

Jiri Everest Base Camp Trek

Standard Itinerary

Jiri Everest Base Camp Trek Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan.

Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the Everest Base Camp Trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program.
- Overnight at a hotel on BB plan.

Day 02: Shivalaya

Drive from Kathmandu to Shivalaya 1790m 7/8 hours. Overnight at Lodge.

Highlights:

- Drive via steep hilly areas.
- View of traditional villages.
- View of Gaurishankar Himalayan range.

Day 03: Bhandar

Trek from Shivalaya to Bhandar 2200m 5/6 hours. Overnight at Lodge.

Highlights:

- Trek via traditional villages.
- Local and lifestyle.

- View of rolling valleys.

Day 04: Sete

Trek from Bhandar to Sete 2400m 6/7 hours. Overnight at Lodge.

Highlights:

- Trek along the river.
- Steep climb to Sete village.
- Trek via remote typical villages.

Day 05: Junbesi

Trek from Sete via Lamajura La 3550m and trek down to Junbesi 2700m 6/7 hours. Overnight at Lodge.

Highlights:

- Cross Lamjura La 3530m.
- Visit a Buddhist monastery.
- Trek via two variations of vegetation.

Day 06: Nunthala

Trek from Junbesi to Nunthala 2330m 6/7 hours. Overnight at Lodge.

Highlights:

- Trek via beautiful grassland.
- Visit a Buddhist monastery.
- Trek via two variations of vegetation along with the altitude.

Day 07: Bupsa

Trek from Nunthala to Bupsa 2340m 6/7 hours. Overnight at Lodge.

Highlights:

- Trek via a typical village.
- View of mountain peaks.

- Trek via terrace cultivation practices.
- Cross Dudhkoshi river.

Day 08: Chaurikharka

Trek from Bupsa to Chaurikharka 2640m 6/7 hours. Overnight at Lodge.

Highlights:

- Mule caravan along the trail.
- Trek via the beautiful subtropical forest.
- Enter the Everest region area.

Day 09: Jorsalle

Trek from Chaurikharka to Jorsalle 2810m 5 hours. Overnight at Lodge.

Highlights:

- Trek meets into Lukla to Everest Base Camp.
- Observation of more tourists and commercialized destinations.
- Check in (Tourist Check Post) Khumbu Pasang Lhamu municipality.
- Yaks and Mule Caravan along the trail.
- 3 hours Trek observing typical villages, traditional farming, Mani walls, stupas, and Monastery.
- View of a general mountain peak.
- Check in to the Sagarmatha National Park.
- Overnight at the beautiful riverside village.

Day 10: Namche Bazaar

Trek from Jorsalle to Namche Bazaar 3440m | 11287ft, 5 hours. Overnight at Lodge.

Highlights:

- Initial crossing of a metallic suspension bridge.
- Trek via the temperate and subalpine forests.
- Yaks and Mule Caravan.
- Trek along the Bhote Koshi river with its buzzing sound.
- Lunch at the beautiful riverside restaurant.

- View of Mt Thamsherku, Kusumkhang and Tawache.
- Encounter view of double suspension bridges with hung prayer flags.
- Stiff climb to reach Namche.
- View of hiked trail from a beautiful cliff in between lunch camp and Namche Bazaar.

Day 11: Namche Bazaar

Acclimatization day and Hiking Everest View Hotel viewpoint, 2 hours climb. Overnight at Lodge.

Highlights:

- Visit the sunrise viewpoint at Namche.
- View of majestic Everest, Lhotse, Nuptse, Thamsherku, Kusumkhang, Khangtega, Tawache, Amadablam, Khumbila, and Kwangde
- Visit the community museum of Sagarmatha National Park.
- Hike to the Everest Viewpoint Hotel (2900m) for 2 hours for altitude adoption.
- Drink tea or coffee at the viewpoint with one of the best viewpoints throughout the trek.
- Visit the Khumjung valley and Khumjung school.
- Acclimatize 600m.

Day 12: Tengboche

Trek from Namche Bazaar to Tyangboche 3860m | 12665ft 5/6 hours. Overnight at Lodge.

Highlights:

- Trek via beautiful view of majestic Everest, Lhotse, Nuptse, and Amadablam.
- Encounter blue sheep.
- Rest at an exceptional viewpoint with a coffee station.
- Trek via rhododendron forest, Buddhist spell curved on huge stones, Antique souvenir shops, and Suspension bridge.
- Visit the Tengboche monastery, the most important monastery to observe the morning and evening prayers of Buddhist monks.

