



Everest Base Camp Trek via Jiri - Itinerary

1. Arrival in Kathmandu (1345m/4412ft) and briefing in the evening

Arrival in Kathmandu, our airport representatives will receive you there and transfer you to the hotel for the further briefing of the journey ahead.

2. Sightseeing around Kathmandu Valley

After breakfast, we go for full day sightseeing and visit World Heritage Sites in the Kathmandu Valley which includes Swayambhunath Stupa / Monkey Temple, Boudhanath Stupa, and Pashupatinath Temple.

3. Drive Kathmandu – Jiri (1905m/6250ft) – Bhandar (2190m/7185ft) - (6-7 hrs)

From Kathmandu, we take the drive to Jiri. You can enjoy the river Koshi and some of the majestic Himalayan views of mountains like Ganesh Himal, Langtang lieu, and Dorje Lakpa. This is also the starting point of our journey for trekking. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

4. Trek to Sete (2645m/8677ft) – Approx 6 hours

Today we start our trekking from Jiri. Following the deep forest some streams then pass along some villages of Dokarpa & Baranda, we reach to Sete after crossing a valley and climbing small settlement of village Kenja. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

5. Trek to Junbensi (2675m/8776ft) - Approximately a 6 hours.

From Sete we trek to Junbensi, it is 6 hours of walk offering panoramic views of green mountains, also we pass through Lamjura La Pass the highest point on the way to Jiri & Namche Bazar. In Junbensi we spend the day & overnight stay. You can visit the village & know little about the people in here. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

6. Trek to Nunthala (2330m/7645ft) - Approx 6 hrs.

From Junbensi we trek to Nunthala taking approximately 6 hours. This tour is very mesmerizing with views of mountains including, Mt. Everest, Lhotse, Nuptse, Makalu, Thamseruku, Mera Peak & many other high mountains. After crossing some of the villages, rhododendrons forests, terraced fields, we will finally arrive Nunthala for our overnight stay. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

7. Trek to Khari Khola (2040m/6692ft) – Approx 5 hour

From Nunthalam, we trek around 5 hours before reaching Khari Khola, our destination for today's overnight stay. On the way we descend to Dudh Koshi, cross suspension bridge & overnight stay is at one of the

densely packed areas with Rais & Sherpas. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

8. Trek to Surkhe (2290m/7282ft.) - Approx 7 hours

From Khari Khola, we are ready to trek to Surkhe enjoying the Khari La Pass of Gyachung Kang & Khumbila mountains among other mountains. Then, finally, after some ups & downs, we reach to Surkhe for the overnight stay. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

9. Trek to Phakding. (2610m/8560ft) – Approx 5-7 hour

From Khari Khola, we walk for approximately 5 hours before reaching to Phakding, our destination for today. This is one of the most interesting & popular places, here we can camp by the river. Overnight stay in Phakding. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

10. Trek to Namche Bazaar. (3440m/11290ft) – Approx 5 hour

From Phakding we trek to Namche Bazaar which is the famous touristic area in this region. The trek is mesmerizing with blue sky above and stunning boulders with great landscapes. Overnight is at Namche Bazaar. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

11. Namche Bazaar Acclimatization day.

Instead of sitting all day in Namche all day, the acclimatization is best done with the hike that is by hiking up to to the valley of Bhote Koshi River (“River from Tibet”). Today we will hike in the daytime and sightsee around Bazaar in the evening. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

12. Trek to Tyangboche (3860m/12660ft) – Approximately five hours.

The trek from Namche to Tengboche is unbelievably stunning, Far below is the Dudh Koshi and Thamserku, Kantenga, Ama Dablam, Lhotse and Everest rises in front. Woods, Rhododendron Forest, Mani Walls, Chorten (Stupas), and suspension bridges across the rivers make this a lovely walk. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

13. Trek to Dingboche (4360m/14300ft) – Approx. 5 hrs.

Through Tyangboche we trek to Dingboche, in Dingboche we can enjoy the scenic views of Ama Dablam. Dingboche is the only place in the region where barley is produced. Tame pheasants are regularly seen in this area. Overnight stay in here. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

14. Lobuche (4940m/16207ft) – Approx. 5 hrs.

The ascent towards Everest Base Camp continues through Alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier. At the moraine, there are stone monuments to six sherpas who died in the avalanche, as well as monuments to other climbers. From here, it is a steep, tough climb towards the village of Gorak Shep. Continue on towards Lobuche, where the view is straight towards Nuptse and the sunset is truly magnificent. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

15. Trek to Everest Base Camp (5300m/17400ft) - back to Gorak Shep (5170m/16961ft) – Approx 6 hours

The higher altitude makes this day's trekking quite challenging. The Changri Glacier looms ahead as the trek heads for Gorakshep, a small, usually frozen, lake, by lunchtime. Relax and get adjusted to the altitude before the attempt to reach Everest Base Camp. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

16. Hike up to Kala Patthar (5545m/18192ft) then trek to Pheriche (4270m/14070ft) - Approx 7 hours.

Try to see a different view of Everest today, with a trek up to Kala Pattar. Known to have the best views of Everest, this is a challenging trek, but worth it on a clear day. Begin the descent from Kala Pattar, heading for Pheriche. This is not the most challenging of hikes, but the altitude can make the many uphill sections below Gorakshep seem tough. Stop to look around; the views are quite spectacular. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

17. Trek from Pheriche To Phortse. (3810m/12550ft) Approximately 5 hours.

Today we trek from Pheriche to Phortse, enjoying the stunning views of mountains finally reaching remote village Phortse. Our overnight stay is at Phortse. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

18. Trek to Namche Bazaar (3440m/11290ft) – Approximately 5 hours

Again, we are back to Namche Bazaar this time you can buy special souvenirs in this area and may be taken a piece of memory back your home for your memory. Our overnight stay is at Namche. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

19. Namche to Lukla (2840m/9320ft) – Approximately 6.5 hours.

From Namche, we trek back to Lukla. It is around 7 hours of trek, surrounded by Mountains and great landscapes, we arrive Lukla for our overnight stay. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

20. Fly back to Kathmandu and join in cultural dinner program

We take the flight back to Kathmandu, enjoying the beautiful sceneries we conclude today's journey with cultural dinner program in the evening. Meals included: Breakfast and Dinner and finally overnight stay in hotel.

21. Rest day Shopping/ Leisure.

Today we shop around Kathmandu in Thamel. Maybe buy some souvenirs for friends and family at home or take rest and go to a spa.

INCLUSIONS

- Airport picks up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three-star category in twin sharing bed with breakfast basis

- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no.of porters with their insurance, salary, and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipment during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

URL: <https://sunriseadventuretrek.com>