote Kosi the trail climbs steeply to Thame. From here there are good views of the peaks of Teng Kangpoche and Kwangde and to the north is the Nangpa La, the pass leading to Tibet. Thame Gompa is situated above the village overlooking the valley and is the site for the spring celebrations of the Mani Rimdu festival.

Day 13: Trek from Thame to Khumjung [3790m] and it takes about 5 hours. You retrace your route down the Bhote Kosi Valley towards Namche and branch off to follow a quiet trail to Khumjung. It is a picturesque village which also has its own Gompa at the top end of town. Here you can have excellent views of Thamserku, Kantega and Ama Dablam.

Day 14: Trek from Khumjung to Dole [4040m] which takes about 5 hours. Soon after leaving Khumjung the trail climbs to a large chorten on top of a ridge. This ridge descends from Khumbila, a 5734m peak, said to be the abode of the patron God of the Khumbu region. The trail descends slightly towards the Sanasa and then trail ascends up to Mongla(4000m.). From here, you can see panoramic views of

various mountains. You trek steeply descend passing through Phortse Tenga and from there, the trail climbs steeply to Dole, through rhododendron and birch forest festooned with hanging mosses and lichens. You can enjoy delicious meal at Phortse Tenga (3650m.).

Day 15: Trek from Dole to Machhermo [4410m] and it takes about 3 hours. From Dole you climb steadily along the side of the valley, where the small and thorny bushes give way to scrub juniper as the altitude increases. The trail passes many summer settlements, which are used when yaks are taken to these pastures to graze in the summer months. Ahead of you are excellent views of Cho Oyu, while back down the valley are the peaks of Kantega and Thamserku. This is a short day and you will arrive at Machhermo in time for lunch.

Day 16: Trek from Machhermo to Gokyo [4750m] which takes about 4 hours. Today you head for the lakes at Gokyo. You follow a very scenic path to Pangka and then descend slightly, following one of the melt-water Rivers which flow down the west side of the Ngozumpa Glacier. You climb a steep rocky path inclined into the valley by the side of the glacier, passing the first of the holy lakes. You soon arrive at the second of the lakes, crossing the path which heads across the glacier to Cho La (5420m.) - your route to Lobuche and Everest, later in the trek. The third lake is known as Dudh Pokhari and on its eastern shore is the settlement of Gokyo. Walking by the side of the lake, the scenery is magnificent with the summits of Cho Oyu and Gyachung Kang reflected in its emerald green waters.

Day 17: Rest day at Gokyo and excursion in and around Gokyo valley. Gokyo is a trade centre where the Sherpa people run lodges to provide the best services to the trekkers. Gokyo is situated by the side of Ngozumpa glacier, the biggest glacier of Nepal. This day you can make a side trip to Firth Lake via Forth Lake.

Day 18: Trek/climb from Gokyo to Gokyo Ri [5340m] & Trek back to Thangna [4650m] via Gokyo village and it takes about 4 and half hours. Gokyo Ri looms above the village on the northern edge of the lake and you leave camp just after first light, following a steep path up the hillside. As you climb, the summits of Everest, Lhotse and Makalu slowly come into sight and the view from the summit of Gokyo Ri itself, is one of the finest to be had in the Everest region - some say it is even better than that from Kala Patthar. After lunch it is a short walk to the village of Thangna, situated at the shore of the Ngozumpa Glacier.

Day 19: Trek from Thangna to Dzongla (4843m.) via Chola pass (5420m.) and it takes about 5 and half hours. Now you ascend slightly along the valley towards Chola pass. The pass you pass through is covered with rocks. The Chola pass is most of the time covered with blue ice giving you a chill feeling. Here you can also enjoy the panoramic view of various mountains. From here, the trail descends steeply down for an hour and then slightly descends all the way to Dzongla.

Day 20: Trek from Dzongla to Gorakshep (5180m.) via Lobuche which takes about 5 hours. From Dzongla the trail descends and ascends gently and contours around the west side of the Lobuche Khola, providing excellent views of Ama Dablam, the Nuptse-Lhotse wall and Everest. The trail coming from Pheriche meets at the Lobuche Khola (Lobuche Stream).

