Jiri to Everest Base Camp Trek

Duration: 20 Days | Location: Everest Region, Nepal



Trip at a glance

Category: Everest Region

Location: Everest Region, Nepal

Duration: 20 Days

Difficulty: 2/10

Trip Style: Everest Base Camp Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 5380 m

Group: Min-1, Max 20

Summary

Jiri to Everest Base camp trek is oldest path in the Everest region. Sir Edmond Hillary and Tenjing Norgey Sherpa.trek to Everest Base camp trek Nepal Trip/

Overview

Trip Introduction

Jiri to Everest Base Camp Trek lies in the Solukhumbu district on the lap of Mt. Everest. This trekking starts from Lukla when you touch the ground by small domestic plane. Jiri to Everest Base camp trek is oldest path in the Everest region. This used to be famous trail during Sir Edmond Hillary and Tenjing Norgary Sherpa's period. Sir Edmond Hillary and Tenjing Norgey Sherpa summit ed Mt. Everest on May 29,1953 for the first time using the trail from Jiri. We will have to spend 8 days passing different sherpas villages, thundering river,walking ascending and descending through the trail. There is a new route and short cut trail to do. Kanchenjunga Circuit Trek

The trekking to Everest base camp starts from lukla with the height of 2860 m after landing to the lukla airport. This airport was build by Sir Edmond Hillary after succeding the submit of Everest and named as Edmond hillary Airport. This trekking route was mainly for expedition purpose. trek to Everest Base camp.

At the present Everest Base camp trek can be done directly from Lukla and stay overnight at Phakding and follow the same route.

Day by day itinerary

Trip Itinerary

Day 01: Arrive Kathmandu (1,300m/4,264 ft).

Day 02:Kathmandu – Jiri/1901m, 8-9 hours' drive

Day 03:Jiri – Deurali/2705m, about 5-6 hours walk

Day 04:Deurali – Sete/2520m, 6-7 hours walk

Day 05:Sete – Junbesi/ 2567m. 6-7 hours walk

Day 06:Junbesi – Nunthala/2345m, 6-7 hours walk

Day 07:Nunthala – Khari Khola/2194m. 6-7 hours walk

Day 08:Khari Khola – Puiyan/2770m 4-5 hours walk

Day 09:Puiyan – Ghat/ 2590m 5-6 hours walk,

Day 10:Ghat – Namche Bazaar/3440m; 5-6 hours walk

Day 11:Acclimatization Day at Namache Bazar.

Day 12:Namche – Tengboche3870m; 5 hours

Day 13:Tengboche – Dingboche 4410m; 5-6 hours walk.

Day 14:Dingboche – Lobuche 4910m/5-6 hours walk.

Day 15:Lobuche – Gorakshep/5160m; 2/3 hours walk.

Day 16:Gorakshep – Pheriche, 5-6hours walk.

Day 17:Tengboche – Namche Bazar/3440m; 5 hours walk.

Day 18:Namche – Lukla, 6-7 hours walk.

Day 19:Lukla – Kathmandu/1300m, 35 minutes flight.

Day 20: Final departure.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- Airports pick up and transfer by private vehicle as per the itinerary.

- Accommodation in Kathmandu including breakfast on twin/triple sharing basis.
- Guided Kathmandu city tours inclusive of vehicle transfer.
- Flight fare from Lukla to Kathmandu.
- Domestic airport tax.
- Accommodation during the trek at guest houses/lodges on twin sharing basis Meals (Breakfast, Lunch, and Dinner) with a cup of tea or coffee during the trek.
- A highly experienced and licensed guide approved by the government of Nepal and porters (two trekkers, one porter) during the trek and their transportation, food, accommodation, salary, equipment, and insurance coverage.
- Trekker's Information Management System (TIMS).
- Sagarmatha National Park entrance Permit with entry fees.
- First Aid/Medical Kit.
- Government taxes.
- Service charge.

Exclusions

- Any meals other than the breakfast in Kathmandu.
- Monuments entrance fees.
- Rescue & travel insurance, trip cancellation costs, accident or health emergency, evacuation, loss, theft or damage to baggage and personal effects. We strongly advise buying a travel insurance policy.
- Extra night accommodation in Kathmandu because of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled itinerary.
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, cold drinks, bottle or boiled water, hot shower etc).
- Tips for guides and porters.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.

- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars

- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 20 Days.

Group Size: Min-1, Max 20.

Trekking Region: Everest Region.

Trip Type Name: Everest Base Camp Trek.

Highest Altitude of the trek: 5380 m.

Highest Point: Jiri to Everest Base Camp Trek (5380 m)

Grade: Esay.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

This Jiri to Everest base camp trek itinerary has been made with discussion of professional mountaineers and guides ensuring adequate time for proper acclimatization. While on the trek, we also pass through the alpine forests, glacial rivers, and enjoy the warm hospitality of ethnic people. Visit the Buddhist monasteries with prayer flags, the Sherpa and other ethnic villages with their simple yet rich mountain lifestyles. The views are gorgeous, and walking in the Himalayas proves to be quite an intense experience.

Departure

Departure

Review

Trip gallery

View photo on the trip page

View photo on the trip page

View photo on the trip page

Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234
megamounttreks@gmail.com | megamounttreks.com

View this trip or request a booking