



## EVEREST BASE CAMP HELI RETURN TREK – 9 Days

### Trip fact:

<b>Designation</b>	: Nepal
<b>Region</b>	: Khumbu Region
<b>Duration</b>	: 9 Days
<b>Maximum Altitude</b>	: 5,644m at Kalapatthar
<b>Activity</b>	: Helicopter Return Trekking

### Outline Itinerary:

**Day 01:** Arrival in Kathmandu

**Day 02:** Flight from Kathmandu to Lukla airport (2,846 m/9,337 ft) and trek to Phakding (2,610 m/8,563 ft)

**Day 03:** Trek from Phakding to Namche Bazaar (3,440 m/11,290 ft)

**Day 04:** Acclimatization in Namche Bazaar: hike to Syangboche Airstrip (3,748 m/12,297 ft) and Everest View Hotel (3,962 m/13,000 ft)

**Day 05:** Trek from Namche Bazaar to Tengboche/Dibuche (3,860 m/12,660 ft)

**Day 06:** Trek from Tengboche/Dibuche to Dingboche (4,410 m/14,470 ft)

**Day 07:** Trek from Dingboche to Lobuche (4,940 m/16,210 ft)

**Day 08:** Trek from Lobuche to Everest Base Camp (5,364 m/17,598 ft) via Gorak Shep (5,164 m/16,942 ft) and back to Gorak Shep for a night's stay

**Day 09:** Hike to Kala Patthar (5,644 m/18,519 ft) early in the morning coming back to Gorak Shep and take a helicopter flight back to Lukla and flight back to Kathmandu



## Detail Itinerary:



*Image: Kathmandu City*

### **Day 1: Arrival in Kathmandu**

Our airport team will be waiting for you at the international airport terminal to take you to the hotel. Also, they will help you check in and carry your bags. After getting some rest, get together with the rest of the core team in the office of our Adventure Master. We tell you about the trek leader and go over some last-minute details. Evening is free. You can get last-minute things for your trek and walk around Thamel's busy streets.



*Image: Lukla Airport*

## **Day 2: Flight from Kathmandu to Lukla airport (2,846m/9,337ft) and trek to Phakding (2,610m/8,563ft)**

Get up early to catch an exciting flight from the airport in Kathmandu to the airport in Lukla. The flight is short and has beautiful views. As soon as we land at Tenzing Hillary Airport, we are joined by porters and start walking toward Phakding village. From Lukla, it is an easy walk downhill through lush forests and along the Dudh Koshi river. On the way to Phakding village, we pass by Cheplung village (2,660 m) and Thado Koshi Gaon (2,580 m). You go over a few bridges. Get to see views of Kusum Kangguru and Kongde Ri.





*Image: Namche Bazaar*

### **Day 3: Trek from Phakding to Namche Bazaar (3,440m/11,290ft)**

From the village of Phakding, the path leads through rhododendron and magnolia forests to the town of Toktok (2,760 m). To get to Monjo from Bengkar Village (2,630 m), you have to cross two bridges, including the long Hillary Bridge (2,835 m). At the police checkpoint, we will turn in our permits, and then we will keep walking through lush forests, over a few suspension bridges, and through small villages until we reach Namche Bazaar. As we get closer to Namche Bazaar, the path gets steeper, and we get our first look at Everest.



*Image: Everest View Hotel*

**Day 4: Acclimatization in Namche Bazaar: Hike to Syangboche airstrip (3,748m/12,297ft) and Everest View Hotel (3,962m/13,00ft)**

We rest for a day in Namche Bazaar so that our bodies can get used to the high altitude. Consequently, we will take the Syangboche Airstrip above Namche Bazaar to get to the Everest View Hotel. Therefore, this will be a great hike that starts early in the morning. During the hike, we can see Everest, Thamserku, Ama Dablam, Lhotse, Nuptse, Taboche, Khumbila, and other mountains. The Guinness World Record is held by the Everest View Hotel, which is one of the highest luxury hotels in the world. We could keep hiking to Khumjung monastery, which is one of the oldest monasteries in the Khumbu area. After the hike, we will go down to Namche Bazaar to spend the rest of the day. In the village, we can visit gift shops, cafes, museums, and other places.





