

## EVEREST BASE CAMP HELI TREK



Our 12 days 'Everest Base Camp heli Trek' we return via helicopter from Gorakshep to Lukla. We start our trek from Lukla after a short but spectacular flight. You will have an opportunity to trek the most famous Sherpa land following the footsteps of Hillary to base camp. This once in a lifetime trekking holiday into the Everest regions includes the explorations of Sherpa capital Namche Bazaar, Sherpa village of Khunde with Hillary hospital as well as Khumjung village from where you have a wonderful view of Mt. Ama Dablam. On our way to base camp of Everest, we also visit Tengboche Monastery and Pangboche monastery, which is the oldest monastery in this regions.

This trek to Everest base camp and fly back via heli would be ideal trip for those who have short time. The first part of trek, we walk through green forests and various Sherpa villages and gradually hike to world-famous monastery Tengboche and the picturesque upper Khumbu valley. As a highlight, you will visit the Mount Everest Base Camp and climb the 5550 m high Kala Pattar. From here you have in good and an incredible view of world tallest peak Mount Everest and many more snowy peaks!

You will fly back to Lukla from Gorakshep via a scenic Helicopter tour. Experience the one of the spectacular view of the Himalayas arriving straight to Lukla in 15 minutes. We spent our last night in Lukla from where you take our morning flight to Kathmandu.



Activity Levels:

This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit.

Duration:

12 days

### AT A GLANCE

- Assistance 24/7 since the moment you book with us and offer you very high quality services.

- Visit to Mt. Everest Base Camp (5,350 m) & from top of Kala Pattar (5,643 m) enjoy the spectacular view
- Experience flying back on a magnificent Helicopter ride to reach Kathmandu the same day from Gorakshepe.
- Let your gaze wander over the Khumbu Glacier & Admire the Buddhist monasteries of Tengpoche & Pangpoche
- Enjoy your stay in luxury hotel in Kathmandu and comfortable mountain lodges throughout the trek.

#### **Cost Includes**

- All airport/hotel transfers by Private Vehicle
- 5 Star accommodations in city with breakfast
- Comfort lodges and best local lodge during trek
- 3 times healthy & hygienic meals on trekking
- Flight Kathmandu-Lukla-Kathmandu Taxes
- Expert Local Sherpa guide (Certified by Gov.)
- Strong & honest Porters- 1 Porter for 2 Person
- MST kit bag, Map,t-shirt and Group medical kit
- All park entrance fees and trekking permits
- Guides and porters pay, meals and insurance
- Welcome dinner & healthy breakfast in city
- Sharing Heli Flight from Ghorakshep to Lukla

#### **Cost Excludes**

- International Airfare and Nepal Visa fee
- Travel & Health Insurance-most recommended
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu: \$ 5-10 per Meal
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek
- Phone, Internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/Sick

## **ITINERARY**

### **Day 01:: Arrival in Kathmandu and Transfer to Dwarika's Hotel**

**Hotel:** Dwarika's Hotel ( Best Luxury Heritage Hotel)

Depending on your arrival time, our representative will be at the airport to receive you and transfer you to your best Luxury 5 Star Heritage Hotel. Evening time can be spent taking a tour in busy Thamel Street or just enjoying your beer in the hotel garden.

### **Day 02:: Rest day after long flight or Half-Day Sightseeing Tour in Kathmandu**

**Hotel: Dwarika's Hotel** (Deluxe Room)

**Meals Provided:** Breakfast & Welcome Dinner

Your free day in Kathmandu today can be used relaxing in the hotel or taking optional day sightseeing to the cultural heritage sites in Kathmandu.

### **Day 03:: Fly to Lukla (2860m) and Trek to Phakding (2651m) - 3 Hrs Walk**

**Height:**

- Lukla : 2,800m/9184ft

- Phakding: 2,652m/8,698ft

**Trekking Distance:** 8km (3-4 hours)

**Flight time:** 35 min.

We leave early in the morning for the airport and fly from Kathmandu to Lukla in about one hour (2,800 m, paved runway). There we are welcomed by our **expert Sherpa team** and start our 3-hour hike to **Phakding** (2,652 m). We descend for about 1.5 hours to the Kusum River (2,550 m) and then follow the Dudh Kosi (milk flow) on the east bank upstream about 1.5 hours to Phakding (2,650 m).

