

## **Everest Base Camp Trek via Jiri: Following the Historic Route to the Foot of Mount Everest**

### **Overview:**

The Everest Base Camp Trek via Jiri is a classic and rewarding Himalayan adventure that follows the historic trail used by early Everest expeditions before the Lukla flight route became popular. This longer and more gradual approach takes us through the peaceful foothills of the Solu region, offering a deeper experience of Nepal's natural beauty, traditional villages, and authentic Sherpa culture. Compared to the standard Everest Base Camp route, the Jiri approach provides quieter trails, more cultural encounters, and a gradual ascent that allows us to truly experience the changing landscapes of the Himalayas.

The journey begins with a scenic drive from Kathmandu to Bhandar before entering the beautiful landscapes of the lower Solu region. As we trek through traditional villages such as Sete, Junbesi, Nunthala, and Bupsa, we experience the rural lifestyle of Nepal while walking through lush forests, terraced farmland, mountain passes, and peaceful valleys. The trail eventually joins the classic Khumbu route, leading us through famous Sherpa settlements including Namche Bazaar, Tengboche, Dingboche, and Lobuche before reaching the legendary destination of Everest Base Camp (5,364m).

One of the major highlights of the trek is the hike to Kala Patthar (5,545m), the most famous viewpoint in the Everest region. From the summit, we enjoy breathtaking panoramic views of Mount Everest, Lhotse, Nuptse, Ama Dablam, Pumori, and the surrounding Himalayan peaks. Along the way, we also explore important cultural landmarks such as Tengboche Monastery, experience warm Sherpa hospitality, and witness the dramatic transformation from green valleys to high alpine landscapes.

The Everest Base Camp Trek via Jiri is ideal for trekkers seeking a longer, more immersive Himalayan experience away from the busy trails. With a carefully planned itinerary, proper acclimatisation days, and a combination of cultural exploration and mountain adventure, this trek offers a unique opportunity to follow the original route to Everest while creating unforgettable memories in the heart of Nepal's Himalayas.

### **Quick facts:**

**Cost:** USD per Person

**Destinations:** Bhandar / Junbesi / Surke / Phakding / Namche / Dingboche / Everest Base Camp / Kala Patthar / Pheriche / Lukla

**Duration:** 21 Days

**Trek starting point:** Jiri

**Trek ending point:** Lukla

**Grade:** Moderate

**Transportation:** Private Vehicle / Domestic flight

**Accommodation:** tea house, tourist standard hotel in Kathmandu

**Max altitude:** 5,545 m

**Activities:** Hiking & trekking, sightseeing

**Best seasons:** March, April, May, October, September and November

**Please do not forget to carry the following items with you:**

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

## PROGRAM ITINERARY

### ▣ **Day 1: Arrival at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel. Overnight stay at the hotel.

### ▣ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead. Overnight stay at a hotel.

### ▣ **Day 3: Drive from Kathmandu to Bhandar (2,190 m): 8 – 10 hours**

Leaving the busy streets of Kathmandu behind, we begin our Everest Base Camp Trek via Jiri with a scenic overland journey towards the remote hills of the lower Solu region. The drive to Bhandar takes us through winding mountain roads, terraced farmlands, rivers, and beautiful countryside landscapes, offering a glimpse into the traditional rural lifestyle of Nepal. Along the way, we pass through several hillside settlements and enjoy changing views of green valleys and rolling mountains.

The journey covers approximately 220 kilometres and takes around 8–10 hours, depending on road conditions. As we approach Bhandar (2,190m), the peaceful atmosphere of the Himalayan foothills welcomes us, marking the beginning of our classic approach to Everest Base Camp through the historic Jiri route. After arriving at Bhandar, we settle into a local teahouse and prepare for the first day of trekking through the beautiful landscapes of the Solu and Khumbu regions. Overnight stay at a comfortable teahouse in Bhandar.

### ▣ **Day 4: Trek from Bhandar to Sete (2,575 m): Walking Distance | 12 – 14 km | 6 – 7 hours**

The first trekking day of our Everest Base Camp Trek via Jiri begins with a gradual walk through the peaceful landscapes of the lower Solu region. Leaving Bhandar behind, we follow the trail through beautiful forests, terraced farmlands, and traditional hillside villages while experiencing the authentic rural lifestyle of Nepal. The route passes through small settlements and crosses streams along the way, offering a gentle introduction to the classic Jiri to Everest Base Camp trail.

