

Jiri to Everest Base Camp Trek - 19 Days

URL: <https://nepalalternativetreks.com/trip/jiri-to-everest-base-camp-trek/>

Jiri To Everest Base Camp Trek Quick Information

Weather

-20 °C to 7 °C

Duration

19 Days

Difficulty

Moderate to Challenging

Accommodation

Lodge and Tea house

Meals Included

Breakfast, Lunch, and Dinner

Transportation

Bus

Daily Activity

5-6 hours trek

Religion

Hinduism, Buddhism, and Animism

Ethnic People

Sherpa, Rai, Tamang, Magar, Gurung

Region of Nepal

Everest/ Khumbu

Max Altitude

5,644 m (18,517 ft) at Kala Patthar

Per Person Cost

USD 1480

Best Season

Mar, Apr, May, Sept, Oct, Nov

Geographic Terrain

Green Hills, Terraced Farmlands, Subtropical Forests, Rivers, Waterfalls, Dense Forests, Alpine Valleys, Glacial Moraines, Rocky Paths, And Icy Streams

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$1,480.00
Group Of 5 - 8	USD \$1,460.00
Group Of 9 - 12	USD \$1,440.00
Group Of 13 - 18	USD \$1,420.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10

persons. And of course, guide cum porter will carry 10 kg luggage.

Jiri to Everest Base Camp Trek Overview

The **Jiri to Everest Base Camp Trekking route** is known as the “classic trail to Everest”. The journey begins in Jiri, which takes trekkers through the path that follows the footsteps of the first Everest climbers, *Sir Edmund Hillary and Tenzing Norgay*, in 1953. Thus, reaching Everest Base Camp through this route is not just about reaching the base of Mount Everest, but also about retracing the footsteps of the early Everest expeditions before the construction of Lukla Airport.

Unlike the Lukla flight, the way to **Everest Base Camp via Jiri** begins with a long walk from the mid-hills of Nepal and slowly enters the high Himalayas. Therefore, trekkers experience a gradual transition during the journey, which makes the trek unique in terms of its culture, geography, and natural beauty. From the green forests, farmlands, and rivers in the lower region, including *Shivalaya, Bhandar, Sete, Junbesi, Nunthala, and Chaurikharka*, the route leads into alpine zones with glaciers and snowy peaks, passing through *Lobuche, Gorakshep, and Everest Base Camp*.

Similarly, when trekkers choose to reach **Everest Base Camp via the Jiri route**, they experience the diversity of ethnic groups. In the lower area, trekkers can witness the Tamang communities, who celebrate Lhosar (**February-March**), and the Rai communities, who celebrate Sakela (**April-May**). As trekkers trek higher, they can observe Sherpa communities celebrating the Mani Rimdu festival, which typically falls in October or November.

Furthermore, one of the unique aspects of the Jiri to Everest Trek is the involvement of several suspension bridges along the trek that you won't experience in the direct route from **Lukla to EBC**. The **Deurali Pass (2,705 m)** lies before entering the Solukhumbu region, which offers views of lush green valleys and distant peaks. Likewise, **Lamjura La Pass (3,530 m)** lies between **Jiri and Namche** and is famous for rhododendron forests. **Takshindu La Pass (3,071 m)** offers spectacular views of the Numbur Himal. Additionally, **Khari La Pass (2,880 m)** connects Bupsa with Charurikharka.

Everest Base Camp via Jiri Highlights

- You'll walk through the historic classic route to Everest Base Camp taken by Sir Edmund Hillary and Tenzing Norgay.
- You'll experience scenic mountain passes, including Deurali Pass, Lamjura La Pass, Taksindu La Pass, and Khari La Pass.
- From Rai, Tamang, and Sherpa, the route allows you to experience diverse ethnic groups.
- You'll walk through a peaceful route that is less crowded in the initial phase of the trek, which provides a chance to experience nature's beauty and culture more profoundly.
- Walk through a diverse landscape from forested areas to rivers to farmlands to alpine zones and snowy peaks.
- Pass by remote monasteries and prayer walls that provide insights into Buddhist and Himalayan traditions.
- Experience the sense of accomplishment after reaching to Everest Base Camp and Kala Patthar after long days of trekking through Jiri.

