



## Itinerary of Jiri Gokyo Everest Base Camp Trek

### Day 1

#### Drive from Kathmandu to Jiri (184km)

- Altitude – 2370 meters
- Special – View of local life and street vendors
- Time – 6 hours drive
- Activity – Travelling in bus

Jiri is a historic start point of trekking to Everest. It takes 6 hours to get to Jiri from Kathmandu. We will take bus or Jeep and along the road, it will be nice to see local life, street vendors and real Nepal on your first day journey to Jiri Gokyo ebc trek.

### Day 2

#### Start trek from Jiri to Deurali (2200m); via Shivalaya

- Altitude – 2200 meters
- Special – Culture and Tradition of local village
- Time – 8 hours
- Activity – Walking through Jungle

Very few people trek from Jiri these days, but trekking from jiri to Shivalaya makes a real understanding of Nepal. Cultural and traditional aspect of Jiri EBC Gokyo trek lies far and wide in 2nd day trek from Jiri to Shivalaya. Jiri to Shivalaya will take around 8 hours on foot. Although there are road along the route of jiri to Shivalaya, we will take a fancy trekking route along the village through the jungle and with beauty of nature.

### Day 3

#### Deurali to Sete (2645m)

- Altitude – 2645 meters
- Special – Traditional houses and historic trail
- Time – 4/5 hours
- Activity – Walking along the village and river valley

Deurali is a best view point for the valley view of Bhandar. You can also see Everest from a nearby view point at Deurali. Traditional houses and historic trail of Everest base camp trekking trail can be witnessed in this destination of Everest base camp Gokyo valley trek from jiri. Memorial point Deyurali is an astonishing place to spend a night. Sete village on the edge of Lamjura pass, however the walk along the village, river valley and lunch by the river at Kinja bazaar is inspiring.



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## Day 4

### Sete to Junbesi (2675m)

- Altitude – 2675 meters
- Special – Exploration of animals and vegetation
- Time – 6 hours
- Activity – Walking over Lamjura pass

Trekking over Lamjura pass standing at 3500 meters above the sea level is an overwhelming moment in Jiri Gokyo Everest Base Camp Trek. Trekking through the forest with domestic animals grazing field and walking along the village of legendary Sherpa towards, junbesi village is not just a trekking experience but also a way of learning while trekking in Nepal. Sete to Junbesi is a beginning uphill and easy downhill trek over Lamjura pass. The trek itself will take around 6 hours, today.

## Day 5

### Junbesi to Nunthala (2440m)

- Altitude – 2440 meters
- Special – View of mountains and greenery
- Time – 8 hours
- Activity – Walking along the village

Trekking along the village of Everest region with mixed scenery of White Mountains and green hill in route of Jiri Gokyo Everest Base Camp Trek will reflect the culture of low land of Everest region.

Junbesi to Nunthala is 8 hours walk with less forest more villages.

## Day 6

### Nunthala to Kharikhola (2020m)

- Altitude – 2020 meters
- Special – Buddhist monastery, local school and the Himalayan town
- Time – 7 hours hike
- Activity – Walking nearly off the beaten trail

Along the jungle of lower Everest region, you will follow a trail nearly off the beaten in famous Everest base camp trekking. This Jiri Gokyo Everest Base Camp Trek is not new for sure, but the amount of trekkers you meet on the trail will amaze you and keeps your peace. 7 hours hike from Nunathala will take us to Kharikhola village in comparatively flat terrain. Buddhist Monastery, local school and the Himalayan town will surely flourish your trekking day.



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## Day 7

### Kharikhola to Surkhe (2700m); 8 hours hiking

- Altitude – 2700 meters
- Special – View of mountains from Namche
- Time – 8 hours hike
- Activity – Trekking

A day before you get onto the traffic of Everest base camp trekking trail. Kharikhola to Surkey will give your insight of dense forest. Approaching view of mountains from Namche and Mera la will surely make you stronger. Take handful of peace on this day. From tomorrow, as you start trekking from Surkey, in a couple of hours you will mix in the herd of trekkers flying in Everest base camp trekking route.

