

Trekking to Everest Base Camp and Helicopter back

Package Highlights

- 8 Days trek program, **7 Days trekking to Everest Base camp** and climb Kalapathar, 1 day acclimatization in Namche
- **Helicopter back to Lukla** after reaching Everest base camp (5,240m) and Kalapathar (5,545m)
- Regular fly back to Kathmandu from Lukla
- Staying in standard local tea houses and use local foods
- Trek lead by professional trekking guide from Nepal Highland Treks, Porter to carry your goods
- Explore 3 over eight thousand meters mountains and more than twenty other Himalayan peaks above 6000 meters
- Scenic Sherpa villages, unique cultures of local peoples and many monasteries with beloved Lamas and nuns
- Trekking through Deepest gorge valley, Glaciers, River and scenic view point
- Dramatic view from Helicopter of Khumbu valley with High Himalayas

Trip Facts

- Starting Price: US\$1690.00 (Per Person)
- Duration: 10 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle / Aeroplane
- Trekking Style: Lodge to Lodge Trek
- Accommodation: Hotel and Guest House
- Max. Altitude: Kalapathar (5545m)
- Min. Pax: Any
- Best Season : Month of March till May and Month of Sept to December

Itinerary Details

Day 01 : Arrival at Tribhuban International airport of Kathmandu. Transfer to Hotel and Overnight 1350m

Representative from Nepal Highland Treks pick up you from International airport and transfer to the Hotel. We will discuss about your trip and check your trekking gears. This time is also the final preparation for the trekking. Overnight at Hotel

Day 02 : Fly to Lukla with regular flight (2,860m) and trek to Phakding (2,652m) 3/4 hours. Overnight at tea house

Early in the morning we drive to domestic airport for your flight to Lukla. It is early morning flight about 35 minutes. Scenic flight with tiny aircraft takes off you at Hillary airport (Lukla). Introduce with your porter. After managing your luggage, start walking toward Phakding. The trail follows the bank of the Dudhkoshi River. Easy and flat walking takes only around 4 hours.

Day 03 : Trek Phakding to Namche Bazar (3,440m) 6/7 Hours. Overnight at tea house

After your breakfast start trekking to Namche Bazar (Biggest town in Everest region). We pass big suspension bridge at the beginning. Then our trail become slightly up hills. Route is passing through alpine forest along with Dudhkoshi River. We also pass Benkar village, Monjo village and Jorsalle on the way. After having our lunch, we start tough up hills walking and reach Namche.

Day 04 : Acclimatization at Namche. Hike to Everest view hotel (3,880m) and back to Namche for overnight

It is acclimatization day and we take hiking tour around. Hike to Everest view hotel and Khumjung village. Visit local monasteries and Hillary school. It is pleasant day to have your lunch at Khumjung village with front view of Mount Everest, Lhotse, Nuptse, Thamserku, Amadablam and others. Come back to Namche. Walking around in Namche get more refresh

Day 05 : Trek Namche to Tengboche (3,860m) 5/6 hours. Overnight at tea house

We trek an easy way with front view of panoramic mountain up to Phunki Thanga, small River side village. From here, trekking route start to be up hills. It contains some of the major ascend toward Tengboche. Tengboche is famous with Tengboche monastery and it is one of the largest monastery in Everest region. Monastery open from 3 pm and it is good visit at their evening chanting by lamas

Day 06 : Trek Tengboche to Dingboche (4,410m) 5/6 hours. Overnight at tea house

Trekking through Rhododendron forest reach at Deboche village. After Diboche valley reach at Pangboche village which is having biggest settlement of Sherpa peoples. We still have good view of Mount Everest, Lhotse and Amadablam. Trekking trail than follow through upper Pangboche for exploring an oldest pangboche monastery. After walking some minor ascends, we can see picturesque village of Dingboche with beautiful potato fields

Day 07 : Trek Dingboche to Lobuche (4,910m) 4/5 hours. Overnight at tea house

It is short hiking at high altitude. We start after your breakfast in Dingboche. After walking around three hours in wide valley we reach at Duglha. You're walking than reach some tough ascending. You may feel hard to breathe as it is thinner air in high altitude. You will reach Lobuche. Lobuche is small settlement with fewer tea houses only. You have to be prepared with chilly night.

Day 08 : Trek Lobuche to Everest Base Camp (5,360) and back to Gorakhshep (5,180m) for overnight. 7/8 hours

Day of reaching at base camp of highest peak of the earth, you are at the day of reaching your dream. It is better to start trekking as earlier as possible after your breakfast. The trekking trail to Everest Base Camp is not hard but it is continuously ascending and descending at glacier rocky trail. Everest base Camp is extremely beautiful. Panoramic Mountains including Everest is surroundings. We will come up to near from Khumbu Glacier and see icefall from slopes of Mount Everest. We then come back to Gorakhshep for our overnight

Day 09 : Climb Kalapathar at early in the morning (5,545m) and trek down to Gorakhshep for breakfast. Fly with Helicopter to Lukla and regular flight to Kathmandu. Overnight at Hotel

We prepare with our small bag with hot drinking water and some nuts. It is about one and half hours climbing. When we start, it is dark and chilly. Get sunrise view and panoramic mountain views which is probably the best view ever in this trekking. We come down to Gorakhshep and have breakfast. We then fly back to Lukla with Helicopter. Catch regular flight back to Kathmandu from Lukla