Weather

Jiri To Everest Base Camp Trek Weather

The weather on the **Jiri to Everest Base Camp trek** varies significantly depending on the seasons and altitude. In the lower areas, such as Jiri and Nunthala, the climate is mild. However, as we climb higher around Namche, Dingboche, and Base Camp, it can become very cold, especially at night. Considering all factors, spring (March to May) and autumn (September to November) are the best times for the **EBC trek via Jiri** when the weather

January

0°C to 10°C

February

2°C to 12°C

March

5°C to 16°C

April

8°C to 18°C

May

10°C to 20°C

June

15°C to 24°C

July

17°C to 25°C

August

16°C to 24°C

September

13°C to 22°C

October

10°C to 20°C

November

6°C to 17°C

December

2°C to 12°C

Difficulty

Jiri To Everest Base Camp Trek Difficulty

The **Jiri to Everest Base Camp trek** is a moderate to challenging Trek in Nepal. The longer duration of the Trek compared to the standard from Lukla is the primary reason for Trek's challenge. Starting from Jiri means walking 6-7 extra days through many steep ups and downs before joining the main trail at Lukla. Similarly, the Trek involves several passes, making it physically demanding. Moreover, altitude sickness, unpredictable weather, and rough terrain further complicate the Trek to Everest Base Camp from Jiri.

19 Days Jiri To Everest Base Camp Trek Itinerary

Day 1: Drive From Kathmandu to Jiri

Our adventure to the **Everest Base Camp Trek via Jiri** begins today. After breakfast at your hotel, we'll make our way towards Jiri. From Kathmandu, the drive takes us east through the **Araniko Highway**. The initial part of the drive passes through the city of Bhaktapur. Usually, the road will be congested with high traffic, especially until Banepa. As we pass Banepa, we reach Dhulikhel, where we can get Himalayan views on a clear day.

Afterward, the road descends to the **Sun Koshi River valley**, then it climbs again toward Mude, passing pine forests and rolling farmlands. Beyond Mude, the road narrows and bends toward Charikot, a town in Dolakha that offers mountain views and serves as a popular stop for lunch. The final drive from Charikot to Jiri is scenic, weaving through dense pine and rhododendron forests.

As we reach Jiri, the fresh alpine air and landscapes will welcome you. Moreover, the town is so scenic that it is often referred to as the *"Switzerland of Nepal"*. The overnight stay for the day is at Hotel Yarsha or a Similar category.

Destination:	Accommodation	Altitude:
188 km / 7-9 hours Drive	Hotel	1,905 m / 6,250 ft

Meals

Breakfast, Lunch, and Dinner

Day 2: Trek From Jiri to Bhandara

From the second day, our official trek to **Everest Base Camp via Jiri** adventure begins. We'll have a warm cup of tea, then breakfast, and then start our walk. Leaving Jiri, the route takes us upward through **pine and rhododendron forests**, which pass by terraced farmlands and small villages where locals tend their fields. After a few hours of gentle climbing, the path descends toward **Shivalaya (1,770 m)**, a riverside village where we'll stop to have lunch.

After having lunch at Shivalaya, we'll continue our walk through steeper, zigzag, and dense forests, as well as stone stairways, as we ascend toward **Deurali Pass (2,705 m)**. The climb is demanding, but from the ridge, the view of **Mount Gaurishankhar** and other surrounding peaks is amazing. From Deurali, the pathways drop gradually through rhododendron and pine groves, eventually leading us to the day's destination, Bhandara.

The trekking trail between Jiri and Bhandara is a blend of steep ascents, forest paths, terraced hillsides, and cultural experiences that make your first stage of the classic route to **Jiri Everest Base Camp Trek** memorable. The day's overnight stay and dinner are at a Shova Lodge or Similar category.

Destination:	Accommodation	Altitude:
12-15 km / 6-7 hours trekking	Lodge	2,200 m / 7,217 ft

Meals

Breakfast, Lunch, and Dinner

Day 3: Trek From Bhandara to Sete

Have your morning meal at Bhandara and pack your backpack for another destination. The trek begins with a steady descent through terraced fields and forests toward the **Likhu Khola Valley**. After two to three hours of downhill walking, we'll get to **Kinja (1,630 m)**. It is a stunning village lying on the riverside where we'll stop to have lunch. From Kinja, the route shifts as the pathway climbs uphill, first slowly and then more steeply.

The path winds through dense forests of *rhododendrons, magnolias, and pines*. After several hours of

continuous ascent, the route finally reaches Sete. There, we'll check into our lodge and freshen up. At around **7:00-8:00 AM**, we'll have our dinner at the same lodge and go to sleep early.

Destination:	Accommodation	Altitude:
18-20 km/ 7-8 hours trekking	Lodge	2,575 m / 8,448 ft

Meals

Breakfast, Lunch, and Dinner

Day 4: Trek From Sete to Junbesi

Day four starts with a warm cup of tea and a hearty breakfast at Sete. Afterward, we'll be ready to continue our **Jiri to EBC trek journey**. The trek starts with a steep rise through dense forests of oak, magnolia, pine, and rhododendron. Similarly, the trek passes through the *small villages of Goyam and Lamjura*. As the trek continues, we make our climb towards **Lamjura La Pass (3,530 m)**, the highest point between Jiri and Namche Bazaar.

