

Everest Trek via Jiri

This is the classic Everest trek. You will experience an unbeatable combination of natural beauty and cultural splendor. The immense contrasts in altitudes, type of vegetation and mix of lifestyles are the main highlight of this trek. One can enjoy beautiful mountains views, verdant terraces and Himalayan streams and water falls as the trail crosses through villages and landscapes covered by rhododendron, magnolia and giant forests. The mountains to be sighted during the trek are Gaurishanker, Number Himal, Kwangde, Twache, Nuptse, Lhotse, Amadablam, Thamsherku and Everest.

The trek begins at Jiri (1905m). The trail heads eastward through the lovely forested hills of Solu and over the 3530m Lamajura Pass. Monasteries and uninterrupted mountain views lie ahead. The portion of the trek from Jiri to Lukla is often quiet, and therefore much better trekking country. We cross the Lamjura La, and Thaksindo before descending towards the raging river of the Dudh Kosi. We follow the “Dudh Koshi river” north through terraced hillsides and small villages to join the main Everest trail below Lukla.

Highlights of the trek

Crossing of Lamjura pass. Experience Sherpa culture in Junbesi. Explore Sherpa museum in Namche Bazar, Panoramic view from Syanbuche. Experience Sherpa culture in Khumjung village. Visit Tyangboche Monastery Grand mountain views from Kalapatat. Spectacular views of glacier from Everest base camp.

Trek dates

Daily from September to late December and February to late June

Also Scheduled Group Treks

Trek Details

Trek dates

Daily

Season

October to late December and end of February to May

Duration

24 days

Trekking days

20

Trekking grade

Medium-Hard

Maximum altitude

5545m

Starting point of trek

Jiri

Finishing point of trek

Lukla

Trek style (accommodation)

Tea House

Meals & Drinks

Read more

Equipment

View list

Trek code

E5

Detailed Itinerary

Itinerary can be customized according to your needs and length of stay.

Day 01 - Arrival in Kathmandu

Upon arrival at Kathmandu International Airport transfer to your hotel in Kathmandu or Bhaktapur. Short briefing will follow concerning the necessary formalities and your trekking itinerary. Depending upon your arrival time you may spend free time visiting nearby sanctuaries or resting.

Day 02 - Sightseeing / Cultural Day in Kathmandu Valley

Half day sightseeing around UNESCO Bhaktapur / Kathmandu where your guide will escort you on a tour of Buddhist and Hindu temples and shrines reflecting ancient local traditions. There is time to explore the city's many places of interest on your own or take a rest while trekking permits are finalised. In the evening sample a delicious traditional Nepali dinner. Overnight in Kathmandu.

Day 03 - Kathmandu to Jiri

Today your guide will pick you up from your hotel early mornings for transportation to Jiri by private transport. Although Jiri is only 188 km away from Kathmandu, the trip will take us still around 6 hrs. Overnight in Jiri.



Day 04 - Jiri to Shivalaya (1810m)

We start our trek at the end of the paved road in Jiri. After crossing a stream the track leaves the road and starts to climb uphill through trees to several wooden bhattis at the tiny settlement of Bharkur. We keep climbing to the Mali Danda (2440m), from where there are good views of the peaks near Rolwaling. Beyond Mali Danda we descent into the Khimti valley through the sparsely populated Sherpa settlement of Mali at 2220m and continue our way to the crossing of the Yelung Khola river at 1860m. After crossing the Khimti Khola rivere on another suspension bridge we will reach Shivalaya (4 hrs).

Day 05 – Shivalaya to Bhandar (2250m)

From Shivalaya we start the day with a steep ascent towards the pass at Deorali (2730m). On our way to this pass we will cross numerous streams and walk through the villages of Sangbadanda (2180m), Khasrubas

(2330m) and Mahabhir (2590m). From Deorali pass we steeply descent on stone steps through fields and pastures Bhandar, where we will spend the night (5 hrs).

Day 06 – Bhandar to Sete (2520m)

From the village square at Bhandar the trail descends through the lower fields of the village, passing the small settlements of Doharpa and Baranda before crossing the Tharo Khola river on a steel bridge at 1480m. As we follow the east bank of the river we climb towards Kenja (1600m), a settlement inhabited by Newars and Magars. As we leave Kenja we start to ascent steeply towards Chimbu (2170m) and continue on towards Sete where we will spend the night (7 hrs).

