

## Jiri-Everest Base Camp Trek-26 Days

Duration: 26 Days



### Overview

<b>Trip Grade:</b> Strenuous	<b>Max Altitude:</b> 5,555 m.
<b>Activity:</b> Trekking, hiking, tour.	<b>Group Size:</b> Min 02 pax
<b>Arrival On:</b> Kathmandu, Nepal	<b>Departure From:</b> Kathmandu, Nepal
<b>Meals:</b> All meals during trek & breakfast in kathmandu	<b>Accommodation:</b> Stone Built Houses (tea houses) during trek

“Travel, in the younger sort, is a part of education; in the elder, a part of experience.” Unquestionably, **Mt. Everest** is the epitome of adventure and popularity when it comes to trekking in Nepal’s Himalaya. Stretching far and wide the Himalayan consist many high soaring mountains but none of them are widely well-known as the majestic Mt. Everest which also is prideful stature of Nepal. Hence, a trek to the Everest Base Camp has become a dream goal for many travel enthusiasts and trekkers from all over the globe. Among other various routes, our Everest Base Camp Trek from Jiri is truly a one of a kind trip on its own which lets travelers to explore the classic Himalayan trail previously used by the famous mountaineers who successfully reached the summit of Mt. Everest for the first time in 1953 AD. Starting with a drive to Jiri, trekkers begin their trekking experience by heading towards Shivalaya, Ramechhap. Following a densely forested trail through enchanting hill areas, we trek further to Bhandar and then trek to Sete. The night sky seemingly will look more beautiful and trail takes us higher to Junbesi village which is located at a high altitude of 2,700 meters above sea level. Now we make a short descend down to Nunthala and later to Kharikhola. Again, here after, we start ascending up and go past through Surke village to reach Phakding on our tenth day of the trek. Until now the risk of getting High Altitude Sickness was pretty low but as we gain more altitude/elevation each day from this point onward, we must remain cautious about our health. Keeping oneself hydrated is highly beneficial in order to remain unaffected by the altitude. After reaching Phakding, we start following the traditional trek route used by most of the trekkers wanting to visit the [EBC](#) via flight to Lukla airport. Carrying our bags, we cross several windy high suspension bridges and arrive at Namche Bazaar where we are scheduled to acclimatize the next day. Next, we visit the stunning Gokyo Lake and Gokyo-Ri for a spectacular panoramic view of the Himalayan peaks. Along with that, we cross the Chola Pass (5,368m) and march our way towards the ostentatious EBC. Take selfies, photos till your heart content and

then we will trek back down to Lukla via Lobuche, Pangboche and Namche Bazaar. Lastly, we end our trek by taking a flight back to Kathmandu city. Likewise, we highly recommend that trekkers who wish to go for our 26 days Everest Base Camp Trek via Jiri should possess an above average physical capability so that they can walk through treacherous rough terrains at high altitudes without much difficulty. Additionally, Spring and Autumn seasons are the most preferred trekking seasons for doing this trek. If you like to go for this trek then simply contact **Himalayan Holyland Treks and Expedition** today to join our trek.



## Itinerary

Arrival at Kathmandu (1350m). Transfer to Hotel by private vehicle and overnight at Hotel with BB basis.

Full day sightseeing in Kathmandu valley with our professional tour guide at world heritage sites of Kathmandu including Passupati Nath Temple, Boudha Stupa, Swoyambu Stupa.

Early morning drive from Kathmandu to Jiri (1901m) &#8211; drive about 8/9 hours and trek to Shivalaya (1800m).

Trek from Shivalaya to Bhandar (2200m). Walk about 5/6 hrs. We have lunch at Deurali (2705m).

Trek from Bhandar to Sete (2575m). Walk about 6/7 hrs. Lunch at Kinja village.

Trek from Sete to Junbesi (2700m) &#8211; Walk about 6 hrs. Lunch at Lamjura and we cross Lamjura Pass (3550m). Then we go down to beautiful Junbeshi village.