Walking slowly is a top priority, because our body first has to get used to the thin air. The rest of the day is for rest and benefits our acclimatization. Our **comfortable lodge** is idyllically situated amidst a beautiful garden on a bend in the river. About after 3 hours we reach Phakding where we spend our overnight in the teahouses that are run by Local Sherpa's. Overnight stay at Comfort Lodge

**Accommodations:** Yeti Mountain Home or Similar

**Meals:**

- Breakfast

- Lunch

- Dinner

**Day 04:: Trek to Namche 3,440 metres/ (11,286 ft) - 4/5 Hrs Trek**

**Height:** 3,440m/11,283ft

**Trekking Distance:** 10-12km (5-6 hours)

In the morning we walk along the Dudh Kosi over Benkar (about 1 hour) to Monjo, through huge rhododendron forests, past also firs and magnolias. After another hour, we pass the police check-post at the entrance to Sagarmatha National Park in Jorsale. From Jorsale, the trail starts slightly uphill, over the **Hillary suspension bridge** over the Bhoté Kosi and then up the good but steep path to the small trade center **Namche Bazar** the most important place in the Khumbu area.

In the afternoon we can do a tour of the business and Souvenir Street. Our **luxury lodge** in Namche is located on the upper slopes of the **Sherpa** capital Namche Bazar. The view of the surrounding mountains is breathtaking. Your guide will walk you to the lodge you will be staying overnight.

**Accommodations:** Yeti Mountain Home or Similar

**Meals:**

- Breakfast

- Lunch

- Dinner

**Day 05:: Acclimatization Day in Namche (Day trip to the villages of Khunde and Khumjung)**

**Max. Height:** 3,790 meters/ 12,435 feet ( Visit Khunde sherpa Village)

**Hiking Distance: Approx.** 2-3 km (4-5 hours)

Early in the morning we will visit Mendaphu Hill, a first-class vantage point overlooking numerous Khumbu peaks such as **Mt. Everest**, Lhotse, Taboche and Ama Dablam. Here is the park's main administration with an informative museum (optional). Past Mani walls (stone tablets bearing the inscription "Om mani padme hum") and beautiful chorten, we then hike via Zarak to Syangpoche (with Nepal's highest airstrip).

A small pass takes us to the stately village of **Khunde** 3,790 meters/ 12,435 feet and visits the famous **Hillary Hospital** of the Sir Edmund Hillary Foundation. Through winding paths and between stone-fringed farmland we come to the gumpa of Khumjung (about 3,800 m). Finally, we can treat ourselves to an afternoon tea on the observation deck of Everest View Hotel and finally head back to **Namche Bazar** to our quarters.

**Accommodations:** Yeti Mountain Home or Similar

**Meals:**

- Breakfast
- Lunch
- Dinner

**Day 06: : Trek to Deboche (3820m) - 6/7 Hrs Trek**

**Height:** (3,820m/ 12532 ft.)

**Trekking Distance: Approx.** 10km (5-6 hours)

We walk over Mendaphu Hill and down a scenic hillside path to Sanasa. From here we choose the path down to the deep Imja Kosi gorge and after more than 2.5 hours hiking we arrive in the hamlet of Phunga Tengi (3,250 m). After a 2-hour ascent we reach the crest of Tengpoche (3,870 m). In clear weather, we enjoy the magnificent view of the ice giants in Khumbu until sunset. Above us are peaks such as Kongde Ri, Taboche, Mt Everest, Nuptse, Lhotse, Ama Dablam, Kang Taiga and Thamserku. Maybe we have time to visit the monastery with its worth seeing gumpa after the fire of 1989. A descend for about 20 minutes from Tengboche brings us to Deboche we spend our overnight. We spend the night in the best available mountain lodge in the hamlet of Deboche, near the small nunnery.

**Accommodations:** Himalayan Culture Home, Rivendell Lodge or Similar

**Meals:**

- Breakfast
- Lunch
- Dinner

**Day 07:: Trek to Dingboche ( 4,410 M/14,470 ft) - 5/6 Hrs Trek**

**Height:** 4,400m/14,435ft

**Trekking Distance: Approx.** 11km (6 hours)

We descend to the bridge over the Imja Kosi, and then continue to Pangpoche village (3,930 m). In the village, characterized by ancient juniper trees, we can visit the oldest gumpa in Khumbu, which is over 350 years old. In the afternoon, we follow the slope path to the bridge over the Imja Kosi (4,135 m) and arrive after a short climb in Dingpoche. This place is with 4.410 m the highest located, permanently (also in winter) populated village in the Khumbu area.

**Accommodations:**Bright star Lodge or Similar

**Meals:**

- Breakfast
- Lunch
- Dinner

**Day 08:: Acclimatisation day in Dingboche ( Day hike to Nangkartshang Peak 5,100M/16733ft and Back**

**Max. Height:** 5,100M/16733ft high ( Hike to Nangkartshang Peak)

**Hiking Distance: Approx.** 5 km (4-5 hours)

It is a day to pull up and rest without being lazy. We can walk around the village and get pally with the local Sherpa people with some exciting conversations. It will give us deep insights into the customs and cultures of the native Sherpa people in this region. At the same time, we can also delight the landscapes that surround us, and we can also catch up on some reading.

