Jiri Gokyo Everest Base camp trek-26 Days (all-inclusive)

3 Star Hotel Package

2670USD per person

*Including healthy meals

5 Star Hotel Package

2970USD per person

*Including healthy meals

Trip Style: Cultural Tour+ Trek

Trip Difficulty: Demanding

This is a trailblazing trip where you need to gear up and fire on all cylinders. It's a pretty lengthier deviation of the box office Everest Base Camp trek with thrilling additions of the wonder that's the turquoise **Gokyo lakes** and a climb up to the protective Gokyo Ri which towers over the lakes. This is only the tip of the iceberg…we also break through the Cho La pass of over 5000m, preparing us for the nerve tingling trails of EBC before we make a break for the rocky heights of Kalapathar at break-neck altitudes; this sure takes the wind out of your sails, but the rewards are close to bliss…and your imaginations go on overdrive, the same time your video cams are activated…brace yourselves for some of the most jaw-dropping sceneries on the planet, this is when you begin to feel that traveling is always better than arriving…and this is when '**Jiri Gokyo Lakes through Everest Base Camp**'' tells you this is likely to be the best trip you'd ever do in a lifetime…some people say you only live once, but when you accomplish a journey like this, you live twice many times – and you begin to thank God for all his mercies and blessings…

Your venture begins with a scenic drive to your trek point, and the next day you hit the trails through some pretty little villages till you reach the Sherpa capital of Namche for a haul up to get some much needed acclimatization for a trek of this kind; We check out from Namche the next day and get of the familiar trail for the unknown ones where you avoid the usual crowds as you change different trails to head up to **Gokyo Ri** for ecstatic views of the shimmering turquoise lakes which leave you spell bound. We then plod up to the **Cho La pass at 5400m** as the momentum for the challenges build up with our next mission to the legendary EBC via Gorakshep…this is pure adventure of immense proportions.Our next goal the following day is the epic point of our odyssey as we head up the dizzying heights of the towering Kalapathar at 5545m, the highest point in our trip which takes us so close to the master peak of Mt. Everest…the 360 degree views from this point leave us stunned to a standstill, and this is a moment that will remain in our memories for as long as it takes.

And this is where the curtains drop to a spectacular trip with the next 3 days taking us through warm friendly villages as we experience Sherpa mountain culture at its best before we reach Lukla for our flight of enchantment to Kathmandu and some much needed comfort after our blitzkrieg of **'Jiri Gokyo Valley through Everest Base Camp''.** This high alpine country journey is best done with **'Mountain Sherpa Trekking''** who were born on the steppes of these mountains you hike through.

DURATION: 26 days

ITINERARY

Day 01: : Arrival in Kathmandu and transfer to hotel

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay

with us for some time to come. As soon as your plane hits the tarmac of Tribhuwan International Airport, Mountain Sherpa Trekking office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world.

Day 02:: Full Day sightseeing of Kathmandu City. Overnight stay at Hotel

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world) and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos). We next drive down to Swayambhunath {popularly known as Monkey Temple} "Swayambhu" means "self-created" and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. Hereabouts we see a cremation ritual of Hindus at 'Aryaghat', the cremation area of the temple. This cremation site is used for the once royal family of Nepal and also for the simple Nepalese people who live within the country. We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We take a tour of the Patan Durbar Square - a UNESCO World Heritage Site. Located in the square is the Patan Museum (originally a Malla palace), Krishna Mandir- a stone temple of Lord Krishna with its 21 spires and art that displays scenes from the Mahabharata and Ramayana epics, this includes the Royal Bath or 'Tushahity' and the nearby Hindu and Buddhist temples. We return back to our hotel, refresh, do some shopping for our trek the next day, have an early supper and retire to bed, most probably. Breakfast

Day 03:: Drive to Bhandar by CAR/JEEP- 2250m - (7-8 hrs) overnight stay at Lodge

Today we take an early morning drive to Jiri, about 187 km north-east of Kathmandu. Since, we would be traveling on the mountain roads, it takes around 6-7 hrs to reach Jiri. From Jiri, we continue driving to Bhandar, our trek start point. Although still a single lane road, the road conditions have improved a lot nowadays than what it used to be till some years ago. Enjoy the views of Kosi River and panoramic views of the eastern Himalaya including Ganesh Himal, Langtang Lirung and Dorje Lakpa. Overnight at Bhandar – B. L. D

Day 04:: Trek to Sete-2520m (5/6 hrs)overnight stay at Lodge

We soon descend the trail from Bhandar through deep forests crossing a few streams and passing the small settlements of Dokharpa and Baranda. We climb through the forests winding down to the Surma Khola. And then continue to Likhu Khola Valley. We again climb the ridge going up to the small settlement of Kenja. Another steep ascent to Chimbu and continuing further finally brings us to the village of Sete. We crash out here in our lodge for the night. B. L. D

