Everest Base Camp Heli Trek – 13 Days

Ultimate EBC Heli Trek Experience in Nepal

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The Everest Base Camp Heli Trek skillfully mixes iconic mountain walking with a thrilling helicopter flight over the Khumbu region. It is an extraordinary adventure designed to provide an unforgettable Himalayan experience. After trekking up to Everest Base Camp at the foot of the world's tallest peak, you will enjoy a scenic helicopter flight back to Lukla.

Enjoy the distinctive Sherpa culture of the Khumbu along the trail. The exciting helicopter flight takes place after trekking across the stunning high-altitude landscape. You will undoubtedly remember the breathtaking Himalayan panoramas and the diverse terrain below for a lifetime.

(Image : Trekkers at a scenic viewpoint on the Everest Base Camp Heli Trek route in Nepal.)

Discover Sherpa Culture on Your Everest Base Camp Trek

You can completely comprehend the world-renowned Sherpa culture by participating in this **Everest Base Camp Trek**. Traditional Sherpa villages like Namche Bazaar and Tengboche provide a deep glimpse into the local lifestyle and Buddhist heritage.

Along the trail, you will discover historic mani walls, ancient monasteries, and chortens decorated with vibrant prayer flags. It is a remarkable journey that combines pristine natural landscapes with rich cultural heritage.

Trek Through Sagarmatha National Park, Your journey begins with a scenic flight to Lukla Airport before entering Sagarmatha National Park. From here, you trek through several Sherpa communities toward the base of the world's highest peak.

(Image : Helicopter landing during an Everest Base Camp Trek.)

Highlights of the Trek:

Historic Mountain Hubs: Explore iconic settlements like Namche Bazaar, Tengboche, and Dingboche.

Alpine Woodlands: Walk beneath lush pine and rhododendron forests along the Dudh Koshi river.

Peak Views: Enjoy vistas of Ama Dablam, Lhotse, Nuptse, and Mount Everest.

As you trek along the trails, enjoy spectacular scenery recognized by the Nepal Tourism Board.

The trail culminates in a climb up Kala Patthar, the ultimate viewpoint for panoramic vistas of the Mount Everest massif.

Unforgettable Helicopter Flight on the Everest Base Camp Trek

After reaching your trekking goal, board a modern helicopter to fly above the giant peaks of the Himalayas. Viewing the vast Khumbu Glacier and icefalls from the sky offers an exhilarating perspective that cannot be matched on foot.

If you want to combine classic Himalayan trekking with the luxury of a helicopter return, our Everest Base Camp Trek package is designed for you. Our team brings decades of expertise to create seamless mountain itineraries across Nepal, Bhutan, and Tibet.

Everest Base Camp Heli Trek FAQ

Does the flight land at Everest Base Camp?

Yes, depending on conditions. The primary viewpoint landing is at Kala Patthar (5,545m) for the best panoramic view of Mount Everest. Helicopter landings at Base Camp depend on wind speed and ground stability. If landing is not possible, pilots conduct a close flyover rounding flight.

How high does the Everest Base Camp Heli Trek fly?

(Image : Close up of helicopter on the Everest Base Camp Trek.)

Flights depart from Kathmandu (1,300m) and refuel at Lukla (2,830m). After visiting Kala Patthar and Everest Base Camp, the helicopter may perform a mountain flyover up to 6,300 meters.

Can you get Altitude Sickness (AMS)?

Acute Mountain Sickness is minimized because the trekking itinerary follows a gradual acclimatization schedule. Safety protocols are in place to assist you with descent or immediate helicopter evacuation to Kathmandu if required.

Itinerary

Day 1: Kathmandu Arrival & Hotel Check-in

Upon your arrival at Tribhuvan International Airport, a friendly representative from Attractive Travels and Tours will be waiting to greet you warmly and arrange your comfortable transfer to your hotel.

After checking in, enjoy a relaxing afternoon at your leisure. You may choose to rest or explore the vibrant streets of Thamel to pick up any last-minute trekking gear or personal supplies. In the evening, we will gather for an informative pre-trek briefing, where your guide will introduce themselves, walk you through the exciting itinerary ahead, and answer any questions you may have.

- Location: Kathmandu
- Accommodation: Hotel in Kathmandu
- Elevation: 1,300 meters / 4,265 feet

Day 2: Full-Day Kathmandu Valley Sightseeing

After enjoying a delicious breakfast, you will set out on an immersive, full-day guided exploration of the culturally rich Kathmandu Valley. Today's journey takes you to several remarkable UNESCO World Heritage Sites:

- Pashupatinath Temple: Nepal's most sacred Hindu temple complex, beautifully located on the banks of the Bagmati River.
- Boudhanath Stupa: One of the largest spherical stupas in the world and a peaceful center of Tibetan Buddhism.
- Swayambhunath Stupa (The Monkey Temple): An ancient hilltop shrine offering panoramic views of the entire valley.
- Patan Durbar Square: A historic city square renowned for its exquisite Newari architecture, ancient palaces, and fine stone art.

