

- Mt Everest is the highest mountain in the world.
- Khumbu glacier is the longest glacier in the world.
- Amazing view of like mountain cave, rivers, Nice settle Sherpa village, waterfall, and Pine and bamboo forest.
- Enjoy the stunning view of world's highest mountains above 8000 meters: Everest, Lhotse, Makalu, and Cho-Oyu.

Mount Everest is the highest mountain in the world. Nepali name is Sagarmatha, "sky head" and Tibetan name is Chomolungma, mother goddess of the earth. Jiri to Everest base camp trekking encounter with the gorgeous lowlands to the wonderful highest mountain Everest and breathtaking scenes of Khumbu region. In 1953 Sir Edmund Hillary and Tensing Norgay Sherpa use same route successful first time climbs Mt Everest so that many travelers wishing to reach Everest base camp same route. Everest is not only famous for climbing also famous for trekking.

Trekkers can enjoy amazing snow-capped world's highest mountain views above 8000 meters: Everest, Lhotse, Makalu and Cho-Oyu and Neighbor Mountain like Amadablam, Pumori, Nuptse etc. Khumbu glacier is the longest glacier in the world, famous pass Lamijura (3530m), Alpine and bamboo forest, glacier and ice fall, rugged rocky hills, friendly Sherpa and other ethnic people and village and the Buddhist monastery. Jiri to Everest base camp is designed to fulfill the dream of many people to experience the significant route to the base of the world's highest mountain. We carefully design our itinerary with a few rest days offers a special way to acclimatize safely.

Trip Facts

Price:

USD 1725

Duration:

22 days

Activities

Hiking & Trekking, Tours & Sightseeing

Accommodation:

Teahouse(Lodge to Lodge)

Meals:

Breakfast in kathmandu/All the meals during trekking

Max. Altitude:

5555m Kalapather

Group Size:

Minimum 1

Best Season:

February, March, April, May, September, October, November & December

Daily walking Hour:

