



Everest base camp trek with Helicopter return 11 Days

Trip Highlights

- Scenic flights from Kathmandu to Lukla and Gorakshep to Kathmandu
- Flora and fauna of Sagarmatha National Park
- Everest View Hotel for stunning view of Mt. Everest and other peaks
- Tengboche Monastery, Pangboche Monastery and the monastery of Namche
- The Sherpa Museum and the Hall of Fame
- 360-degree panoramic view of Mt. Everest, Mt. Lhotse, Mt. Cho Oyu, Mt. Pumori, Mt. Ama Dablam, Mt. Nuptse, Island Peak and Lobuje Peak
- Base camp of the world's highest peak
- Aerial view of Everest region while helicopter return

Everest Base Camp Trek with Helicopter Return is a wonderful trip to the lap of the world's highest peak. This trip begins after a flight from Kathmandu to Lukla Airport, also known as the Tenzing Hillary Airport.

EBC Trek with Heli Return moves along the traditional Everest Base Camp Trek Route. You will enjoy the Great Himalayas like Mt. Everest, Mt. Lhotse, Mt. Cho Oyu, Mt. Ama Dablam, Mt. Pumori, and many more.

The journey moves along the Sherpa Villages beginning from Lukla to Kalapatthar across Gorakshep. These villages reflect a true flavour of the Tibetan Buddhist culture, tradition, lifestyle, and shrines.

Biodiversity of Sagarmatha National Park, a UNESCO World Heritage Site makes your [Everest Base Camp Trek](#) with Helicopter Return more memorable.

You cannot see the Everest Summit from Everest Base Camp (5,364m) because the soaring peaks hide it behind. However, you will have the closest views of the snowcapped peaks of the Everest Region from Kalapatthar.

You have a few options while trekking to Everest Base Camp with Helicopter Return. You can fly back to the Kathmandu Airport after refueling at the Lukla Airport.

Or, you can begin Everest Helicopter Tour Return from Periche, Dingboche, Tengboche, Namche Bazar, and other stopovers as well.

Everest Base Camp Trek with Helicopter Return Key Information:



Accommodation	- 3-star hotel in Kathmandu and lodges during EBC Trek with Helicopter Return
Food	- Continental, Chinese, Indian, typical Nepali cuisines including <i>Daal Bhaat</i>
Trip Type	- Flight + Trekking
Permits	- TIMS, Sagarmatha National Park Entry Permit, & Pasang Lhamu Rural Municipality Entry Permit
Duration	- 9 Days
Min./Max. Altitude	- Lukla (2,860m)/Kalapatthar (5,555m)
Best Seasons	- Spring (March, April, & May) & Autumn (September, October, & November)
Trip Grade	- Moderate to Adventurous
Trip Cost	- USD 2,295

The Major Attractions of Everest Base Camp Trek with Heli Return

Everest Base Camp Trek with Helicopter Return is full of natural and cultural wonders. The flight from Kathmandu to Lukla gives you the aerial view of Langtang, Ganesh Himal, Manaslu (8,163 m), Rolwaling Valley and the Everest region as well. Walking along the rugged trails through Sagarmatha National Park, you see some animals and birds.

Namche Bazaar is one of the major attractions of this trip to the Himalayas. Namche Bazaar is the main trading hub of the entire Khumbu region. Although it is located in the Himalayan region, you can find all the modern amenities. Banks, cafés, restaurants, ATM booths, and good quality hotels are available.

You can visit Everest View Hotel nearby Namche which is call [Everest View Trek](#) as well. It is a five-star hotel located in this region. It is one of the highest placed hotels in the world. While having breakfast and lunch here, you can have the picturesque view of Mt. Everest and other peaks. The trekkers to Everest region must not miss this hotel for wonderful view of the Himalayas.

Other beauties of Namche Bazaar are the Sherpa Museum and a local monastery. To collect all the information about the typical lifestyle, culture and tradition of the Himalayan tribe, the Sherpa Museum is really helpful. The Hall of Fame of the



museum is the gallery of the photographs of the 1953 Everest Expedition. You can see the photos of Tenzing and Hillary in this gallery.

Tengboche Monastery is the largest monastery of this region. If you plan your **Nepal visit** in between October and November, you can observe Mani Rimdu Festival here. It is the most colorful festival of the Sherpa's, the inhabitants of the Himalayas. It is celebrated for 19 days in the premises of Tengboche Monastery to mark the honor of Guru Rimpoche.

