Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

Everest Base Camp Trek via Jiri: The Classic EBC Trekking - 21 Days

The Classic Everest Base Camp Trek via Jiri: EBC Trail Led by the Legends

The Everest Base Camp Trek via Jiri is an adventure unlike any other treks in Nepal. It's not just a trek; it's a journey steeped in history, culture, and breathtaking Himalayan grandeur. This route was pioneered by the first Everest summiters Sir Edmund Hillary and Tenzing Norgay in 1953.

And the trail from Jiri to EBC offers a unique and rewarding alternative to the more common Lukla route. This prolonged venture facilitates the trekkers looking for a long and rewarding journey in the **Everest region** of Nepal. Rather than escaping the local villages with Lukla flight in the commercial EBC Trekking, the trail from Jiri to Everest Base Camp offers more insight into the nature and cultural aspects of the Khumbu region.

Why Choose the Jiri Everest Base Camp Trek?

The "Classic" Everest Base Camp Trekking Experience: Trek the path that the mountaineering legends led, following in the footsteps of Everest trekking history.

Gentle Acclimatization: The Jiri route to Everest Base Camp allows for a more gradual ascent, providing ample time for your body to adjust to the increasing altitude. Also, reducing the risk of altitude sickness than the regular **EBC trekking trail from Lukla.**

Immerse Yourself in Sherpa Culture: With classic EBC trekking trail, you can venture beyond the tourist hub of Lukla. Explore the Solukhumbu region, a tapestry of Sherpa villages, traditional gompas (monasteries), and lush valleys teeming with unique flora and fauna.

Also, the gateway to the classic EBC trek includes places like Junbesi, and the highest point on Jiri i.e. Lamjura La Pass. The small settlements that we follow during our EBC trek via Jiri allows us to immerse ourselves into the culture and traditional aspects of the Khumbu region.

Less crowded Trail: Escape the crowds often encountered on the standard Lukla to EBC Trekking route. Enjoy a more peaceful and serene trekking experience via Jiri. Explore the less explored trekking trail with the untouched natural landscapes along the trail.

Trekking to EBC with Untamed Beauty of Sagarmatha National Park:

The Jiri to Everest Base Camp Trek begins with a scenic drive from Kathmandu to Jiri, a charming town nestled amidst rolling hills. From Jiri, the trail winds its way through tranquil villages, rhododendron forests bursting with color, and verdant valleys carved by glacial rivers. We hike towards Everest Base Camp dwelling into the charming floras and faunas of **Sagarmatha National Park**.

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As you ascend, the landscape transforms into a majestic tapestry of snow-capped peaks. Witness the towering presence of Numbur Chuli, Kusum Kanguru, and ultimately, the king of the Himalayas, Mount Everest, gradually unfolding before your eyes. The route also adjoins with the trails of remote and isolated trekking trails like Panch Pokhari, Numbur Cheese Circuit Trek, and many more.

Cultural Gems Along the Way:

The Jiri to EBC route isn't just about the mountains; it's a cultural immersion. Visit traditional Sherpa villages like Junbesi and Namche Bazaar, vibrant hubs adorned with prayer flags and lined with shops selling local handicrafts.

Interact with the warm and welcoming Sherpa people, learn about their rich culture and way of life, and witness the fascinating practice of Tibetan Buddhism in the serene monasteries that dot the landscape.

A Test of Grit and Resilience:

While the Jiri route offers a more gradual ascent, it's still a challenging trek. Expect daily hikes lasting several hours, navigating diverse terrain, and conquering switchbacks that test your endurance. However, the sense of accomplishment you'll feel upon reaching Everest Base Camp, standing at the foot of the world's highest mountain, will be unparalleled.

Planning Your Everest Base Camp Trek via Jiri:

The Best Time to Trek EBC via Jiri Route:

The Everest Base Camp Trek via Jiri is best undertaken during the spring season (March to May) and autumn season (September to November). These months offer clear skies, comfortable temperatures, and minimal chance of rain or snowfall. However, the trek can be organized anytime of the year but the spring and autumn months are highly recommended.