Trek from Junbesi to Nhuntala (2220m). Walk about 6 hrs. Lunch at Ringmo Village where we can see beautiful Stupas and climb up to Taksindu pass and go to Nunthala Village.

Trek from Nhuntala to Kharikhola (2050m). Walk about 5 hrs. We pass beautiful river, bridges and beautiful local villages.

Trek from Kharikhola to Surkhe (2300m), the village just close to Lukla. Walk about 6 hrs.

Trek from Surkhe to Phakding (2650m). Walk about 6 hrs. Lunch at Chheplung village.

Trek from Phakding to Namche Bazaar (3450m). Walk about 6 hrs. Lunch at Manjo or Jorsalle after 3 hrs walk.

Acclimatization Day in Namche Bazar. Today we explore local village, monastery, museum, local market and try to do small hiking also.

Trek from Namche Bazaar to Phortse Thanga (3640m) or Mong Lha. Walk about 5 hrs. Lunch at Kenjoma.

Trek from Phortse Thanga to Machhermo (4410m). Walk about 5 hrs.

Rest and exploration day in Machhermo (4470m). This day we do small hiking around the village and visit health post to check your oxygen level and take the class about altitude/altitude talk with foreign doctor.

Trek from Machhermo to Gokyo Lake (4750m). Walk about 3.5 hrs. We can have small break on the way to take tea or coffee in a small tea house.

Excursion to Gokyo Ri (5483m). We climb Gokyo Ri to see the panoramic view of Himalayas including Mt. Everest and excellent sunrise view. And we can see beautiful glacier & lakes also from here.

Trek from Gokyo to Thangnak (4680m). Walk about 3 hrs through part of the beautiful glacier.

Thangnak & Cho-La Pass (5368m) to Lobuche (4928m). Walk about 7/8 hrs. This day we have to carry lunch pack.

Trek from Lobuche to Gorak Shep (5184m). Walk about 3 hrs. After lunch we do hiking to EBC or Kalapatthar.

Excursion to Everest Base Camp and enjoy lots with stunning view of Mt. Everest and other mountains at the touchy views (5357m).

[www.himalayanholylandtreks.com](http://www.himalayanholylandtreks.com)

Lobuche to Pangboche (3985m). Walk about 5hrs down through Pheriche, Orsho and Somare village.

Pangboche to Namche Bazar (3450m). Walk about 6 hrs. We walk through Tengboche monastery.

Namche Bazaar to Lukla (2,850m) & say good bye to our local porters. Walk about 7 hrs. Lunch at Phakding.

Early morning transfer to Lukla airport and fly back to Kathmandu and Short tour at Thamel local market and farewell dinner at Nepali Restaurant with guide and our representative. Overnight at Hotel.

Final Departure day from Kathmandu. Time to say see you soon in another trip.



## Cost Includes

- => Airport pickup and drop in a private vehicle for domestic flight.
- => Airport pick up by private vehicle for international flight.
- => Hotel accommodation in Kathmandu in B/B basis.
- => One flight Lukla to Ktm for you and your guide.
- => Tea house accommodation during the trek.
- => Three times meal during the trek.
- => Three times tea/coffee with food.
- => Hot soup with dinner in the high places.
- => Farewell dinner at the end in Kathmandu.
- => An experienced guide for trek and sightseeing.
- => Porter service (2 trekkers : 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents (Permits and TIMS).
- => All government and local taxes.
- => T-Shirt from Company.
- => Airport taxes.
- => Medical kit.
- => Trekking maps as itinerary.
- => Trip completion certificate.

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu.
- => Extra food and tea/coffee during trek.
- => Travel and rescue insurance of clients.
- => Personal expenses : Hot shower, battery charge during trek, bar bills, cold drinks and laundry.
- => Extra night accommodation in Kathmandu in exception of itinerary.
- => Tips for guide and porters.