Day 13: Dingboche

Trek from Tyangboche to Dingboche 4250m | 13943ft 5/6 hours. Overnight at Lodge.

Highlights:

- Trek via the beautiful alpine forest.
- Cross the metallic suspension bridge.
- Amazing view of Amadablam with Buddhist stupas, and Spells written on stones.
- Trek via the biggest settlement in the Everest region, Pangboche village.
- Drastic change in vegetation.
- Reach the tree line altitude, which is 4100m in Nepal Himalayas.

Day 14: Lobuche

Dingboche to Lobuche 4940m | 16207ft 5/6 hours. Overnight at Lodge.

Highlights.

- Trek in the temperature-dropped alpine geography.
- Trek via 360 degrees view of a beautiful mountain valley.
- View of Mt, Makalu 8463m 4th highest mountain in the world, and Island Peak 6189m most admired peak climbing the peak.
- Reach the end point of the Khumbu glacier.
- 360 views of the Himalayas from The Memorial.
- View of Mt. Pomari 7161m form Lobuche.
- Visit the Khumbu glacier viewpoint at Lobuche.

Day 15: Gorakshep

Trek from Lobuche to Gorakshep 5170m | 16962ft 4 hours Lunch and hike to Everest Base Camp 5364m | 17598ft back to Gorakshep. Overnight at Lodge.

Highlights:

- Trek via 360degree mountain view.
- Trek across the Ngozumpa glacier.
- View of Khumbu Icefall.
- Close view of Everest.
- Visit Everest Base Camp.
- Group picture with company staff and banner.
- View of next morning's objective to climb the viewpoint, Kalapatther 5545m.
- Last settlement at Sagarmatha National Park (Gorakshep 5170m).

Day 16: Lobuche

Early morning hike from Gorakshep to Kala Patthar 5545m | 18192 ft and trek back to Lobuche 4940m | 16207ft total 7/8 hours. Overnight at Lodge.

Highlights:

- Main objective Kalapather 5545m.
- Hike a stiff 400m climb to the viewpoint.
- Beautiful sunrise view with a close view of Everest, Lhotse, and other mountains.
- View of 360 views of Everest ranges.
- View of Khumbu icefall and the Khumbu glacier.
- View of Tibet Mountain and Tibetan snowcocks.

Day 17: Tengboche

Trek from Lobuche to Tengboche 3860m | 12665ft 6/7 hours. Overnight at Lodge.

Highlights:

- Trek via an alternative route, from Pheruche via Dhugla.
- Glorious view of Mt. Amadablam
- Visit Tyangboche for evening rituals in the monastery.
- 1000m altitude drop.

Day 18: Namche Bazaar

Trek from Tengboche to Namche Bazaar 3440m | 11287ft 5/6 hours. Overnight at Lodge.

Highlights:

- Visit Namche Bazaar.
- Buy some Souvenirs at Namche.

Day 19: Lukla

Trek from Namche Bazaar to Lukla 2860m | 9383ft hours. Overnight at Lodge.

Highlights:

- Enjoy the last day with all staff at Lukla.
- Gift exchange, if have any.

- Farewell cake and dinner together with all of the staff.
- Group Picture.

Day 20: Kathmandu

Early morning flight to Kathmandu and transfer to hotel. Evening farewell with cultural dance and in a typical Nepali restaurant. Overnight at Hotel on BB plan.

Highlights:

- Hotel drops in a private vehicle.
- Further program discussion.
- Employee feedback and company review.
- Suggestions and recommendations for the company.
- Farewell dinner with cultural dance in a typical Nepali restaurant.

Day 21: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination.

Includes and Excludes

Includes

- 4 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Sightseeing in world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide.
- Flight fare Lukla/Kathmandu guest and guide.
- Local bus to Shivalay guests and staff.
- Twin-sharing accommodation during the trek (guest house/Tea house and lodge).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal).
- Necessary Porter 1: 2 (one porter for two guests) porter carries 25kg.

- All Government and local Taxes.
- National Park fees (Sagarmatha national park, Monjo).
- Municipality entry fee for participants (Khumbu Pasang Lhamu municipality).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staffs medical insurance during the trek.

Excludes

Lunch and Dinner in Kathmandu.

Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.

Emergency rescue and travel Insurance (most required factor in high altitude trek).

Trip cancellation cost, loss, damage, and personal effects.

Entrance fees for temples, monasteries, and museums during sightseeing and trekking.

Tips and gratuities for the staff.

Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