Physical Fitness:

This trek demands a moderate level of physical fitness. However, previous trekking experience is not mandatory for the trekking EBC via Jiri. Regular training that includes cardiovascular exercise and strength training is essential to prepare your body for the challenges of high altitude trekking.

Permits and Documents Required for Everest Trek via Jiri:

A special trekking permit, the **TIMS** (Trekkers' Information Management System) card, and a **Khumbu Pasang Lhamu Rural Municipality permit** are required for the Jiri Everest Base Camp Trek.

For trekking to Everest from Jiri, you need two primary permits, and you no longer require a TIMS card. These permits are only available through licensed agencies, and freelancer guides cannot provide them.

Gaurishankar Conservation Area Permit: 3,000 NPR.Khumbu Pasang Lhamu Rural Municipality Entrance Permit This permit is necessary for all trekkers entering the Khumbu region and is required from Jiri onwards. It helps regulate tourism and maintain infrastructure in the area. Cost: NPR 3,000 per person for foreigners.

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Sagarmatha National Park Entry Permit, This permit is essential for entering Sagarmatha National Park, where Mount Everest is located. The fees contribute to the conservation of the park's unique biodiversity and landscapes.
Cost: NPR 3,000 per person for foreigners. These permits are essential for trekking to Everest and are designed to help manage and protect the natural and cultural heritage of the region. Make sure to arrange them through a licensed agency.

Trek Mania Nepal offers a comprehensive packages that include permits, transportation, accommodation, meals, and guide services. Hence, get in touch with us for the arrangement of classic EBC trek.

Choosing the Right Guide for Jiri to Everest Base Camp Trek:

A knowledgeable and experienced guide is a must on the Jiri Everest Base Camp Trek. They will ensure your safety, navigate the trails, provide cultural insights, and help you acclimatize properly.

Hence, we at Trek Mania Nepal, with oodles of experience in the classic EBC route would like to offer this program with the **best trekking guides in Nepal** and services.

The Jiri Everest Base Camp Trek: An Unforgettable Adventure:

The Jiri Everest Base Camp Trek is more than just reaching the Everest base camp; it's a journey of discovery.

It's about pushing your limits, experiencing breathtaking beauty, and immersing yourself in a rich culture. It's an adventure that will leave you with memories that will last a lifetime.

Ready to embark on this classic Everest adventure? **Contact Trek Mania Nepal** today to start planning your Jiri Everest Base Camp Trek!

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PRICE INCLUDES

- Airport pickup and drop service.
- Hotel in Kathmandu (**Hotel Chhimeki 2night**).
- All food and accommodation during the trek.
- Transportation kathmandu to ramechhap.
- Lukla to Ramechhap/Kathmandu flight ticket
- Government license holder English speaking trekking guide.
- Trekking permits: Sagarmatha National park, Khumbu Pasang Lhamu Rural Municipality Entry Permit
- First aid medical box.
- T-shirt, Duffel Bag, and Trekking Map.
- Rescue Management Service.
- All Tax (13% VAT+10% Service charge).
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks.
- Visa fee to enter Nepal.
- International flight tickets and extra baggage charges.
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Travel insurance/ Rescue operation costs.
- All personal expenses (laundry, electronic device charging cost).
- All required trekking gear like sleeping bags and down jackets made available on rent.
- Tip for guide and porters.
- Hot and cold Shower.

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,300m)

Your adventure begins in Kathmandu, Nepal's vibrant capital city. After completing arrival formalities, settle into your hotel and unwind. Immerse yourself in the bustling Thamel district, a haven for trekkers and adventurers.

If there is time for a **Kathmandu Day Tour**, explore historical landmarks like Durbar Square and Swoyambhunath Stupa (Monkey Temple) to get a taste of Nepal's rich culture and heritage. This lively city serves as your base camp for the exciting journey ahead.