Today our Expert Sherpa guide will take you for a lovely daytrip to approximately 5,100M/16733ft high Peak for well acclimatization. We hike from the ridge on the north behind the Village to **Nagarjuna peak (5,100 m).**

From Top of Peak, We can experience the spectacular views of world's tallest mountains, Mt Lhotse, Mt Makalu, and Mt Cho Yu as well as Cholatse (6440 m/21,126 ft) and Taboche (6542 m/ 21,463 ft) on the west. For the day lunch, packing Lunch will be provided.

**Accommodations:**Bright star Lodge or Similar

**Meals:**

- Breakfast
- Lunch
- Dinner

**Day 09:: Hike from Dingboche via Dughla to Lobuche ( 4,940 metres (16,210 ft)- Overnight Lodge**

**Height:** 4,900m/16,076ft

**Hiking Distance:** 11-12 km (5-6 hours)

From here on forth, trek will become more interesting due to the high elevation. By trekking steep to the top of a high hill, we will pass Dughla (Thukla). Before reaching Dughla, we hike through a wide pass, which is much needed change from walking in a straight line. From Dughla, we climb up a steep trail to Chupki Lhara, where we find an array of stones with prayer flags used as memorials to Scott Fischer (American mountaineer) and 10-time Everest submitter Babu Chiri Sherpa (Nepali mountain guide) who perished on a mission to climb Everest. Next, we continue to the Khumbu Glacier moraine and find ourselves facing several great peaks - Khumbutse, Lingtren, Pumori and Mahalangur Himal. The trail then eases off as we follow the valley to Lobuche. Overnight in Lobuche.

**Accommodations:**Eco Lodge/Oxygen altitude homeSimilar

**Meals:**

-Breakfast

- Lunch

- Dinner

**Day 10: : Trek to Gorakshepe (5,170m). Trek Everest Base Camp (5,364m) & Back to Gorakshep.6/8 Hrs**

**Height:**

- Gorakshep: 5180m/16,994ft

- Everest Base Camp: 5364m/17598

**Trekking Distance:** 15km (6-8 hours)

Climbing and descending several times over the end moraine of the Changri Nup glacier, we master the exhausting approach (about three hours) to the high alp Gorak Shep (5,160 m), where we will spend the night in a lodge. Since we sleep here at the highest point of this journey, we must pay particular attention to slowly ascending and drinking enough water. After a break, we continue into the valley over the rubble-covered glacier and reach the base camp of Mt. Everest (5,364 m) about three hours later. During the expedition season, many of the groups are settled here in their respective camps awaiting their climb to the highest mountain in the world. You can even interact with some of them. It will take approximately 2.5 -3hours to reach Everest Base Camp from Gorakshepe. After taking photographs and enjoying the moment, we head back towards Gorakshepe for the overnight.

**Accommodations:** Hotel Everest Inn or Similar Lodge

**Meals:**

- Breakfast

- Lunch

- Dinner

**Day 11: : Climb to Kala Patthar & fly back to Lukla by Helicopter then same day fly back to Kathmandu**

**Altitude:** 5,545m/18,192ft (Kalapathar)

**Heli Flight to Lukla:** Approx. 15-20 Minute

**Lukla to Kathmandu Flight:** 30 Minute

For the summit day to the Kala Pattar ("black mountain"), you have to get up early, and you will already see the route to the panorama summit of the 5,643 m high Kala Pattar (about two hours). Pyramid (about 10 km as the crow flies!) And the Nuptse ridge, but also the deep view of the ice world of the Changri and Khumbu glaciers with the area of the base camp in the distance. A strong wind blows on top of the top of this Vorberg After enjoying incredible views of Himalayas then we go back to Gorak Shep for Breakfast. Descent from Kalapathar is easy, just a quick straight down walk to. We have our breakfast at Ghrakshep from where we fly back to Lukla in helicopter arriving in Lukla in 15 minutes where we take a regular flight back to Kathmandu same day.

**Accommodations:**Dwarika's Hotel

**Meals:** Breakfast

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## **Day 12:: Final Departure from Kathamndu to Home**

Depending upon your flight time, you will be transferred from Hotel to airport. The airport time is 2-3 hours prior to departure time and the hotel checkout time is 12:00PM. In case you are flying late evening and require a half-day use of the hotel, you can let us know in order to confirm the room for you.

**Meals :** Breakfast