As we continue towards Sete (2,575m), the trail gradually climbs through dense forests of rhododendron and pine, with occasional views of the surrounding valleys and mountain landscapes. After trekking approximately 12–14 kilometres in around 6–7 hours, we reach the peaceful mountain settlement of Sete, located along the historic route to Everest. The quiet atmosphere and natural surroundings make it a perfect place to rest before continuing deeper into the Solu-Khumbu region. Overnight stay at a teahouse in Sete.

### ▣ **Day 5: Trek from Sete to Junbesi (2,700 m) via Lamjura Pass (3,530 m): Walking**

#### **Distance | 13 – 15 km | 6 – 7 hours**

Leaving the peaceful village of Sete, we continue our journey along the historic Jiri to Everest Base Camp trail towards the beautiful Sherpa village of Junbesi. The trail climbs through dense rhododendron and pine forests before reaching Lamjura Pass (3,530m), one of the highest points on the lower Solu section of the trek. From the pass, we descend through peaceful forest trails and enjoy scenic views of the surrounding hills, valleys, and traditional mountain settlements.

The route offers a wonderful introduction to Sherpa culture as we pass through charming villages and experience the quiet beauty of the Solu region away from the busy trekking routes. After trekking approximately 13–15 kilometres in around 6–7 hours, we arrive at Junbesi (2,700m), one of the most beautiful and culturally significant Sherpa villages in the region. Surrounded by green hills and Himalayan landscapes, Junbesi is an ideal place to rest, explore the local monastery, and experience the traditional lifestyle of the Sherpa community. Overnight stay at a teahouse in Junbesi.

### ▣ **Day 6: Exploration day**

A well-deserved rest and exploration day in Junbesi allows us to experience the rich Sherpa culture and peaceful mountain surroundings of the Solu region while preparing for the higher elevations ahead. Junbesi is one of the most beautiful traditional Sherpa villages on the Everest Base Camp Trek via Jiri, with its stone houses, ancient monasteries, and stunning views of the surrounding hills and Himalayan peaks.

We explore the village and its cultural highlights, including the historic Thubten Chholing Monastery, while taking a gentle walk through the surrounding landscapes and nearby viewpoints. This relaxing day provides an opportunity to interact with the local Sherpa community, learn about their traditions, and enjoy the peaceful atmosphere of a less-travelled part of Nepal. After a refreshing exploration day, we are well prepared to continue our journey towards the Khumbu region. Overnight stay at a teahouse in Junbesi.

### ▣ **Day 7: Trek from Junbesi to Nunthala (2,220 m) via Takshindo La Pass (3,071 m):**

#### **Walking Distance | 12 – 14 km | 6 – 7 hours**

The trail from Junbesi to Nunthala continues through the beautiful landscapes of the lower Solu region, offering a wonderful mix of Sherpa culture, peaceful forests, and traditional mountain villages. We follow the historic Jiri to Everest Base Camp trail, ascending through rhododendron and pine forests before reaching Takshindo La Pass (3,071m). From the pass, the trail descends gradually through scenic hillsides, with beautiful views of valleys, terraced fields, and surrounding mountain landscapes.

This section of the trek provides an authentic Himalayan experience as we pass through remote settlements and observe the traditional lifestyle of local communities. After trekking approximately 12–14 kilometres in around 6–7 hours, we arrive at Nunthala (2,220m), a peaceful village situated along the classic route towards Everest. The quiet surroundings and warm teahouse hospitality make it a comfortable place to rest before continuing our journey deeper into the Khumbu region. Overnight stay at a teahouse in Nunthala.

□ **Day 8: Trek from Nunthala to Bupsa(2,360 m): Walking Distance | 12 – 14 km | 6 – 7 hours**

The journey continues through the scenic landscapes of the Solu-Khumbu region as we trek from Nunthala to Bupsa along the classic Jiri to Everest Base Camp trail. The route descends towards the Dudh Koshi River, where we cross suspension bridges and pass through charming villages surrounded by terraced fields and forested hills. The trail then gradually climbs through peaceful woodland areas, offering a closer connection with the natural beauty and traditional lifestyle of the lower Everest region. Along the way, we enjoy views of the surrounding valleys and experience the quieter side of the Himalayas before reaching Bupsa (2,360m). Covering approximately 12–14 kilometres in around 6–7 hours, this section of the trek combines river valleys, village trails, and steady ascents, providing a rewarding experience away from the busier trekking routes. Overnight stay at a local teahouse in Bupsa.

