



Global Treks & Expedition P. Ltd.

**Chakshibari Marg 591, Thamel
Kathmandu, Nepal**

Everest Base Camp Trekking Via Jiri Brief Itinerary

Day 1 : Arrive in Kathmandu (1,350 M/ 4,264 FT)

Upon your arrival at the Kathmandu airport, you will be greeted by a representative from Global Treks And Expedition. After completing your custom formalities (Visa, etc) pick up your luggage and look for our representative with a GTE display board at the arrival gate. You will be then transferred to your hotel. After checking in, you can either take a rest or visit our office. In the evening, there will be a welcome dinner hosted by GTE where you will be served excellent authentic Nepalese cuisine which will introduce you to the Nepalese food culture.



Day 2 : Kathmandu - Sightseeing and Trek Preparation

Today after breakfast we start a guided tour to several of the most historical and spiritual attractions in Kathmandu. Some of these landmarks include the World Heritage Sites: the historic Durbar Square, the sacred Hindu temple of Pashupatinath, the famous 'Monkey Temple' (Swayambhunath) and Buddhists shrine (Buddhanath) which is one of the largest Stupa in the world. In the afternoon, there will be a Pre-trip discussion where we can meet our trek leader and other team members. Himalayan Glacier Trekking briefs us regarding our trek as well as provides us the opportunity to ask any questions we may have regarding our upcoming adventure.

Day 3 : Drive Kathmandu to Bhandar via Jiri

Today we take an early morning drive to Jiri, about 187 KM north-east of Kathmandu. Since we would be traveling on the mountain roads, it takes around 6-7 hrs to reach Jiri. From Jiri, we continue driving to Bhandar, our trek start point. Although still a single lane road, the road conditions have improved a lot nowadays than what it used to be till some years ago. Enjoy the views of Kosi River and panoramic views of the eastern Himalaya including Ganesh Himal, Langtang Lirung and Dorje Lakpa. Overnight at Bhandar.

Day 4 : Bhandar to Sete(2,575 M/8,450 ft)

Descend the trail from Bhandar through deep forests crossing a few streams passing the small settlements of Dokharpa and Baranda. Climb through the forests winding down to the Surma Khola. Continue to Likhu Khola Valley. Climb the ridge making up to the small settlement of Kenja. Another steep ascent to Chimbu and continuing further we finally reach Sete. Overnight at Sete.

Day 5 : Sete trek to Junbesi(2,670 M/8,760 FT)

Trek from Sete (2,400 M) to Junbesi (2,675 M) and it takes about six hours. An uphill climb to Lamjura La through forests of pine, magnolia, maple, birch, and rhododendrons. Pass by the villages of Dachau and Goyem. Lamjura La pass at 3530 meters, the highest point between Jiri and Namche Bazar, offers a panoramic view of the surrounding green mountains. Descend down the pass to Tragdobuk and Junbesi. After the pass, rest of the trek is gently and steeply descent to the destination. In this route, you could enjoy some of the snow capped mountains such as the "Goa of the Solu". Besides this, you could see some

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wildlife such as monkey and many species of birds. Spend the afternoon here exploring the village and the way of life of its inhabitants. Overnight at Junbesi.

Day 6 : Junbesi trek to Nunthala (2,220 M/7,280 FT)

The beginning of your trek is gently ascent for early one and half hours to Phurtung (2,900 M). Cross the stream beyond Junbesi climb up the forest slope and after an hour's trek, the mesmerizing views of the Himalaya mountains appears before our eyes. The mountains that are visible include Everest, Lhotse, Nuptse, Makalu, Thamseruku, Mera Peak, and many other high mountains. This is the first view of Everest on this trek, although the lower peaks look closer and higher than the distant 8,000 mountains. Continue the trail to Salung and descend to Ringmo Khola. Ascend to Ringmo, cross the Trakshindo La pass and descend to Trashingdo. We follow the shepherds' huts and the hidden route in dense forest with several picturesque streams on wooden bridges just before reaching Nunthala (Mani dingma) at 2,320 M. Nunthala is a village an ideal spot for the overnight stop. Overnight at Nuntala.