*Image: Tengboche Monastery*

### **Day 5: Trek from Namche Bazaar to Tengboche/Dibuche (3,860m/12,660ft)**

The trail goes up along the green foothills from Namche Bazaar to Kyangjuma (3,550 m). Amazing mountain views can be seen along the way. Therefore, the trail winds its way uphill and soon drops down to Phungi Thanga (3,250 m). We walk through a lush forest and up to the village of Tengboche after crossing a bridge. From the back of the Tengboche monastery, you can see Everest, Lhotse, Nuptse, and Ama Dablam very well.



### **Day 6: Trek from Tengboche/Dibuche to Dingboche (4,410m/14,470ft)**

On this day, we get up early to see a beautiful sunrise. We leave Tengboche after breakfast and go down through the lush rhododendron forest to Deboche (3,320 m). We might see musk deer, blue sheep, and monal as we go further. We pass through the village of Pangboche after crossing a suspension bridge over the Imja Khola (3,930 m). Keep walking and cross another bridge. The trail will soon pass through Shomare (4,010 m), then Orsho (4,190 m). Then we walk along the Imja Khola and slowly climb up to the village of Dingboche.





Image: Lobuche

### **Day 7: Trek from Dingboche to Lobuche (4,940m/16,210ft)**

Most of the day, we will walk along the Khumbu glacier. As we leave the village of Dingboche, we will climb through a ridge. The trail then goes up a little bit. We can see how beautiful Cholatse and Tawache are. Then, we walk on a path made of glacier that takes us to Dughla. We will cross an exciting bridge on the way.

The path gets steeper, and after crossing the Khumbu Khla from Dughla, we climb up a rocky path to the Khumbu glacier's end moraine. We keep going and stop at memorial cairns on the way to Lobuche village. During the last part of the climb, the views of Khumbutse, Pumori, and Lingtren are unlike anything in the world.





Image: Everest Base Camp

**Day 8: Trek from Lobuche to Everest Base Camp (5,364m/17,598ft) via Gorakshep (5,164m/16,942ft) and back to Gorakshep for a night stay**

It is a big day. We leave the village of Lobuche and follow the wide valley up to Gorak Shep. The trail slowly goes up a rocky path, and as the elevation goes up, it gets steeper.

We walk up and down Gorak Shep past the Changri Nup Glacier. From here, we walk along the Khumbu Glacier and up a steep, rough path to Everest base camp.

From the Everest base camp, you can see the famous Everest Icefall and glaciers in a way that will blow your mind. We will stay here for a while and take pictures before going back to Gorak Shep to spend the night.



**Day 9: Hike to Kala Patthar (5,644 m/18,519 ft) early in the morning coming back to Gorak shep and take a helicopter flight back to Lukla and flight back to Kathmandu**

We cannot leave the Everest area until we have seen the beautiful view of the mountains from Kala Patthar. The Kala Patthar trail is well-used but easy to follow. It starts above Gorakshep. The early sun's golden rays on snow-capped mountains are beyond this world, and so is the view.

Take your time to enjoy the view, and then head back down to Gorakshep. Our helicopter crew will pick us up there. We will head down to Lukla after flying over the Khumbu glacier, icefall, and Everest base camp. The villages, valleys, and gorges look great from above. After getting more fuel, we will keep going from Lukla to Kathmandu.





## Cost Include:

- ✔ All ground travel, including getting to and from the airport, is done in a private car.
- ✔ Two nights accommodation at a 3 star hotel in Kathmandu including breakfast ( as per the itinerary)
- ✔ The flight from Kathmandu to Lukla- Kathmandu
- ✔ During the trek, you will be provided with three meals a day: breakfast, lunch, and dinner with one cup of tea each meal
- ✔ You will be provided with the best available lodge with private or shared bathrooms in Phakding, Namche, and Lukla, where two people can share a room.
- ✔ A highly experienced, helpful, knowledgeable, friendly, English-speaking guide with all of his salary, food, drinks, lodging, transportation, and insurance covered.
- ✔ The helicopter flight from Gorakshep to Lukla.
- ✔ Trip completion certificate
- ✔ All papers that need to be done, Fees for entering permits you need to go while hiking.
- ✔ Insurance is covered of only helicopter not passenger.
- ✔ Taxes and official costs paid to the government.
- ✔ First aid kit- Oximeter to check your pulse, oxygen saturation, and heart rate twice a day (very helpful to check for signs of Altitude Mountain Sickness, or AMS). This will make sure that your trek is in the safest hands possible, no matter how experienced you are.