From the pass, the path descends through alpine meadows, conifer groves, and a Sherpa village, eventually showcasing first distant views of **Everest, Lhotse, and Thamserku**. The Sete to Junbesi section of the trek is quite challenging due to the long distance and the challenging sections. After a long and tiring day, we'll spend our night at either **Apple Garden Hotel** or **Sherpa Guide Lodge**.

Destination:	Accommodation	Altitude:
14 km / 6-8 hours trekking	Lodge / Hotel	2,680 m / 8,792 ft

Meals

Breakfast, Lunch, and Dinner

Day 5: Acclimatization Day at Junbesi Rest Day For Acclimatization.

Junbesi, located at an elevation of **2,680 m above sea level**, serves as our first acclimatization stop on the classic **Everest Base Camp Trek from Jiri**. The primary reason for including an acclimatization day here is to allow you to adjust to the changed temperature and feel comfortable for the **high-altitude treks** ahead. The risk of altitude sickness becomes a concern as we reach **above 2,500 m**, so Junbesi is ideal for staying an extra day and allowing our bodies to adjust to the changed temperature.

Trekkers often use the day to explore the village, as Junbesi is one of the most beautiful villages in the **Solu-Khumbu region**. We can also go for a hike to **Thubten Chholing Monastery**, a religious center in the area founded in the 1960s by **Trulsik Rinpoche**.

In addition, **Phugmochhe (3,000 m)** is a popular side trip on the acclimatization day at **Junbesi**. **Phugmoche** is a ridge-top viewpoint that provides panoramic vistas of *Everest, Lhotse, Makalu, and Thamserku* on clear days. After a day hike and visit, we'll return to our accommodation point at Junbesi and spend another night there.

Accommodation	Altitude:	Meals
Lodge/Hotel	2,680 m / 8,792 ft	Breakfast, Lunch, and Dinner

Day 6: Trek From Junbesi to Nunthala

With the fresh energy of **Junbesi's acclimatization**, we'll continue our way to reach the Everest Base Camp. The trek begins with a crossing of the *Junbesi Khola via a wooden bridge*, followed by a gradual climb through pine forests and terraced fields. After a constant ascent, the pathway reaches a ridge near **Phurteng (approximately 3,100 m)**, where we can enjoy our first full view of **Mount Everest** and the surrounding peaks, including *Lhotse, Makalu, and Thamserku*.

From **Phurteng**, the pathway continues through Sherpa settlements and small chortens, which slowly descend through rugged mountains towards **Ringmo village**. The village is famous for its apple orchards and delicious apple-based products, where we'll stop to have lunch and rest. After leaving Ringmo, the trail takes us to the **Taksindu La Pass (3,071 m)**. At the top, there is a beautiful monastery, **Taksindu Monastery**, an important spiritual site for local Sherpas, and it is worth a short visit.

The final part of the trek involves a steep descent through *forests of rhododendron and pine*. Similarly, we pass small streams and rural hamlets before reaching **Nunthala (2,200 m)**. The day's overnight and dinner are at the **Shangrila Guest House**.

Destination:	Accommodation	Altitude:
13 km / 6-7 hours trekking	Guest House	2,440 m / 8,005 ft

Meals

Breakfast, Lunch, and Dinner

Day 7: Trek From Nunthala to Bupsa

We leave **Nunthala** and make our way towards Bupsa on the seventh day. The initial phase of the walk takes us downhill to terraced fields, forests, and small Rai and Sherpa villages that lead us to the **Dudh Koshi River**. Then, we'll cross a long suspension bridge over the roaring river, which is indeed a thrilling moment. From the river, the pathway begins a long and demanding ascent.

The path passes **Jubing (1,680 m)**, a large Rai village, and **Khari Khola (2,050 m)**, a Sherpa village. At Khari Khola, we'll stop for a while to have lunch. From Khari Khola, the route becomes steeper as it winds upward toward **Bupsa**. The climb is tough, but the views of forested slopes and distant ridgelines will motivate us. As we get to Bupsa, we'll settle into **Everest Guest House** or a similar category for our night stay and dinner.

Destination:	Accommodation	Altitude:
12 km / 5-6 hours trekking	Guest house	2,360 m / 7,742 ft

Meals

Breakfast, Lunch, and Dinner

Day 8: Trek From Bupsa to Chaurikharka

After having breakfast at Bupsa, we'll leave the village and continue our way to the next destination. Leaving Bupsa, we'll walk through a narrow forested section with rhododendron and oak forests, accompanied by birdsong. Continuing the trek, the path leads to Kharte, a small settlement where

trekkers often stop for tea or snacks before continuing upward toward **Khari La Pass (2,880 m)**. Views of rolling valleys and high ridges, along with Khumbu peaks, are astonishing from the pass.