Day 7 : Nunthala to Bupsa (2,360 M/7,740 FT)

The beginning of your trek is gently descent to the Dudh Koshi river (Milk River) for an early two hours passing through agricultural farming land and small Sherpa and Rai settlements. From Dudh Koshi river, your trail is gently ascent all the way to Kharikhola (2,050 M) passing through Juving (1,680 M) a pretty big Rai village and farming lands. From Kharikhola your trail follows a flat path for 45 minutes and then steeply up to the camp (Bipasha) where you could visit Buddhist Monastery in a ruined state. Overnight at Bupsa.

Day 8 : Bupsa to Surke (2,290 M/7,282 FT)

From Nunthala our path descent which continues to the Dudhkoshi River Bridge and the trail lead through terraced fields and yards of houses. The walk continues through forests then climb on the terraces to reach the Rai village of Jubing (1,667 M/5,467 FT). From Jubing the path took us a slow climb to the village around a ridge, and continues to the village of Khari Khola to push on up the steep hill to Bupsa.

Day 9 : Surke to Phakding(2,652 M/8,700 ft)

Trek from Surkey (2,400 M) to Phakding (2,652 M) which takes about four hours. The first part of the trek is gently ascent for early 2 hours to Chhiplung (2,700 M), a junction road to Jiri and Lukla passing through Mushe (2,650 M). From this place, the road is quite broad and busy. Now, your trail is almost flat and gentle descent and ascent to Phakding. This is a short trek after 3 long days trek. You could hang in and around Phakding village.

Day 10 : Phakding - Namche Bazaar (3,440 M/11,280 FT)

Our day's hike will start after we have our breakfast. We start by walking through a beautiful pine forest, the track leads us along the banks of Dudh Koshi River; we will have to cross this river twice today. We will have to cross many suspension bridges, one of which is the famous Hillary Suspension Bridge. We catch the wonderful prospect of the glistening Mt. Thamserku (6,618 M). We will then arrive at a small village called Monjo. Monjo is the gateway to Sagarmatha National Park. After entering the National Park, we descend down to Bhote Koshi River upon which we arrive at Jorsalle village. We walk further from there heading off to Namche Bazaar, a prosperous trade hub in the lap of the Himalayas which is also the capital of Khumbu region. We will stay overnight at a hotel in Namche Bazaar.

Day 11 : Acclimatization Day - Namche Bazaar (3,440 M/11,284 ft)

After already having ascended an altitude of (3,440 M/11,253 ft), we will use today for acclimatization. It is very important that our body is prepared for further ascending and is also a scheduled acclimatization

day. We have the day at our disposal and can choose to do what you wish with it. We can walk up to the Everest View Point Hotel and enjoy the view it offers. We can also choose to just walk around Namche Bazaar and observe the local proceedings and lifestyle. If it is Saturday today, there will be local traditional Saturday Market and it will be a wonderful experience visiting the marketplace. There is a Sherpa Museum in Namche which would be the place to visit if we are into Sherpa culture and history of mountaineering. We can also hike to Thame or visit Khunde. We also take an interesting side trip up to Khumjung. We further climb up to the famous airstrip at Syangboche. The Khumjung valley, surrounded by the snowy peaks of Kongde and Thamserku and the sacred peak Khumbila, hosts a well-known monastery that houses a yeti scalp. We also visit the Hillary School which is at the same site. Overnight at Namche Bazaar.

Day 12 : Namche Bazaar to Tengboche (3,870 M/12,694 FT)

Today after breakfast we start our trek with a pleasant walk through the forest with a magnificent view of mountains. The great view of the mighty peaks like Everest, Nuptse, Lhotse, Ama Dablam, Thamserku, and Kwangde peak is constant throughout the day. Today's trail goes through gradually down up to Kayangjuma. The path eventually reaches Sansa, which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer-flag festooned bridge over Dudh Koshi River. Upon crossing the river, we reach Phunki Thenga, a small settlement with a couple of tea houses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Thenga, we then have a tough little climb that goes steeply up through the pine forests until we reach Tengboche. The first thing that could draw your attention after reaching Tyangboche could be its big monastery. Tyangboche has a large campsite, tea houses and lodges overseeing Mt. Ama Dablam. We will spend the night at a hotel in Tyangboche.

