

Everest Base Camp Heli Return Trek

Duration: 13 Days

Starts At: Kathmandu

Grade: Moderate

Accommodation: Hotels And
Lodges/Teahouses

Transport: Car, Jeep, Plane, Helicopter

Altitude: 5545m

Ends At: Kathmandu

Group Size: Min 4 People Group

Meals: Breakfast, Lunch & Dinner

Highlights

- Adventurous hike to the base camp of Mount Everest (5,380m.)
- Aerial views of Everest region.
- Explore Sherpa's culture and their living style.
- Visit world heritage sites of Kathmandu valley.
- Visit Tengboche Monastery – Oldest Buddhist monastery in Khumbu region.

Overview

Join the 13-days Everest Base Camp Heli Return Trek designed by the Glorious Himalaya Team, which will let you experience breathtaking Everest Base Camp Trek blended with the most scenic and pictorial Heli ride amidst the stunning valleys and the awe-inspiring Himalayas high peaks. Reaching to the base of the highest peak on the earth Mt Everest (8848m) is undoubtedly every trekker's dream. Everest Base Camp Heli Trek is a short duration package that allows you to trek to [Everest Base Camp](#) and return to Lukla via helicopter. For those whose dreams soar even higher than the clouds, the trip offers you to get immersed in the highlands of insane heights and so much more!!.

The tiring long walks back to Lukla from Base Camp are replaced by a comfortable ride on a helicopter. The return by Heli trek is perfect for those who wish to have a fantastic trek to Everest Base camp and have an up-close view of the Himalayan giants, but do not wish to trek along the same trail back. The Heli flight will save you time as well as energy, plus offers you the aerial perspective of the Himalayas. Boarding the helicopter and flying alongside some of the highest mountains of the world is a magical moment that will truly reveal how great Mother Nature is.

Your initial flight from Kathmandu to Lukla is an adventure itself. Undergo trekking as you walk across the cerulean landscape of the Sagarmatha and enjoy the coruscating

hallmarks of the landscape shadowed by the tallest mountain peaks on the planet. Get through the Sagarmatha National Park- recognized as a Natural UNESCO World Heritage Site. Enjoy the merry villages of Namche Bazaar, Tengboche, Dingboche and get through many prominent Sherpa Villages lying in the Shadows of the Himalayas. As you head to Namche, there are hundreds of trekkers, and you wade through suspension bridges, Sherpa villages, glancing at the mountain, such as Mt. Khumbila (18900 ft). If the weather permits, you will have the beautiful view of Mount Everest (8848 m), Lhotse, Nuptse, Ama Dablam, Thamserku, and Kongde. The view can be best had through binoculars from the Everest View Hotel. Become familiar with the captivating Sherpa culture of the [Khumbu](#) and explore the hidden Monasteries of the Himalayas and visiting the highest located hotel in the world.

Taste sip of the Himalayan warm butter tea as you take in the radiance of Mount Everest and its neighboring peaks. Circle the Mani stone walls carved with prayers and small Chortens and Gumbas laden with colorful prayer flags and let your spirit soar in the vast snowy pastures and boulder-covered river valleys of the Khumbu. With the highest trekking elevation exceeding 5545 meters, The Everest Base Camp Trek is a moderate trek with a flexible duration of 12-16 days.

The [Everest Base Camp trek](#) is filled with prominent features and aspects that you will want to enjoy again and again!

Any person with average fitness and people of all demographics can complete the Everest Base Camp Trek. The 13 days trip is fully customizable and has become an achievable goal for people from all walks of life who want a glimpse of the world's highest peak.

Make friends and unforgettable memories as you immerse yourself in the companionship of the virtuous mountain peaks, unlike anything else in the world! And revel in the journey that Sir Edmund Hillary and Tenzing Norgay Sherpa first did back in 1953.

The walk, the hike and then the Heli ride from Everest Base Camp will give an unforgettable lifetime experience of the Everest Trekking in Nepal. Experience what it feels like to stand on the lap of the highest mountain on Earth and the mighty Himalayas. Countless people have taken this amazing trek and it is your turn now!!! As the saying goes, "If you can dream it, you can do it".

Note: It is also possible if you wish to fly directly from Gorekshep to Kathmandu by helicopter without staying overnight in Lukla which will shorten your itinerary by 1 day with additional Heli charge.

Please see the itinerary for further details about the day-to-day trekking program.

Best Trekking Season for the Everest base camp heli return trek:

Generally, the autumn and spring are the perfect and high trekking season for this trek. June, July and August are the low months to visit the Everest region as the trail remains slippery and muddy due to the monsoon. In addition, visit our [trekking season information](#) section for further details.

Itinerary

Day1 : Arrival in Kathmandu Airport - (1360m.)

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior sherpa guide will come to meet you and give you a brief orientation about Everest Base Camp Trek. You can then go for a stroll down the street to get familiar with the neighbourhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world.

Day2 : Kathmandu Valley sightseeing

The capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism and Western cultures influences. Patan and Bhaktapur are its two major neighboring cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. An orientation session for the trek, which commences the following day, will be organized in the evening.

Day3 : Flight to Lukla and trek to Phakding - (2,652m) 3/4 hrs walk

A thrilling scenic flight to Lukla and a landing on a steep mountain runway brings us to the start of our trek at the village of Lukla [2850m]. After meeting the supporting crew, we head up the Dudh Kosi Valley on a well-marked trail and then stay overnight in Phakding.