Day 10 : Departure from Nepal

This is the final departure date from Kathmandu. Representative from Nepal highland treks drop you to international airport for your final departure. It is important to be at International airport three hours before of your flight time

Cost Includes

- Airport picks up and drops arrangement
- 2 Nights 3 star accommodation in Kathmandu on twin sharing with breakfast
- Everest Trekking permit and TIMS card
- Flight ticket of Kathmandu – Lukla – Kathmandu
- Accommodation in tea house on twin sharing during trekking
- Three times foods during trekking (Breakfast, Lunch and Dinner) including tea and coffee
- An English speaking trekking guide and supporter (2 peoples = 1 supporter) with

their foods, accommodation, insurance, equipment

- Helicopter fly back from Gorakhshep (near Everest Base Camp) to Lukla
- Emergency rescue management, First Aid kit
- Duffel bag to put your stuffs and handover it to Porter
- Warm down sleeping bag in returnable base if you need
- Government taxes and official service charge

Cost Excludes

- Lunch and dinner while in Kathmandu
- Bar bills, soft drinks/ bottled drinks
- Personal equipment
- Personal insurance, medical expenses
- Cost of emergency rescue in case of need
- Nepal entry visa (USD 30 per person for a 15 days which is enough for you, USD 50 for a month multiple visa, USD 100 per person for 3 months multiple visa) you can get on arrival visa.
- International air fair to and from Nepal
- Extra activities mentioned than in our itinerary and cost including
- Tipping to staffs

Useful Note

Cost of the trek is per person and based on minimum 2 peoples a group. Single person can also run in any date you want. If you look for small group to join this trekking, we can provide you our small group trekking dates.

Packing list for Everest Base Camp Trekking and Helicopter back

Down Sleeping bag

You need warm sleeping bag for EBC trek. You also can take in hire or buy it in Kathmandu or take with us and return it after trekking. High altitude EBC region will be coldest night and you will need your sleeping bag and put blanket after it.

Down Jacket

You need warm down jacket for trekking Everest Base Camp. You do not need to bring down jacket from your own country. Good down jacket is available in Kathmandu with reasonable cost or you also can take it in hire.

Shoes and sandal

You need good trekking shoes. You also need another warm and light shoe for using in morning and evening time while you are at lodge.

Warm head cover cap

Sun glass

Trekking stick

Pair of wind proof jacket and trouser
Raincoat to cover you and your small bag pack
3 pairs of warm shocks
3 pairs light shocks
warm inner thermal set
3 light T-shirt
Long trekking paint
1 pair short and comfortable half paint for trekking
Torch tight and lighter

Bags

Come with your bag up to Kathmandu. It can be a suitcase or any other you have. We provide you a duffel bag in Kathmandu to put your trekking stuff so that your bag will be safe in Kathmandu Hotel to get back home with same clean bag. This duffel bag is to handover porter to carry. Another small bag is your hand bag back carry to put whatever goods you need during your day.

Medicine

If you are taking regular medicine and a simple medicine you may need in Trekking and tours. Guide from Nepal Highland Treks will have basic medicines in his/her medical kit bag. You may also take some medicine regarding high altitude, pain, fever, headache, sanitation, vomiting, bandage

Toiletries

Toiletries such as soap, shampoo, toothbrush, toothpaste, Toilet paper

Trip Note

Best season for Everest base Camp Trekking and Helicopter back

The best season for this trek is from month of March till May and month of September till December. Those months are good weather, sky is clear, days are sunny and clear weather get good views of mountains. Month of June, July and August are rainy season, every day heavy rain disturb Lukla flight and difficult to trek with raincoat over. January and February month are too cold in Everest region.

Accommodation in Everest Base Camp Trek

Accommodation is in well maintain tourist standard local guest houses. We provide 1 room for 2 Peoples. Rooms are with attached bathroom. For 2 nights Lobuche and Dingboche will get best available where attached bathroom rooms are not available. In the main season of trekking, there can be group sharing room have to share with other trekkers as well. Upgrading your accommodation for 4 nights are available. There is no option to upgrade accommodation in Dingboche, Lobuche and Gorakhshep for 3 nights

Foods and drinks on the way trekking

Foods can choose from menu of local tea houses and their restaurant. Every

Trekking to Everest Base Camp and Helicopter back

accommodation tea houses are with their restaurant. Breakfast and dinner is in same guest house you overnight. Lunch will be on the way at suitable place. Every hour, restaurants are available on the way **Everest Base camp trekking**. You also can bring some of your favorite foods (It can be dry foods). Three time foods (Breakfast, Lunch Dinner) and tea coffee are including in the cost. Other bottled drinks including drinking water are extra paid. Every tea houses are with small bar and you can buy alcoholic and non-alcoholic drinks every day.

Drinking water

Bottled mineral water is available everywhere in this trek. Boiled and filtered water is also available. You also can fill your drinking water bottled and pay lesser than mineral water. Mineral water and boiled water is safe. For your more confident you also can use purification tablet.

Trekking staff

There will be professional trekking guide from Nepal highland treks. He fly together with you from Kathmadnu. Porter are from Lukla airport and they are well-known regular porters. Every porters are able to carry up to 20 kilograms. If group size is above 6 trekkers, there will be 2 guides.

Departure Note