Day 13 : Tengboche to Dingboche (4,360 M/14,300 FT):

Mountains as a backdrop, the monastery in Tengboche looks spectacular more in the morning. We snap pictures of the monastery and the sceneries around and as usual start the day journey. We choose the upper trail for better views to visit Pangboche village and its ancient Monastery. We pass through several Chortens and Mani walls and small villages. We enjoy lunch with fantastic close-up views of Ama-Dablam. In the afternoon, go north to Pheriche or take the eastward trail beneath the towering north face of Ama Dablam. From here onwards the walk is fairly moderate as we enter the Imja Valley. The valley ahead will begin to open up as we approach the confluence of the Lobuche River, we descend into the river and begin the last and steepest climb of the day up to Dingboche. On arrival in Dingboche, we enjoy the beautiful array of fields enclosed by stone walls to protect the barley, buckwheat, and potatoes from the cold winds and grazing animals. Overnight in Dingboche.

Day 14 : Dingboche - Lobuche(4,928 M/16,164 FT)

There is a lot of vertical gains today even though the trail length does not clock more than 4.5 miles in itself. The trek along the arid terrace is awarding with awesome views of mountains on all sides. As we come to a yak herder's place called Dusa, the valley begins to narrow and we continue through Phulung Karpo, the campsites during the first successful Everest Expedition in 1953. Above Phulung Karpo is Chola Lake. As we continue our trek the majestic view of Mt. Pumori (7,138 M/ 23,418 FT) comes into view. As the trail descends and curves, Mt. Pumori hides and we come across a roaring stream. After crossing a small wooden bridge, we ascend to Dugla. We then continue along the rugged route to reach Lobuche. Beyond Duglha we trek up the steep terminal moraine of the Khumbu Glacier. We find our way through the boulder-strewn slope as we ascend Chupki Lhara, an eerie ridge top with dramatic mountains views. At the top of the ridge, we will find an array of stones with prayer flags used as memorials to Scott Fischer (American mountaineer) and 10-time Everest submitter Babu Chiri Sherpa (mountain guide from Nepal) who perished on a mission to climb Everest. As the trail drops to the Khumbu Glacier moraine, we find ourselves right in front of several great peaks - Khumbutse, Lingtren, Pumori and Mahalangur Himal. We are now in the vicinity of Everest but the great mountain still remains

hidden. Nuptse towers to the right as the trail crosses the Khumbu Glacier. As we trek along a murmuring stream we do not see the Khumbu glacier because of its lateral moraine wall, and we now begin to feel a little out of breath due to high altitude. Lobuche is situated beneath the Lhotse Ridge. Overnight at Lobuche.

Day 15 : Lobuche - Gorak Shep (5,170 M/16,961 ft) - Everest Base Camp (5,364 M/17,594 ft) - Gorakshep

For those of you who are doing the Everest Base Camp Trek for the first time, the day starts with a mixture of excitement and anxiety. Today you will be hiking up to the Everest Base Camp. The day will be the most challenging day of the trek and at the same time the most fulfilling as well. The base camp is situated at an altitude of above (5,000 M/16,000 FT). We start off by hiking to Gorak Shep first. It is a small village sitting atop a small frozen lake buried under sand. We will have our lunch there and hike further following the trails of the Khumbu Glacier. We pass through the pyramid signpost. Ahead on the trail, we see the crest of the north ridge of Everest along with Mt. Pumori, Mahalangur, Lingtern, Khumbutse, and Nuptse. A small ascent would take us to Thangma Ri from where we perceive a 360-degree vista of the snowy mountains. Upon climbing steeply up to the top through the torrent of the Changri glacier, we catch our first glimpse of Kala Patthar, a grey-green knoll beneath the Mt. Pumori. As we reach Gorak Shep, we will be surrounded by snow-capped mountains looming all around us including the top of the world - Mount Everest. Continuing straight ahead, we come through the Indian army mountaineers' memorials. As we reach Everest Base Camp we cannot help but appreciate the Everest climbers that take the hazardous route through the Khumbu icefall. Mountaineers' tents stand out in bright colors against all the dull gray surroundings (especially in the spring). Nuptse, Khumbutse, and Pumori are the mountains we can view from base camp. We will spend quality time exploring the base camp and surrounding areas and return to Gorak Shep to spend the night.

Day 16 : Gorak Shep - Kala Patthar (5,545 M/18,192 FT) - Pheriche (4,280 M/14,070 FT):

Our first destination for the day will be Kala Patthar. We will start especially early at dawn to catch the dramatic views from Kala Patthar witnessing the first light of day shining on Mt. Everest. and your guide will arrange everything for the early departure. The reason behind leaving early is to reach Kala Patthar before sunrise.