Day 05:: Trek to Junbesi Village-2580m (5/6 hrs)overnight stay at Lodge

After b/fast, we do an uphill climb to Lamjura La through forests of pine, magnolia, maple, birch and rhododendrons. We then pass by the villages of Dagchu and Goyem. Lamjura La pass at 3530 meters, the highest point between Jiri and Namche Bazar, offers a great view of the surrounding green mountains. Descend down the pass to Tragdobuk and Junbesi. We spend our afternoon here exploring the village and the way of life of its inhabitants. Overnight at Junbesi – B. L. D

Day 06: : Trek to Nunthala-2200m (5/6 hrs)overnight stay at Lodge

We now cross the stream beyond Junbesi climb up the forest slope and after an hour's trek, the compelling views of the Himalaya Mountains appears before our eyes. The mountains that are visible include Everest, Lhotse, Nuptse, Makalu, Thamserku, Mera Peak, and many other high mountains. This is the first view we get of Everest on this trek, although the lower peaks look closer and higher than the distant 8,000er mountains. Continue the trail to Salung and descend to Ringmo Khola. Ascend to Ringmo, cross the Trakshindo La pass and descend to Trashingdo. After another hour's descent through conifer and rhododendron forests, and terraced fields, we finally arrive at Nunthala. Overnight at Nunthala – B. L. D

Day 07: : Trek to Bupsa - 2500m (5 hrs)overnight stay at Lodge

We next descend down the trail to the Dudh Koshi River. We follow the Dudh Koshi River as we head upwards to Khumbu. Cross the bridge, climb to Jubing and continue straight to Churkha. Climb the trail eastwards to reach Kharikhola and descend to cross a suspension bridge. Another steep climb finally takes us to Bupsa. Overnight at Bupsa in our lodge – B. L. D

Day 08: : Trek to Chablung-2700m (5/6 hrs)overnight stay at Lodge

Today our trek 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 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 about 500m towards Surke (2290m). Continuing our trail upwards again, we climb through a jumble of boulders, passing some wonderful mani walls until we reach Chablung at (2700m). Overnight at our teahouse lodge – B. L. D

Day 09:: Trek to Namche Bazaar (3440M) - Approx- 6 hrs overnight stay at Lodge

Walking through a beautiful pine forest, the track leads us along the Dudh Koshi River through many suspension bridges, one of which is the famous Hillary Suspension Bridge. First, we catch superb scenes of the glistening Mt. Thamserku (6618m). Through the settlement of Benkar, Chumoa, Monjo, we come to the check post and entrance to Sagarmatha National Park. We pass through the last village of Jorsale before reaching Namche Bazaar. The trail climbs through the forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours we get first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. At this juncture, we stop at Chautara to admire the views. We still need to hike about 1.5 hours to reach Namche Bazaar, a gateway to Mt. Everest and the main trading centre of this region. Overnight in Namche [Las Vegas of the Khumbu] – B. L. D

Day 10: : Trek/hike up to Syangboche and Back to Namche Bazaar- 3 hrs overnight stay at Lodge

If we trek a few hundred vertical feet during the day, it will help us to properly acclimatize. We visit the Tourist Visitor Center near the Sagarmatha National Park headquarters and observe an assortment of things related to the first Everest ascenders, Sherpa culture and learn about the various plant and animal life of the Everest region. We also take an interesting side trip up to Khumjung and climb up to the famous airstrip at Syangboche. Just above the airstrip is the Everest View Hotel, a Japanese scheme to build a deluxe hotel with great views of the highest mountains on Earth. The Khumjung valley surrounded by the snowy peaks of Kongde and Thamserku and the sacred peak of Khumbila hosts a well known monastery that houses a yeti scalp. We visit Hillary School which is at the same site. After having lunch and spending some time in Syangboche, we walk back down to Namche Bazzar. Overnight in Namche Bazaar – B. L. D

Day 11: : Trek to Phortse Tenga [3790m] - Approx. 6 hrs overnight stay at Lodge

After breakfast in Pheriche, we start our trek enjoying superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam

and close up view of Thamserku. Our trek follows on the gradual trail with few ups and downs overlooking magnificent view of the great Himalaya. Along the way, we can spot wild fauna like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kyangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp. We trek gradual goes up through Mongla pass (3975m) from where we glimpse Ama Dablam, Thamserku, Tawoche and Mt. Khumbila. Sherpas regard Mt. Khumbila as sacred mountain of the patron god of the Khumbu area. Descending to Dudhkosi Khola (3250m), we cross a bridge and again trek up through the rhododendron forest, a home for Himalayan wild deer and musk deer. Finally, we arrive at the walled fields of Phortse. Phortse is just under the snow dusted peaks of Tawoche and Cholaste. From here, a short trek leads to Phortse village where we bunk out for the night. B. L. D