After the pass, the trail descends through forests and villages and takes us to Puiyan, a Sherpa village with several teahouses. The final walk, a gentle descent, takes us to our final destination, **Chaurikharka**. There, we'll settle in the **Kusum Khang View lodge** or similar category accommodation for an overnight stay.

Destination:	Accommodation	Altitude:
11 km / 6-7 hours trekking	Lodge	2,710 m / 8,891 ft

Meals

Breakfast, Lunch, and Dinner

Day 9: Trek from Chaurikharka to Namche Bazaar

The ninth day of the trek connects us with **Namche Bazaar**, the heart of the **Khumbu region**. We will leave *Chaurikharka* early after breakfast, traveling through cultivated fields and small villages until we reach **Chheplung**. The village officially joins the main Everest trail used by trekkers flying into Lukla. From there, the path follows the **Dudh Koshi River**, crossing suspension bridges and passing through settlements like **Ghat** and **Phakding**.

As we continue, we'll reach **Monjo village**, where we enter the **Sagarmatha National Park**, a **UNESCO World Heritage Site**, by checking in with our permit. After checking in, we'll make our final walk towards **Namche Bazaar**, which includes passing through the village of Jhorsalle and the iconic **Hillary Suspension Bridge**. After a long day of trekking, we'll reach **Namche Bazaar**, where we'll settle in Khumbu Lodge or a similar category lodging point for the day's stay.

Destination:	Accommodation	Altitude:
18-20 km / 7-8 hours trekking	Lodge	3,440 m / 11,289 ft

Meals

Breakfast, Lunch, and Dinner

Day 10: Acclimatization day at Namche Bazaar

It's another acclimatization day on your Jiri to EBC Trek. Every trekker heading to Everest Base Camp spends an extra day here to help their body adjust to the higher altitude. On this day, you'll hike uphill to the Everest View Hotel and Khumjung village instead of relaxing at your accommodation point all day.

You'll leave Namche Bazaar after breakfast. Within about 20 minutes, you'll be high above the village, and the views of the Kongde peaks look amazing. After around 1.5 hours of climbing, the route takes you near Syangboche Airstrip. A short walk from the airstrip takes you to the Everest View Hotel at about 3,880 m, one of the highest hotels in the world. From the hotel, you can see Mount Thamserku, Kangtega, and the peak of Ama Dablam. In the distance, you'll also see Mount Everest along with Nuptse and Lhotse.

From the hotel, the trail goes downhill through rhododendron bushes and juniper shrubs before reaching

Khumjung. It is one of the largest Sherpa villages in the Khumbu region. Khumjung is a peaceful village with stone-walled potato fields, yaks and dzokyo grazing, colorful prayer flags, and traditional Sherpa homes. There, you can visit Khumjung Monastery and Khumjung Secondary School. After exploring the villages, you'll descend to Namche Bazaar for an overnight stay.

Destination:

8 km Trek (3 hours)

Accommodation

Lodge

Altitude:

3,750 m / 12,303 ft

Meals

Breakfast, Lunch, Dinner

Day 11: Namche Bazaar to Tengboche

Today, you leave Namche Bazaar and head towards Tengboche. The walk is also the start of a new stage of the Everest Base Camp trek. As you walk, the crowds become smaller with wider and more stunning views of the surrounding landscape. The trail follows the hillside above the Dudh Kosi River via flat sections for the first hour. Along this section, you'll get your first clear views of Everest, Lhotse, and Ama Dablam lying side by side. Along the way, you'll also pass colorful prayer flags, carved mani stones, and chortens, a sign of respect for local Buddhist traditions.

After hours of walking, you reach Sansa, a small junction with a few teahouses and shops selling yak wool products. After Sansa, you reach Phunki Thenga, a small riverside stop with numerous teahouses and a perfect spot for lunch. After lunch, you continue your trek and cross a suspension bridge over the Dudh Koshi River. Then, the route climbs towards Tengboche, winding through a dense forest on a series of switchbacks. At this section, especially after a full morning of hiking, the climb can feel challenging. But, it's worth it once you get to Tengboche and find yourself surrounded by Ama Dablam, Everest, Nuptse, Lhotse, and Thamserku. The day's overnight stay is at Tengboche village.

Destination:

9-10 km (4 to 6 hours)

Accommodation

Lodge

Altitude:

3,860 m / 12,664 ft

Meals

Breakfast, Lunch, Dinner

Day 12: Tengboche to Dingboche

Wake up to the sound of bells ringing and monks chanting Buddhist prayers at Tengboche Monastery. You can also explore the monastery and seek blessings before starting the day's trek. After breakfast, take an easy downhill walk from Tengboche through a peaceful forest. The trail passes Deboche, a small village with a Buddhist nunnery and some of the last dense forest on the Everest Base Camp route.