Day 07 – Sete to Junbesi (2580m)

From today our trek is completely in Sherpa country and starts by climbing from Sete to the top of the 3530m high Lamjura Bhanjyang. The way is scenic and varied through forests of rhododendron, magnolia, maple and birch. This section of the trail is also well known for spotting birds like sunbirds, minavets, flycatchers, laughing thruses and many others. Lamjura Bhanjyang is the highest point on the trek between Jiri and Namche Bazaar and is marked by a tangle of stones, twigs and prayer flags. On the eastern side of the pass the route descends steeply for about 400m through fragrant fir and hemlock forests and then levels out passing the small village of Tragdobuk (2830m). Continuing our way down we will arrive in Junbesi, a splendid Sherpa village amid beautiful surroundings (6 hrs).

Day 08 – Junbesi to Nhuntala (2200m)

After leaving Junbesi in the morning we cross the Junbesi Khola river and then climb steeply uphill, contouring above the houses to the end of the ridge. From here we have excellent views of Everest, Thamserku (6608m), Kantega (6779m) and Mera Peak (6654m). This is the first view of Everest on this trek, although the lower peaks in the foreground seem to dwarf the higher, more distant mountains. After passing the Ringmo Khola river, the trail ascends to Ringmo village, with its abundant fruit orchards. Beyond Ringmo we climb to the Trakshindu La pass (3071m), where we can see the isolated monastery of Trakshindu, a superb example of Sherpa architecture. We now descent through forests of conifer and rhododendron, passing shepherds' huts and bhettis alongside the trail until we reach Nhuntala (6 hrs).

Day 09 – Nhuntala to Bupsa

From Nhuntala the descent continues to the Dudh Kosi ('Milk River') and cross this river using a 109m long suspension bridge (1510m). Our trek then climbs out of the river valley through fields of barley, wheat and corn to the sprawling Rai village of Jubing (1680m). We continue to climb up a ridge to a Sherpa village named Khari Khola (2010m). Beyond this village we climb past some water driven mills to Bupsa (5 hrs).

Day 10 – Bupsa to Chablung (2700m)

Our trek today starts with a gentle climb, passing the village of Kharte and continues on through forests inhabited by monkeys. From this part of the trek we can admire views of Cho Oyu (8153m). We keep climbing the ridge till we reach the teashop on Khari La pass at 2840m. From the pass, the trail descends into the deep canyon of Puiyan Khola. After crossing this river on a wooden bridge we reach the small settlement of Puiyan (2770m). The trail climbs up and down for about an hour after Puiyan to a ridge that offers a good view of the Khumbu region and then descends 500m towards Surkha (2290m). Continuing our trail upwards again, we climb through a jumble of boulders, passing some wonderful mani walls until we reach the village of Chablung (7 hrs)

Day 11 – Chablung to Namche Bazaar

After leaving Chablung we will cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called “trekking peaks”. Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and climb to Phakding. From Phakding we follow the valley of the Dudh Kosi river, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola river and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m). Namche Bazaar is the main trading centre in this region and features numerous shops, hotels and restaurants (7 hrs).

Day 12 - Acclimatisation in Namche Bazaar

Acclimatisation is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Shyangboche airstrip (3790m), from where we will slowly ascent towards Khunde passing numerous chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here we will follow a steep switchbacking trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar (5 hrs).

Day 13 – Namche Bazaar to Tengboche and Deboche (3860m)

Our route of today to Tengboche weaves in and out of side valleys, making small ups and downs, to the teashops of Kenjoma, and joins the trail from Khumjung just before a collection of mani stones. The views of Everest and Ama Dablam are excellent from this part of the trek. We pass the small settlement of Sanasa from where the trail drops towards Phunki Thanga (3250m). From here the trail climbs steeply through forests and around mani stones as it follows the side of a hill to the saddle on which the monestary of Tengboche sits at 3870m. The view from here is rightly deemed to be one of the worlds most magnificent. Kwangde (6187m), Tawachee (6542m), Everest, Nuptse, Lhotse (8501m), Ama Dablan, Kantega and Thamserku provide an inspiring panorama of Himalayan giants. From Tengboche we end our day by descending for about 30 minutes through forests of birches, conifers and rhododendrons to the village of Deboche where we will spend the night at an idyllic Sherpa lodge . (5 hrs).

Day 14 – Deboche to Dingboche (4240m)

From here the level trail passes many mani walls in a deep rhododendron forest. After crossing the Imja Khola River the route climbs past some magnificently carved mani stones to Pyangboche (3860m). This is the highest year-round settlement in the valley, and the Pangboche gumpa is the oldest in Khumbu and contains relics that are said to be the skull a yeti. Beyond Pangboche the route enters alpine meadows above the tree line, mostly consisting of scrub juniper and tundra. We will cross the Khumbu Khola river then head northwest toward the Chukkung Valley and arrive in Dingboche at the foot of the valley (4:30 hrs).