## Day 8

### Trek from Surke to Phakding (2646m); 6 hours trek

- Altitude – 2646 meters
- Special – View of snow-capped mountains
- Time – 6 hours trek
- Activity – Trekking

Surkey to Phakding takes you near to the mountains you have been watching for few days during your jiri Gokyo Everest basecamp trek. Phakding village is by the river we have been crossing for multiple times in lower part of Everest trail. We will see plane and helicopters going and coming to and from Lukla airport. But we do not trek via Lukla airport, as we are flying out of Lukla on the way back to Kathmandu. This village being near to the river coming from Everest base camp has glacier water. You can get to the river while staying at Phakding or you can choose to go to nearest suspension bridge to get a easy view of the river and the village.

## Day 9

### Phakding to Namche Bazaar (3440m)

- Altitude – 3440 meters
- Special – Namche village, monasteries and mountains
- Time – 5/6 hours hike
- Activity – Walking along with passing suspension bridges

After breakfast at Phakding we start our trekking to Namche bazar. We will pass 6 suspension bridges and cross the river and rivulets numerous times. We pass through the forest and villages during the trekking to Namche. We will check in to the Sagarmatha national park premises today. The view of mt Thamsherku from monjo looks nicer before entering the national park of Everest trekking trail. Our lunch will be at either Mojo or Jor sale village. There is no any tea houses in between jor sale and Namche, so better to eat at jorsalle at the worst.



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Once we get to Namche village, it is amazing destination of Everest base camp trekking. It has fancy stores to local bars famous as “Bhatti”. You can walk around the village and visit a local monastery at Namche.

## Day 10

### **Namche Bazaar Acclimatization day and exploring around, either Khumjung village or Everest view Hotel**

- Altitude – 3880 meters
- Special – Khumjung village/Everest view Hotel
- Time – Around 1/2 hour hike
- Activity – short hike

The main aim of today’s hike is to acclimatize your body at this altitude above 10000ft. saying so we do hike higher and sleep lower. For this reason, today we will trek around the village of Namche, visit Sagarmatha national park, Namche view point, national park museum at the beginning of the acclimatization. After this we will continue hiking to Everest view hotel. At this star hotel in Everest trekking trail, we will have a cup of tea and trek around the village of Khumjung.

Khumjung village is famous for its local monastery with Yeti Scalp. This village has school built by Hillary foundation; we will have a walk around this school and trek down to Namche for the night.

## Day 11

### **Namche Bazaar to Dole (4200m)**

- Altitude – 4200 meters
- Special – Panoramic view of Everest and Amadablam
- Time – 6 hours hike
- Activity – Trekking along the Gokyo river through rhododendron forest

Namche is semi modern town of Everest Himalaya. Here you can buy most of the trekking gears and souvenirs. Namche will be a last chance to prepare for your jiri Gokyo Everest base camp trek. It takes 6 hours to get to Dole from Namche Bazar. Walking along the trail of Everest base camp trekking route in the beginning will be beautiful with panorama view of Everest and Amadablam. But right after splitting from Kyangjuma village the trail will be with less trekkers and trekking along the Gokyo river through the forest of Rhododendron will be a nice trekking experience.

## Day 12

### **Dole to Machhermo (4470m)**

- Altitude – 4470 meters
- Special – View of Mt. Thamsherku and Kangtega
- Time – 4 hours hike
- Activity – Trekking



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Dole is a stopover trekking to Gokyo & has great view of Mt Thamsherku and kangtega. After climbing 10 minutes, off of the Dole village will give mesmerizing view of mt Cho yu as well. However you can enjoy the river valley view from your accommodation in Dole. Dole to Machhermo is 4 hours walk. You might feel why short walk? It is because we care your safety. And as per the high altitude is concerned; it is not recommended to trek more than 500 meters a day. Dole to Machhermo is a beautiful walk from prospective of scenery and the Mountain View.