Continuing the trek, you'll cross the Imja Khola on a suspension bridge. The trail then reaches Pangboche, one of the oldest Sherpa villages in the Khumbu and home to a historic monastery. After Pangboche, the treeline disappears and the landscape changes into open, rocky terrain. Around this point, many trekkers begin to feel the effects of the thinner air. So, staying hydrated and maintaining a proper pace is necessary here.

The trail continues through Shomare and Orsho, two small groups of teahouses. After this, the route

divides. Most trekkers take the higher path toward Dingboche instead of the lower route through Pheriche. You'll also take the Dingboche route, which is also your day's destination.

Destination:
10.5-10.8 km (5-6 hours)

Accommodation
Lodge

Altitude:
4,350 m / 14,355 ft

Meals

Breakfast, Lunch, Dinner

Day 13: Acclimatization day at Dingboche

By the time you reach Dingboche, the journey starts to feel challenging. You are above the treeline where the air is much thinner, and breathing feels slightly more difficult than before. Thus, the thirteenth day on the Jiri to Everest Base Camp Trek is the third and final acclimatization day. Like the acclimatization days in Junbesi and Namche Bazaar, you'll follow the golden rule of high-altitude trekking: "climb high, sleep low" on this day.

You'll have an early morning breakfast at Dingboche, then make a hike to Nagarjun Hill (also called Nangkartshang). It is a tough climb, with a steep trail, many switchbacks, and loose rocks underfoot. Within 2.5 hours of walking, you reach the viewpoint, located at an elevation of 5,083 m. Reaching the viewpoint is the achievement of the day, as you'll get one of the most stunning views of the entire trek. For the first time, Makalu, the world's fifth-highest mountain, comes into sight along with Ama Dablam, Lhotse, and Taboche.

After spending some time at the viewpoint, you'll return to Dingboche by lunchtime. At the village, you can explore bakeries and cafés and spend the rest of the day exploring around Dingboche. Overnight stay and dinner at Dingboche village.

Destination:
5-5.7 km round trip (4 hours)

Accommodation
Lodge

Altitude:
4,350 m / 14,355 ft

Meals

Breakfast, Lunch, Dinner

Day 14: Dingboche to Lobuche

After a pleasant acclimatization day, your body now feels lighter and fresher. You'll have a hearty morning meal and leave Dingboche for the day's hike to Lobuche. The path follows a wide, open valley with the Imja Khola flowing below. The view of Ama Dablam that has been accompanying you now slowly disappears, giving way to new views of Pumori and Cholatse.

As you continue the trek, you reach Thukla, a small group of teahouses that provide a good place to stop for tea or lunch. Here, you'll cross a small wooden bridge over the stream. At the top of Thukla, the trail reaches an open, windy plateau filled with memorials and stone cairns dedicated to Sherpas and climbers who lost their lives on Everest and other Himalayan peaks.

Beyond the memorials, the trail becomes flatter and follows the side of the Khumbu Glacier. Here, the altitude makes every step more difficult, and breathing becomes harder. After a tough walk, you'll arrive

at Lobuche, where you'll spend the night.

Destination:

8-9 km (4.5 to 6 hours)

Accommodation

Lodge

Altitude:

4,900 m / 16,170 ft

Meals

Breakfast, Lunch, Dinner

Day 15: Lobuche to Gorak Shep to Everest Base Camp

It's a big day. The morning begins with a walk along the side of the Khumbu Glacier. The trail crosses uneven rocks and gravel, with parts of the glacier's rough, broken ice visible below. As you walk, views of Pumori and Nuptse seem closer, encouraging you not to give up. After a few hours of walking, you'll arrive at Gorak Shep.

At Gorak Shep, you'll take a short rest, leave your backpack, and continue walking toward Everest Base Camp with a daypack. The walk from Gorak Shep to Everest Base Camp is one of the toughest parts of the entire trek. The main challenge isn't the climb itself, as the elevation gain is small, but the difficult terrain and the high altitude. The trail crosses onto the Khumbu Glacier's rocky moraine, where the path is uneven and covered with loose rocks, so careful walking is necessary.

As you reach the base of Mount Everest, you might feel emotional. Reaching Everest Base Camp is not only about the mountain views but also about the overwhelming sense of achievement. After more than a week of walking through high mountains and thin air, you'll stand on the same glacier that countless Everest expeditions have crossed before their climbs. Although Mount Everest is hidden from Base Camp, you'll take a moment to admire Mount Nuptse, Pumori, and the Khumbu Icefall. Afterward, return to Gorak Shep via the same trail for an overnight stay.

