

Everest Base Camp Trek with Helicopter Return

Duration: 12 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu

- **Time :** Whole Day
- **Max Altitude :** 1,350 m

Accommodation: na

Meal: na

You arrive at Tribhuvan International Airport and transfer to your hotel. This is a light day focused on rest, hydration, and trek preparation. You'll meet your guide, review equipment, and receive a briefing about altitude safety and the upcoming journey. Since you are still at a low altitude, your body begins in a comfortable state before the gradual ascent.

Day 2 Fly to Lukla and Trek to Phakding

- **Time :** 3–4 hours
- **Max Altitude :** 2,860m

Accommodation: na

Meal: na

A scenic mountain flight takes you to Lukla. After landing, you begin a relatively easy trek to Phakding, walking along the Dudh Koshi River through pine forests and small Sherpa settlements.

Body impact: This day is designed to be gentle, allowing your body to start adapting to altitude without strain. The slight descent to Phakding helps with gradual acclimatization.

Day 3 Trek to Namche Bazaar

- **Time :** 6–7 hours
- **Max Altitude :** 3,440 m

Accommodation: na

Meal: na

This is a longer and more physically demanding day. You cross multiple suspension bridges and enter Sagarmatha National Park. The final ascent to Namche is steep and can feel challenging due to increasing altitude.

Body impact: You gain nearly 800 meters in elevation, so you may begin to feel mild altitude effects like shortness of breath. Proper pacing and hydration are essential.

Day 4 Acclimatization in Namche Bazaar

- **Time** : 2–4 hours
- **Max Altitude** : 3,440 m

Accommodation: nan

Meal: na

You take an acclimatization day with an optional hike to Hotel Everest View. This hike involves ascending higher and then returning to sleep at the same altitude.

Body impact: This “climb high, sleep low” strategy helps your body produce more red blood cells, improving oxygen efficiency and reducing the risk of altitude sickness.

Day 5 Trek to Tengboche

- **Time** : 5–6 hours
- **Max Altitude** : 3,860 m

Accommodation: nan

Meal: nan

The trail offers stunning views of Everest, Ama Dablam, and surrounding peaks. After descending to the river, you climb steadily to Tengboche. You can visit Tengboche Monastery, the largest monastery in the region.

Body impact: Altitude is increasing steadily; breathing becomes heavier, and energy levels may fluctuate. A slow pace is key.

Day 6 Trek to Dingboche

- **Time** : 5–6 hours
- **Max Altitude** : 4,410 m

Accommodation: nan

Meal: nan

You move above the tree line into alpine terrain. The landscape becomes more open and rugged with fewer settlements. Dingboche is a wide valley offering incredible mountain views.

Body impact: At over 4,000 meters, oxygen levels are significantly lower. You may notice fatigue, reduced appetite, or mild headaches—normal signs of altitude adaptation.

Day 7 Acclimatization in Dingboche

- **Time** : 3–4 hours
- **Max Altitude** : 4,410 m

Accommodation: nan

Meal: na

A hike to Nangkartsang Peak allows you to gain more elevation before returning to Dingboche.

Body impact: This is a crucial acclimatization day before entering extreme altitude zones. Your body continues adapting to thinner air, reducing the risk of Acute Mountain Sickness (AMS).

Day 8 Trek to Lobuche

- **Time** : 5–6 hours
- **Max Altitude** : 4,910 m

Accommodation: na

Meal: na

The trail follows the Khumbu Glacier and passes memorial sites dedicated to climbers. The terrain becomes rocky and more physically demanding.

Body impact: You are now approaching 5,000 meters, where oxygen is about 50% of sea level. Walking becomes slower, and rest breaks are more frequent.

Day 9 Trek to Everest Base Camp ? Gorak Shep

- **Time** : 7–8 hours
- **Max Altitude** : 5,364m

Accommodation: Hotel / Teahouse

Meal: BLD

This is a long and rewarding day. You trek to Everest Base Camp, walking along glacial paths and rugged terrain. After reaching base camp, you return to Gorak Shep.

Body impact: This is one of the most physically demanding days due to both duration and altitude. Proper hydration, slow pace, and mental focus are essential.

Day 10 Kala Patthar ? Helicopter to Lukla

- **Time** : 2–3 hours
- **Max Altitude** : 5,545 m

Accommodation: Hotel / Teahouse

Meal: BLD

Early morning, you hike to Kala Patthar, the highest point of the trek (5,545 m). It offers the best panoramic views of Everest at sunrise. After descending, you take a shared helicopter flight to Lukla.

Body impact: This is the maximum altitude your body reaches. Oxygen is extremely low, so the hike is slow and steady. The helicopter return significantly reduces physical stress and eliminates the need for a multi-day descent.

Day 11 Fly Back to Kathmandu

- **Time** : na
- **Max Altitude** : 1340m

Accommodation: Hotel / Teahouse

Meal: BLD

You fly back from Lukla to Kathmandu (directly or via Manthali). This marks a rapid descent from high altitude to low altitude.

Body impact: Your body quickly recovers as oxygen levels increase, and you'll feel more energetic.

Day 12 Departure

- **Time** : na
- **Max Altitude** : na

Accommodation: Hotel / Teahouse

Meal: BLD

You transfer to Tribhuvan International Airport for your departure.

Cost Include

- Pre-trek briefing in Kathmandu
- Airport pick-up and drop-off services in Kathmandu
- 2 nights' accommodation in a 4-star category hotel in Kathmandu on a twin-sharing basis, including daily breakfast
- Shared helicopter flight from Kathmandu to Lukla
- Shared helicopter flight from Gorak Shep to Kathmandu (or via Lukla)
- Porter service (1 porter for every 2 trekkers)
- All guide and porter expenses, including salary, insurance, meals, accommodation, and equipment
- Twin-sharing accommodation in the best available deluxe teahouses/lodges throughout the trek
- Three meals per day (breakfast, lunch, and dinner) during the trek
- Fresh seasonal fruit during the trek
- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entry Permit
- TIMS Card (if applicable)
- Sleeping bag and duffel bag for use during the trek (returnable after the trip)
- Welcome or farewell dinner in Kathmandu at a cultural restaurant (complimentary)
- First Aid Medical Kit (Carried by the guide) Aarogya PC-303 Portable Vital Signs Monitor Device
- Government taxes and office service charges
- Emergency evacuation coordination assistance (evacuation costs covered by the traveler's travel insurance)
- Experienced, government-licensed English-speaking trekking guide

Cost Exclude

- Nepal entry visa fee
- International airfare to and from Nepal
- Travel insurance (mandatory, including high-altitude trekking and helicopter evacuation coverage)
- Lunch and dinner in Kathmandu
- Personal trekking equipment and clothing
- Personal expenses (laundry, Wi-Fi, battery charging, telephone calls, etc.)
- Alcoholic beverages, soft drinks, bottled water, and snacks not included in the itinerary
- Tips and gratuities for guides, porters, and drivers (optional but appreciated)
- Expenses arising from flight delays, adverse weather conditions, itinerary changes, or other unforeseen circumstances
- Any services or expenses not specifically mentioned under Package Includes