## Day 13

### Machhermo to Gokyo (4790m); 4 hours hiking

- Altitude – 4790 meters
- Special – Gokyo lake
- Time – 4 hours
- Activity – Trekking along the river valley

First lake of Gokyo will come on sight, today. Trekking along the river valley and beautiful panorama all around will surely make your heart flourished. With saying that, walk in the no tree line zone will gives amazing view of the mountains and awesome landscape. Today you will spend night by the 3rd lake of Gokyo and you will see 3 lakes of Gokyo among 6 of them. Also the view of Mt Choyu right after climbing up of Machhermo village is awesome. Gokyo side of this Jiri Gokyo Everest base camp trek will surely help you to enjoy nature at your best before you get to awaited destination of Everest base camp. Gokyo ri standing at 5360 meters above the sea level will acclimatize your body, completely. Climbing Chola pass or trekking to Everest base camp will not be an issue with this itinerary. In the afternoon, after getting to Gokyo village; if you are interested, we can trek to 5th lake of Gokyo.

## Day 14

### Gokyo to Gokyo Peak (5483m) and trek to Thagnag (4750m)

- Altitude – 5483/4750 meters
- Special – Sunrise and view of Everest along with surrounding mountains
- Time – 6/7 hours
- Activity – Passing along the blue glacier

In the morning, we will trek up to the top of Gokyo ri for sunrise. The timeline and schedule can be customized as per your interest, however. After capturing the great view of Everest and the surrounding mountain from the top of Gokyo ri we will hike back to Gokyo village and trek towards tangnak, today. It takes approx. 4 hours to get to Thagnak village from Gokyo village. We will have to pass along the blue glacier today. This is glacier is also called Nagjumba glacier.



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## Day 15

### Thagnag to Dozongla (4710m), crossing Cho-La pass (5300m)

- Altitude – 5300/4710 meters
- Special – Getting top of Chola Pass and view of tall mountains
- Time – 8/10 hours hike
- Activity – Trekking

Thangnak is the base camp of Cho la pass. Your acclimatized body from Gokyo ri climb, will surely help you for climbing to the top of Chola pass. Chola pass is one of the technical pass among famous 3 high pass trek in Everest, but 15 days of trekking in Nepal and your habituated body will make it easy climb and you will be inspired with the view of mountains. From the top of Chola pass we will see mt Makalu, 5th tallest mountain of world.

To get to Zongla, on the other side of Chola pass; it takes 8 to 10 hours of hiking. After crossing the Chola pass we will get to Khumbu valley from Gokyo valley. Mt amadablam will look different from this side of Everest region, but it is more than awesome view. To get the best view, we will start climbing early today. Early Start towards chola pass not only give us a beautiful view but also help us to climb off of the icy part before it starts melting.

## Day 16

### Dozongla to Lobuche (4910m)

- Altitude – 4910 meters
- Special – View of Pheriche village
- Time – 5 hours hike
- Activity – Trekking

Trek from Zongla to Lobuche is short and amazing. We will trek by Chola Lake and the view of Pheriche village is more than stunning. 5 hours of hiking to Lobuche will be in between Lobuche peak and Taboche peak. This is a river valley, the river originating from Chola pass. Also the view of Amadablam will look unreal where the landscape is breathtakingly beautiful. However, you might lose your peace after getting back to the trail of Everest base camp route. Everest base camp route will meet at Lobuche.