□ **Day 9: Trek from Bupsa to Surke (2,290 m) via Kari La Pass (2,850 m): Walking Distance | 12 – 14 km | 6 – 7 hours**

The trail from Bupsa to Surke takes us deeper into the Solu-Khumbu region, following a scenic route through forests, traditional villages, and peaceful mountain landscapes. The day begins with a gradual ascent through beautiful woodland before reaching Kari La Pass (2,850m), where we are rewarded with views of the surrounding valleys and rolling Himalayan foothills. From the pass, the trail descends through quiet forest paths and hillside settlements, offering a wonderful experience of the less-travelled side of the Everest region.

Continuing through the lower Khumbu landscape, we cross small streams and follow trails surrounded by green hills before reaching Surke (2,290m), a charming village located below Lukla. After trekking approximately 12–14 kilometres in around 6–7 hours, we arrive at Surke, where we experience the peaceful atmosphere of a traditional mountain settlement before continuing towards the main Everest trekking route in the following days. Overnight stay at a local teahouse in Surke.

□ **Day 10: Trek from Surke to Phakding (2,610 m): Walking Distance | 8 – 10 km | 4 – 5 km**

The trail from Surke to Phakding connects us with the main route of the Everest Base Camp Trek, bringing us closer to the heart of the Khumbu region. The route follows a scenic path through traditional Sherpa villages, lush forests, and beautiful mountain landscapes as we gradually make our way towards the Dudh Koshi Valley. Along the way, we pass through charming settlements such as Chaurikharka and Ghat, where we begin to experience the familiar atmosphere of the classic Everest trekking route.

The walk offers a gentle transition into the higher Khumbu region, with views of surrounding hills, rivers, and local villages along the trail. After trekking approximately 8–10 kilometres in around 4–5 hours, we arrive at Phakding (2,610m), a peaceful riverside village and a popular overnight stop for trekkers heading towards Everest Base Camp. Overnight stay at a local teahouse in Phakding.

▣ **Day 11: Trek to Namche Bazaar (3,440 m): Walking Distance | 10 – 12 km | 5 – 7 hours**

Following the Dudh Koshi River, we enter one of the most iconic sections of the Everest Base Camp Trek via Jiri as the trail leads towards Namche Bazaar. The route passes through beautiful pine forests, traditional Sherpa villages, and several impressive suspension bridges decorated with colourful prayer flags. Along the way, we enter Sagarmatha National Park and gradually gain altitude while enjoying the peaceful surroundings of the Khumbu region.

The final section of the trail involves a steady uphill climb towards Namche Bazaar (3,440m), the famous Sherpa trading hub and gateway to the Everest region. As we ascend higher, glimpses of the Himalayan peaks begin to appear, creating a rewarding experience after the challenging climb. After trekking approximately 10–12 kilometres in around 5–7 hours, we arrive at Namche Bazaar, where we can enjoy its vibrant atmosphere, local markets, cafés, and spectacular mountain views. Overnight stay at a teahouse in Namche Bazaar.

▣ **Day 12: Trek to Tengboche (3,860 m): Walking Distance | 9 – 11 km | 5 – 6 hours**

Ascending deeper into the Khumbu region, we follow a scenic mountain trail towards Tengboche, one of the most beautiful and culturally significant stops on the Everest Base Camp Trek via Jiri. The route winds along the hillside above the Dudh Koshi River, offering breathtaking views of Mount Everest, Lhotse, Ama Dablam, Thamserku, and other Himalayan peaks. After descending towards the river, we cross a suspension bridge and begin the steady climb through peaceful rhododendron and pine forests.

The final uphill section brings us to Tengboche (3,860m), home to the famous Tengboche Monastery, the largest and most important monastery in the Everest region. After trekking approximately 9–11 kilometres in around 5–6 hours, we reach this peaceful mountain village surrounded by panoramic Himalayan scenery. We can explore the monastery, enjoy the tranquil surroundings, and prepare for the higher-altitude sections of the trek ahead. Overnight stay at a local teahouse in Tengboche.

