

## Overview

### Trek Overview

Most people take the Lukla flight from Kathmandu to start the Everest Base Camp trek but you will be physically much fitter and better acclimatized if you start your trek from Jiri, which is an 8-9 hours drive from Kathmandu or either a further drive to Shivalaya then start the trek. The Classic Jiri Everest Base Camp trek goes through the beautiful middle hills countryside, villages, Buddhist monasteries, monuments, and beautiful fauna. This route to the Khumbu area is wonderfully free from crowds and no stress to book a ticket to Lukla offering an approach into the village life and culture of the famous Sherpa people combined with a journey into some of the most magnificent scenery in the world.

The route has good facilities for lodging and a variety of foods. On the way, we can visit several monasteries, Buddhist Religious Monuments, and Mani Walls. Junbesi is a beautiful village to take a rest day and a 3-4 hour excursion around the village and to Thupten Chholing, a huge Tibetan Buddhist monastery is a really worthwhile hike and exploration. There are more than 350 nuns and 150 monks and nuns offer us blessed fruits, bread, and cookies with Tibetan butter tea after their prayer and recitation. We will trek through the heart of the Khumbu to Namche Bazaar and the beautiful village of Khumjung. Buddhist Monasteries, mani stones, and chortens all add a spiritual feel to this spectacular mountain environment of Himalayan giants: Kangeiga, Ama Dablam, Kwangde, Everest, Lhotse, Nuptse and Tawachee, none under 6000m high. The sunrise on the snow-capped peaks above the Khumbu Glacier is an unforgettable sight. From Gorakshep, the bare summit of Kala Pathar is pointed out; a mere 'pimple' dwarfed by the towering crags of 7,855m Pumo Ri. The effort required to reach the summit is worth every breath! Below, the Khumbu glacier stretches back towards Lobuche. Across the mass of ice, towers Nuptse and Everest....a worthy goal indeed!

This trek is one for the mountain connoisseur and the lover of high places. To see the world's highest mountain is what many dreams are made of. It is a tough proposition and not to be taken lightly. Although trails are generally well graded there is a rough section along the Khumbu glacier. Beyond Namche, ascents are not particularly steep though the effects of altitude may make them feel a lot steeper! It is suitable for reasonably fit people who are used to walking in the hills and is a reasonable proposition for a first trek in Nepal.

### Outline Itinerary

**Day 01 : Drive to Shivalaya (1790m) from Kathmandu,9-10 hours drive.**

**Day 02 : Trek to Kinja (1630m, about 5-6 hours walk**

**Day 03 : Trek to Lamjura (3500m), 6-7 hours walk**

**Day 04 : Trek to Junbesi (2567m). 4-5 hours walk.**

**Day 05 : Trek to Nunthala (2345m), 6-7 hours walk**

**Day 06 : Trek to Khari Khola (2194m) 6-7 hours walk**

**Day 07 : Trek to Puiyan (2770m) 4-5 hours walk**

**Day 08 : Trek to Ghat (2590m) 6-7 hours walk,**

**Day 09 : Trek to Namche Bazaar (3440m) 6-7 hours walk**

**Day 10 : Acclimatization Day at Namache Bazar.**

**Day 11 : Trek to Tengboche (3870m) 5-7 hours**

**Day 12 : Trek to Dingboche (4410m) 5-6 hours walk.**

**Day 13 : Trek to Lobuche (4910m) 6 hours walk.**

**Day 14 : Trek to Gorakshep (5160m); 2-3 hours walk. Hike to Everest BC (5360m) 4-5 Hours.**

**Day 15 : Hike Kala Patthar (5545m) and trek to Pheriche (4200m) 7-8 hours walk.**

**Day 16 : Trek to Namche Bazar (3440m) 7-8 hours walk.**

**Day 17 : Trek to Lukla (2800m) 7-8 hours walk.**

**Day 18 : Fly back to Kathmandu**

## **Cost Includes**

- A certified local Jiri to EBC trekking guide.
- One shared porter between two trekkers to carry your main pack
- Meals: 17 Breakfasts, 18 Lunches, and 17 Dinners during trek.
- Lodge accommodation during the trek on a double occupancy basis.
- Lukla – Kathmandu Flight ticket and airport taxes.
- Jiri to Everest Base Camp Trekking permits.
- Guide and porter fee with all their expenses.
- Taxes and paperwork charges

## **Cost Excludes**

- Transfers, accommodation, and meals in Kathmandu.
- Bar bills, beverages such as Coke, Fanta, mineral water
- Hot shower, and hot water during trekking.
- Personal insurance, internet, phone calls, laundry,
- Rescue operation charge in case of emergency.
- Tips for guide and porters.