

Everest Base Camp Heli Back Trek -11 Days

Everest Base Camp is the pursuance of many fellow travellers, but only a few are fortunate enough to walk to the base camp and enjoy the grandeur of Mt. Everest. Some are laid back due to constraints of time, some due to their fear of walking more than a week continuously in the high altitudinal region. For the, we have an eleven days Everest Base Camp Heli Trek. This trek is a combo of the Everest Base Camp Trek and helicopter tour. You walk to the Everest Base Camp on foot and return through a chartered helicopter enjoying the stunning landscapes with views of sky dominating mountains in that region. With this trek, you don't have to worry about tiring walk back down to Lukla, flight delays/ cancellation in Lukla, and insufficient time for acclimatization when you are on a very tight schedule.

The trekking to the Everest Base Camp is pretty similar to that of the standard package of Everest Base Camp Trek. Everest Base Camp Trek Heli Tour starts with a flight from Kathmandu to Lukla. The flight is followed by a walk down towards to Dukkhoshi river. We cross the river and ascend to Phakding. Further, we walk through forests, enter Sagarmatha National Park and pass villages like Jorsale and Monjo to Namche. At Namche, we spend an extra day for acclimatization. We walk up to the Everest view hotel for stunning views of mountains in the Everest region. We continue ascending to Tengboche from where we will be rewarded with striking views of Mt. Ama Dablam, Mt. Louche, Mt. Lhotse, Mt. Nuptse, Mt. Everest, Mt. Thamserku and many more. From Tengboche, we walk through the pastures of Dingboche and Lobuche to Gorekshep. Finally, we reach Everest Base Camp.

At Everest base camp, we applaud some amazing views of mountains like Mt. Ama Dablam, Mt. Louche, Mt. Lhotse, Mt. Nuptse, Mt. Thamserku, Mt. Tawache, etc. Mt. Everest is invisible from the base camp. Therefore, we hike up to Kalapatthar to enjoy sunrise views with a stunning peak of Mt. Everest. After the hike, we conclude our Everest Base Camp Heli Tour with a flight back to Kathmandu via helicopter. We can even get the aerial views of Gokyo lakes, Khumbu glaciers, and other stunning places as we fly over the boundary of the Everest region to Kathmandu.

If you want to take a full up and down walking journey to and from Everest Base Camp, you have our standard package of Everest Base Camp Trek. Further, Gokyo lake trek and Everest Base Camp Trek with Gokyo Lakes can also be an option.

So, come forward and give World Alpine Treks a chance to take you to your dreamland – Everest Base Camp. We ensure a safe and joyful trip to Everest!

Itinerary

Day 01 - Welcome to Kathmandu (1400 Meters)

The first day marks your arrival day in Kathmandu. Clear all the visa requirements and customs clearance, if any, at the arrival section of the airport. As you come out, you will

find a representative from World Alpine Treks waiting for you holding a board with your name. You will then be transferred to your hotel at Kathmandu. The representative will shortly inform you about the plans ahead.

Day 02 - Fly to Lukla (2843 Meters)-30 minute then Trek to Phakding (2652 Meters) - 3 Hours

On the second day, you will be headed to the domestic terminal of Tribhuvan airport for a flight to Lukla. The flight to Lukla in itself is an enriching experience where you will be able to enjoy some wonderful views of mountains. As you land in Lukla, you will meet our other crew members at the airport. From Lukla, we walk down through the trail along with hotels and lodges to Dudhkoshi River. We cross a long suspension bridge over the river and follow a path that takes us to Phakding. We stay at Yeti Mountain Home in Phakding for the night. (Inclusive of Breakfast, lunch, and dinner)

Day 03 - Trek to Namche Bazaar (3440 Meters) - 6 hours

We wake up early and enjoy our breakfast. Then we follow our trail that goes through an undulating path up and down via traditional villages, fields, and rhododendron forests. We gradually ascend and enter into Sagarmatha National Park with magnificent views of Mt. Thamserku on sight. We pass villages like Jorsale and Monjo on the way to Namche. Namche Bazaar is an old but lively Sherpa village. It is a gateway to all the trekking routes that go to the Everest region. There are many vibrant shops, cyber cafes, restaurants, hotels, and lodge at this time. Namche bazaar never rests. It always gets a lot of visitors and is always crowded. We stay at a guesthouse/ lodge in Namche for the night. (Inclusive of Breakfast, lunch, and dinner)

Day 04 - Hike to Everest View Hotel (3880 Meters) - 3 Hours

The narrow street of Namche is always crowded. Do not get surprised if the yak bells and other horns wake you up. Today is a day set aside for acclimatization purposes. As we gain height, our body needs to be well adapted with the altitude change. Therefore, we have set aside an extra day in Namche. Today, we hike up to Everest View Hotel for close up views of mountains in the Everest region. From the hotel, we can enjoy some striking views of mountains like Kwangde, Thamserku, Kangtega, Nuptse, Lhotse, Ama Dablam, etc. We can visit a museum and a photo gallery on our way back to Namche from the Everest View Hotel. We stay at a guesthouse/ lodge in Namche for the night. (Inclusive of Breakfast, lunch, and dinner)

Day 05 - Trek to Tengboche (3860 Meters) - 5 Hours

As we ascend up, our trail traverses through the forests of rhododendron with brilliant views of Mt. Everest, Mt. Amadablam and Mt. Lhotse on sight. After a while, the trail descends down to the Dudh Koshi River at Phungi Thanga. From here, the trail further ascends up through the forests of pine and rhododendron to Tengboche. Tengboche is popular for the Tengboche monastery and astonishing views of Mt. Ama Dablam along

with other peaks in the region. Tengboche monastery is considered as the largest monastery of the region. Today, we stay at a guesthouse/ lodge in Tengboche for the night. (Inclusive of Breakfast, lunch, and dinner)