▣ **Day 13: Trek from Tengboche to Dingboche: Walking Distance | 11 – 12 km | 5 – 6 hours**

As we continue higher into the Everest region, the landscape gradually changes from forested hills to the open alpine terrain of the Khumbu Valley. The route from Tengboche to Dingboche takes us through beautiful mountain scenery, passing traditional Sherpa villages and following the trail along the Imja Khola River. Along the way, we enjoy magnificent views of Ama Dablam, Lhotse, Island Peak, and the surrounding Himalayan peaks.

The trail passes through the villages of Deboche, Pangboche, and Somare before reaching Dingboche (4,410m), a beautiful settlement surrounded by towering mountains and wide valleys. After trekking approximately 11–12 kilometres in around 5–6 hours, we arrive at Dingboche, an important acclimatisation stop before heading towards higher elevations. The peaceful mountain setting and incredible views make it a memorable place to rest and prepare for the next stage of the Everest Base Camp journey. Overnight stay at a teahouse in Dingboche.



#### ▣ **Day 14: Acclimatization day**

A dedicated acclimatization day in Dingboche allows us to adjust to the higher altitude while exploring the beautiful surroundings of the Khumbu region. Situated beneath some of the world's highest peaks, Dingboche offers stunning views of Ama Dablam, Island Peak, Lhotse, and the surrounding Himalayan landscapes. This rest day is an important part of the trek, helping our bodies adapt before continuing towards higher elevations.

We take a gradual hike to nearby viewpoints, such as Nangkartshang Peak, which offers breathtaking panoramic views of the Imja Valley and the surrounding mountains. The exploration provides a rewarding experience while maintaining a comfortable pace for acclimatization. We also have time to relax, explore the village, and enjoy the peaceful atmosphere of this traditional Sherpa settlement. Overnight stay at a teahouse in Dingboche.

#### ▣ **Day 15: Trek from Dingboche to Lobuche: Walking Distance | 11- 12 km | 5 – 6 hours**

The journey continues towards the higher Himalayan landscapes as we leave the beautiful Imja Valley and make our way to Lobuche, one of the final settlements before reaching Everest Base Camp. The trail gradually climbs through open alpine terrain, passing along the wide valleys beneath towering peaks. As we move higher, the landscape becomes more rugged, with impressive views of Taboche, Cholatse, Lobuche East, and the surrounding Himalayan ranges.

The route takes us through Thukla, where we pass the famous Everest Memorial area, built in honour of climbers who lost their lives on Mount Everest. From here, the trail continues with a steady ascent towards Lobuche (4,910m), where we settle into the peaceful mountain surroundings. After trekking approximately 11–12 kilometres in around 5–6 hours, we arrive at Lobuche, preparing for the final approach towards Everest Base Camp and Kala Patthar. Overnight stay at a teahouse in Lobuche.

#### ▣ **Day 16: Trek to Everest Base Camp and back to Gorakshep (5,164 m): Walking Distance | 12 – 14 km | 7 – 8 hours**

The most anticipated day of the Everest Base Camp Trek via Jiri begins as we leave Lobuche and continue towards the legendary base camp of the world's highest mountain. The trail follows the rugged Khumbu Glacier and offers a true high-altitude Himalayan experience, with dramatic views of towering peaks, glaciers, and the surrounding mountain wilderness. As we approach Gorak Shep, the landscape becomes more barren and spectacular, marking the final stage before reaching Everest Base Camp.

From Gorak Shep (5,164m), we continue our trek towards Everest Base Camp (5,364m), walking across rocky glacial terrain surrounded by some of the highest mountains on Earth. Standing at the foot of Mount Everest is an unforgettable experience, with colourful prayer flags, expedition camps, and incredible views of the Khumbu Glacier creating a memorable atmosphere. After spending time at base camp, we retrace our steps back to Gorak Shep for an overnight stay. Covering approximately 12–14 kilometres in around 7–8 hours, this is one of the most rewarding and memorable days of the entire trek. Overnight stay at a teahouse in Gorak Shep.

### ▣ **Day 17: Hike to Kala Patthar (5,545 m) and Trek to Pheriche (4240 m): Walking**

#### **Distance | 14 – 16 km | 7 – 8 hours**

An early morning hike to Kala Patthar (5,545m) offers one of the most unforgettable experiences of the Everest Base Camp Trek via Jiri. We begin before sunrise to reach the viewpoint at the perfect time, when the first light of day illuminates the Himalayan giants. From the summit, we enjoy breathtaking panoramic views of Mount Everest, Lhotse, Nuptse, Ama Dablam, and the surrounding peaks, along with a spectacular view of the Khumbu Glacier below.