Day 2: Kathmandu - Jiri (1,955m) (Drive: 7-8 hours)

The journey to Jiri unfolds with a scenic drive through the foothills of the Himalayas. As you travel, captivating glimpses of the Sunkoshi River and traditional villages emerge. If time permits, consider a detour to the ancient town of Bandipur, a UNESCO World Heritage Site.

This charming town showcases traditional Newari architecture, offering a unique glimpse into Nepal's architectural heritage. Finally, arrive in Jiri, a quaint town nestled amidst rolling hills, where you'll spend the night.

Day 3: Jiri - Shivalaya (1,770m) (Trek: 4-5 hours)

Embark on your trek from Jiri, gently descending through rhododendron forests and terraced fields. Breathe in the fresh mountain air and soak in the panoramic views of the surrounding valleys. Today's highlight is a visit to the Jiri Bazaar, a traditional marketplace bustling with local handicrafts.

Here, you can witness **Sherpa** life firsthand and perhaps pick up a unique souvenir to commemorate your adventure. After a rewarding day, settle in for the night at Shivalaya, a charming village nestled amidst the foothills.

Day 4: Shivalaya - Bhandar (2,190m) (Trek: 5-6 hours)

The trail ascends steadily through lush forests, offering glimpses of the majestic Himalayas peeking through the clouds on clear days. Cross suspension bridges over cascading waterfalls, adding a touch of adventure to your journey.

Today's highlight is a stop at the Chari Danda viewpoint, where you'll be rewarded with breathtaking panoramas of the Rolwaling Himal range, a dramatic chain of snowy peaks. Capture stunning photos and cherish the unforgettable sight before continuing your trek to Bhandar, where you'll rest for the night.

Day 5: Bhandar - Sete (3,220m) (Trek: 7 hours)

The trail continues its upward climb, entering the pristine **Makalu Barun National Park**. Keep your eyes peeled for diverse birdlife and unique flora thriving in this protected ecosystem. As you ascend, the landscape transforms, offering a glimpse into the diverse natural beauty of the region. A highlight of this day is the opportunity to visit the **Nunthala Cheese Factory** (optional). Learn about the local cheesemaking process and perhaps even sample some of their delicious products. Finally, reach Sete, a picturesque village nestled amidst towering mountains, where you'll spend the night.

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Day 6: Sete - Lamjura La Pass (3,525m) - Junbesi (2,700m) (Trek: 6-7 hours)

Conquer the Lamjura La Pass, the highest point on the Jiri route. Brace yourself for a challenging yet rewarding ascent. The effort will be worth it as you're rewarded with breathtaking views of the Everest region on a clear day. Take a moment to savor the panoramic vista before starting your descent to Junbesi.

Be aware that the descent can be steep on loose gravel, so navigate carefully and take your time. Upon reaching Junbesi, a charming Sherpa village with traditional Gompas and a vibrant Saturday market, you'll be glad to rest and unwind for the night.

Day 7: Junbesi - Rest and Acclimatization Day

Today is crucial for a safe and enjoyable continuation of your trek. Junbesi serves as a designated rest day for acclimatization, allowing your body to adjust to the increasing altitude. This doesn't mean you have to be completely inactive. Explore the village at your own pace, visit the Ringmo Monastery, or hike to nearby viewpoints for panoramic vistas. Remember, the key is to avoid strenuous activity and prioritize hydration. A good night's rest in Junbesi will prepare you for the exciting days ahead.

Day 8: Junbesi - Nunthala (2,194m) (Trek: 6-7 hours)

Today's route offers a scenic descent through diverse landscapes. Lush rhododendron forests give way to traditional villages nestled amidst terraced fields. Breathe in the fresh mountain air and observe the changing scenery.

