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1. Everest Base Camp Trek with Helicopter Return

2. Overview

The Everest Base Camp Trek with Helicopter Return is one of Nepal's most exciting and smartest ways to experience the Himalayas. You will enjoy the classic Everest Base Camp trek on the way up and…

3. Itinerary

Day 01: Arrival in Kathmandu, transfer to hotel, and trek briefing.

Altitude: 1400 m | Stay: Hotel

You may arrive in Kathmandu at any time. Upon your arrival, you will be welcomed by one of our representatives. Our representative will help you get a transfer to the hotel. After a quick rest, attend a pre-trek brief and meet your trekking Guide. Get your answers for queries regarding the trek if you have. Check your trekking gear; if you have forgotten any item, you can buy or rent it from a trekking gear shop in Thamel. Tomorrow you will catch an early morning flight to Lukla, so be prepared for the early morning drive. Overnight in Kathmandu.

Day 02: Fly to Lukla (2,860m/9,318ft) and trek to Phakding (2,610m/8,563ft).

Altitude: 2610 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Flight duration: 30 minutes**
- **Lukla to Phakding: Approximately 8 km**
- **Trek duration: Approximately 4 hours**

You will be transferred to the airport early in the morning for your Lukla flight. The short flight is quite thrilling as you will get your first views of the mountain peaks. Upon landing at Lukla, you will then have a short trek to Phakding, one of the famous overnight stops for trekkers doing the Everest base camp trek. Overnights stay at the teahouse at Phakding.

Day 03: Trek to Namche Bazaar (3,440m/11,286ft).

Altitude: 3440 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Phakding to Namche distance: Approximately 10.8 km**
- **Trek duration: Approximately 8 hours**

Leaving Phakding behind, you will be entering the Sagarmatha National Park at Monjo and then trekking through the park's woodlands and eventual hills towards Namche Bazaar. The trek is relatively flat and easy with occasional up-and-down-hill trekking and crossing of the Dudh Koshi River via suspension bridges at various intervals. The trek is also filled with views of the peaks like the Kusum Kanguru and the Kongdi RI. From Namche, you will get your first proper view of Mount Everest and many of its neighboring peaks. Overnights stay at the guesthouse in Namche.

Day 04: Acclimatization day in Namche Bazaar, with options for short hikes.

Altitude: 3440 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

This day is reserved for acclimatization. Today, you can have a visit to Namche's Everest Photo Gallery as well as the town's Sherpa Culture Museum. If you want, you can also make your way towards the Syangboche Airstrip, which is located above the ridge at Namche. From Syangboche, you can get good views of Ama Dablam, Lhotse, Nuptse, Thamserku, the Kongdi RI, and many others, as well as a snow-globe view of the town itself, which looks quite pretty with colorful tin-roof houses laid out on a terrace on the cliffside. You can also visit the Everest View Hotel, located a few kilometers from the town, which presents breathtaking views of the peaks. The Hotel is also listed in the Guinness Book of World Records as the highest-located Hotel in the world. Overnights stay at the guesthouse in Namche.

Day 05: Trek to Tengboche

Altitude: 3867 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Namche to Tengboche distance: Approximately 10 km**
- **Trek duration: Approximately 6 hours**

Following the Dudh Koshi River, you will leave Namche and trek through the pastures and the pine woods down the valley to come to the raging Imja Khola. The path leads you through many smaller settlements, as you wind your way on the path that rounds several ravines and high ridgelines with the river flowing below. Finally, you will reach Tengboche, home of the Tengboche Monastery, from where breath-taking views of the Ama Dablam peak are seen remarkably, surrounded by rhododendron woodlands and the chirping of Himalayan birds. Overnights stay at the guesthouse at Tengboche.

Day 06: Trek to Dingboche

Altitude: 4410 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Tengboche to Dingboche distance: Approximately 11 km**
- **Trek duration: Approximately 6 hours**

You will be steadily gaining altitude today. Passing by many small chortens, you will follow the trekking path down the Imja valley towards the Dingboche village, also known as the "summer valley" of the Khumbu. The village has a 1 kilometer-long wall that is built to protect the village crops from the sweeping Himalayan winds that flow down the mountains. It is a beautiful journey filled with alpine woods and Himalayan ambiance. Overnights stay at the guesthouse at Dingboche.