Day 06 - Trek to Dingboche (4410 Meters) - 5 Hours

We leave Tengboche and start climbing up the trail for around six hours to Dingboche. As we ascend up, we can notice the change in vegetation. We can find ourselves moving above the tree line with pastures and meadows along the way. On the way, we can see small fields enclosed by stone walls to protect crops from cold winds. As we open up to the meadows of Dingboche, we will find ourselves in a spectacular location with wonderful views of Lhotse and Nuptse ridge on sight. If the weather is favorable, one can relish the amazing views of the sunset over the Ama Dalam Himal in the Everest region. Tonight, we stay at a guesthouse/ lodge in Dingboche. (Inclusive of Breakfast, lunch, and dinner)

Day 07 - Acclimatization in Dingboche

We spend another day in Dingboche. This day in Dingboche is a part of acclimatization. As we have already gained enough height, acclimatization is a necessity. Therefore, we enjoy our day in Dingboche today. After breakfast in the guesthouse, we hike up to Nagerjun for close up views of mountains in the Everest region. We will be blessed with amazing views of Mt. Makalu, Mt. Ama Dalam, Mt. Lhotse, Mt. Nuptse and many more. After enjoying the spectacles of mountains from Nagerjun, we walk back to the guesthouse in Dingboche for the night. (Inclusive of Breakfast, lunch, and dinner)

Day 08 - Trek to Lobuche (4910 Meters)- 5 Hours

Leaving Dingboche, the trail climbs up a ridge with some magnificent views of Taboche peak and Cholatse. Further, the trail continues through yak pastures until we cross a wooden bridge over a stream to Duglha. From Duglha, we ascend up for an hour along a steep route above the moraine of Khumbu glacier. From here, we ascend up the valley to Lobuche enjoying the views of Khumbutse, Pumori, and Lingtren. Mt. Everest becomes invisible as it is hidden behind the towering peaks of Lhotse and Nuptse. On reaching Lhotse, we stay at a guesthouse/ lodge in Lobuche. (Inclusive of Breakfast, lunch, and dinner)

Day 09 - Trek to Everest Base Camp (5364 Meters) via Gorekshep (5180 Meters) - 7 Hours

Today is one of the rewarding days of our journey. Our week-long hard work is going to pay off as we will be stepping in the Everest Base Camp – the dream of every single travel lover. From Lobuche, we follow a rocky path to the last village of the trail – Gorekshep. From Gorekshep, we continue towards the world's highest base camp i.e. Everest Base Camp through the Khumbu glacier. It is considered as one of the most dangerous sections of Everest Base Camp Trek. As we reach the base camp, we will

be showered with some mesmerizing views of glaciers, lakes, caves, and icefalls. Though the views of Mt. Lhotse and Mt. Nuptse are quite clear, Mt. Everest hides back behind the shades of Lhotse and Nuptse. After spending some time in base camp, we return back to Gorekshep via the same route. Tonight, we stay at a guesthouse/ lodge in Gorekshep. (Inclusive of Breakfast, lunch, and dinner)

Day 10 - Hike to Kalapatthar (5545 Meters) - 3 Hours and fly to Kathmandu (1400 Meters) - 1 Hour

Today, we wake up a little early to catch the sunrise views from Kalapatthar. We hike up for around two to three hours from Gorekshep to Kalapatthar. As we ascend up, we get the first glimpse of the mighty Mt. Everest along with the other peaks like Mt. Pumori, Mt. Lingtren, Mt. Khumbutse, Mt. Changtse, Mt. Lhotse, Mt. Nuptse, Mt. Cho Oyu, Mt. Ama Dablam, etc. The golden rays of sunrise glittering over the snow-clad mountains in the region look amazing. After having this amazing view from Kalapatthar, a helicopter will pick us up and take us back to Kathmandu. Tonight, at a hotel in Kathmandu. (Inclusive of Breakfast and lunch)

Day 11 - Departure day

Before a few hours of your scheduled flight, you will be transferred to the international terminal of Tribhuvan International airport. (Inclusive of Breakfast)

Inclusion

- All ground transportations by private vehicle.
- Kathmandu to Lukla
- Chartered helicopter from the base camp to Kathmandu..
- All ground transportation during the trip. - Meals as mentioned in itinerary.
- 2 Nights Accommodation in a three-star category hotel in Kathmandu.
- Accommodation in guesthouses during the trekking journey.
- Trekking permit & TIMS
- Duffel bag, trekking map, company t-shirt.
- Sleeping bag if you require.

- Entry fee to national parks, heritage sites and other places.
- A professional English speaking guide and a porter (one porter for two clients).
- Insurance of support crew members and their other costs.
- First aid kit.
- Trekking completion certificate from company
- All government taxes.

Exclusion

- Travel insurance .
- International airfare.
- Nepal entry visa fee: You can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (A multiple-entry tourist visa good for 30 days can be obtained by paying the US \$ 50 or equivalent foreign currency. Similarly, multipleentry tourist visas for 90 days can be obtained by paying the US \$ 125). Please bring 2 copies of passport-size photos
- Lunch and dinner in Kathmandu .
- Extra night hotel Kathmandu in case of early arrival late departur.
- Hot shower during the trek except for Namche and Lukla.
- Personal refreshment expenses - soft drinks, hard drinks, mineral bottled water, cigarettes, chocolates, etc.
- Utility expenses like telephone, electricity for charging, internet, laundry services, etc.
- Tips for support crew members of your trekking team.