Similarly, you can visit the Pangboche Monastery located in Pangboche Village. It is the oldest monastery of this region. You can meet the monks and the Guru here. To know more about this shrine, you can talk to the friendly people of this village. The typical Sherpa cuisines served at the hotels in this region are also worth of tasting.

Cost Include

- Airport pick-up and drop off service,
- Trekking Guide and Trekking porter (Two participant 1 porter, Porter carry 25 Kg)
- Flight fare for Kathmandu-Lukla
- Lunch, Dinner, Breakfast, accommodation during the trekking
- Three star Level or equal level hotel in Kathmandu (BB) plan (Two night only)
- Sleeping bags, down jackets, duffel bags and trekking sticks (if required)
- Trekking permit of National park,
- TIMS(Trekking Information Management System)
- Insurance and equipment for the trekking staffs
- First aid kit
- Farewell dinner in Kathmandu with cultural program in typical Traditional Nepali restaurant
- Arrangement of Emergency Helicopter service which will be paid by your Travel Insurance Company.

Cost Exclude

- Personal expenses
- Heritage entry fee during the sightseeing in Kathmandu and other
- Drinks, beverages, hot shower, extra accommodation in Kathmandu



- Travel insurance
- Tips for guide and porter
- Extra Meals & hotel accommodation in Kathmandu other than mentioned in Itinerary

Day 01: Arrival in Kathmandu (1,350m/4,429ft)

Reception at the Kathmandu by the representative of Nepal Trekking Routes on the arrival day. Then, transfer to the hotel booked for your lodgings. After becoming fresh, you can visit the nearby areas from the hotel.

Day 02: Fly to Lukla (2,860m/9,383ft) and Trek to Phakding (2,610m/8,563ft) -4 Hours

After breakfast, the private jeep transfers you to the Kathmandu Airport. In a morning flight, you fly from Kathmandu to Lukla, Tenzing Hillary Airport. During the 30-minute-flight, you have the aerial view of the snowcapped peaks and wonderful landscapes. The mountains from Manaslu region to Kanchenjunga region come into your sight in this journey.

After landing at Lukla, the gateway to Everest Base Camp trek, you move forwards through pine, cedar and rhododendron forests. You have to cross Cheplung Village from where you can enjoy Mt. Khumbila (5,761m). Along the Dudh Koshi River Valley, you measure the trekking trails up to Phakding.

Day 03: Trek to Namche Bazaar (3,440m/10,958ft) -6 Hours

Today, you move further by following the trail that goes northwards up to the Benkar Valley. When you cross the Dudh Koshi River, the trail moves past Chumoa and Monjo Village. You get your Sagarmatha National Park Entry Permit at Monjo as it is the entrance to the highest placed national park in the world.

Then, you go across the Hillary Suspension Bridge and Jorsalle Village walking along the Dudh Koshi and the Bhoté Koshi River. Afterwards, walking through the steep trail going through Sagarmatha National Park, you reach Namche Bazaar.



Namche Bazaar is the largest trading center of the whole Khumbu region, so it is known as the Sherpa Capital as well. The town offers you all the modern amenities like banks, ATMs, hotels, bakeries, restaurants etc.

Day 04: Acclimatization Day

To be introduced with the climate of the high Himalayan altitude, you have a few things to do here at Namche Bazaar. You can visit the Sherpa Museum to know all about the Sherpa lifestyle, customs and costumes. Similarly, the Hall of Fame shows you the photos of Hillary and Tenzing from the 1953 Everest Expedition. Next, you can also hike to Everest View Hotel, which is the world's highest altitude hotels. From the hotel, you can see Mt. Everest and other peaks exposed in the fullest.

Alternatively, you can visit Sagarmatha National Park to have the stunning view of Mt. Everest, Mt. Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and many more. Moreover, you can also go to Khumjung Village to observe the Hillary School and the Yeti Scalp.

Day 05: Trek to Tengboche (3,860m/12,664ft) -5 Hours

Measuring the rugged trail, you move towards Tengboche enjoying the gurgling water of the Dudh Koshi River and astounding mountain scenery. Walking through the winding track for about 5 hours taking enough rest, you reach the destination.

Tengboche Village houses the largest monastery of the Solukhumbu region.

You can visit this monastery and talk to the monks living there to get insight about Buddhist culture and tradition. When you plan Everest Base Camp trek in October, you can observe Mani Rimdu Festival, the greatest festival of the Sherpa people at this monastery premises.

