



Everest base camp trek with helicopter return - 9 Days

The **Everest base camp** trek is considered challenging but rewarding journey. The trail passes through Sherpa villages, glacial rivers, rugged mountain terrain and suspension bridges. Moreover, the trail also passes through **Sagarmatha National park**, a pristine area rich in biodiversity and home to various flora and fauna.

The highest point of the trek is Kala Patthar stands at an elevation of 5545 m, which is one of the renowned viewpoint offering breathtaking views of the **Mount Everest, Nuptse, Lhotse, Ama Dablam** and other Himalayan peaks. Trekkers ascend to **Kala Patthar** early in the morning to witness the sunrise, as the first light illuminates the snow-capped summits in a golden glow.

Hence, Everest base camp trek with Helicopter return is suitable for the trekkers who have limited time and want to experience the beauty of the **Himalayas** and get close to the world's highest peak. It is a unique and exhilarating way to experience the impressive beauty of the Everest region and reach the Everest base camp in a shorter timeframe. Once you have spent some time at EBC, a helicopter will pick you up and fly back to Lukla over stunning landscapes, including deep valleys, high mountain peaks, and charming Sherpa villages. You will also fly over the **Khumbu glacier** and witness the vastness of the **region**.



Thamel Chowk, Kathmandu, Nepal
Tel: +977-9851180916
E-Mail: info@visitmount.com
www.visitmount.com

PRICE INCLUDES

- Pick up and drop from domestic airport to hotel and vice versa
- Domestic flight from Kathmandu to Lukla to Kathmandu
- All the required permits and TIMS cards
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



ITINERARY IN DETAIL

Day 1: Fly to Lukla and trek to Phakding

We will take early flight in the morning to Lukla from Kathmandu. It will take around 30 to 45 minutes to reach Lukla. You can enjoy the views of beautiful cities and mountain ranges in flight duration. After reaching at Lukla we will have breakfast and short brief about our trek in hotel. And then the journey begins towards Phakding. We will stay overnight in Phakding.

Day 2: Phakding to Namche Bazaar

We will continue our trek from Phakding to Namche bazaar. After passing through Monjo, you will enter the Sagarmatha National Park. You can see beautiful trails and high hills during this trek. After walking around 3 to 4 hours you get your first view of Everest and Lhotse after again, after walking another few hours we will reach our today's destination. We can enjoy a beautiful Himalaya range and also enjoy local meat yak steak with local villagers.

Day 3: Acclimatization day at Namche Bazaar

Today is an acclimatization day. It is a rest day for upcoming trek. We will explore the places at Namche bazaar.

Trek to Khumjung:

We will start our hike to Khumjung. In the trail you can see the magnificent views of Lhotse, Ama Dablam and Thamserku. You can take a day hike to the Khumjung and Khunde Villages. On the way, you can also visit the local school and hospital which were established by Sir Edmund Hillary. Also you can visit the Khumjung monastery.

Trek to Syanboche

Syanboche is an hour walk from Namche bazaar. We will explore the airstrip in Syanboche. You could also see Mount Everest and other high Himalayas.

Day 4: Namche Bazaar to Tengboche

You will pass through small settlements like Sansa, Phunkithanga, pine forests and mani stones to reach Tengboche. Tengboche is beautiful. You can see a panorama of some of the biggest mountain peaks like Everest, Nuptse, Lhotse, etc. Stay overnight at Tengboche.

Day 5: Trek to Dingboche

After having early breakfast we will head to our next destination Dingboche which is around 5-6 hours from Namche bazaar. With the mesmerizing view in the trails and with the best guidance you will not feel bored and uncomfortable in the trek. You can see the Khumjung village with largest gumba. You will reach in Dingboche and will stay here for 2 days.

Day 6: Acclimatization in Dingboche

This is another day acclimatization, rather acclimatize, short hikes nearby are better. Some popular day hike is:

Trek to Chhukung

It is easy and nice day hike which offers a beautiful view of Mount. Makalu Island peak and several other Himalayan peaks. It's an easiest trek in this whole journey. We can see a beautiful Makalu Island peak and other Himalayan ranges



Trek to Nang Karts Hang Peak

We can see the brilliant views of Mt. Ama Dablam, Mt. Nuptse, Mt. Lhotse, Mt. Thamserku, and Mt. Kangtega from Nang Karts Hang Peak.

Day 7: Trek to Lobuche

It's around 5-6 hours of walk to reach Lobuche. You may face the trouble because of the low oxygen in Lobuche. You start with a climb to the chorten trail Pheriche where you will pass through the trekker's Aid Post. Here, trekkers can get consultation and treatment before the trek to continue. After leaving Pheriche, overnight stay in Lobuche. You can see the view Mt. Tawache and Mt. Nuptse from the Lobuche.

Day 8: Trek to Gorakshep and hiking to EBC and back to Gorakshep

The next day, we will trek to Gorakshep early in the morning. It is our final day to reach the destination. You will begin with a trek to Gorakshep before EBC. You will have your lunch in Gorakshep then you headed to the last destination of our trek Everest Base Camp. You can enjoy the scenario of Everest mountain range, Mt. Khutse, Mt. Pumori, Mt. Changse and the Khumbu Glacier and Icefall from EBC. After few hours of enjoying we will get back to the Gorakshep and we will stay there for overnight.

Day 9: Early morning hike to Kalapatthar and down to Gorekshep then fly to Kathmandu with Helicopter

This is our last day of the trek. We will walk to Kalapatthar from Gorekshep early in the morning. You do this trek before the break of dawn. The chance of getting clear view is at their best in the morning.

Kalapatthar is the highest attitude of your entire trek. You can enjoy the view from here and then will return to Gorekshep. Then we will have breakfast in Gorekshep. From here helicopter will pick you up and headed to the Kathmandu. You can enjoy the view of the mountains and cities. After you land on Kathmandu your journey will end here.