



Jiri to Everest Base Camp

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

Duration

26 Days

Per Person Cost

USD 2160

Difficulty

Strenuous

Group Size

2-16

Maximum Elevation

5555 meters

Accommodation

3-star hotel in Kathmandu and tea houses during the trek

arrival_on

Kathmandu

Meals

Breakfast, lunch and dinner

Departure

Kathmandu

Trip Route

Nepal

Trip Overview

Jiri to Everest Base Camp Trek is not the new route. It is one of the oldest routes. Even in the early trekking, *Sir Edmund Hillary and Tenzing Norgay took this route to the Everest Base Camp Trek in 1953*. This trekking trail is very popular and offers natural beauty and local culture.

Trekkers get to explore the landscape of the Khumbu/Everest region, including green forests with rare animals and birds, lush valleys, and stunning views of the world's tallest mountains. During this trek, you can enjoy fantastic views of mountains like **Mt. Everest (8848m)**, Mt. Lhotse, Mt. Nuptse, Mt. Amadablam, Mt. Pumori, Mt. Thamserku, and *experience the culture and traditions of the Sherpa community*.

The trail from Jiri to Everest Base camp starts with a drive from Kathmandu to Jiri (**approx 8 hours**). Also known as the **classic Everest Base Camp trek**, the famous pairing of Sir Edmund Hillary and Tenzing Norgay Sherpa once used the trail. A classic route to Everest, this month-long trek is one of the most demanding but enticing treks worldwide.

The trail allows you plenty of time to acclimatize. The trail takes you through alpine forests, Sherpa villages, and Yak Pastures, which will surely demand a lot from your camera. Few trekkers use it today as

most opt to fly to Lukla [Everest Base Camp Trek - 14 Days](#), but porters and mules still use it.

The Conquest

The Jiri to Everest Base Camp trek *begins at **1900 meters** and takes us to the beautiful terraced farmlands of the middle hills*. This allows us time to acclimatize and, most importantly, observe the culture and lifestyle of different Hindu and Buddhist communities.

We cross numerous passes above 3000 meters, ridges, and suspension bridges to reach Namche Bazaar. The bustling tourist town is where the actual trekking begins. We can also take a side tour of Everest View Hotel and enjoy the views of the snow-capped peaks.

As we continue forward, the journey gets more challenging yet more dramatic. Then, the vegetation becomes sparse and gives way to rocks, ice, and solid glacial landscapes. The final acclimatization happens in Gokyo, where we will climb to the Gokyo Ri.

In this classic trek, the mountains offer magnificent views of the Gokyo Valley, the majestic Ngozumpa glacier, and the panoramic views of Everest, Lhotse, Nuptse, Makalu, and Cho-Oyu. Two days from here are the pinnacle of this trek, Kalapatthar, which offers spectacular views of Mount Pumori, Ama Dablam, and the elusive Mount Everest.

Sagarmatha National Park has been included in the Sacred Himalayan Landscape initiative by the ***World Wildlife Fund (WWF)***.

If you want an equally enthralling trip in the Everest region, then the Everest three-pass trek is another good option. If you want something shorter than the Jiri Everest base camp trek, the conventional Everest base camp trek itinerary would suit you the best.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International Airport, a representative from Naata Travels and Adventure will be waiting for you at the airport, displaying a playing card imprinted with your name. They will then transfer you to the designated hotel. You can then have a break and relax in your hotel. In the evening, we can enjoy a welcome dinner hosted by Naata Trek and Tours. We can enjoy Nepalese cuisine during dinner, introducing us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Kathmandu Sightseeing

After breakfast, we will have a pre-trip meeting to introduce you to your Guide. During the meeting, you can provide yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the most significant Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa, we visit Pashupatinath Temple, the most famous Hindu temple in the country. It is located on the banks of the holy Bagmati River. Here, we see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, a collection of pagoda and shikhara-style temples grouped around a fifty-five-window palace of brick and wood. The attractions of the Bhaktapur Durbar Square are the Lion Gate, the Golden Gate, the Palace of Fifty-Five Windows, art galleries, and the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1350 meters

Day 8 hours: Drive to Jiri

We start our early morning drive to Jiri which will be both exhausting as well full of sceneries. We drive up the Sun-Koshi river valley and to the town of Jiri which is the starting point of our trek. We stay the night in Jiri.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1900 meters

Day : Trek to Bhandar

We start our trek from Jiri. We start the day climbing up a ridge at 2,400m, then the trail drops to Shivalaya (1,800m). After we reach Shivalaya, we continue our climb to Sangbadanda (2150m) and Kosaribas (2500 m), followed by Bhanjyang, a pass at Bhandar. We stayed the night in Bhandar.