Day 06: Trek to Dingboche (4,410m/14,469ft) – 5 Hours

The trail from Tengboche to Dingboche moves across yet another suspension bridge over the Imja Khola. By crossing the trail surrounded and beautified by numerous mani stones, you reach Pangboche. Here, you can visit Pangboche Monastery, which is the oldest in the Khumbu region of its type. Moving ahead along the steep trail, you reach Dingboche, a traditional Sherpa Village of Everest region. Apart from Sherpa culture and tradition, you can relish the awe-inspiring outlook of Mt. Lhotse, Island Peak and Mt. Ama Dablam.

Day 07: Acclimatization Day

This is another acclimatization day during trekking to Everest Base Camp. In the morning, you can hike to Nagarjun Hill (Nangkartshang Peak: 5,073m) if the weather is favourable. Although the trail to the peak is quite challenging, the view is really rewarding. You can



have the top- to- bottom- glimpse of Mt. Ama Dablam (6,812m) from the top. In the daytime, you can stroll around the village, which is famous for a long stonewalls made in the course of collecting them during cultivating the field. You can talk to the friendly Sherpa people of this Himalayan town to know more about interesting anecdotes of their history.

Day 08: Trek to Lobuche (4,910m/16,109ft) -5 Hours

In the beginning, the trail goes across the moraine of the Khumbu Glacier, the world's largest and highest glacier. Then, it takes you along the stone memorials of the mountaineers who lost their lives in the course of Everest region travel. Finally, you reach Lobuche Village situated at the foot of Lobuche Peak, which is a trekking peak of Nepal. To avoid altitude sickness, you need to make the travel with the slow pace. Next, you should take enough rest, drinking water and hygienic food.

Day 09: Hike to Everest Base Camp (5,364m/17,598ft) and Trek to Gorak Shep (5,140m/16,864ft) – 8 Hours

This is the greatest day of the entire Everest Base Camp trek as you are reaching the most awaited place in your whole life. Comparing to the previous days, today is quite hard trekking as you have to go across the Khumbu Glacier. But the rewarding view of the snowcapped peaks all around, you can measure the trail up to Gorakshep. In fact, until the 1953 Everest Expedition, it used to be the original base camp. It is the last human settlement area of the Khumbu region closest to the base camp of Mt. Everest.

By leaving the backpack at the hotel in Gorakshep, you move towards the base camp. The trail goes past the Gorakshep Lake, once one of the largest glacial lakes in the region. Trekking for about a couple of hours, you reach the height of 5,364m, which is the closest place to from the Everest Summit. In the peak seasons, you come to meet many Everest expedition teams preparing for climbing Mt. Everest.

From the base camp, you have the spectacular vistas of Mt. Lhotse, Mt. Cho Oyu, Mt. Nuptse, Mt. Pumori, Mt. Ama Dablam and many more except Mt. Everest. The appearance of the Khumbu Glacier and the Khumbu Icefall are spellbinding from this height. After enjoying the lively peaks gazing at one another, you climb down to Gorakshep for the night rest.

Day 10: After breakfast flight back to Kathmandu by Helicopter

Before taking helicopter flight back you are heading toward the Kalapathar for best



sunrise view then back to Gorekshep. Today is the day of return to Kathmandu by helicopter from Gorekshep. It's an amazing Helicopter flight back to Kathmandu. During helicopter return heli will land in Lukla for fuel and again flight to Kathmandu

Day 1: Fly Back to Home Country or Extend Your Tour

Time to go home and tell your friends and family of the fun and adventure had on your trek in Nepal. Or, you could extend your trip. We can arrange many other tours and trips for you, such as: Chitwan Jungle Safari, River Rafting Adventure, Scenic Flight, Cycling or even another trek in a different region. Nepal Trekking Routes would be both pleased and honored to be at your service.

Everest Base Camp 15 Days

Map locations and elevations: Gokyo Ri (5483m), Renjo La Pass (5360m), Marlung (4210m), Thame (3800m), Namche Bazaar (3440m), Phakding (2640m), Lukla (2860m), Gokyo (4800m), Cho La Pass (5420m), Kalapathar (5545m), Dzonglha (4830m), Lobuche (4930m), Dugla, Dole (4200m), Tyengboche (3867m), Dingboche (4260m), Mt. Everest (8848m), Everest Base Camp (5364m), Gorokshep (5140m), Kongma La Pass (5535m), Chhukung (4750m). Kathmandu is shown as the starting/ending point.

Note: Price for This Trek is USD 2500

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