

Everest Base Camp Helicopter Tour

URL: <https://himalayan360.com/trip/everest-base-camp-helicopter-tour/>

Destination

Nepal Treks & Tours

Activity

Day Tours

Start / End Point

kathmandu/kathmandu

Trip Type

Heli tour

Route

KTM-Lukla-Namche-EBC-KTM

Duration

1

Destination

Nepal, Everest Region

Language

Nepal, Everest Region

Per Person From

USD 1,070

Region

Everest Region

Max. Altitude

5,644m/18,517ft

Group Size

1 - 5

Best Season

Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec

Transportation

& Helicopter

Meals

Breakfast on request

You can have breakfast in Everest view Hotel including children and older people. It does not require any skills in mountain climbing or traversing difficult terrain.

Difficulty

Easy The trip is easy and suitable for everyone, including children and older people. It does not require any skills in mountain climbing or traversing difficult terrain.

Everest Base Camp Helicopter Tour Highlights

- Get on a thrilling and adventurous helicopter flight over the base camp of the world's highest mountain and Kala Patthar.
- Skip the physically demanding Everest Base Camp Trek and travel in comfort.
- Take a scenic flight right into the heart of the Everest region.
- Fly over dense forests, the **Dudh Koshi River**, valleys, villages, and picturesque terrace farms.

- Observe the stunning **Khumbu Glacier** and **Khumbu Icefall** from a unique perspective.
- Witness the grand view of **Mount Everest**, Lhotse, **Nuptse**, **Ama Dablam**, and other surrounding peaks up close and from a bird's-eye view.
- Enjoy a hearty breakfast with the grand panoramic mountain view at Everest View Hotel (3962 meters), the world's highest hotel.
- Capture memorable photos and videos of your journey to take back home as souvenirs.

Detailed Itinerary For Everest Base Camp Helicopter Tour

Day 01: Everest Base Camp Helicopter Tour

05:25 AM: Transfer to Kathmandu Airport Helipad

Himalayan 360's representative will pick you up at your hotel at 5:25 a.m. The representative will then transfer you to Tribhuvan International Airport's domestic terminal with your bag and warm equipments. There, you will meet your group and a guide for the tour.

06:00 AM: Check-in at the Helicopter Counter

Your guide will help you check in at the helicopter counter and provide all the necessary documents and permits. The crew will then guide you to the helipad and introduce you to the pilot. You will have a short briefing about the safety measures you must follow during the flight. If you want, the crew will help to take pictures of your group before takeoff.

06:30 AM: Flight to Lukla Airport by Helicopter

The helicopter will take off from the Tribhuvan International Airport, Kathmandu, to Tenzing Hillary Airport, Lukla. We will head towards the eastern direction for the incredible journey. the helicopter takes the route of Sindhupalchowk, Khotang, and Solukhumbu. After a while, you will slowly see the enchanting mountain panoramas. Likewise, you will fly over dense forests, rivers, and valleys. It is a remarkable and memorable experience offering a glorious Everest region perspective. Moreover, you can enjoy the views comfortably without physically straining yourself.

07:35 AM: Unloading Return Fuel at Lukla Airport

We will briefly stop at Tenzing Hillary Airport, Lukla, the gateway to the Everest region. Unloading return fuel in the helicopter will take around 15 minutes. Before resuming the flight, you will have time to take a short break or enjoy refreshments and the scenic view surrounding Lukla.

08:15 AM: Flight Towards Khumbu and Everest Base Camp

After the Lukla stop, we will resume our flight and head towards Everest Base Camp. We will fly right into the heart of the Everest region and over dense forests of rhododendrons and alpine meadows.

Similarly, we will cross the Dudh-Koshi River, valleys, settlements, and terrace fields. You can see small towns, houses, and monasteries as you fly over them. As you get close to the Everest Base Camp, you will see the beautiful Khumbu Glacier and Khumbu Icefall.

08:45 AM: Helicopter Overfly of Everest Base Camp and Kala Patthar

The best part of the helicopter tour is flying over the Everest Base Camp (5364 meters) and the famous vantage point of Kala Patthar (5545 meters). You will get an up-close and personal view of Mount Everest, Lhotse, Nuptse, Ama Dablam, Pumori, and other surrounding peaks. Likewise, you will get a view of colorful tents and prayer flags at the base camp. It offers clear panoramic views of some of the world's highest mountains. You can capture this surreal moment in photos and videos.