Time:

6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2200 meters

Day : Trek to Sete

We leave Bhandar and go down to Likhu Khola and cross the river to Kenja. Then we make the long climb to Lamjura hill. The trail then takes us to Sete where there is an abandoned stupa. We then continue to walk through the villages and stay the night in Sete.

Time:

6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2645 meters

Day : Trek to Junbesi

We continue the trail that gently climbs to the Lamjura pass at 3530m. If you happen to visit in the winter the trail is usually covered in snow and if you visit in the spring you will be greeted by rhododendron forests. We have our lunch and start to descend to Tragdobuk and finally reach the Sherpa village of Junbesi. We stay the night in Junbesi.

Time:

6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2675 meters

Day : Trek to Nunthala

As we climb up the ridge after Junbesi, Everest slowly starts to appear. Continuing the trail leads us to a hospital followed by an airstrip in Phaplu and then to a market in Salleri. We leave Salung and descend to Ringmo Khola at 2650m and then do a small climb up to Ringmo. There is an apple orchard and we can have apple juice if we like. The trail we take from Ringmo to Namche Bazaar was built in the 80's in order to skip the steep ascents and descents of the older route. The trail then takes us to Trakshindo pass and drops down to Nunthala where we stay the night.

Time:

5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2440 meters

Day : Trek to Kharikhola

The trail continues to descend to the Dudh Koshi river and climbs up to several Sherpa villages, terraced fields and forests. We finally reach Khari Khola where we stay the night.

Time:

5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2020 meters

Day : Trek to Puiyan

Our trek starts early in the morning, and the trail consists mainly of ascents. We begin our day climbing and passing through woods, Sherpa villages and a narrow canyon to reach the small town of Puiyan.

Time:

6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2700 meters

Day : Trek to Phakding

The trail continues to climb from Puiyan and takes us to a ridge at 2800m. It is followed by a gentle ascent and then a ridge. We climb to Surke from the ridge and follow the trail to Phakding. We stayed the night in Phakding.

Time:

5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2646 meters

Day : Trek to Namche Bazaar

We trek along the banks of Dudh Koshi River and cross this beautiful river multiple times on suspension bridges engulfed with prayer flags. We enter Sgarmatha National Park and upon our arrival we are received by astounding views. We reach Namche Bazaar which is also known as the gateway to Everest and it houses almost every kind of shops, restaurants to services. Namche is the biggest town in all of the Everest trail. We stay the night in Namche.

Time:

6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3441 meters

Day : Namche Bazaar: Acclimatization

We spent more days in Namche Bazaar, acclimating to the high elevation and the thinning air. We tour the town with everything in its locker, like ATMs, internet cafes, restaurants, government offices, etc. We also tour Sagarmatha National Park and enjoy the views of Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde, and many more. We also visited the Hillary School and monastery, which houses a yeti scalp. We can also hike to Khumjung village if time permits. You can also hike to Everest View Hotel to glimpse Mount Everest. We stayed the night in Namche bazaar.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3441 meters

Day : Trek to Phortse Thanga

The vegetation starts to change as we enter from the gateway to Everest and climb through a valley into rhododendron, juniper and conifer forests. The trail is beautiful especially in the springtime. The trail then passes through temporary summer settlements used by the Sherpas. We can have clear views of Khumbi La and Tawache from here. We stay the night in Phorste Thanga.

Time:

5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3680 meters

Day : Trek to Machherma

We climb up a ridge that gives an awesome view of the valley below. We go down the valley to Kengtuga and climb up towards Cho Oyu and again descend to river. The trail again climbs up a steep terminal moraine of Ngozumpz glacier. We reach Machherma and stay the night there.

Time:

5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4470 meters

Day : Trek to Gokyo

We start our trek from Machherma today to reach one of the attractive places of our trek in Gokyo. We set up a camp for two nights here as we will do sightseeing and hiking around Gokyo tomorrow.

Time:

6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4790 meters

Day : Trek to Gokyo Ri

We leave early morning and do a steep climb to reach the top of Gokyo Ri at 5,483m. This steep climb has plenty in its book to offer. We get astounding views of the Gokyo Valley below and the giant Ngozumpa glacier. Not to mention the panoramic views of mountains such as Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gyachung Kang. This day offers us a chance to acclimatize. We return back to Gokyo to stay the night.

Time:

5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5483 meters

Day : Trek to Thangna

Today we trek to the base of Cho La Pass (5,300m). We stay the night in Thangna.