During the day, you will also have the opportunity to meet your lead trekking guide, who will go

over final preparations with you.

In the evening, enjoy a special welcome dinner at a traditional Nepalese restaurant, where you can savor authentic local cuisine alongside a vibrant cultural performance featuring traditional dance and music.

- Location: Kathmandu
- Accommodation: Hotel in Kathmandu
- Elevation: 1,300 meters / 4,265 feet

Day 3: Scenic Flight to Lukla & Trek to Phakding

Your mountain adventure begins bright and early with a transfer to Tribhuvan International Airport for a thrilling 35-minute flight to Tenzing-Hillary Airport in Lukla. Upon landing, you will meet your supportive Sherpa support team and porters, who will help organize and secure your trekking gear.

After a brief pause to explore the vibrant mountain town of Lukla, you will officially begin your trek. Following the trail alongside the rushing Dudh Koshi River, you will pass gentle terrain, scenic suspension bridges, and traditional mountain villages, including the small settlement of Ghat. The day's walk ends with a pleasant arrival in the peaceful village of Phakding.

- Location: Phakding
- Accommodation: Teahouse / Lodge in Phakding
- Elevation: 2,610 meters / 8,562 feet *(Lukla: 2,804 meters / 9,199 feet)*

Day 4: Trek from Phakding to Namche Bazaar

Today's trail leads you deeper into the Khumbu region, following the winding banks of the glacier-fed Dudh Koshi River. Along the way, you will cross several thrilling suspension bridges draped with colorful Buddhist prayer flags, including the famous high Hillary Suspension Bridge.

After passing through the village of Monjo, you officially enter Sagarmatha National Park (a UNESCO World Heritage Site). From here, the trail ascends steadily through pine and rhododendron forests, rewarding your efforts with your first glimpses of Mount Everest and neighboring Himalayan peaks on clear days.

By late afternoon, you will arrive at Namche Bazaar (3,440 m), the bustling "Gateway to Everest" and the largest Sherpa settlement in the region. Nestled in a dramatic mountain amphitheater, Namche features comfortable lodges, bakeries, cafes, gear shops, money exchange services, and vibrant local markets to explore.

- Location: Namche Bazaar
- Accommodation: Teahouse / Lodge in Namche Bazaar
- Elevation: 3,440 meters / 11,286 feet *(Starting Elevation – Phakding: 2,610 meters / 8,562 feet)*

Day 5: Acclimatization Day in Namche Bazaar & Sherpa Heritage Visit

Today is dedicated to proper acclimatization to help your body adapt smoothly to the higher altitude. Resting at a higher elevation while engaging in light activity is the best way to prepare for the days ahead.

During the day, we will take a short, scenic hike up above the town to visit the local Sherpa Culture Museum. Here, you will learn about the rich heritage, traditions, and legendary mountaineering history of the Sherpa people. This viewpoint also offers incredible panoramic vistas of the surrounding Himalayan giants, including Mount Everest, Lhotse, Nuptse, and the striking peak of Ama Dablam.

Afterward, you can spend the rest of your day relaxing, enjoying freshly baked goods at a local cafe, or browsing the vibrant mountain markets of Namche Bazaar.

- Location: Namche Bazaar

- Accommodation: Teahouse / Lodge in Namche Bazaar
- Elevation: 3,440 meters / 11,286 feet

Day 6: Trek from Namche Bazaar to Tengboche

Today's trek continues along the scenic trails above the rushing glacial waters of the Dudh Koshi River, offering breathtaking, uninterrupted views of Mount Everest, Lhotse, Nuptse, and Ama Dablam. As you ascend through pine and rhododendron forests, the trail eventually leads up to the ridge village of Tengboche (3,860 m).

Tengboche is famous for hosting the largest Tibetan Buddhist monastery in the Khumbu region, the iconic Tengboche Monastery. Inside, you can admire an impressive 20-foot statue of Buddha, intricate wall hangings (thangkas), and traditional ceremonial instruments and robes used by the lamas. Depending on the day's trekking pace, you will have the opportunity to attend a peaceful evening or early morning prayer ceremony led by the resident monks.