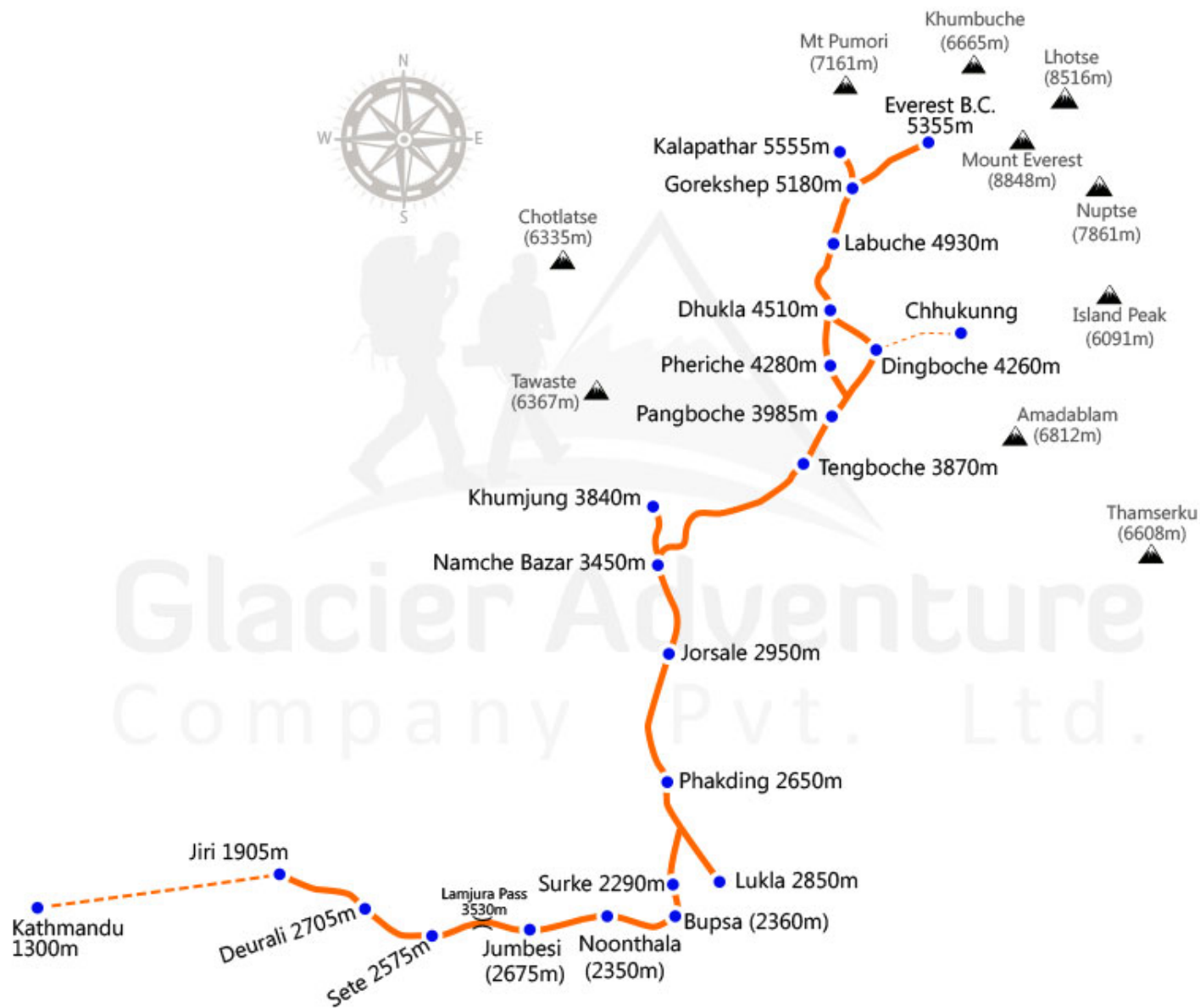
5 to 7 hours

Transportation:

Car/ Van/ Plane

Glacier Adventure
Company Pvt. Ltd.

Route Map



Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. The traveler meets Trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3: Kathmandu to Jiri (1905m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning drive bus Kathmandu to Jiri through the beautiful Nepalese countryside to reach the Jiri then transfer to the hotel rest of the time explore the around Jiri.

Day 4: Jiri to Deurali (2705m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast, the trail ascends to 2400m and descend to Shivalaya (1800m) cross cultivate fields and tiny village. After Shivalaya the trail ascends Deurali.

Day 5: Deurali to Sete (2575m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

The trail descends until Kinja (1630m). Eat lunch there. After Kinja the trail ascends until Sete. Traveler crosses many Sherpa village and monastery.

Day 6: Sete to Junbesi (2675m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the big day. When starting to walk the trail ascends. Lamijura pass (3530). The Lamjura top is the highest point between Jiri to Namche. After Lamjura the trail descends to Junbesi, Traveler sees the magnificent view of Gaurishankar, Numbur, and Dudh Kunda.

Day 7: Junbesi to Nunthala (2200m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast start to walk the cross Wooden bridge below Junbesi. After that trail Junction, The Left-hand site follows Everest base camp descending until Salung. If the weather is clear can see Mt Everest from here northeast side, continue to Nunthala through Rhododendron and pine forest, beautiful Sherpa village amazing scenery.

Day 8:Nunthala to Bupsa (2360m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

The trail descends to the Dudh Koshi River. Traveler follows the Dudh Koshi River as we head upward to Khumbu. Cross the bridge, ascends to Jubing and continue straight to Chauri Kharka. The trail ascends eastward to reach Kharikhola and descend to cross a suspension bridge. Another steep ascends finally takes us to Bupsa.

Day 9:Bupsa to Surke (2290m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

The trail from Bupsa rises through a forested stretch passing Kharte. After that, the trail ascends to Khari La pass. Enjoy the magnificent views of the Khari La pass of Gyachung Kang and Khumbila mountains among others. Descend to Puiyan and go through the ups and downs to Surke.

Day 10:Surke to Phakding (2650m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today the trail ascends until Chaurikharka. After that Traveler follows the Dudh Koshi river. Cross Chiplung and Thado Koshi village. Finally, reach in Phakding.

Day 11:Phakding to Namche Bazaar (3450m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start walking for Namche. The trail follows the Dudh Koshi River and cross suspension bridge several times to reach Jorshalle. The Jorshalle is the entrance place to Everest National Park When the cross Hillary Bridge, then trail ascends until Namche. Namche is a beautiful village surrounded by beautiful mountains.

Day 12:Namche Acclimatization day

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a acclimatized day for adjusting the thin air. Namche is the main center of the Jiri to Everest base camp trekking. There are a government office, Banks, ATM, Shops and Restaurants. After breakfast traveler goes for hiking to Khumjung Village (3840m) through Sangboche airport and Everest view hotel. On the way, the traveler enjoys with the blend of traditional customs of Sherpa indigenous peoples, views of snow-capped Himalayan range like Mt. Everest, Lhotse, Thamserku, and Amadablam.