## Day 17

### Lobuche to Everest Base Camp (5365m), then back to Gorakshep (5180m)

- Altitude – 5365/5180 meters
- Special – Gorakshep village and view of mountains
- Time – 4/5 hours trek
- Activity – Trekking

Trekking to Everest base camp start after breakfast at Lobuche village, if we get in the right time we will also have lunch at Gorakshep before trekking to Everest base camp. Trekking is long for



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day but it has break in between. We will check in the hotel at Gorakshep village, might have lunch at the village and go to base camp. Walk today is mostly on the rocky trail on the glacier of chumbu at the beginning and khumbu later. Khumbu glacier is one longest glacier of the world with its length more than 2 kilometers. Even before getting to the Gorakshep village we will have great view of Everest base camp from far. View of Everest glacier and the surrounding mountains looks amazing way earlier than the village of Gorakshep. Mt pumori near to Kalapatthar hill looks Giant Mountain whereas tiny top of Mt Everest reappears today.

Apart from the view during the trekking, we will have different experience of thin air from the beginning of the days hike from Lobuche. But once we get to the village of Gorakshep, slight headache is normal and the air will be thin unrealistically. Trekking to Everest base camp from Gorakshep is on the top of Khumbu glacier. The view of the infinity glacier is overwhelming. Everest base camp looks closer from one ridge but still take more than 2 hours to get there. Once you get to the base camp of Everest, the silence of the place is unspoken. If you are trekking to Everest base camp in the peak season of trekking in Nepal then, the base camp region might be crowded but it has wide space if enjoy the nature. Base camp of Everest is never tiring to anyone but the altitude might affect everybody. So make sure you are okay, stay at the base camp as long as you want but make sure health is in your favor. After spending time at the Everest base camp; we will trek back to Gorakshep village. Trekking to Everest base camp to Gorakshep is on the rocky trail for 2.5 hours.

## Day 18

### Hiking up Kalapatthar (5545 meters) then trek back down to Pangboche Village (4000meters)

- Altitude – 5545/4000 meters
- Special – Panoramic view of mountains
- Time – 7/8 hours trek
- Activity –

From the top of Kalapatthar the view is different than from the top of Gokyo ri. Also Kalapatthar top will be the highest altitude of entire jiri Gokyo Everest base camp trek. From Kalapatthar both sunrise and sunset is outstanding. Kalapatthar is 10 kilometer away from the Mount Everest. You can see Everest base camp, Khumbu icefall, Khumbu glacier, Pumori glacier, Chumbu glacier, Nuptse icefall and never ending range of khumbu himalaya range. After hiking to the summit of Kalapatthar we will trek down to Pangboche village. here the view of Mt Amadablam changes and so is the view of Mount Everest. Everest hides behind huge Nuptse. Nuptse is 4th highest mountain of world, it is massive and beautiful.

## Day 19

### Trek back to Namche Bazaar (3440m).

- Altitude – 3440 meters
- Special – Exploration of monastery



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- Time – 7 hours hike
- Activity – Trekking

Pangboche has oldest monastery of the region where mysterious monk used to meditate in this land and hand and head of Yeti who used to help him meditating; can be seen in the monastery. After a short visit to the monastery, we will trek back to Namche bazar. Namche is 7 hours away from Pangboche. Trail is mostly downhill.

## Day 20

### Trek back to Lukla (2800m).

- Altitude – 2880 meters
- Special – View of mountains and greenery
- Time – 4/5 hours trek
- Activity – Trekking through jungle

The same trail till Benkar and we will walk through a jungle before getting to Lukla. Airstrip of Lukla is awesome. We trek out of Sagarmatha national park and end our trekking at Lukla, a Himalayan town. You can celebrate your jiri Gokyo ebc trek finish line at Lukla. Interestingly there are pubs and mountain clubs at Lukla bazaar.

## Day 21

### Fly back to Kathmandu

- Altitude – 1380 meters
- Special – View of mountains and greenery
- Time – 25 minutes
- Activity – Flying in plane

A short and scenic flight from Lukla to Kathmandu will be 25 minutes. We will fly out of the small runway of Lukla and fly alongside the mountains of Nepal. Small plane will land in Kathmandu; trekking guide will assist you to get to your hotel. Trekking trip with Nepalgram ends here with 21 days jiri Gokyo Everest base camp cho la pass trek but our future adventure together, always waits.



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