Day4 : Trek from Phakding to Namche Bazaar - (3,440m) 6 hrs walk

After a good breakfast at Phakding, we set out for the mountain junction town of Namche; we cross and re-cross the river on high airy suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to

protect and preserve the fragile mountain environment. We then take a steep hike to Namche Bazaar. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market – a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Namche is the gateway to the Khumbu. This is where we crash out for the night.

Day5 : Acclimatization in Namche Bazaar - (3440m) :

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops, and souvenir shops. It is an ideal place to spend a day, acclimatizing to the new altitude before heading off towards Syangboche. To acclimatize, you visit Khunde Hospital set-up by Sir Edmund Hillary or take a one hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse, and Everest. We then go to Khumjung where we visit a school established by Hillary. We begin our hike after enjoying lunch; bypassing the route of Khimde. There are also good views from the National Park Centre and Museum just above the town. After going through our acclimatization drills, we head down to our lodge for some beers & good sleep.

Day6 : Trek from Namche Bazaar to Tengboche - (3,860m) 5 hrs walk

After breakfast in Namche, we start our trek towards Tengboche enjoying the superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku. Our trek follows on the gradual trail with a few ups and downs overlooking the magnificent view of the great Himalaya. Along the way, we can spot wild lives 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 Kosi River, we reach Phunki Tenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Tenga 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 it has the biggest Buddhist Monastery all over in the Khumbu region. Overnight stay at the lodge in Tengboche.

Day7 : Trek from Tengboche to Pheriche - (4,410m) 5 hrs walk

We descend downhill through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This village is directly opposite Ama Dablam [6,856 m], and has exceptional views of the mountain, with the gompa, mani walls and scattered pine trees in the foreground. A further two hours walk brings us to Pheriche where we bunk out for the night.

Day8 : A day to rest and chill out - (4,410m)

This is a day to rest, acclimatize and give our weary bones a breather. However, we don't remain idle; we also get to wander up the valley to look at a lake, the Tshola Tsho and the perpendicular walls of Cholatse and Tawache. We can climb up onto the ridge

overlooking Dingboche for the view of the Imja Valley and the incredible south face of Mt. Lhotse. The views here steal your breath away. We bunk out in the village of Pheriche for the night.

Day9 : Trek to Lobuche - (4,910m) 5 hrs walk

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb, there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche.

Day10 : Trek to Everest Base Camp and back to Gorakshep for the night - (5400m) 8 hrs walk

Today it's a long and gritty day. After a hot breakfast at our lodge, we climb through meadows and moraine stones steps to reach Gorakshep, by either climbing to Kala Patthar or continue heading to Everest base camp. We suggest that you make a beeline for the Everest base camp. By the way, from Everest base camp we do not see Mount Everest. However, from Kala Patthar, we get to see the entire south face of Mt. Everest and well-known peaks nearby; this also includes great sights of the skyline of the Tibet plateau. Overnight at the height of (5,364) at a lodge.

Day11 : Trek to Kalapatthar and fly back to Lukla

Today we wake up early in the morning to increase our chance of having a clear magnificent view of Mt. Everest. The ascent of Kalapatthar (Black rock) will reward us with the most appealing views of Everest. From the top of Kalapatthar, we get a panoramic 360-degree view of Mt. Everest and some of the highest peaks in the world including Lhotse (8516 meters), Mt. Pumori (7169 meters), the Tibetan peak Chagtse, Mt. Nuptse (7861 meters) and many other smaller peaks. This also marks the ending point of our journey. After breakfast, you will now be boarding the helicopter to Lukla and have the aerial views of the Himalayas. What a great way !!! to end our Everest Base Camp Trek.

Day12 : Flight back to Kathmandu

Most flights from Lukla to Kathmandu are schedule early morning to avoid the strong winds. It's a scenic flight from Lukla to Kathmandu for about forty-five minutes. We touch down at Kathmandu and transferred to our hotel.

Day13 : Departure to your destination

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home.

Trip Includes:

- All the domestic and international airport and hotel shuttle by private car/jeep.
- 3 nights hotel accommodations in Kathmandu city inclusive breakfast.
- 1 day sightseeing in Kathmandu valley around cultural and historical heritage sites.
- Both way domestic flights. (Kathmandu to Lukla and Lukla to Kathmandu)
- Private helicopter ride from Gorekshep to Lukla.
- Full board meals during the trek. (Breakfast, lunch and dinner)
- Local lodges accommodations during the trek.
- Professional English speaking trekking guide for the trek.
- Supporting porters to carry your loads during the trek. (1 porter for 2 people)
- All the essential trekking permits and entrance fees for the trekking.
- First aid medical kits for the trek.
- Appreciation certificate after trip completion in Kathmandu.
- Farewell dinner in Kathmandu at typical local restaurant with cultural dance performance.

Trip Exclude:

- International flights and Nepal travel visa.
- Any alcoholic and cold drinks during the trek.
- Entrance fees Kathmandu sightseeing.
- Your personal expenses such as hot shower, charging and use of WIFI during the trek.
- Tips to the trekking guide and porters.
- Any other extra expenses which is other than in our include section.

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag

- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)