Day 07: Acclimatization day in Dingboche, with options for hikes.

Altitude: 4410 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

This is another day reserved for acclimatization. You can spend the day relaxing at the village, or you can also choose to hike to Nagarjun hill (also known as Nangkartshang Peak), situated at an altitude of approximately 5,083m meters. A round-trip hike to Nagarjun Hill (Nangkartshang Peak) from Dingboche takes around 3 to 5 hours. It is a steep and challenging acclimatization hike, taking about 2–3 hours to reach the 5,083m summit and 1–2 hours to descend back to Dingboche (4,410m). From this hill, you can enjoy the panoramic view of surrounding peaks like Ama Dablam, Makalu, Lhotse, and Thamserku.

Day 08: Trek to Lobuche

Altitude: 4910 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Dingboche to Lobuche distance: Approximately 09 km**
- **Trek duration: Approximately 6 hours**

The trekking trail now leaves the foothills and climbs upwards to a more Himalayan landscape where snow covers the terrain. As you leave behind the woodlands, you can notice the chilly environ and its lack of bright green foliage. Instead, the landscape is snowier here and vast fields of snowy plains cover the line of sight as far as the eye can see. The horizon is also decorated with Himalayan views, except this time, the sight isn't obscured by woods. Finally, you will reach Lobuche, a village situated between the mountains named after the village- the Lobuche Peaks. Overnights stay at the guesthouse at Lobuche.

Day 09: Trek to Gorakshep and Everest Base Camp, then return to Gorakshep .

Altitude: 5364 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Lobuche to Gorakshep distance: Approximately 4.5 km**
- **Gorakshep to Everest Base Camp and back: 7 km round trip**
- **Total trek duration: 6-7 hours**

From Lobuche, you will steadily make your way to Gorakshep today, one of the last stops before the base camp. Gorakshep is a sparse village with not many lodges. It was the original site of the Everest base camp before it was moved further up. From Gorakshep, you will follow the Khumbu Glacier moraine towards the base camp, where you can get good views of the Khumbu Icefall and the Khumbu Glacier. The base camp is where the Everest expedition begins. After taking in the views at the base camp, you will then return to Gorakshep. Overnights stay at the guesthouse at Gorakshep.

Day 10: Sunrise at Kala Patthar and Shared Helicopter Flight to Lukla

Altitude: 2860 m | Meals: Breakfast | Lunch | Dinner | Stay: Hotel

- **Gorakshep to Kala Patthar distance: Approximately 3 km**
- **Kala Patthar hike duration: 3 to 4.5 hours(2 - 2.5 hour ascend and 1 hour descend)**

Today is an exciting day of the trip! Early in the morning, before dawn, you will make your way to Kala Patthar, one of the best vantage points in the region. It presents panoramic views of the entire Mount Everest massif. As the sun rises, you can catch the first glimmer of shimmering tincture of the mountains as they shine under the sun's rays in the crack of dawn. It is a breathtaking sight, indescribable in words. After enjoying your Himalayan sights from Kala Patthar, you will then return to the Gorakshep village. From here, you will take a helicopter ride back to Lukla Airport, enjoying the same Himalayan views you experienced on the ground, but this time from the air. The sweeping Himalayan landscapes of the Khumbu pass beneath you like a moving canvas of paintings. After you land at Lukla airport, you will check in tea house and stay overnight. **Optional Upgrade:** A private helicopter can be arranged from Gorakshep directly to Kathmandu to skip the Lukla flight. Additional charges apply. To know more in detail, contact our tour operator directly.