Day 12: : Trek to Machhermo (4470M) - Approx 4 hrs overnight stay at Lodge

From Dole we climb steadily along the side of the valley, where the rhododendron forests give way to scrub juniper as the altitude increases. The trail passes many summer settlements [yersa], which are used when yaks are taken to these pastures to graze in the summer months. Ahead of us are excellent views of Cho Oyu, while at the rear are the peaks of Kantega and Thamserku. Today's trek is a somewhat short one and we will arrive at Machermo in time for lunch. Overnight Machhermo – B. L. D

Day 13: : Trek to Gokyo - RI (4750M) – Approx 4 hrs overnight stay at Lodge

Heady Gokyo Ri looms above the village on the northern edge of the lake. We leave camp just after first light, following a steep path up the hillside. As we climb, the summits of Everest, Lhotse and Makalu slowly come into view and the sight from the summit of Gokyo Ri itself, is said to be one of the premium sights to behold in the Everest region - some say it is even better than that from Kala Pattar. Overnight at our lodge - B. L. D

Day 14: : Trek to Gokyo Peak [5463m] and Back to Gokyo Ri- 4 hrs overnight stay at Lodge

Heady Gokyo Ri looms above the village on the northern edge of the lake. We leave camp just after first light, following a steep path up the hillside. As we climb, the summits of Everest, Lhotse and Makalu slowly come into view and the sight from the summit of Gokyo Ri itself, is said to be one of the premium sights to behold in the Everest region - some say it is even better than that from Kala Pattar. After lunch it is a short walk back to Gokyo for our overnight. B. L. D

Day 15: : Trek to Dragnak - Approx 3 hrs overnight stay at Lodge

Fit and well acclimatized with our experience of the altitudes, we leave Gokyo to cross the Ngozumpa Glacier. We descend to the second lake and drop down onto the glacier. The route across the glacier is marked by cairns and is generally quite well defined. We climb off the glacier by a small dwelling known as Dragnak and follow a shallow valley to our camp by a small kharka. Overnight in Dragnak – B. L. D

Day 16: : Trek to Chola Pass (5368M) & Trek to Dzongla (4860M)-approx 7/8 hrs -Lodge

The target of today is to pass the Cho La which is quite hard and challenges us physically. We need to start the trip early at the break of dawn in morning. The pass is not itself difficult but it is steep and involves a glacier traverse on the eastern side. Trekkers' being careful is necessary because the trail is vertical and the rocks glazed by ice add trouble for hikers because of the slippery trail. The pyramidal Ama Dablam presides over a range of mountains on the south even as Cholatse soars on the west and Lobuche East and Baruntse rises sharply to our right. With difficulty, we reach Dzongla. Dzongla is a beautiful small settlement offering great views of Mt. Cholatse, Mt. Ama Dablam, Lobuche peak and Pheriche village far below. We bunk out at Dzongla for the night. B. L. D

Day 17:: Trek to Lobuche (5018M) - Approx 4 hrs overnight stay at Lodge

Today, the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for climbers who have perished on nearby summits. We continue to climb as we are heading to the altitude of 4,910m /

16,018ft at Lobuche, which are really just a few huts at the foot of the giant Lobuche peak. Some breathing problems may arise today due to the altitude. Overnight at Lodge – the Accommodation hereabouts is pretty basic and without attached Toilet and Bathroom. Overnight Lobuche – B. L. D

Day 18: : Trek to Gorakshep (5170M) - Approx 3 hrs overnight stay at Lodge

To reach our next stop, Everest B. Camp, we follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop for lunch at our camping place: Gorak Shep. Later in the afternoon, As the light begins to fade we stroll back to our camp at Gorak Shep and have an early night in preparation for our trek to Everest Base Camp the following day. Overnight at our lodge – B. L.D

Day 19: : Trek to Everest base camp (5364M) - Gorakshep (5170M) - approx 6 hrs stay at Lodge

A real early start is required to reach the Everest Base Camp. It takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. After a brief lunch and rest, we take the trail to Everest Base Camp through the once vast Gorak Shep Lake. Continuing straight ahead, we come through the Indian army mountaineers' memorials. Only upon reaching the Everest Base Camp do we really appreciate the Everest climbers who brave the risky route through the Khumbu icefall. Mountaineer's tents stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbuste and Pumori are the mountains we can view from the base camp. On the return leg, we can take a higher route to get a grand view of the Khumbu icefall and the route to the South Col. We return to Gorakshep for a restful night. B. L. D

Day 20: : Hike to Kalapattar (5545M) & Trek to Pheriche (4280M)-approx 6/7 hrs stay at Lodge