Time:

4 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4500 meters

Day : Cross the Cho La Pass (5,300m) and trek to Dzongla (4,710m)

We start the trek at the crack of the dawn to avoid the cold wind of the noon. We do a steep climb, but we must be careful as we gain a good chunk of altitude. The trail can be covered in snow, so we could be up for a bit difficult climb. Upon reaching the top, we will be rewarded with breathtaking views of the mountain range. We descend to Dzonla at noon, and we stay there the night.

Time:

7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5300 meters

Day : Trek to Lobuche

We take a short and easier trekking route that will take us to Lobuche in just around 4 hours. We stay the night in Lobuche.

Time:

4 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4190 meters

Day : Trek to Everest Base Camp (5365m) and trek back to Gorak Shep (5180m)

Today we have a difficult day ahead since we walk along the Khumbu Glacier up to Everest Base camp. This is the closest you can get to Mount Everest without actually doing expeditions. During the springtime we can see colorful tents of expedition teams against the grey surroundings. The view of the Khumbu Icefall from the base camp is quite a beautiful sight. We return Gorak Shep where we stay the night.

Time:

8 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5385 meters

Day : Morning hike up to Kala Patthar (5,555m) and trek back to Pheriche (4200m)

Today is the hardest part of the trek and to our content it is the most rewarding as well. We start early and start our climb of Kala Patthar which is a small peak at 5,555m. The ascent is quite steep but we will be rewarded by spectacular views of Mount Everest which towers before us at 8,848m. Alongside Everest we will also be surrounded by peaks such as Nuptse, Lhotse, Chagatse, Pumori and many others. We do a short descent back to Gorak Shep to have our lunch and trek back to Pherice where we stay the night.

Time:

7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5555 meters

Day : Trek to Namche Bazaar

We leave the majestic mountains behind us and descend to Namche Bazaar through Pangboche and Tengboche. It is the same trail that we ascended but the views are one to savor. We arrive Namche in the afternoon where we stay the night.

Time:

7 hours

Accommodation

Tea house or guesthouse

Meals:

Breakfast, lunch and dinner

Altitude:

3441 meters

Day : Trek to Lukla

Today is the last day of trekking and we return to Lukla which was the starting point of our trek. We have plenty of time today to roam about and appreciate our personal and the team's achievements of the trek. We can have a few celebratory drinks in the evening as well. We stay the night in Lukla.

Time:

6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2804 meters

Day : Flight from Lukla to Kathmandu

We catch the earliest flight to Kathmandu possible and the flight gives us a chance to catch a last glimpse of the mountain ranges. It takes us around 35 minutes to reach Kathmandu. You also have the option to extend the trip by doing tours and jungle safari

Accommodation

3-star hotel

Meals:

Breakfast, dinner

Day : Leisure day in Kathmandu

We have an extra day to buy souvenirs or do or see anything that you feel you have missed. We also have taken this day off in case the flight from Lukla to Kathmandu gets canceled due to bad weather. Tonight Naata Travel & Adventures will also organize a THANK YOU farewell dinner program where we can recollect all the fond memories of our trip. We can have a few drinks to lift the celebration mood as well.

Accommodation

3-star hotel

Meals:

Breakfast Lunch and dinner

Day : Departure to International airport

Our trip concludes today, and a Naata Travel & Adventures representative will escort you to the international airport for your departure.

Accommodation

3-star hotel

Meals:

Breakfast lunch and dinner

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures's trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits (TIMS)
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Lukla in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Best Attractions of Everest Base Camp Trek

Tengboche Monastery

The Tengboche monastery is the **largest in the Khumbu region** and is located in Tengboche at an altitude of **3,867 meters**. It was **built in the 20th century** and is the most prominent monastery in the area. Draped by mountains such as Mt. Amadablam, Nuptse, Lhotse, Thamserku, and Everest, the monastery's location is also something to write about. The monastery hosts **Mani Rimdu** yearly, a festival characterized by religious rites, songs, dances, and vibrant colors. The festival also coincides with the best trekking season (October-November), and you can experience it firsthand if you reach there at the right time.

Gorakshep

Gorakshep is a small temporary settlement of lodges near Everest Base Camp. Sitting at an elevation of **5,164 meters**, it is *also the last stop for lodges on the EBC trek*. Further from here, there aren't any stops for lodges on the way to Everest base camp; the only means of accommodation is camping in a tent. The distance from Gorakshep to EBC is 3.3 kilometers, and it takes around 2 hours to get there.