After spending time at Kala Patthar, we descend back to Gorak Shep for breakfast before continuing our journey towards Pheriche. The trail follows a downhill route through the familiar landscapes of the Khumbu region, passing through Lobuche, Thukla, and alpine valleys surrounded by incredible mountain scenery. After trekking approximately 14–16 kilometres in around 7–8 hours, we reach Pheriche (4,240m), a peaceful mountain village and an important stop for trekkers returning from Everest Base Camp. Overnight stay at a teahouse in Pheriche.

### ▣ **Day 18: Trek from Pheriche to Namche Bazaar (3,440 m): Walking Distance | 14 – 16 km | 6 – 7 hours**

Descending through the heart of the Khumbu region, we retrace our steps towards Namche Bazaar, enjoying a gradual change in scenery as we move from the high alpine landscapes back into the greener valleys. The trail follows the Dudh Koshi River and passes through traditional Sherpa villages, peaceful forests, and scenic mountain viewpoints. Along the way, we once again enjoy magnificent views of Ama Dablam, Thamserku, and other Himalayan peaks that surround the Everest region.

The route takes us through Tengboche and Phunki Tenga before reaching the vibrant Sherpa town of Namche Bazaar (3,440m). After trekking approximately 14–16 kilometres in around 6–7 hours, we arrive at Namche, where we can relax and enjoy the comfortable atmosphere of its cafés, local markets, and teahouses. Returning to Namche after reaching Everest Base Camp provides a rewarding sense of achievement as we continue our journey back towards Lukla. Overnight stay at a teahouse in Namche Bazaar.

### ▣ **Day 19: Trek from Namche to Lukla (2,860 m): Walking Distance: 18 – 20 km | 7 – 8 hours**

The final trekking section of our Everest Base Camp Trek via Jiri takes us back towards Lukla, following familiar trails through the beautiful landscapes of the Khumbu region. We descend through forests, Sherpa villages, and peaceful river valleys while enjoying the last views of the Himalayan surroundings. The trail passes through Phakding and several traditional settlements, following the Dudh Koshi River and crossing suspension bridges decorated with colourful prayer flags.

After trekking approximately 18–20 kilometres in around 7–8 hours, we arrive at Lukla (2,860m), the gateway to the Everest region and the starting point for many Himalayan adventures. This final day on the trail gives us time to reflect on the incredible journey from the historic Jiri route to Everest Base Camp, filled with unforgettable mountain views, cultural experiences, and memories of the Himalayas. Overnight stay at a teahouse in Lukla.



#### ▣ **Day 20: Fly from Lukla to Kathmandu (1,440 m)**

After completing the incredible Everest Base Camp Trek via Jiri, we take a scenic mountain flight from Lukla to Kathmandu. The short flight offers a final opportunity to enjoy breathtaking aerial views of the Himalayan landscapes, green valleys, and mountain terrain that made this journey so memorable. Upon arrival in Kathmandu, we transfer to our hotel and have time to relax after the long trekking adventure. The rest of the day can be spent exploring the vibrant streets of the capital, enjoying local cuisine, or simply resting and reflecting on the unforgettable experience of trekking through the historic Jiri route to Everest Base Camp. Overnight stay at a hotel in Kathmandu.

#### ▣ **Day 21: Farewell and Final Departure**

After completing the unforgettable Everest Base Camp Trek via Jiri, our Himalayan adventure comes to an end. Depending on your departure schedule, we arrange a transfer to Tribhuvan International Airport for your onward flight, marking the final chapter of this incredible journey through Nepal's mountains.

The trek from the historic Jiri route to Everest Base Camp offers a unique experience filled with breathtaking landscapes, Sherpa culture, remote mountain villages, and unforgettable moments in the heart of the Himalayas. As we say farewell to Nepal, we leave with lasting memories of the trails, the people, and the remarkable adventure of reaching the base of the world's highest mountain.

### What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Domestic Flight from Lukla to Kathmandu
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (Private Vehicle / Local Jeep from Kathmandu to Bhandar)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Sagarmatha National Park Entry Permit
- ☒ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

### Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

### What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

### Important note:

*This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.*

***Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.***