## Cost Exclude:

- ✘ Food that you will eat in Kathmandu for lunch and dinner
- ✘ The cost of a visa to enter Nepal is \$30 USD for a 15-day stay, 30 Days - \$50, 90 Days - \$125
- ✘ Your insurance for travel and medical care.
- ✘ International Airfare.
- ✘ Your Personal Expenses.
- ✘ All of the alcoholic and non-alcoholic cold and hot drinks you buy on trek (along the way and in the Tea Houses at night).
- ✘ All of the sweet desserts, like chocolate, cake, pie, and pudding.
- ✘ The tea houses have hot showers and places to charge your phone which will cost you about 2\$ to 5\$
- ✘ Tip to the guide, the porter, and the driver. (Tipping is expected)
- ✘ One porter for two people: US\$ 180 /-

## Trip Highlight

- ✔ A well-led and safe trek to Mt. Everest's base camp, Everest lap.
- ✔ An exciting journey through the Khumbu area of Sagarmatha National Park.
- ✔ Explore the eastern Himalayas of Nepal, which are home to eight-thousand mountains, the legendary Sherpa people, and beautiful river valleys.
- ✔ See beautiful waterfalls and streams and use hanging bridges to cross the Dudh Koshi river many times.

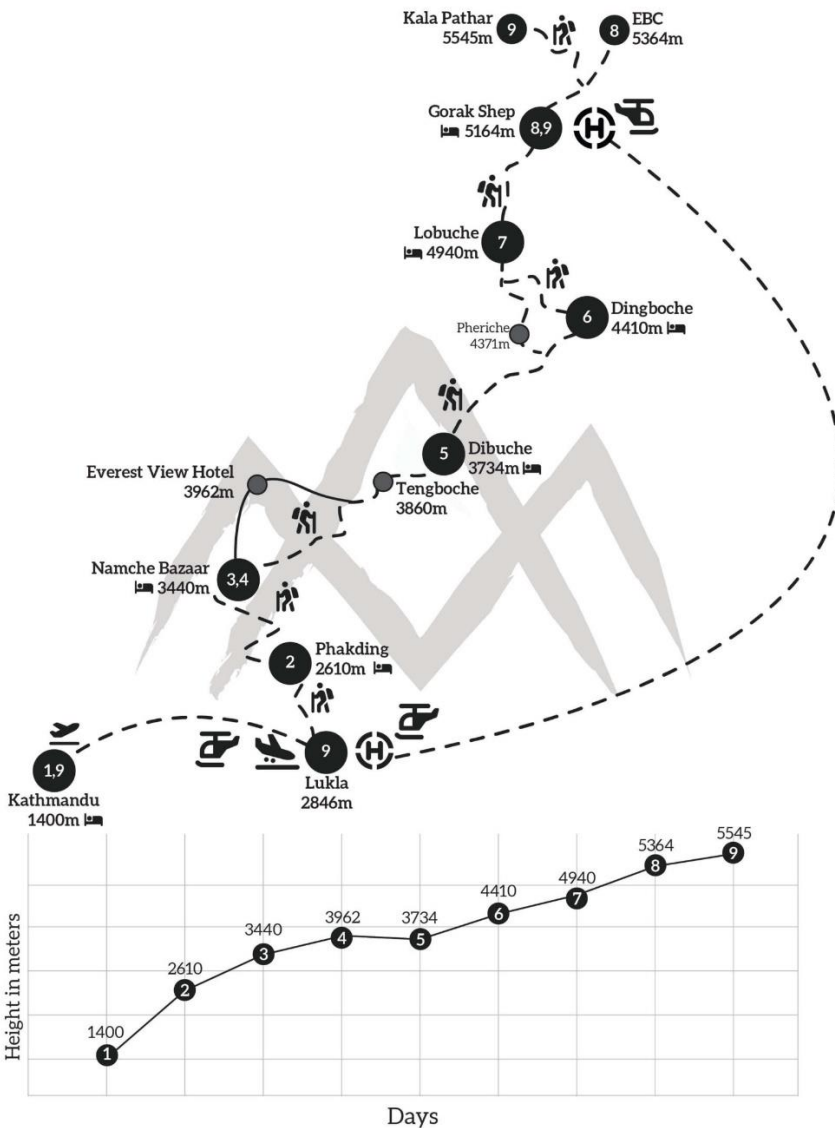


- ✔ Spend the night in beautiful mountain villages and get to know how the locals live.
- ✔ Walk through rhododendron and magnolia forests, then climb above the tree line and walk along glaciers and moraines.
- ✔ Hike to Kala Patthar and enjoy the beautiful sunrise and views of the mountains.
- ✔ On the trail, you can always see snow-capped mountains, green hills, and other different landscapes.
- ✔ Take a thrilling helicopter ride out of the Khumbu area and look out over the breathtaking Himalayan landscapes.

### Route Map:



## Everest Base Camp Heli Return Trek - 9 Days



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## **Payment process**

You need to pay a 25% deposit up front. If you pay with a credit card, you might have to pay an extra 4% charge.

## **Cancellation policy**

The cancellation fees are calculated as a percentage of the total tour price:

- Cancellation one week before departure: 15% of full payment will be deducted.