Destination:

12-15 km (8-10 hours)

Accommodation

Lodge

Altitude:

5,100 m / 16,830 ft

Meals

Breakfast, Lunch, Dinner

Day 16: Gorak Shep to Kala Patthar to Pheriche

After the long journey to Everest Base Camp, this day provides a different experience with the best mountain views of the entire trek. The day begins before sunrise with a climb up Kala Patthar using headlamps in the dark. The path is steep and uneven, with loose rocks, while the cold, thin air makes the climb harder. Once you reach the top, every effort is worth it.

Kala Patthar is the highest point of the Everest Base Camp trek and the best vantage point for a close-up view of Mount Everest. As the sun rises, its first rays light up Everest's summit, along with Nuptse, Lhotse, and Pumori, turning the entire mountain range golden. Capture an unforgettable sunrise and celebrate your achievement. Afterward, descend back to Gorak Shep, have breakfast, and leave the village.

From Gorak Shep, the trail follows the same path back toward Lobuche. Instead of returning through

Dingboche like the route up, the trail takes you along the lower route toward Pheriche. The walk is long, but it feels easier after the tough climb to Kala Patthar. After spending several days at higher altitudes, reaching Pheriche brings a sense of relief as the air feels easier to breathe and your body begins to recover. Stay overnight at Pheriche.

Destination:

12-17 km (6 to 9 hours)

Accommodation

Lodge

Altitude:

4,250 m / 14,025 ft

Meals

Breakfast, Lunch, Dinner

Day 17: Pheriche to Namche Bazaar

As usual, the day begins with a filling breakfast before leaving Pheriche and descending toward Namche Bazaar. The path descends to the Imja Khola, then climbs back up to the junction near Orsho, where the upper and lower routes meet. From there, the trail follows the familiar route through Shomare and back toward Pangboche, with views of Ama Dablam.

This time, the walk feels much easier than it did on the way up. As you pass Pangboche, the route enters a forest of rhododendron and birch trees. The trail then climbs back up to Tengboche, where you can stop for lunch. From Tengboche, the trail descends through the forest to Phunki Thenga beside the Dudh Koshi River. After crossing the river, there is a short but steep climb back up to the trail leading toward Namche. Overnight stay and dinner at Namche Bazaar.

Destination:

14-20 km (6 to 8 hours)

Accommodation

Lodge

Altitude:

3,440 m / 11,352 ft

Meals

Breakfast, Lunch, Dinner

Day 18: Namche Bazaar to Lukla

The eighteenth day marks the final day of the Jiri to Everest Base Camp Trek. Physically, this is one of the easier days of the trek, but emotionally, it's the heaviest. The morning begins with the steep switchback descent from Namche. The path then drops toward the Dudh Koshi River and passes through the Sagarmatha National Park checkpoint, where permits are checked one last time.

Soon, the trail reaches the high suspension bridges over the Dudh Koshi Gorge, including the famous Hillary Bridge. After crossing the bridges, the trail follows the route through Jorsale, Monjo, and Phakding. The final walk to Lukla is busy with porters, mule trains, and trekking groups moving in both directions. Spend the final night in the Everest region.

Destination:

17-19 km (8 hours)

Accommodation

Lodge

Altitude:

2,800 m / 9,240 ft

Meals

Breakfast, Lunch, Dinner

Day 19: Lukla to Kathmandu

Have breakfast at Lukla and prepare for your flight to Kathmandu. According to your flight schedule, our representatives will take you to the airport. As the flight takes off, the plane flies over the Dudh Koshi Valley, offering a final aerial view of the mountains you trekked through for about three weeks. Landing at Tribhuvan International Airport feels like a sudden change of world. It also marks the end of your adventure and our services. If you need any assistance, we'll be glad to help you.