09:00 AM: Flight to Syangboche Hill and Mt. Everest View Hotel

After the memorable experience, we will fly towards Syangboche Hill. We will stop by the famous Mount Everest View Hotel, the world's highest hotel. It is a luxury hotel offering a wide range of services. You can get a grand view of Mount Ama Dablam and the Everest range from here. You can add breakfast at Hotel Everest View for an additional price. We will pre-book it in advance, so you must let us know when you book the tour.

10:00 AM: Return Flight to Kathmandu with a Potential Lukla Stop

With a relaxing breakfast and enchanting scenery at Everest View Hotel, it is time to head back. You will get on a helicopter back to Kathmandu and may have to stop at Lukla to refuel. As you head back, you will get one last view of the beautiful landscapes, settlements, monasteries, rivers, and mountain panoramas.

11:40 AM: Arrival at Kathmandu Domestic Airport

Your Everest Base Camp Helicopter Tour will end when you arrive at Tribhuvan International Airport in Kathmandu. It concludes the Everest Base Camp Helicopter Tour with us!

12:30 PM: Drive to Hotel Post Adventure

Our representative will transfer you back to your hotel. We hope your time with us was memorable and pleasant, and that we will see you again soon.

Meals:

N/A

Flight Hours:

4/5 hour

Major Attractions of the Everest Base Camp Helicopter Tour

Some of the major attractions of the Everest Helicopter Tour are as follows:

Scenic flight in the Everest Region

The scenic flight is undoubtedly one of the major attractions of the Everest Base Camp Helicopter Tour. You will cross diverse landscapes and fly from lower-altitude regions to higher ones. Hence, you can witness the shift in the scenery as you fly over them. You will cross the dense subtropical forests, alpine meadows, glaciers, and moraines. Similarly, you can witness the picturesque valleys and settlements from the comfort of your seats.

Short and Convenient Option Over a Busy Schedule

The best thing about the Everest Base Camp Helicopter Tour in Nepal is that it is a day tour. As a result, the tour is an ideal option for anyone with limited travel time. Anyone with a busy schedule can witness the base camp of the world's highest mountain and return within a day. Moreover, the tour eliminates the need for trekking. It makes travel more convenient and has attracted many travelers in recent years.

Landscape & Aerial View are Just Wow

Another major attraction of the Everest Base Camp by helicopter flight is the unparalleled views. From the start to the end of the tour, you will enjoy gorgeous scenery, including mountain panoramas. During the helicopter ride, you can see the beautiful landscapes of rural Nepal and mountain vistas from a personal perspective. You can get 360-degree views of Everest, Lhotse, Nuptse, Ama Dablam, and more. Witnessing the up-close aerial view is not possible without the helicopter service. It is the only way to enjoy the grand scenery from a high-angle view.

Luxurious Experience

The Everest Base Camp Helicopter Tour in Nepal is a luxurious experience. Unlike the traditional way to trek to Everest Base Camp, you will fly there. There is no need for a physically demanding trek on steep and challenging trails. You will take a helicopter ride from the domestic terminal of Tribhuvan International Airport, Kathmandu, to Lukla. Then, you will fly over to the Everest Base Camp and Kala Patthar. After the remarkable ride, you will land at the Everest View Hotel. It is a luxury, high-altitude hotel. There, you can marvel at the panoramas and the surrounding scenery. You can also enjoy a delicious breakfast at the Everest View Hotel.

Everest Base Camp Helicopter Tour Includes/Excludes

Included in the package

- The helicopter flight cost from Kathmandu to EBC and back (sharing basis).
- A trained pilot keeps everyone safe in the sky.

- We land at Syangboche to see Everest.
- Quick safety briefing about the tour.
- Oxygen tanks and first aid kit stay on board.
- All fuel for the trip is already paid.
- All taxes and service fees are covered here (Heli only).

Excluded from the package

- Meals and drinks are not included.
- Village permit at the gate costs 2 000 NPR.
- Airport tax costs 500 NPR.
- National park ticket costs 3 000 NPR.
- Extra tours or walks are not included.
- Bad weather or strikes may add costs.
- Bring your own warm clothes and gear.
- Anything not listed in Includes is your cost.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,375
2 - 2	USD 1,350
3 - 3	USD 1,330
4 - 4	USD 1,300
5 - 5	USD 1,070

FAQ's for Everest Base Camp Helicopter Tour

Can helicopters reach Everest Base Camp?