During the ascent to **Kala Patthar**, we can pause to catch our breath at several outstanding view points to snap pictures. After several hours of ascent, we reach Kala Patthar. From here, we scramble to climb the rocky outcrop near to the summit marked by cairns and prayer flags. As we reach the top, we sit on the Kala Patthar rocks and our eyes take in the unbelievable Himalayan Panorama, wandering from one mighty massif to another. We take as many pictures as we possibly can with our camera so they can last a lifetime. We will have breakfast on returning to Gorak Shep. Upon returning back to Gorak Shep, the group will have lunch together and afternoon time is taken to descend down to Pheriche for a good night rest. Overnight at a local lodge in Pheriche.

Day 17 : Pheriche to Kyanjuma to Namche Bazaar (3,500 M/11,480 ft),

From now onwards, it's all about descending. So our pace will be faster than earlier and the walks will be easier. Heading down now, the going is easier and the pace much faster than so far has been. we trek down through the hillside blanketed by rhododendron and juniper trees. If it is spring, pink and red rhododendron flowers ablaze our surroundings. Depending on our hunger and condition, we either have our lunch in Pangboche or wait until we reach Phunki Tenga. After crossing the prayer-flag festooned bridge over the Dudh Koshi River, the trail then follows the Dudh Koshi gorge descending rapidly through the pine forests. The path eventually reaches Sansa which is the major trail junction in the region. We stop at Kyangjuma. The beauty of the Himalayan terrain will never leave us along the way. the trail to Namche Bazaar clings to the steeply wooded slope beyond Kyangjuma, winding through several bends. We keep a lookout for wildlife such as mountain goats, snow leopards, and colorful pheasants while passing through the forest. Upon passing a Chorten, we reach the army camp at Namche Bazaar.

While here, we would like to take a long last look (and picture!) back to Lhotse, the tip of Everest and Tengboche. On reaching our lodge, we take a nice hot shower and have a very relaxed sleep in our room in Namche Bazaar. Overnight in Namche Bazaar at Yeti Mountain Home or similar hotel.

Day 18 : Namche Bazaar-Lukla (2,800 M/9,186 FT)

The trail descends steeply downward so we need to walk slowly and under control as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries the trail becomes more level and natural. By today we start to get warmed up by the light breeze. Any remaining sore throats and colds will be gone by today as we pass through this charming mountain air. Although we are traveling the same route down, we feel completely different views. We snap a mixture of open plains, rhododendron and pine forests, and in the distance snow covered peaks. We walk through the Sherpa villages' noticing impressive faith in Buddhism and culture of prayer stones and prayers flag while we walk through the villages. On arrival in Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. We experience the culmination of a fantastic trek on a happy note with everyone back safe and sound with a smile on their faces! Overnight in Lukla.

Day 19 : Lukla - Kathmandu by flight

We take the earliest possible flight back to Kathmandu. Our guide will transfer you to your hotel where you can relax at your will. Later the evening, we will treat- exquisite Nepalese cuisine at one of the finest restaurants. It will also be a great opportunity to hear from you about your experiences and get constructive criticisms and suggestions that will help us make improve ourselves. You can also go for shopping to Thamel for typical Nepali handicrafts as a gift for your friends and family as you have day leisure after arriving from Lukla.

Day 20 : Final Departure

Some of you might also have a few more days and some other activities planned in Nepal. For the rest of you who are returning today, depending upon what time your return flight is, you can do some last minute shopping if you like to. We will transfer you to the airport hoping it won't be long before we see each other again! We wish you had a wonderful Himalayan adventure with us!

Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- 3 N Kathmandu Hotel accommodation sharing bases with B/B.
- All your standard mentions Meals during the trek **(B-Breakfasts, L-Lunches, D- Dinners).**
- Lodges/Guesthouses accommodation during the 15 Days trek.
- Local GLOBAL TREKS English speaking guide.
- Lukla to Kathmandu domestic flight ticket.
- National Park permits and TIMS permit for trekking.
- Food, accommodation, salary, insurance, and medicine for all staff.
- All our government taxes, vat, tourist service charges.
- Official expenses.

Cost Exclude

- Lunch /Dinner whilst in Kathmandu.
- Kathmandu to Lukla Flight ticket.
- Travel insurance covers emergency Rescue and Evacuation.

- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

Trip Map



Global Treks & Expedition Pvt. Ltd.