- Cancellation on the same day: 25% of full payment will be deducted.
- No refund on cancellation after departure.
- If you need to postpone your trip, there won't be any additional charges i.e you'll be able to go on the trip at the originally booked amount.

## **List of trekking equipment for the trek**

For trekking to Everest base camp, you will need the following. You can rent or buy most of the gear mentioned in Thamel, Kathmandu.

### **Head and Hand**

- Sun Cap
- Wool/Fleece Hat
- Balaclava
- Neck Gaiter/High Neck
- Lightweight Synthetic Liner Glove
- Wind Stopper Fleece Gloves

### **Upper Body**

- Short-Sleeved Shirts/T-shirts
- Lightweight Top/Thermo Coat
- Synthetic or Fleece Jacket
- Down Insulated Jacket

### **Lower Body**

- Underwear
- Lightweight Long Underpants
- Midweight Long Underpants
- Trekking Pants
- Trekking Socks



- Sandals
- Lightweight Hiking/Trekking Boots

### **Toiletries**

- Hand Sanitizers & Hand wash
- Wet Tissues
- Toothpaste
- Toothbrush
- Bath Soap
- Shampoo
- Moisturizers
- Laundry Soap
- Garbage Bag
- Eye Drops
- Zip-Lock Bags
- Sunscreen (-50 Spf)
- Lips Guard (-20/-50 Spf)
- Water Purification Tablets
- Baby Wipes or Wet Towels

### **Miscellaneous**

- Swiss Knife
- Rucksacks (45 – 55 Ltr.)
- 1 Duffel Bag (provided by the company)
- Trekking poles
- Sleeping bag
- Torchlight
- Water Bottles
- Thermos/Flask
- Pack Towel
- Spare batteries
- Waterproof Stuff Sacks
- Satellite Phone (if possible)
- Solar chargeable power bank (optional)
- Journal/Pen
- Book/Board Game
- Bars & Snacks

### **Travel Document**

- Valid Passport
- Valid Visa
- 4 PP Size Photo





- Insurance Paper (Medical & Rescue) & Contact Address
- Family/Company Contact Number & Address
- Credit Card

If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on Instagram

[@adventuremastertrek](#) or get in touch via [WhatsApp \(+9779851033195\)](#). A member of our team will get back to you as quickly as possible and be happy to assist you further.

Kindest regards and namaste!

**Adventure Master Trek**

We are recommended on



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