Yes, helicopters can reach Everest Base Camp, but landing at an altitude of 5364 meters is challenging. Moreover, there are strict restrictions on landing at Everest Base Camp for safety and environmental conservation purposes. Thus, helicopter tours will fly over the base camp, offering excellent aerial views.

Is the Everest Helicopter Tour worth it?

Yes, the Everest Helicopter Tour is absolutely worth it. It is highly recommended for travelers who wish to marvel at the grandeur of the world’s highest mountain and the beauty of the Everest region. You can view the 360° Himalayan vista peaks and landscapes from an aerial view. It is perfect for travelers with limited time, families, and physical restraints.

Are Everest Helicopter Tours safe?

Yes, Everest Helicopter Tours are safe. Well-established and reputable companies operate these tours under proper guidelines. They hire experienced pilots with extensive training for the tours. Similarly, they follow proper protocols and maintain their aircraft regularly. Thousands of helicopter tours take place in Nepal annually, and the chance of accidents is uncommon.

How long is the helicopter ride from Kathmandu to Everest Base Camp?

The helicopter ride from Kathmandu to Everest Base Camp takes an hour. However, during the Everest Helicopter Tour, you will make several stops along the way. You will stop by Lukla and Syangboche Hill. The helicopter ride duration can also vary depending on the weather conditions and wind speed. The total tour takes 5 to 6 hours.

Can anyone do the Everest Base Camp Helicopter Tour?

Yes, anyone can do the Everest Base Camp Helicopter Tour. It is a great option for anyone with limited time or physical restraint to do the Everest Base Camp Trek. Similarly, the tour is perfect for solo travelers and families with small children and elderly members. It is also a luxury tour that is great for celebrations.

What is the highest elevation during Everest Base Camp Helicopter Tour?

The highest elevation during the Everest Base Camp Helicopter Tour is 5,644m meters, as the helicopter passes over Kala Patthar ridge. Thus, you will see diverse Khumbu landscapes and enchanting mountain views of Mount Everest, Lhotse, Nuptse, Ama Dablam, Pumori, etc.

Is there a risk of altitude sickness during Everest Base Camp Helicopter Tour?

During the Everest Base Camp Helicopter Tour, you will fly to an altitude above 5000 meters, so there is a risk of altitude sickness. Travelers can experience various symptoms of altitude-related sickness, such as headache, nausea, vomiting, extreme fatigue, shortness of breath, etc. Hence, trekkers must take proper precautions to avoid or minimize the risk.

Do we need travel insurance for Everest Base Camp Helicopter Tour?

Yes, you must have high-altitude travel insurance for the Everest Base Camp Helicopter Tour. It is mandatory. The insurance must cover elevation above 5500 meters, medical bills, and emergency expenses. It must also cover helicopter evacuations (up to 6000 meters), trip postponement/ delays, and luggage loss/damage. The insurance provides financial safety and peace of mind during the tour.

Is the Everest Base Camp Helicopter Tour possible during bad weather?

For safety reasons, the Everest Base Camp Helicopter Tour is not possible during bad weather. In case of bad weather, the tour will be delayed or postponed. Every well-reputed tour operator prioritizes their clients' safety. In the worst-case scenario, the tour can be canceled. They constantly check for weather updates before the tour.

Is safe drinking water available during the Everest Base Camp Helicopter Tour?

Yes, safe drinking water is available during the Everest Base Camp Helicopter Tour. Often, the tour operator provides boiled, filtered, or bottled water. Due to high mineral content, water purification tablets do not work 100% on the Himalayan hard water. Carrying your own water bottle and refilling it is the best and eco-friendly.

Do we need a special permit for the Everest Base Camp Helicopter Tour?

A special permit is not necessary for the Everest Base Camp Helicopter Tour, but you will need permits. You must obtain a Sagarmatha National Park Entry Permit and a Khumbu Pasang Lhamu Municipality Entry Permit. You will fly over the Sagarmatha National Park and Khumbu region during the Heli tour. Hence, it is mandatory to get them.

What should I wear for the Everest Base Camp Helicopter Tour?