- Location: Tengboche
- Accommodation: Teahouse / Lodge in Tengboche
- Elevation: 3,860 meters / 12,664 feet *(Starting Elevation – Namche Bazaar: 3,440 meters / 11,286 feet)*

Day 7: Trek from Tengboche to Dingboche

Your journey continues with a gentle descent through peaceful rhododendron forests to Debuche, where you will cross a thrilling suspension bridge over the rushing Imja Khola river. From here, the trail ascends gradually alongside thousands of intricately carved traditional mani stones toward the village of Pangboche.

As you continue your trek upward, the trees begin to give way to alpine pastures leading to Dingboche (4,410 m). This charming and traditional Sherpa village is beautifully nestled in a high valley, offering stunning views of Ama Dablam, Lhotse, and Island Peak. To ensure proper acclimatization and comfort at this increasing altitude, the walk is maintained at a slow, steady pace.

- Location: Dingboche
- Accommodation: Teahouse / Lodge in Dingboche
- Elevation: 4,410 meters / 14,468 feet *(Starting Elevation – Tengboche: 3,860 meters / 12,664 feet)*

Day 8: Acclimatization Day in Dingboche & Hike to Nangkartshang Viewpoint

Today is your second scheduled acclimatization day, which is essential for ensuring your body adapts smoothly before ascending higher toward Lobuche and Base Camp. Staying in Dingboche for a second night gives your lungs time to adjust to the thinner mountain air.

To follow the classic “climb high, sleep low” acclimatization rule, we will take a morning hike up to Nangkartshang Viewpoint (5,060 m). Your effort will be rewarded with breathtaking, 360-degree vistas of Ama Dablam, Makalu, Lhotse, Kantega, and the sweeping Imja Valley below. After enjoying the magnificent views and taking photos, you will descend back to Dingboche to rest, refuel, and spend the remainder of the day relaxing.

- Location: Dingboche
- Accommodation: Teahouse / Lodge in Dingboche
- Elevation: 4,410 meters / 14,468 feet *(Excursion Elevation – Nangkartshang Viewpoint: 5,060 meters / 16,601 feet)*

Day 9: Trek from Dingboche to Lobuche via Thukla Pass

Today's trek takes you higher into the alpine terrain as the trail follows the dramatic lateral moraine of the Khumbu Glacier. As you ascend, you will reach Thukla Pass, home to a poignant memorial ground with stone chortens built in honor of climbers and Sherpas who lost their lives on Everest and neighboring peaks.

After paying your respects at the memorial, the path continues upward toward Lobuche (4,940 m), a small settlement nestled beneath the imposing shadow of Lobuche Peak. Because of the increasing altitude and thinner air, the walking pace will remain slow and steady to ensure your safety and comfort throughout the day.

- Location: Lobuche
- Accommodation: Teahouse / Lodge in Lobuche
- Elevation: 4,940 meters / 16,207 feet *(Starting Elevation – Dingboche: 4,410 meters / 14,468 feet)*

Day 10: Trek from Lobuche to Gorak Shep & Hike to Everest Base Camp

Today marks the ultimate highlight of your trek! Setting off early from Lobuche, you will hike alongside the impressive Khumbu Glacier toward the high-altitude settlement of Gorak Shep (5,164 m). After checking into your lodge and taking a brief rest to refuel, you will continue your journey toward Everest Base Camp (5,364 m).

The trail crosses rugged glacial moraines to reach Base Camp—the closest point to Mount Everest accessible without technical climbing equipment. Here, you will be standing in the heart of the Himalayas with front-row views of the dramatic Khumbu Icefall. During the spring climbing season, you will also see colorful tents set up by mountaineering expeditions preparing for their summit pushes. After taking photos and soaking in this remarkable achievement, you will retrace your steps back to Gorak Shep for a warm meal and rest.

- Location: Gorak Shep & Everest Base Camp
- Accommodation: Teahouse / Lodge in Gorak Shep

- Elevation: 5,164 meters / 16,942 feet *(Destination Elevation – Everest Base Camp: 5,364 meters / 17,598 feet)*

Day 11: Hike to Kala Patthar, Scenic Helicopter Flight to Lukla

To maximize your chances of catching clear morning weather and incredible views of Mount Everest, you will rise before dawn for an early morning ascent up Kala Patthar (5,545 m)—often called “Black Rock.”

As the sun begins to rise, your summit efforts will be rewarded with an extraordinary 360-degree panorama of the world’s highest mountains. From this premier vantage point, you will take in breathtaking vistas of Mount Everest (8,848.86 m), Mount Pumori (7,169 m), Mount Lhotse (8,516 m), Mount Nuptse (7,861 m), and Changtse across the border in Tibet.

After soaking in the mountain views and capturing unforgettable photos, you will hike back down to Gorak Shep for a warm breakfast. Here, your trekking journey transitions into a luxury aerial tour: you will board a helicopter for a thrilling flyover of the Himalayas, taking in birds-eye views of the glaciers and high peaks on a scenic flight back to Lukla.