A highlight of this day is a visit to the Khari Khola Bazaar, a bustling marketplace frequented by locals. Here, you can experience the vibrant culture of the region and perhaps pick up some interesting souvenirs. After a day of moderate trekking, arrive in Nunthala, a charming village nestled along the Dudh Kosi River, where you'll spend the night.

Day 9: Nunthala - Khari Khola (2,040m) (Trek: 4-5 hours)

Enjoy a relatively easy walk along the Dudh Kosi River valley. The landscape transforms into a tapestry of verdant rice paddies and traditional villages with colorful prayer flags fluttering in the breeze. Keep an eye out for the unique architecture and friendly faces of the local people. A highlight of this day is a visit to the Taksindu Monastery, a serene gompa perched on a hilltop. Take a moment to soak in the tranquility of the monastery and admire the stunning views of the surrounding valley. Finally, reach Khari Khola, a picturesque village nestled amidst the Himalayas, where you'll rest for the night.

Day 10: Khari Khola - Phakding (2,652m) (Trek: 5-6 hours)

The trail continues alongside the Dudh Kosi River, offering ever-changing vistas of the Himalayas. Today's path is relatively gentle, allowing you to appreciate the beauty of the surrounding landscape. As you ascend, the air becomes noticeably cooler, a reminder of the increasing altitude. Finally, reach Phakding, a charming village nestled amidst towering peaks. Here, you can mingle with fellow trekkers and enjoy the warm hospitality of the local teahouses.

Day 11: Phakding - Namche Bazaar (3,440m) (Trek: 4-5 hours)

Embark on a scenic hike towards Namche Bazaar, the gateway to Everest. The trail ascends through pine forests, offering glimpses of snow-capped peaks like Thamserku and Kusum Kanguru. Cross suspension bridges over cascading waterfalls, adding a touch of adventure to your journey. Today's highlight is reaching Namche Bazaar, a

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bustling Sherpa town known as the "trekkers' capital." Here, you can explore vibrant shops selling souvenirs and outdoor gear, visit the impressive Sherpa Museum, or simply relax and soak in the unique atmosphere.

Day 12: Namche Bazaar - Acclimatization Day

Another crucial acclimatization day awaits in Namche Bazaar. This doesn't mean a day of idleness. There are several options to help your body adjust to the higher altitude. You can hike to nearby viewpoints like Syangboche for panoramic vistas of Everest and surrounding peaks.

Alternatively, explore the **Everest View Hotel**, offering stunning mountain views and a chance to sample some delicious yak butter tea. Spend the day exploring Namche Bazaar at your own pace, prioritizing hydration and rest for a successful acclimatization.

Day 13: Namche Bazaar - Tengboche (3,867m) (Trek: 3-4 hours)

Today's trek takes you deeper into the heart of the Khumbu region. The trail winds its way through rhododendron forests and yak pastures, offering glimpses of the majestic **Ama Dablam** peak. Cross the Dudh Kosi River via a suspension bridge, adding a touch of excitement to your journey.

A highlight of this day is reaching Tengboche, a picturesque village nestled amidst towering mountains. Here, you'll find the renowned Tengboche Monastery, perched on a hilltop and offering stunning panoramic views of Everest, Lhotse, and Ama Dablam. Explore the monastery and soak in the serenity of this spiritual site before settling in for the night at Tengboche.

Day 14: Tengboche - Dingboche (4,350m) (Trek: 3-4 hours)

The trail continues its ascent towards Dingboche, a small village known for its breathtaking scenery. Today's path offers gradual elevation, allowing you to adjust to the increasing altitude comfortably. As you trek, keep an eye out for the majestic Thamserku peak and the serene **Imja Tse aka Island Peak** lake reflecting the surrounding mountains.

A highlight of this day is reaching Dingboche, a traditional Sherpa village situated amidst towering peaks. Here, you'll find comfortable guesthouses and stunning views of the surrounding landscape. Enjoy a relaxing evening in Dingboche, preparing yourself for the next day's challenging hike.