During the Everest Base Camp Helicopter Tour, you will fly from low altitudes to higher ones, so you must wear adequate clothing. The temperature fluctuates significantly, so wear lightweight and warm clothes, windproof/ waterproof jackets, warm trousers, hats, gloves, and scarves. These clothing items will keep you warm and comfortable throughout the tour.

Can I customize the Everest Base Camp Helicopter Tour itinerary?

Certainly! You can customize the Everest Base Camp Helicopter Tour itinerary by booking private charters. It allows you to choose the stops and time duration according to your preference. Customizing the itinerary helps to make the tour more convenient and comfortable. You can work with your tour operator to plan the itinerary that best suits your requirements and needs.

Can solo travelers join a group Everest Base Camp Helicopter Tour?

Yes, solo travelers can join a group Everest Helicopter Tour. Most tour operators offer sharing options for single or small groups of travelers, which helps reduce the overall tour cost. Note that the group Everest Base Camp Helicopter Tour has a set itinerary and schedule that everyone in the party must follow.

Is oxygen available on the helicopter if needed?

Yes, an oxygen cylinder is available on the helicopter. It is used in case the passengers feel discomfort or altitude sickness.

Packing List for Everest Base Camp Helicopter Tour

The temperature varies significantly from Kathmandu to Everest Base Camp. Hence, you must prepare proper clothing and equipment for Everest Base Camp Helicopter Tour. The packing list for the tour includes:

Packing List

- Lightweight and breathable fleece
- Layer clothing
- Windproof/ waterproof jackets
- Sweater
- Warm trousers
- Sunhat, beanie, gloves, and scarf
- Sunglass
- Sunscreen
- Water bottle
- Wet wipes, pocket tissues, or toilet paper
- Camera, binoculars, and smartphones
- Necessary documents (passport and permits)

What to Expect during the EBC Helicopter Tour?

You might be wondering what to expect during the helicopter tour to Everest Base Camp. Aside from an exhilarating ride, here are a few more things you can expect during the tour:

Early Morning Flight

You will begin the tour early in the morning when the weather is more favorable for flying. Your tour operator's representative usually picks you up for an airport transfer from your hotel. You will meet with your group and tour crew at the airport. Before the helicopter flight, the crew will offer safety briefings. Then, you will board the helicopter and begin your exciting journey ahead.

Fly Over Diverse Landscapes

As you fly over the diverse landscapes of the Everest region, be ready to savor vibrant scenery. You will first head towards Lukla, which is the gateway to the region. You will cross over the dense forest lands of Sagarmatha National Park, picturesque traditional villages, terrace farms, monasteries, and other diverse landscapes. Moreover, the aerial view offers a different perspective of the landscapes and an opportunity to witness them in a bird's-eye view.

Aerial view of the Himalayas

The Everest Base Camp Helicopter Tour is one of the best ways to view the snow-clad Himalayan ranges. You will fly over to the Mount Everest Base Camp and Kala Patthar. Hence, you can observe some of the world's tallest peaks from a close range in aerial view. You can witness the grand mountain vistas of Mount Everest, Lhotse, Nuptse, Ama Dablam, Pumori, Thamserku, and more. The helicopter tour will also stop at Everest View Hotel. It is the highest hotel in the world and a popular viewpoint. Each moment of the helicopter flight offers magnificent scenery of the Himalayan range.

Excellent Photography Opportunities

During the Everest Base Camp helicopter flight, you will have several chances to take photos to capture your memorable moments. You will also make several stops along the way. Thus, you can take your group's photographs with the Himalayan ranges in the background, along with the landscapes. The Everest View Point also offers excellent photography opportunities. You can also take aerial pictures and videos.

How Safe Is the Everest Base Camp Helicopter Tour?

If you are wondering about the Everest Helicopter Tour, rest assured, it is entirely safe. Thousands of helicopter flights over Everest Base Camp take place annually, and the chances of accidents are uncommon. However, travelers must choose a reputable tour operator with a good track record. A reputable company always prioritizes its clients' safety and mitigates the risks of helicopter flights. Similarly, well-established tour operators and helicopter companies follow the strict guidelines of aviation authorities. Search for a company that exceeds the minimum CAAN certification requirements and verify it. It helps to provide you with peace of mind for the tour ahead.

