

Jiri Everest Base Camp Trek



Introduction

Jiri Everest base camp (5364m) trek Starts with 9/10 hours drive from Kathmandu to Shivalaya via Jiri (1955m/6414feet). The route first used by the early expedition's team to climb Everest from the Nepalese side.

Jiri Everest Base Camp Trek start from Jiri, the route passes Sherpa culture , flora and fauna, Himalayas View, many beautiful Buddhist monasteries. This trek passes nice villages with exotic monasteries in Junbensi (2675m) and Thupten Chholing Gompa. Khartung which offers the first view of Everest (8848m) and host of other peaks like Thamserku (6608m.), Kangeta (6779m.) and Mera Peak (6654m.). There are interesting passes such as Lamjura pass (3530m), Taksindo pass (3071m) which gradual making it easier to acclimatize. The trail will train you because you hike every day up and down a lot. From Namche, we trek along a high traversing path where we have good views of Everest and then head towards Tengboche Monastery (3867m/ 12687 feet) in a clearing surrounded by rhododendrons forest. The monastery is structurally located on a ridge top with commanding views of the Everest landscape. The view from this spot, seen to best advantage in the morning, is absolutely thrilling and stunning view of Everest (8848m/29029 feet) and others mountains. We then descend to the Imja Khola and continue to the villages of Pangboche (3930m) and Pheriche (4200m) or Dingboche (4358m) before finally approaching the Kalapather (5550m.). We then follow the glacier, first to Lobuche. The views are spectacular as we continue ascending to Gorak Shep (5100m) for a breather. We trek to Everest Base Camp (5364m/17598 feet) will give you the chance to have a closer look at the spectacular Khumbu Icefall. We also have the opportunity to ascend KalaPattar (5550m/19209 feet) from where we can get awesome views of Everest (8848m/29029 feet), Lhotse (8516m/27940 feet), Ama Dablam (6814m/22356

feet), Nuptse (7864m/25801 feet), Pumori (7165m/23507 feet) and others Himalayas. You soon realize it was absolutely worth it. We then trek down by making our way back down to Lukla.

Jiri Everest Base Camp Trek Highlights

- Deurali , Nice valley view and Himalayas
- Lamjura Pass , Highest pass below Lukla
- Namche Bazar, Sherpa Capital
- Syangboche, Best View point Mt. Everest and other Himalayas view.
- Tengboche, Biggest Monastery in Khumbu region and Mt. Everest
- Everest Base Camp, Close view of Khumbu Icefall
- Kalapather , Close view of Mt. Everest and Himalayas
- Lukla , Gate way to Everest region

Trip Facts

Trip Duration	21 Days
Trip Grade:	Strenuous
Best Season	Mar-May & Sep-Nov
Per Day Hiking:	4-9
Elevation	5550m (Kalapattar)
Accomodation	Lodge
Transportation	Flight/Car/Jeep/Bus

Cost Includes

What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus depending on group size.
2. 2 Nights Hotel in Kathmandu on BB Plan.
3. Gaurishankar Conservation Area , Sagarmatha National park permits and TIMS (Trekking Information Management System) card.
4. One English speaking government certificate holder trekking guide and Trekkers 2:1 porters.
5. Hotel to Bus Park by car and Local bus to Shivalaya.
6. One way flight tickets Lukla to kathmandu with Airport departure tax.
7. All meals (Breakfast, Lunch and Dinner) with Lodge accommodation during trek.
8. Guide's; porter's food, lodge, flight, insurance, equipment, salary etc.
9. Duffel Bag .
10. Fingertip Pulse Oximeter , we use everyday to check your oxygen level and blood pressure in your body to minimize high risk.
11. Nepal Hidden Treks and Expedition T-short.
12. Local fresh fruit like orange, banana, apple, grape etc.
13. Farewell Dinner in Kathmandu.
14. 13% Government VAT and official charge.

What are Excluded ?

- International airfare and visa fee (15 Days US\$25 and 30 Days US\$40).
- Lunch and Dinner in Kathmandu.
- Your trekking gears.
- Your travel insurance which should include emergency rescue.
- All the drinks like Coke, Fanta, mineral water, boiled water, hot shower, battery charge etc.
- Tips for guide and porters.

Short Itinerary

Day 01: Arriving in Kathmandu (1350m).

Day 02: Drive to Shivalaya,

Day 03-19: Trekking

Day 20: Fly to Kathmandu

Day 21: Departure from Kathmandu (1350m).