Destination:	Altitude:	Meals
Flight (35 minutes)	1,295 m / 4,273 ft	Breakfast

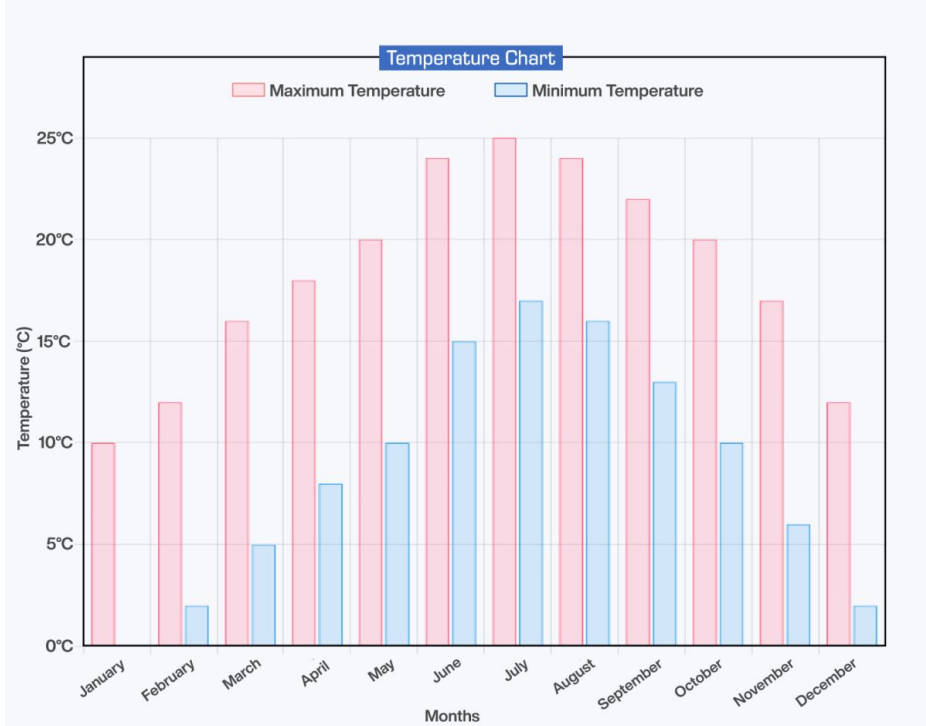
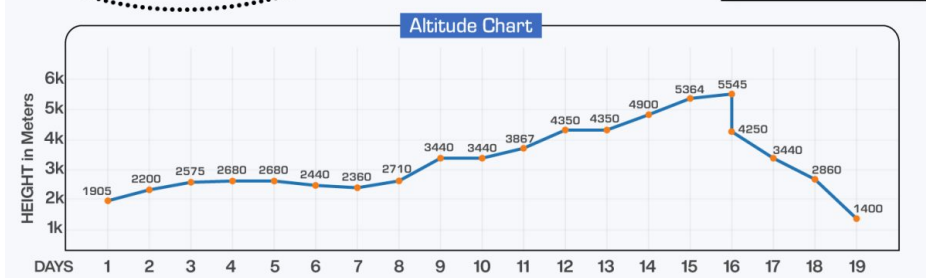
What's Included

- Tribhuwan International Airport Pick Up and Transfer to Hotel in Kathmandu.
- Lodge (Twin share base) accommodation during the trek.
- All meals (Breakfast, Lunch, Dinner) during the trek.
- One experienced, well-trained, fluent English-speaking, friendly, specialized in the Everest region, and government-authorized trekking guide
- 1 Porter for 2 people and keep the weight 20kg per person
- Guide and porter's food, accommodation, salary, insurance, and transportation, etc.
- Return Flight From Lukla To Kathmandu.
- Sagarmatha National Park fee and Pashang Lhamu Rural Municipality Entry fee.
- Overland transportation as mentioned in the itinerary.
- A trekking map, duffel bag, first aid kit box, Oxygen saturation check up every day, water purification, company T-shirt, and trekking completion certificate.
- Assistance for emergency rescue evacuation.
- All kinds of service charges and government taxes.
- Public Liability Insurance.

What's Excluded

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, Coke, Fanta, mineral water, beer, hot shower, hot water, laundry, phone bill, etc.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee.
- Tips for guide and porters.(Highly suggested).

Route Map



Additional Trip Information

History of the Jiri to Everest Base Camp Trek Route

The **Jiri to Everest Base Camp trek** is the original and historic route to Everest. Historically, Sir Edmund Hillary, Tenzing Norgay, and other early expeditions used the route before the construction of Lukla Airport. Once known as the “*Pioneers’ Route*” or “*Hillary Trail*,” it was the only way to approach Everest Base Camp until air access changed trekking patterns. For that reason, Jiri was often referred to as the “Gateway to Everest.”

With the rise of **Lukla flights**, the Jiri route slowly declined in popularity, though it remains valued by trekkers seeking to walk in the footsteps of early mountaineers. However, even after the Lukla airstrip opened in **1964**, many expeditions in the **1960s and 1970s** still preferred the Jiri route due to the perceived risks at Lukla airport. Sherpa elders say that the *Jiri route acted as a cultural bridge as it allowed climbers to experience the gradual change from Hindu hill culture in Dolakha to Sherpa Buddhist culture in Khumbu.*

Jiri Route vs. Direct Flight to Lukla

Aspect	Jiri Route	Direct Flight to Lukla
History	The original route used by Hillary, Tenzing, and early expeditions before 1964.	Became popular after Lukla Airport was built in 1964.
Starting Point	Drive to Jiri from Kathmandu	Flight from Kathmandu or Ramechhap to Lukla.
Duration	18-19 days round trip	10-12 days round trip
Distance	180 km	120 km
Altitude Risk	Gradual gain in altitude so lower risk of altitude sickness	Sudden jump to 2,860 m at Lukla so higher risk of altitude sickness.
Difficulty	Physically more demanding due to repeated ups and downs.	Moderate difficulty; main challenge is altitude.
Crowd	Quiet with fewer trekkers	Very crowded, especially in peak seasons.
Suitable for	Trekkers with extra time, seeking tradition, culture, and challenge.	Trekkers with limited time prioritize convenience.