Day 15: Dingboche - Acclimatization Day

Another crucial acclimatization day is essential for a safe ascent to Everest Base Camp. Dingboche offers a perfect setting for this purpose. You can embark on a short hike to nearby Nangkartshang Peak (5,083m) for panoramic vistas of the surrounding peaks.

Alternatively, explore the Imja Tse lake and its serene surroundings. Remember, the key is to avoid strenuous activity and prioritize rest and hydration. Spend the day enjoying the tranquility of Dingboche, preparing your body for the final push towards Everest Base Camp.

Day 16: Dingboche - Lobuche (4,940m) (Trek: 4-5 hours)

Today's trek takes you through a dramatic landscape of towering peaks and glaciers. The trail ascends through moraine fields and offers breathtaking views of the Khumbu Glacier, the largest glacier in Nepal. Be prepared for the

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increasing altitude as you near Lobuche.

A highlight of this day is reaching Lobuche, a high-altitude village situated amidst a dramatic glacial landscape. Here, you'll find basic guesthouses offering a chance to rest and recharge before the final ascent to Everest Base Camp.

Day 17: Lobuche - Gorak Shep (5,164m) - Everest Base Camp (5,364m) (Trek: 7-8 hours)

Embark on a challenging yet rewarding hike to Everest Base Camp. The trail traverses the Khumbu Glacier, offering an unforgettable experience. Be prepared for the cold temperatures and strong winds at this altitude. A highlight of this day is reaching Gorak Shep, the highest settlement on the trek.

Here, you can witness the majestic Pumori peak and enjoy breathtaking views of the surrounding landscape. After a brief rest, continue the trek to Everest Base Camp, a temporary settlement at the foot of the world's tallest mountain. Spend some time soaking in the awe-inspiring sight of Everest before returning to Gorak Shep for the night.

Day 18: Gorak Shep - Kalapathar (5,643m) - Pheriche (4,280m) (Trek: 7-8 hours)

Rise early for a pre-dawn hike to Kalapathar, a rocky ridge offering the closest accessible viewpoint to Everest. Witness the breathtaking sunrise paint the mountains in a golden glow, creating an unforgettable memory. Descend back to Gorak Shep and retrace your steps down the Khumbu Glacier towards Pheriche. This picturesque village nestled amidst towering peaks offers a welcome respite after the challenging climb. Enjoy a relaxing evening in Pheriche, reflecting on your incredible journey.

Day 19: Pheriche - Tengboche - Namche Bazaar (Trek: 5-6 hours)

The final day of your trek retraces your steps down the Dudh Kosi Valley. Descend through rhododendron forests and yak pastures, enjoying the changing scenery and the relief of a lower altitude. As you descend, the air becomes noticeably warmer, a welcome relief after the high altitude exposure. A highlight of this day is reaching Namche Bazaar, where you can celebrate your successful Everest Base Camp trek! Enjoy a celebratory meal, browse the shops for souvenirs, and reminisce about the incredible sights and experiences of the past few weeks.

Day 20: Namche Bazaar - Lukla - Kathmandu (Flight)

It's time to bid farewell to the majestic Himalayas! After a celebratory breakfast in Namche Bazaar, you'll descend towards **Lukla airport** for a scenic flight back to Kathmandu. Enjoy breathtaking aerial views of the snow-capped peaks as you descend. Upon arrival in Kathmandu, check back into your hotel and enjoy a relaxing evening in the city.

Reflect on your incredible journey through the Khumbu region and perhaps do some last-minute shopping for souvenirs to commemorate your achievement. Also, Trek Mania Nepal will offer a farewell dinner this evening where we share our experience of Jiri to EBC trek and celebrate the moment.

Day 21: Departure Day

Your onward flight arrangements from Kathmandu back to your home destination are not included in this itinerary. However, our team can assist you in booking a suitable flight based on your preferred airline, schedule, and budget. Also, our team will drop you at the airport with final greetings and farewell and the hope to welcoming you soon again in the near future.

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