Day 21: Trek from Gorakshep to Everest Base Camp (5337m.) and back to Gorakshep which takes about 4 and half hours. While trekking to Everest Base Camp you pass through a trail, which weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. During the spring season, you can meet some expedition team on the Everest Base Camp. The number of team is less in the autumn season. On the return leg, you can take a higher route to get a spectacular view of the Khumbu icefall and numerous mountains. You return to Gorak Shep to stay overnight.

Day 22: Trek from Gorakshep to Kala Patthar (5545m.) and trek to Pheriche (4250m.) and it takes about 6 and half hours. Early morning climb to Kala Patthar (5545m.) and enjoy the view of sunrise. From Kala Patthar you can have a panoramic view of Mt. Everest and many other mountain peaks like Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku and many more. Pheriche is the place where one can make phone calls to any part of the world. You can see the mountain Yaks in Pheriche. Yaks are normally regarded as the porters in this area. The town of Pheriche is known as windy town. There you can see the perpendicular walls of Cholatse and Tawache. There is located Himalayan Rescue Association Aid Post and foreign volunteer doctors are to provide medical treatment to trekkers as well as local people.

Day 23: Trek from Pheriche to Tyangboche (3850m.) and it takes about 4 hours. To reach Tyangboche you pass through Pangboche village, which is known to have highest permanent settlement throughout the year in Khumbu region. The trail ascends and descends at a slow speed. Upon your arrival at

Tyangboche village you come across the famous legendary monastery, the largest in the Khumbu region. There is a trekker's visiting centre where local Sherpas make an exhibition of different goods to be sold to interested trekkers. They also show a slide presentation about Sherpa people, culture, Buddhist religion and environmental development programs.

Day 24: Trek from Tyangboche to Namche Bazaar (3440m.) which takes about 4 hours. From Tyangboche, the trail descends steeply and slightly towards Phunki Tenga (3250m.) crossing the Dudh Koshi. Now you have a glimpse of panoramic views of the great peaks of the Khumbu including Mt Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. Passing by several villages and numerous teashops, the trail ascends steeply to Sanasa where local Sherpa people sell the Tibetan goods. The way from Sanasa to Namche has small ups and downs with view of forests, scenery and mountains.

Day 25: Trek from Namche to Phakding (2652m.) and it takes about 4 hours. The trails descend steeply for early one and half hours. After that, the path has small ups and down to Phakding through Monjo.

Day 26: Trek from Phakding to Lukla [2800m] and it takes about 3 hours. Our final day's trekking follows the Dudh Kosi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the sherpa guides and porters, where we can sample some chhang, try Sherpa dancing and look back on a memorable trekking experience.

Day 27: Fly from Lukla to Kathmandu. You take an early morning flight back to Kathmandu.

Our total cost - \$ 1650 (per a head)

Cost Includes

- Two nights standard accommodation in 2/3 star category hotel in Kathmandu located tourist center, or up to you.
- Meals on full board (Breakfast, lunch and dinner) during the in trekking.
- Local fresh fruits like orange, apple, banana and grape etc.
- All accommodations during the trek.
- Everest trekking map.
- One ways transport Kathmandu to jiri by local bus/ jeep then back by flight from Lukla to Kathmandu with airport tax.
- An experienced Government licensed holder guide and porter to carry your luggage during the trek.
- Food, drinks, accommodation, insurance, salary, equipments, transportation, local tax for Guide and porter
- Group medical supplies (first aid kit will be available).
- If you need we will provide you sleeping bag, down jackets, Duffle bag and, if necessary etc.
- All necessary Government paper works and national park entry permits and TIMS Card etc.
- Travel & Rescue arrangement.
- All government taxes and Vat.

Cost Excludes

- Meals your self Kathmandu (L+D).
- Your Travel insurance.
- International airfare.
- Nepal entry visa (You can obtain a visa easily upon your arrival at Nepal's Airport in Kathmandu).
- All kind drinks (Alcoholic, hot and cold drinks)

- Personal shopping and laundry etc.
- Personal trekking Equipments.
- Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory)
- If do any tour and sightseeing and other activities etc.