Namche Bazaar

Namche Bazaar is the **gateway to the Everest region** of Nepal and a bustling tourist hotspot. Located at an impressive altitude of 3,440 meters above sea level, it is a small, colorful town selling everything from Tibetan artifacts to trekking, climbing equipment, trekking gear, and anything you require in your journey. The city is also famous for its homemade yak cheese and butter. You can find restaurants, pubs, Wi-Fi, a place to play pool, banks, and ATMs here. However, despite its development, the town still retains its old charm.

Lukla

It is considered *one of the **most dangerous airports** in the world due to its unique location*. Perched at an altitude of **2,990 meters** above sea level and surrounded by steep slopes, the airport's location makes for a thrilling flight. However, on a clear day, the views of the green rolling hills and snow-capped peaks are an enticing sight. It is also the starting point of the trek and several other trekking trails around Everest.

Equipment and Gear

You will need the following equipment for Everest base camp via Jiri,

Clothing

Head: Sun Hat, Head Lamp, Glacier Sunglasses, Head Scarf.

Hand: Light Liner gloves and Fleece gloves.

Upper body: Thermals, Fleece Jacket with wind stopper, waterproof jacket, Down Jacket, Short-sleeve shirt

Lower Body: Lightweight pants, waterproof shell pants, Fleece or woolen trousers, Hiking Shorts

Feet: Lightweight socks, woolen socks, Cotton socks, Gaiters

Miscellaneous: Sleeping bag, Inflatable sleeping mat, water bottle, small travel bag, duffel bag, small padlocks, Pee Bottle, Pee funnel for women, Swiss knife, Toiletry bag

Medical: First-aid kit, water purification tablets, anti-mosquito cream, anti-altitude sickness pills such as Diamox or Acetazolamide, Earplugs, Anti-Diarrhea pills, Blister repair kits, Antibiotics for a chest infection, and sunscreen.

Best Seasons for Trek

The best seasons for Everest Base Camp trek via Jiri are,

Spring season (March to May)

Spring is one of the best seasons to undertake any trek or expedition in Nepal. As it falls in the pre-monsoon time of the year, the weather is neither too hot nor too cold. The daytime is excellent, with only a much-needed chill in the evening for a sense of adventure in this trek journey.

Autumn season (September to November)

The autumn season is probably the busiest time in the Himalayas. This time of the year also coincides with the festive season in Nepal, and you will also get a taste of Nepalese festivals. During the post-monsoon time of the year, you get unobstructed views of the mountains, and the colors around the trail are vibrant, too.

Acclimatization

This Jiri to EBC is a rather long trek that takes us to high altitudes throughout the trek. We climbed above 5000 meters several times in Everest base camp and Kala Patthar. Thus, it is essential to be adequately acclimatized to complete the trek safely and enjoy the trekking experience. Following your trekking guide is vital if you show altitude-related symptoms in this Jiri to EBC trek.

Accommodation and Food

You will get the customary Nepali dish (dal, bhat) everywhere. Besides that, there will be options for other Nepalese dishes such as dumplings, roti tarkari (bread and curry), momo (dumplings), and Thukpa (Tibetan noodle soup) at every stop you make. There will also be options for Western dishes such as pasta, pizza, omelets, oatmeal, macaroni, etc. However, you will be taking a packed lunch on your summit day.

The accommodation during the trek will be rather basic, and we will stay in teahouses. The rooms will be shared between 2-4 people, and the bathrooms will also be shared. The teahouses will be reasonably clean and offer decent food choices. The lack of amenities is made up for by the hospitality of the Sherpa people, though. Once you reach Lobuche base camp, you will stay in tented camps. The options for food and accommodation start to decrease once you get close to Everest Base Camp.

Travel Insurance

It would be best if you were insured before our expedition. Although Naata Travel & Adventures don't provide insurance of our own, you will need to be insured beforehand.

But make sure to choose a good insurance company that covers all requirements. The insurance is recommended to cover theft, loss, medical conditions, and emergency evacuation, such as helicopter rescue.

Trek Difficulty

The trek from Jiri to Everest is quite demanding. Be it due to the high altitude you will be through most of the trek or the longevity of the trek. The trek also poses varied terrain, one difficult one as you go up. It is recommended you be in good shape before taking the trip.

Altitude Sickness and Remedies

Altitude risks are always associated with trekking in highly elevated areas. We recommend setting aside an extra acclimatization day in our itinerary since it helps the body get used to the thin air. It is better to adopt preventive measures such as not gaining too much altitude within a single day, setting aside acclimatization days, and getting proper hydration and meals during the trek. If one shows mild symptoms, going down a few hundred meters can do the trick. If this doesn't work, then you can take medications like [Diamox](#). If the situation worsens, you must follow the trek leader.