Itinerary Details

1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

2. Kathmandu-Jiri-Shivalaya

Drive from Kathmandu to Shivalaya via Jiri by Express public bus (1767m, 9/10 hours driving) and then overnight at Lodge.

3. Shivalaya-Bhandar

Trek from Shivalaya to Bhandar (2000m, 6/7 hours walking) and then overnight at Lodge.

4. Bhandar-Sete

Trek from Bhandar to Sete (2500m, 6/7 hours walking) and then overnight at Lodge.

5. Sete-Junbesi

Trek from Sete to Junbesi (2675m, 6/7 hours walking) and then overnight at Lodge.

6. Junbesi-Nunthala

Trek from Junbesi to Nunthala (2345m, 5/6 hours walking) and then overnight at Lodge.

7. Nunthala-Kharikhola

Trek from Junbesi to Kharikhola (2194m, 5/6 hours walking) and then overnight at Lodge.

8. Kharikhola-Paiya

Trek from Kharikhola to Paiya (2890m, 6 hours walking) and then overnight at Lodge.

9. Paiya-Phakding

Trek from Paiya to Phakding (2610m, 6/7 hours walking) and then overnight at Lodge.

10. Phakding-Namche Bazar

Trek Phakding to Namche Bazar (3440m, 5/6 hours walking) and then overnight at Lodge.

11. Rest day

Rest day in the same place for the acclimatization.

12. Namche-Tengboche

Trek from Namche to Tengboche (3867m, 5 hours walking) and then overnight at Lodge.

13. Tengboche-Dingboche

Trek from Tengboche to Dingboche (4358m, 5 hours walking) and then overnight at Lodge.

14. Rest day

Rest day in the same place for the acclimatization.

15. Dingboche-Lobuche

Trek from Dingboche to Lobuche (4900m, 5 hours walking) and then overnight at Lodge.

16. Lobuche-Gorak Shep-Everest Base Camp

Trek from Lobuche to Gorak Shep (5100m, 3 hours walking) and Visit to Everest Base Camp (5364m, 5 hours walking) and then overnight at Lodge.

17. Ghorak Shep-Kalapather-Pheriche

Visit Kalapattar (5550m, 2 hours walking) early in the morning for the close view of Everest and others mountains and then trek back Pheriche (4200m, 6 hours walking) and then overnight at Lodge.

18. Pheriche-Namche

Trek back from Pheriche to Namche bazaar (3440m, 6 hours walking) and then overnight at Lodge.

19. Namche-Lukla

Trek back from Namche to Lukla (2828M, 7 hours walking) and then overnight at Lodge.

20. Lukla-Kathmandu

Fly back from to Kathmandu by flight (30 minutes) and then drive to selected hotel in Kathmandu.

21. Departure to international airport.

Final departure to international airport to fly your home country.

FAQS

1. Do you have fixed group to join?

We have small group private trek. You can book any dates.

2. What kind of room do we expect?

We provide one twin bed private common room for 2 people sharing basis. You have to share Toilet and Bathroom.

3. Do we need sleeping bag?

The Lodges or Tea Houses do not have enough blanket, you have to take sleeping bag with you. We will provide sleeping bag for you.

4. Internet or WIFI available on this trek?

Yeah, Most of the Places have Internet or WIFI on this trek. But you have to pay to use WIFI.

5. How hard is this trek?

The highest point of this trek is Kalapather (5550m) and Everest Base Camp (5368m) . We give this trek grade 4. Grade 1 is easiest and grade 5 is hardest trek.

6. Is Electricity available?

Electricity is available in all the places. You can charge your Camera and Mobile Phone.

7. Drinking water

There are available of natural spring water. You can use the spring water by putting water purifying tablet. It is also possible to buy mineral water and boiled water.

8. How do we respect local culture ?

Ask permission to photograph people. Do not remove or purchase antiques, it is illegal. Avoid wearing revealing clothes and avoid outward displays of physical affection.

9. Hot Shower

Hot Shower is available on the trek. You can have shower by paying extra charge.

10. Bank or ATM or Money Exchange

There is no any Bank or ATM or money exchange during this trek. You have to take extra Nepali rupees from Kathmandu.

11. Single Trekker

We also organize single traveler for this trek. But you have to pay single supplement cost.

12. Nepali SIM card

You can buy Nepal NCELL or NTC Sim Card on the arrival of Airport. You can use it on the way to Mount Everest Base Camp.

13. When is the best time to do this trek?

March to May and September to November is the best time to do this treK. But we organize this trek all the months.

14. Can we buy or rent trekking gears in Kathmandu?

We provide sleeping bag and down jacket. You can buy rest trekking gears in Kathmandu.