Day 11: Flight from Lukla to Kathmandu

Altitude: 1400 m | Meals: Breakfast | Stay: Hotel

- **Lukla to Kathmandu Flight duration: 30 minutes**
- **Drive from airport to hotel: 20 minutes**

Today you will leave the Everest region and, for the last time, take in the breathtaking Himalayan views as you fly from Lukla back to Kathmandu. Upon arrival, you will be transferred to your hotel to relax and reflect on your unforgettable

journey. **Note:** If your flight is from Lukla airport to Ramechhap Manthali airport we will arrange the private vehicle for you. The ride duration will be around 4 to 6 hours.

Day 12: Home Departure

Altitude: 1400 m

Approximately three hours before your scheduled fight, you will be dropped off at the airport for your departure.

5. Cost Includes

Transportation Service:

- International airport arrival pick-up
- International airport drop-off on your final departure day
- Domestic airport drop-off from the hotel
- Domestic airport pick-up & transfer to the hotel
- Kathmandu–Ramechhap–Kathmandu drive by shared transportation (in case the Lukla flight is operated from Ramechhap)

Accommodation Services:

- Twin-sharing/double accommodation in a 3-star hotel for 2 nights in Kathmandu, including breakfast*(private room available at extra cost)*
- Twin-sharing teahouse accommodation during the trek for 9 nights in the Everest region

Meals & Drinking Water:

- Breakfast: local & continental choice
- Lunch during the trek
- Dinner during the trek
- Purified drinking water during the trek (via water filter or purification tablets)
- Welcome & farewell dinner in Kathmandu at a top restaurant

Flight Services:

- Kathmandu to Lukla flight ticket
- Lukla to Kathmandu flight ticket *(Note: Ramechhap–Lukla–Ramechhap flight ticket, in case the Lukla flight is based in Ramechhap)*
- Shared helicopter ride from Gorakshep to Lukla

Permit Service:

- Local Government Entry Permit
- National Park Permit

Guide and Staff Service:

- Experienced, first-aid trained, government-licensed, English-speaking, and locally recruited trekking guide (2 guides provided for groups larger than 8 people) Porters during the trek for carrying luggage (1 porter for every 2 clients) Wages, accommodation, meals, gear, insurance, and medications for all staff

Other Services:

- Down jacket and sleeping bag (returned after trip completion)
- HRA-branded duffle bag, company T-shirt, and cap
- High Route Adventure Appreciation Certificate upon successful trip completion
- Oximeter to monitor your normal oxygen range
- All local and government taxes and administrative charges

6. Cost Excludes

- Lunch and dinner in Kathmandu
- Hot showers during the trek except in Phakding, Namche, and Lukla
- Nepal Visa fee
- Travel and medical insurance
- International flights
- Excess baggage fee (15 kg Baggage allowance for Lukla flight, 10kg check-in baggage + 5 kg hand baggage – for extra baggage it will cost around USD 1 per 1 Kg)
- Personal expenses (phone call, internet, laundry, bar bills, snacks, battery recharge, bottled or boiled water, souvenirs, hot showers, extra porter etc.)
- Personal trekking gear and equipment
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances beyond our control

7. Equipment / Packing List

This Everest Base Camp Trek with Helicopter Return packing guide will help you bring everything you need without overloading your bag. Packing smart is key to enjoying the trek!

? Clothing: Dress in Layers for Changing Weather

The weather in the Himalayas can change fast. Layering your clothes is the best way to stay comfortable in warm, cold, windy, or snowy conditions.

Base Layer (Moisture-Wicking)

- 2-3 thermal tops (synthetic or merino wool)
- 2-3 thermal bottoms

Mid Layer (Insulation)

- 1 fleece jacket or pullover
- 1 lightweight down jacket (warm but easy to pack)

Outer Layer (Protection)

- 1 waterproof and windproof jacket (Gore-Tex or similar)

- 1 pair of waterproof pants

Trekking Clothes

- 2-3 quick-dry t-shirts
- 2 trekking pants (zip-off convertible pants work well)
- 1 pair of shorts (optional for lower altitudes)
- 1 warm insulated jacket (for evenings and high altitudes)

Underwear & Socks

- 3-5 pairs of underwear
- 2-3 sports bras (for women)
- 3-4 pairs of moisture-wicking trekking socks
- 2-3 pairs of warm woolen socks

Head & Hand Protection

- Warm wool or fleece hat
- Sun hat or cap with neck cover
- Neck gaiter or buff (great for wind and dust)
- Lightweight inner gloves
- Insulated gloves or mittens (for cold weather)

? Footwear: Choose Comfort and Safety

Good footwear makes a huge difference on the trail. Make sure your boots are waterproof, high-ankle, and well broken-in before the trek.