Almost all tour operators have experienced pilots seasoned at navigating the rough Himalayan terrains and weather. They have to take extensive training and get various licenses: Private Pilot License (PPL), Airline Transport Pilot License (ATPL), and Commercial Pilot License (CPL). Additionally, the aircraft

undergo frequent safety checks and maintenance. You can verify these details with the tour operator before the booking. The weather conditions in the Himalayas are volatile and change rapidly. The tour is delayed, postponed, or canceled in bad weather for safety purposes. Thus, the EBC Helicopter Tour experience is a safe venture.

What does the Weather and Climate Look like?

The weather and climate are crucial factors for flying a helicopter to Everest Base Camp. You will fly from Kathmandu, at an altitude of 1400 meters, to Lukla, at 2846 meters. Then, you will fly over Everest Base Camp and to Kala Patthar, at an altitude of 5364 meters and 5545 meters, respectively. Due to the changing altitude, the weather and climate vary significantly. Hence, travelers must wear proper clothing suitable for the fluctuating weather and climatic conditions of Kathmandu and the Himalayas.

Nepal experiences four seasons, which also contributes to making the tour more enjoyable and safe. The ideal season for traveling is spring (March to May) and autumn (September to November). These seasons have the most favorable weather conditions, with clear skies and mild temperatures. Likewise, there is a lower precipitation rate, and the visibility is extremely clear. Meanwhile, summer and winter are less favorable seasons for traveling. It rains heavily during summer, while it snows heavily at higher altitude areas in winter. Take a look at the approximate temperature at different altitudes:

Location	Avg. Spring temperature	Avg. Summer temperature	Avg. Autumn temperature	Avg. Winter temperature
Kathmandu	12 to 30°C	20 to 30°C	15 to 28°C	0 to 20°C
Lukla	5 to 15°C	8 to 15°C	4 to 12°C	-5 to 10°C
Everest Base Camp	-6 to 3°C	0 to 8°C	-8 to 2°C	-5 to below -20 °C
Kala Patthar	-8 to 0°C	3 to -2°C	-10 to -2°C	-17 to -7°C

Everest Base Camp Helicopter Tour Cost

The cost of the Everest Base Camp Heli Tour varies depending on the itinerary and services. It usually costs around USD 1070 to USD 1500 per person. The fees can fluctuate depending on the customization of the itinerary, season, services, and the number of people in a group. Similarly, the seasonal fuel surcharge influences the prices. Usually, the cost of flying to Everest Base Camp will increase for additional facilities and services. Meanwhile, you are more likely to get group discounts for large groups. It will cost you more to hire a private Mount Everest Base Camp helicopter tour package or charter. A private tour can cost anywhere from USD 5000 and above. However, you can customize the itinerary according to your preferences. You can make stops at your favorite places and decide the duration of your stay. Meanwhile, travelers who are planning budget [tour under 2000 in Asia](#) can book this helicopter tour as a quick and comfortable way to experience the Himalayas without spending many days on a long trek.

The costs of Himalayan 360's Everest Base Camp Helicopter Tour are as follows:

Sharing Everest Base Camp Helicopter Tour

No. of Persons	Cost of tour (per person)
1	USD 1,375
2	USD 1,350
3	USD 1,330
4	USD 1,300
5	USD 1,070

Private Everest Base Camp Helicopter Tour

No. of People	Costs of tour (per group)
1 - 3	USD 5,600
4 - 5	USD 5,999

Everest Base Camp Helicopter Tour from Kathmandu

The trip to Everest Base Camp by helicopter flight starts from the domestic terminal of Tribhuvan International Airport, Kathmandu. It takes 45 minutes to fly from Kathmandu to Lukla, where you will land to unload fuel. Flying from Lukla to Everest Base Camp takes around 25 minutes. It is an incredible adventure and offers astounding views. You fly over the Everest Base Camp and Kala Patthar in just a few hours and return to Kathmandu. You can witness towering panoramas and enjoy a relaxing breakfast at Everest View Hotel. It is a perfect tour for travelers with limited time and physical constraints, mountain lovers, and photographers.

Is the Everest base camp helicopter tour worth it?

Absolutely yes! The Everest Base Camp Helicopter Tour offers an extraordinary and memorable experience. It is especially excellent for travelers who want to view the gorgeous Himalayas but have limited time or are physically unable to do so. You do not need to trek for 12 to 14 days to reach the Everest Base Camp and Kala Patthar and return. Within 5 to 6 hours, you will complete the entire journey. It is a single-day tour.