- Location: Gorak Shep / Kala Patthar to Lukla
- Accommodation: Teahouse / Lodge in Lukla
- Elevation: 2,804 meters / 9,199 feet *(Kala Patthar Peak: 5,545 meters / 18,192 feet; Gorak Shep: 5,164 meters / 16,942 feet)*

Day 12: Fly Back to Kathmandu & Farewell Cultural Dinner

This morning, you will board a 35-minute scenic flight from Lukla back to Kathmandu, taking in your final sweeping views of the majestic Himalayan range you have just explored. Upon arrival at Tribhuvan International Airport, our representative will greet you and arrange your

comfortable transfer back to your hotel.

The remainder of the day is yours to unwind, relax, or pick up souvenirs in the local markets. In the evening, we will gather for a celebratory farewell dinner at a characteristic Nepalese restaurant. You will enjoy a delicious authentic feast accompanied by vibrant cultural dance and music performances to celebrate the successful completion of your Himalayan journey.

- Location: Kathmandu
- Accommodation: Hotel in Kathmandu
- Elevation: 1,300 meters / 4,265 feet

Day 13: Final Departure from Kathmandu

Today marks the conclusion of your memorable Himalayan adventure. Depending on your flight schedule, you may have some free time in the morning for last-minute shopping or relaxing at your hotel.

At the appointed time, our airport representative will assist you with your hotel checkout and arrange your comfortable transfer to Tribhuvan International Airport. As you board your flight home, you will carry with you unforgettable memories, lifelong achievements, and breathtaking views of the world’s highest mountains. Safe travels, and we look forward to welcoming you back to Nepal again!

- Location: Kathmandu
- Accommodation: N/A (Departure Day)
- Elevation: 1,300 meters / 4,265 feet

Inclusions

Transportation & Transfers

- Airport Transfers: Private vehicle pickup and drop-off at Tribhuvan International Airport for both international and domestic flights.
- Internal Flights: Domestic flight from Kathmandu to Lukla.
- Helicopter Return Flight: Scenic helicopter flight from Gorak Shep back to Lukla.
- Ground Transport: All local transportation as specified in the itinerary.

Accommodation

- Kathmandu: Hotel accommodation on a Bed & Breakfast (B&B) basis.
- On the Trek: Teahouse and lodge accommodation throughout the trekking route.

Meals & Refreshments

- Trekking Meals: Full board meals (Breakfast, Lunch, and Dinner) during the trek.
- High-Altitude Care: Hot, nutrient-rich soup provided in high-altitude settlements.
- Celebratory Dinner: Traditional Nepalese farewell dinner with cultural performances in Kathmandu.

Professional Staff & Service

- Tour & Trekking Guide: English-speaking, licensed professional trekking and sightseeing guide.
- Assistant Guide: Additional assistant guide provided for groups of more than 10 travelers.
- Porter Service: Dedicated porters (1 porter per 2 trekkers) to carry your main luggage.
- Staff Welfare: Complete insurance, fair wages, meals, and accommodation for all guides and porters.

Permits, Taxes & Administrative Expenses

- Permits: Sagarmatha National Park entry permit and TIMS (Trekkers' Information Management System) card.
- Taxes & Fees: All government taxes, local taxes, and airport departure taxes (Kathmandu and Lukla).

Safety & Extra Essentials

- Safety Equipment: Comprehensive first-aid medical kit carried by the trekking crew.
- Trekking Map: Detailed topographic route map for the itinerary.
- Complimentary Souvenirs: Company T-shirt and an official Trip Completion Certificate

Exclusions

International Travel & Visas

- International Flights: Airfares to and from Kathmandu.
- Nepal Visa: On-arrival tourist visa fees (easily obtained at Tribhuvan International Airport).

Meals & Sightseeing in Kathmandu

- City Meals: Lunches and dinners during your stay in Kathmandu (except for the scheduled welcome and farewell dinners).
- Monument Entry Fees: Entrance fees for sightseeing spots and UNESCO World Heritage Sites during the Kathmandu valley tour.

Insurance & Personal Safety

- Travel Insurance: Mandatory comprehensive travel insurance covering high-altitude trekking, medical expenses, and emergency helicopter rescue up to the maximum elevation of 5,545 meters.

Personal Expenses & Extras

- Teahouse Extras: Personal expenses during the trek such as hot showers, battery charging, Wi-Fi/internet access, bar bills, laundry services, and bottled or mineral water.
- Extra Hotel Nights: Accommodation in Kathmandu outside of the standard itinerary dates.

Tips & Gratuities

- Staff Gratuities: Tips and tokens of appreciation for your trekking guide, assistant guide, and porters.