Day 15 – Acclimatisation day in Dingboche

To help insure our proper acclimatization before ascending further up to EBC we will spend another day in Dingboche. A good way to spend the day is to hike up to the small summer settlement of Chhukung where we can briefly experience higher altitudes at 4730m. From here we have tremendous views of Island Peak (6189m), the south face of Lothse and the south eastern face of Ama Dablam. After enjoying the views here we return back to Dingboche to spend the night at lower altitude (4 hrs).

Day 16 – Dingboche to Lobuche (4930m)

From Dingboche the trail goes directly up a ridge overlooking the deep valley and the village Periche. After a steep climb from Dulgha where we can stop for tea we reach the memorial area known as Chukpilhara which was built in memory of six Sherpas who died in an avalanche during the 1970 Japanese skiing expedition on Everest. From here the trail drops a bit and follows the western side of the valley to Lobuche, a summer settlement at 4930m that has become a major trekking stop. The sunset on Nuptse, seen from here, is a memorable sight.(5 hrs)

Day 17 - Lobuche to Gorak Shep (5160m)

The first section of today's trail follows the western side of the broad Khumbu valley and ascents gently through meadows besides the glacial moraine. The ascent becomes steeper and rougher as it crosses several side moraines. After rounding a bend in the trail, the conical peak of Pumori comes into view. On the lower slopes of this mountain a ridge extending to the south terminates in a small peak, known as Kala Pattar (5545m), meaning 'black rock'. The trail then makes a short descent onto the sandy, flat expanse of Gorak Shep. From here we will continue to the current Everest base camp, which is about a 4 hours return walk from Gorak Shep. We will return to this small settlement after our visit to the base camp (6 hrs).

Day 18 - Gorak Shep to Lobuche (4930m)

After an early morning rise we will start our day by climbing the Kala Pattar (5545m). This is a steep ascent up the grassy slopes west of Gorak Shep. From Kala Pattar the entire Everest south face is visible as well as Lho La (the pass between Nepal and Tibet, also named the Western Cwm), Changtse (the northern peak of Everest) and most of the West-Ridge route. We return to Gorak Shep and continue to descent to Lobuche (6 hrs).

Day 19 - Lobuche to Dingboche (4360m)

To go to Dingboche we retrace our steps back to Dughla, and then go straight up the hill from the bridge to reach an upper trail, staying high above the valley floor. The views from here are great. You can easily recognise Island Peak and the top of Makalu is visible in the distance over the pass to the right of Island Peak. After passing a chorten we will descent to Dingboche, where we will stay the night (4 hrs).

Day 20 - Dingboche to Tengboche

The route from Dingboche desents the Imja valley, then crosses the Khumbu Khola on a wooden bridge and climbs to rejoin the upward trail at some stone huts. Following the trail downhill from here we will arrive at Tengboche (3 hrs).

Day 21 - Tengboche to Namche Bazaar

Today we retrace our trail what we followed on day 04 to reach Namche Bazaar (5 hrs).

Day 22 - Namche Bazaar to Lukla

It is a long walk from Namche Bazaar to Lukla, but we are probably all in good shape by now. From Namche, we will descent steeply back to the Dudh Kosi river and continue our way past the national park checkpoint at Monjo. The trail then continues back towards Lukla, where we will reconfirm our flight tickets for the next day and spend the night (7 hrs).

Day 23 - Lukla to Kathmandu

The 35 minutes flight from Lukla will bring us back to Kathmandu. Overnight stay at hotel.

Day 24 – Kathmandu

Departure from Kathmandu.

The trek program is – because of weather or unforeseen events – subject to change.

Services and costs included in the price

- Airport pick-up and drop-off
- Three nights hotel accommodation with breakfast in Kathmandu
- Licensed and trained trekking guides
- Porters for carrying goods and supplies
- All lodging during trek
- All meals with hot beverages whilst trekking
- Transportation to and from trailhead
- All necessary documents and permits for trekking
- Equipment such as sleeping bags, down jackets; first-aid kit
- Insurance, medication, and equipment for staff;
- Coordination of Quick Rescue service (costs covered by your insurance plan)

Services and costs NOT included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 10kg and hand bag more than 5kg on domestic flights
- Visa fees
- Rescue charges
- Bottled drinks (cold and alcoholic)
- Expenses of personal nature
- Permit and liaison officer fee (where applicable)
- Lunches and dinners whilst not trekking