- Trekking boots (waterproof and supportive)
- Camp shoes or sandals (for evenings and lodges)
- Gaiters (optional but useful for snow or mud)

? Bags and Packs: Organize Your Gear

- Main backpack or duffel bag (60-80 liters; porters can carry if you hire one)
- Daypack (20-35 liters) for essentials like water, snacks, jacket, camera
- Backpack rain cover (essential for wet weather)
- Packing cubes or dry bags to keep your things organized and dry

?? Sleeping Essentials

Most lodges provide basic bedding, but carrying your own sleeping bag keeps you warm and clean.

- Four-season sleeping bag (comfort rating -10°C to -15°C)
- Sleeping bag liner for extra warmth and cleanliness
- Travel pillow (optional)

? Personal Hygiene & Toiletries

Water and facilities can be limited, so bring what you need to stay fresh.

- Toothbrush and toothpaste

- Soap or travel body wash
- Small shampoo bottle
- Quick-dry towel
- Wet wipes (life saver when no shower available)
- Hand sanitizer
- Nail cutter
- Sunscreen (SPF 30+)
- Lip balm with SPF
- Face moisturizer
- Toilet paper or tissue
- Menstrual products (for women)
- Small mirror (optional)

? First Aid & Medications

Prepare a basic medical kit to handle common issues on the trek.

- Diamox (for altitude sickness — consult your doctor first)
- Paracetamol or ibuprofen (for pain or fever)
- Anti-diarrheal tablets
- Antiseptic cream
- Blister treatment
- Band-aids
- Oral rehydration salts (ORS)
- Any personal medication

? Electronics & Gadgets

Electricity is limited and sometimes costly, so pack only what you need.

- Mobile phone and charger
- Power bank (10,000–20,000mAh recommended)
- Headlamp or torch with extra batteries
- Universal travel adapter
- Camera with extra batteries or memory cards (optional)

? Trekking Gear & Accessories

Small gear can make trekking easier and more enjoyable.

- Reusable water bottles (2 x 1-liter) or hydration bladder
- Water purification tablets or LifeStraw
- Trekking poles (highly recommended for knee support)
- Sunglasses with UV protection and polarized lenses
- Trail snacks (protein bars, nuts, chocolates)
- Lightweight lock for your bags or teahouse room
- Notebook and pen (for journaling or notes)
- Lightweight book or Kindle (optional)
- Playing cards or small games (great for evenings)

? Important Documents & Money

Keep your essential papers safe and handy.

- Passport and visa copies
- 2-4 passport-sized photos (for permits)
- Travel insurance (must cover high-altitude trekking and emergency evacuation)
- Everest National Park Permit and TIMS Card (usually arranged by trekking agency)
- Cash in Nepali Rupees (ATMs are not available on the trail)
- Credit card (only useful in Kathmandu or Namche Bazaar)

? Optional but Handy Items

- Lightweight crampons (for early spring or late autumn trekking)
- Duct tape (for gear repairs or blisters)
- Safety pins, needle, and thread
- Small laundry line (fast-drying)
- Energy gel packs or electrolyte powders
- Sleeping mask and earplugs (helpful for noisy teahouses)

? Final Packing Tips

- Pack light but smart — avoid overpacking.
- Leave space for snacks, souvenirs, or extra layers.
- If you hire a porter, they can carry up to 10–15 kg.
- Keep your daypack under 5–7 kg for easy carrying.
- Test your gear before the trek, especially boots and jackets.