Today is the most important part of our trip. We start early at dawn to catch the dramatic views from Kalapatthar witnessing the first light of day shining on Mt. Everest. However, we need to get prepared for an early morning, dark and cold temperature (-10 to -14 C) departure beforehand. Plus there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as Everest begins to expose itself emerging between the west shoulder crest and Nuptse. During the ascent to Kalapatthar we can pause to catch our breath at several outstanding view points to click pictures. After several hours of ascent, we reach Kalapatthar. From here, we scuttle to climb the rocky outcrop near to the summit marked by cairns and prayer flags. As we reach the top, we sit on the Kalapatthar rocks and our eyes take in the unbelievable Himalayan views, wandering from one mighty massif to another. We take as many pictures as we possibly can with our camera so they can last a lifetime. After this we make our way back to Pheriche with a slow descent; for a good night’s rest which we truly deserve. Overnight at a local lodge after a great day – B. L. D

Day 21: : Trek to Tengboche (3860M) - Approx 4 hrs overnight stay at Lodge

After enjoying our breakfast in Namche, we hit the trail towards Tengboche enjoying superb views of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up views of Thamserku. Our trek follows on the gradual trail with some ups and downs overlooking magnificent views of the great Himalaya. Along the way we can spot wild fauna like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kyangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Koshi River, we reach Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Thenga we then have a little tough climb steep up through the pine forests while before we reach Tengboche. Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and the biggest Buddhist Monastery in Khumbu region is found herer. Overnight stay at lodge in Tengboche – B. L. D

Day 22:: Trek to Monjo – [2840M] - 6 hrs overnight stay at Lodge

The trail from Namche Bazar clings to the steep wooded slope beyond Kyangjuma, winding through several bends.

It’s interesting to lookout for wildlife such as mountain goats, snow leopards and colourful pheasants while we pass through the forest by the trail. A steep descent from Namche Hill leads to the suspension bridge crossing the Dudh Kosi River near the confluence of the Dhudh Koshi and the Bhote Koshi Rivers. We cross the Dudh Koshi River twice at separate locations before reaching Monjo. Upon this juncture, we are out of the Sagarmatha National Park after exiting from its official entrance near Monjo and finally reach Monjo Village. Monjo is comparatively a quieter place to stay than Namche and it also means our porters have a less strenuous walk back to Lukla next day. Overnight in the docile village of Monjo – B. L. D

Day 23: : Trek to Lukla - 5 hrs overnight stay at Lodge

Today, we begin to get warmed up by the light cool breeze. Although we are traveling the same route down, we enjoy completely different views. We snap a mixture of open plains, rhododendron and pine forests, and in the distance snow covered peaks. We take time and walk at our own pace today as this is the last day of our trek. We experience the Sherpa villages' impressive faith in Buddhism and culture of prayer stones and prayer flags while we walk through the villages. Upon arrival in Lukla, we have plenty of time to relax, stretch those aching legs, and recall the experiences of the last couple of days. We experience the culmination of a fantastic trek on a happy note with everyone back safe and sound with truly happy faces! Upon arrival in Lukla, we stroll around while our leader will re-confirm our flight ticket. In the evening, we enjoy last dinner with our crew and make it a party night which calls for a celebration. Overnight at our Lodge - B. L. D

Day 24: : Fly to Kathmandu & Transfer to hotel, relax after Long Trip overnight stay at deluxe Hotel

Today, after a hale and hearty b/fast, we fly back to Kathmandu after our long mountain journey. The early morning flight drops us in Kathmandu. We can rest and relax throughout the day at our hotel. If interested, we could buy some gifts to take home from Nepal for loved ones and friends and relatives; we can visit some nearby shops or venture out in Thamel for typical Nepalese goods. This short excursion either can be assisted by Mountain Sherpa’s guides or we can do it ourselves too. If we want to explore any other areas in Kathmandu, we have to manage time for this today as well! At eventide, we will attend an exciting celebration dinner together for successfully completing our original EVEREST Base Camp trek hosted by Mountain Sherpa Trekking and Expeditions! Overnight in Kathmandu, the valley of the gods, they say (B, D)

Day 25: : Reserve day (In-case of flight cancellation due to Bad Weather) overnight stay at hotel

This is more or less a contingency day we keep in hand in the event of a delay in flights from Lukla to Kathmandu, which sometimes happens; so, if this doesn’t happen which is good and fortunate, and then it’s just great. It’s your free day to do whatever you wish, at your cool pace that suits your convenience. You could simply use this day for some shopping of souvenirs or penning a few postcards to the loved ones at home. It’s your day anyways. Breakfast

Day 26: : Drive to the Airport to head back to that lovely place we call ‘home’’

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Treks will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. We are sure that trekking in this beautiful region of the Khumbu [Everest region] will give you lifetime memories of a vacation well enjoyed. Adios friends! Till we meet again. Breakfast Please Note: that although we try to follow the itinerary given above, at times local trail or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, so we seek to request maximum flexibility if and when required for the safety of your trip and your life. Thank you so much for your understanding.