Kathmandu to Jiri Route Summary

The Kathmandu to Jiri route is the classic and historic way to begin the trek to Everest Base Camp. Starting from Kathmandu (1,400 m), the journey begins with a long road drive eastward towards Bhaktapur via Araniko Highway. It is an 8-10 hour bus ride on winding, bumpy roads to Jiri (1,955 m) in Dolakha District. Yet, in recent years, many trekkers have begun trekking from Salleri or Bhandar,

accessible by jeep, which saves a couple of days of walking compared to the original Jiri start.

From Jiri, the official trek towards the Everest region starts, passing through villages such as Shivalaya, Bhandar, Sete, Junbesi, Nunthala, and Kharikhola before reaching Phakding. From Phakding, the route merges with the modern Lukla-to-EBC trail and follows the route via Namche Bazaar, Tengboche, Dingboche, Lobuche, Gorakshep, and finally to Everest Base Camp.

Kathmandu to Jiri Transportation Option

- **Local Bus:** This is the most common option, available from Kathmandu Bus Park. It is also the most affordable option, costing NPR 700-1,000 (approximately USD 6-8). However, the journey takes longer, usually 8-10 hours.
- **Jeep/Private Vehicle:** It is a more reliable and faster option, chosen by most trekkers today. A private jeep from Kathmandu to Jiri costs around NPR 15,000-18,000 (USD 110-140) for the whole vehicle, which can be shared among 6-7 passengers. It takes 7-8 hours by jeep and is more comfortable.
- **Shared Jeep:** This is another popular option for budget-conscious trekkers who prefer more comfort and speed over the bus. Shared jeep generally costs NPR 1,500-2,500 (USD 12-20) per person.

Hidden Villages You'll Discover on the Jiri to Everest Base Camp Trekking

While many trekkers today begin their Everest journey with a short flight into Lukla, those who take the longer route from Jiri are rewarded with something truly special: the chance to explore hidden villages. The villages we'll pass by preserve an authentic character of rural Nepal, blending Sherpa, Rai, and Tamang cultures. The hidden villages you'll discover on the Jiri to Everest Base Camp Trekking are:

Bhandar (2,200 m)

Bhandar is one of the first major villages after leaving Jiri. Lying in the scenic valley, the terraced farmland surrounds the village. The Tamang and Sherpa communities reside in the town, which is renowned for its traditional stone houses and small monasteries. Moreover, Apple orchards and fields of millet and maize define the village's landscape.

Sete (2,575 m)

Sete is a small hamlet lying on the slopes above Bhandar. The village has limited teahouses and is surrounded by rhododendron forests. Thus, Sete feels isolated and peaceful. The lack of development here allows trekkers to experience a genuine sense of the Himalayas and the thrill of trekking.

Junbesi (2,680 m)

Junbesi is the most beautiful village on the Jiri to EBC route. Unlike villages located at higher altitudes, Junbesi remains a peaceful and traditional community. The Thubten Chholing Monastery is the highlight of the village, home to hundreds of monks and nuns who practice Tibetan Buddhism.

Ringmo (2,720 m)

It is a charming Sherpa village famous for its apple orchards that offers a refreshing stop along the trek. Thus, trekkers can taste locally made apple cider and apple pies in the village. Moreover, the surrounding hills and forests make Ringmo one of the coziest and most authentic places to pause on the

journey.

Nunthala (2,200 m)

Nunthala is a small and beautiful village that comes after a long downhill walk from the Lamjura La pass. The town serves as a cultural hub, acting as a bridge between the Sherpa and Rai communities. The majority of people here are Sherpa, Rai, and other local groups. They grow crops such as maize, millet, and potatoes, and many families operate tea houses for trekkers.

Bupsa (2,360 m)

Bupsa is a small village that comes after Nunthala and the Dudh Kosi River crossing. Trekkers usually stop at Bupsa for rest because the trail from here becomes steep and challenging. It is a simple place with friendly people, basic food, and warm tea houses. Many trekkers remember Bupsa as a calm and welcoming location before the route gets tougher on the way to Namche Bazaar.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun***. Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable***. You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip

cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements,

but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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