Guide/Porter

Guides are essential during your trek to make your navigation more accessible and to keep you safe and secure. In 2023, for the safety of trekkers, the Nepal government and the Nepal Tourism Board established a new rule that trekkers must hire at least one guide during their expedition. However, the Everest region became exempt from such a rule since it is one of the more accessible regions and one of the highest-earning regions. Despite the retraction of the guiding rule, it is also wise to hire guides so that they help with your navigation and safety.

On the other hand, porters have never become compulsory hires for trekkers, but they also benefit you during your trek. They will carry your heavy baggage and climb the steep ascents. The porter can have up to 20 kg of luggage and will also help look and protect their baggage.

Frequently Asked Questions

What is the best time of the year to do the Jiri to Everest Base Camp trek?

The best times for Jiri to Everest Base Camp trek are the spring season (from March to May) and the Autumn season (from September to November)

How difficult is the Jiri to Everest Base Camp trek?

The Jiri to Everest Base Camp trek is challenging due to its high altitude, long duration, and varied terrain. Trekkers must be in good physical shape to complete this trek in comfort.

What permits are required for the Jiri to Everest Base Camp trek?

To reach the Everest Base Camp via Jiri, you will require a Sagarmatha National Park permit and a

Khumbu Rural Municipality permit (local area permit). You can obtain the national park entry from the Tourism Board in Kathmandu or the National Park entry point in Namche Bazaar.

Are there any altitude-related risks in Jiri's trip to the Everest base camp trek?

As this trek takes you to an elevation of 5,555 meters in Kalapathhar and a relatively high altitude throughout the trek, there are risks associated with altitude. However, proper planning, prevention, and acclimatization can significantly reduce the risks.

Are emergency evacuation services available in the Jiri to Everest base camp trek?

There are emergency evacuation services available in Jiri to Everest Base camp trek. However, it is essential to have travel insurance that covers evacuation services in remote areas.

Can I extend Jiri to the Everest base camp trek beyond the camp?

You can extend the trip beyond Everest base camp and visit Gokyo lakes, Cho la Pass, or Ama Dablam Base camp. You can even extend to peak trekking in Lobuche, Kyajo Ri, and Island Peak peaks. However, it is essential to acquire the necessary permits.

What kinds of peaks are visible during the Everest Base Camp Trek?

During your excursion to the Everest Base Camp, you will see some of the highest peaks in the world: Mount Everest, Lhotse, Cho-Oyu, Nuptse, Thamserku, Makalu, and Tabuche.

How many days does it take from Jiri to Lukla?

It takes about four to five days from Jiri to Lukla. It is one of the most scenic routes to reach Lukla, mainly because people often board flights from Kathmandu to reach Lukla.

Is the Jiri to EBC Trek harder than the Lukla route?

The Jiri to EBC trek is a bit harder than Lukla because it increases the average duration of the trek, but when you start from Jiri, you will begin with a lower altitude.

What should I do if I experience altitude sickness during my Everest Base Camp?

If you suffer from altitude sickness, you must take medication immediately, like Diamox, and descend to the lower altitude. If the symptoms are way more severe, then take medication immediately.

Do I need to book accommodation in advance?

If you plan to trek the EBC during peak season, like in the spring and autumn, then it is wise to book in advance. The trails and the guesthouses are well-overcrowded, so if you don't book in advance, you might not get proper services for meals and accommodation.

What kinds of permits do you need for the Jiri to Everest Base Camp Trek?

For the Everest Base Camp Trek from Jiri, you need a few permits like Gaurishankar Conservation Area, Khumbu Municipality permit, and Sagarmatha National Park permit, which are mandatory, but a TIMS card is optional.

Can I trek to Everest Base Camp on my own?

Yes, you can hike to Everest Base Camp alone, as it is not as hard as other trekking spots in Nepal. If you are more experienced, the trek can be less challenging, but raising your physical fitness and stamina is essential for beginners.

What is the death rate of Everest Base Camp Trek?

The death rate of Everest Base Camp Trek is 0.03%, as not many trekkers lose their lives, and over 30,000 trekkers are trekking EBC every year.

Can I rent trekking gear for Everest Base Camp Trek in Nepal?

You can rent trekking gear in Kathmandu, Lukla, or Namche Bazaar during your EBC trek. Renting these trekking gear is cheaper than buying them, but make sure it works before choosing the product for rent.

Address

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