Day 13:Namche to Tengboche (3870m)

Walking hr: 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking for Tengboche. The trail ascending until Sanasa than trail descends until Phugi Thaga after that the trail ascending until Tengboche through pine and rhododendron forest. This place has the biggest monastery in this region. The traveler sees the beautiful mountain views Mt Everest, Lhotse, Nuptse, Amadablam, Thamserku among many others.

Day 14:Tengboche to Dingboche (4360m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start walking. The trail slight down and slight up until Dingboche via Pangboche along the Imja Khola through many Sherpa villages. The traveler sees mountain views of Mt. Everest, Lhotse, Ama Dablam, Island peak among others. Dingboche is a beautiful Sherpa village. Evening time visit around.

Day 15: Dingboche to Lobuche (4930m)

Walking hr: 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers walk for Lobuche. The trail gradually ascends to Dhugla (Thukla) Before Dhukla cross wooden bridge Over Khumbu glacier after that the trail ascending to Chupki Lara. Where trekkers see memorials place that dies in Everest climbing time. Today trekkers enjoy panoramic mountain views of Nuptse, Pumori, Amadablam, and Twache etc.

Day 16: Lobuche to Gorakshep (5180m) Everest Base camp (5355m)

Walking hr: 8 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day to reach Everest base camp. Convert dream to reality. Early in the morning after breakfast start the walking. Take care, some part of the trail very difficult over Khumbu glacier. The trail follows the rocky moraine and icy glacier pond to the Gorek Shep. When reach Gorekshep drop bags in the room and eat lunch, then continue to Everest base camp. Enjoy and take your time after that back to Gorekshep.

Day 17: Gorak Shep to Kala Patthar (5555m) to Pheriche (4280 m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning, go to Kalapather to see the sunrise views. The trail ascends to Kalapather. Enjoy golden mountain views of Mt Everest, Lhotse, Nuptse, Khumbtse, Lirung, Pumori and Amadablam and many others. Take your time after that back to the hotel, eat breakfast and continue back to Pheriche or Pangboche.

Day 18: Pheriche to Namche (3450m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. When trekkers reached Everest base camp, then the trail distance longer down. Today cross few suspension bridges, rhododendron forest, beautiful Sherpa village. Enjoy in Namche with hot and good shower, good food etc.

Day 19: Namche to Lukla (2850m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast trekkers start to walk. Today is the last day of your adventure Everest base camp trekking. The trail descends to Jorshalle than continue to Thado Koshi after that the trail ascending to Lukla. When reaching Lukla re-confirm ticket and visit around Lukla in the evening time.

Day 20: Lukla to Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Early in the morning after breakfast walk to Lukla airport, then the short flight to Kathmandu, transfer to hotel in Kathmandu, Your adventures finished take a rest and relax. Enjoy the day.

Day 21:Leisure day in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcome dinner

Today is leisure day, in case of bad weather in Lukla. If, Trekkers cannot fly on scheduled date and time from Lukla to Kathmandu. Free time to go shopping, the souvenir to your family members and friends. Enjoy the day.

Day 22:Departure Day

Meal: Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Jiri to Everest base camp trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change Itinerary. However, Unlikely that Itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they change the best one of the whole group. Where a change does occur, we do everything best. We minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation two/three star hotel in Kathmandu breakfast included (4 nights)
- Welcome and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour Guide and Entrance fees
- Government license experienced English speaking Guide. Two people 1 porter and 4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Sagarmatha National Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- Flight from Lukla to Kathmandu/airport tax and Kathmandu to Jiri by bus
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, Mineral or boiled water, shower Etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which not in Price Includes.
- Excess baggage charges
- Lunch and dinner in Kathmandu (and also in the case of Early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu because of early arrival, late departure, and Early return from the mountain (due to any reason) than the scheduled.

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Jiri to Everest base camp Trekking located the remote area in the Khumbu region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan. Please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Jiri to Everest base camp Trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

Acclimatization

Glacier Adventure's Jiri to Everest base camp Trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast cause a medical condition serious enough to kill. High mountain area is less oxygen in the air. If, trekkers are wanted safe Jiri to Everest base camp Trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Jiri to Everest base camp Trekking is a remote mountain in Khumbu Region. This is suitable for Physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hour walk and some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with

some regular exercise. The best form of which is long walk in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Any accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Jiri to Everest base camp Trekking. They are innocent, helpful, experienced and Careful. Your trip leads most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

- English Language.
- Trekking guide training.
- First aid course.
- Conservation & Biodiversity

Porter care

Trekking is adventures. Porter's job is the hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable in the remote mountains of the Khumbu region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Jiri to Everest base camp Trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.