

# Hotel Everest View Heli Trek – 4 Days Luxury Trek

**Duration:** 4 Days Days

## Itinerary (Plan)

### Day 1 Helicopter Flight to Lukla ? Trek to Phakding

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

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Your journey begins with an exciting helicopter flight from Kathmandu to Lukla, offering breathtaking aerial views of the Himalayas, deep valleys, and snow-covered peaks. After landing at Lukla, you begin your trek toward Phakding, following the Dudh Koshi River through pine forests and small Sherpa settlements.

The trail is relatively gentle and mostly downhill, making it an easy introduction to trekking in the Everest region. You will pass suspension bridges, prayer wheels, and traditional villages along the way before reaching Phakding for your overnight stay.

**Body impact:** Since you immediately enter a high-altitude zone, this short trek helps your body begin gradual acclimatization. The moderate walking distance ensures minimal strain on the first trekking day.

### Day 2 Trek to Syangboche ? Hotel Everest View

- **Time :** 5–6 hours
- **Max Altitude :** 3,880 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Today is a significant ascent day as you gradually climb through forests and cross Namche Bazaar before heading toward Syangboche. From here, you continue uphill to the iconic Hotel Everest View, one of the world's highest luxury hotels.

The trail offers your first dramatic close-up views of Everest, Ama Dablam, and surrounding Himalayan peaks. The final stretch is a steady uphill climb, but well-paced with rest stops and scenic viewpoints.

Body impact: You gain considerable altitude today, so breathing becomes slightly heavier and walking pace naturally slows. Proper hydration and steady movement are important for comfortable adaptation.

### Day 3 Excursion to Khumjung Village

- **Time** : 2–3 hours
- **Max Altitude** : 3,790 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

This day is designed for acclimatization and cultural exploration. You take a short hike to Khumjung Village, a traditional Sherpa settlement known for its monastery, local culture, and views of the surrounding mountains.

After exploring the village, you return to Hotel Everest View for another overnight stay, allowing your body to remain stable at high altitude without further strain.

Body impact: This “active rest” day improves oxygen adaptation and reduces the risk of altitude sickness while keeping you lightly active.

### Day 4 Kala Patthar Helicopter Experience ? Return to Kathmandu

- **Time** : 4 hours
- **Max Altitude** : 5,545 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Early in the morning, you take a scenic helicopter flight to Kala Patthar, the highest point of this itinerary. From here, you enjoy panoramic sunrise views of Mount Everest, Lhotse, Nuptse, and the entire Khumbu Glacier region.

After a short stop for photography and viewing, you board a shared helicopter back to Kathmandu, flying over dramatic Himalayan landscapes, deep valleys, and glacial rivers.

Body impact: Although you briefly reach extreme altitude, there is minimal physical strain because the ascent is by helicopter. The short stop duration ensures safety while still offering the highest Himalayan viewpoint experience.

## Cost Include

- Airport pickup and drop-off at Tribhuvan International Airport with private vehicle transfers
- Scenic helicopter flight from Kathmandu to Lukla with panoramic Himalayan views

- Shared helicopter flight from Kala Patthar to Kathmandu (including landing experience for Everest views)
- All required permits: Sagarmatha National Park Entry Permit and TIMS card
- Accommodation in Hotel Everest View (premium mountain hotel) and tea houses in Phakding
- All meals during the trek (breakfast, lunch, and dinner) with tea/coffee
- Professional licensed trekking guide with deep knowledge of Everest region culture and trails
- Porter service for luggage (shared basis with weight limit)
- Guided acclimatization hike to Khumjung Village and surrounding viewpoints
- All government taxes, company service charges, and logistics management

## Cost Exclude

- International airfare to and from Nepal
  - Nepal visa fees (obtainable on arrival at Tribhuvan International Airport)
  - Travel insurance (mandatory for high-altitude trekking and helicopter evacuation)
  - Personal expenses such as bottled drinks, snacks, Wi-Fi, hot showers, and battery charging in lodges
  - Extra nights in Kathmandu due to weather delays or flight cancellations
  - Personal trekking gear (down jackets, sleeping bags, trekking boots, etc.)
  - Tips and gratuities for guides, porters, and helicopter crew
  - Private helicopter upgrades (this package includes shared helicopter flights only)
  - Any additional costs due to itinerary changes, natural delays, or personal reasons
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