The short duration is not the only reason the Everest Base Camp Helicopter Tour is worth it. The beautiful view of the diverse landscapes and mountain panoramas makes the trek worthwhile. Similarly, you can witness the marvelous view of Everest and the surrounding vistas. Then, you will land at Hotel Everest View. You get to enjoy the unique aerial view that is not possible during the trek. Moreover, the tour is an excellent photography opportunity. It is an equally exhilarating and adventurous journey that combines grand views and a rewarding experience. All these factors make the tour worth your time and money.

Expert Guidance and Safety Measures for Everest Base Camp Helicopter Tour

As mentioned before, the Mount Everest Helicopter Tour is safe. However, travelers must follow proper safety protocols and guidelines during the tour. Some of the important safety measures and guidelines for

the tour are as follows:

- Check the reputation of the tour operator and whether they are registered under Nepal Tourism Board (NTB).
- Ensure the pilot has the necessary license, experience, and extensive training.
- Check the weather conditions before the journey.
- Listen to your guide's safety instructions and guidance.
- During the flight, wear seat belts and avoid unnecessary movements.
- Listen to your pilot's instructions, and do not disturb them mid-flight.
- Dress adequately and wear warm clothing for the tour.
- Stay hydrated and be mindful of altitude-related sickness. If you experience any discomfort, let your guide know immediately.
- Be careful while taking photos and videos to avoid any accidents or injuries.

What is the weight limit for the Everest Base Camp Helicopter Tour?

The total weight limit of the Everest Base Camp Helicopter Tour is 500 kg, including passengers and luggage. A helicopter can accommodate five people at a time. Hence, tour operators confirm the weight of their clients and arrange the seating placement accordingly. In case the weight exceeds the limitation, operators must arrange another helicopter. At such times, travelers must bear the cost of hiring another helicopter.

The maximum weight for a helicopter flying above 4400 meters is limited to 240 kg. For a clear picture of weight capacity for the Everest Base Camp Helicopter Tour, take a look below:

- Average weight recommendation: 80 kilograms per person
- Weight capacity for five people: 500 kilograms max.
- Weight capacity for three people: Under 240 kilograms.

Activities Available during Everest Base Camp Helicopter Tour

During the Everest Base Camp Helicopter Tour, you will get an excellent opportunity to witness beautiful scenery. It is an enjoyable and memorable activity that will leave you awestruck. From the diverse and vibrant landscapes of the Everest region to iconic mountain vistas, it is truly a magnificent experience. Similarly, the tour provides an incredible chance to take photos and videos of this majestic scenery. You can capture them as a souvenir to take with you back home.

The tour starts from Kathmandu and makes several stops, offering 360-degree views of Mount Everest and other surrounding peaks. Although the helicopter tour eliminates the need for the physically demanding trekking activity, it is still a thrilling and adventurous experience. You can still participate in activities like sightseeing, observing, and photographing. Likewise, you can gain insights into the region's history, geography, and culture.

Preparation for the EBC Heli Tour

The EBC Heli Tour is more efficient and convenient than trekking to the Everest Base Camp. It does not require rigorous physical training and exercises. Similarly, due to the short duration, you do not need to

pack much clothing and trekking equipment for the tour. But you still need to prepare for the Helicopter Tour.

During the helicopter tour, you will fly to an altitude above 5500 meters. There is a risk of travelers experiencing symptoms of altitude sickness. Thus, you must take proper precautions and medications. It is best to consult with doctors if you have any heart or lung conditions. You should also wear appropriate clothing suitable for varying altitudes. Likewise, you must carry your essentials like your passport, permits, water bottles, smartphones, cameras, and snacks. Mental preparation is also necessary for the journey. You must stay calm throughout the trek and hydrated as you ascend to higher altitudes. It is best to choose the right season for the tour to maximize the experience. Also, check the weather forecast before the tour.

A Typical Day in Everest Base Camp Helicopter Tour

Your Everest Base Camp Helicopter Tour starts from 5:25 AM. Our representative from Himalayan 360 will help you transfer from your hotel to the Kathmandu Airport Helipad. You will check in at the helicopter counter before boarding a helicopter for Lukla Airport. Then, you will take off for Lukla. It is a scenic flight that takes around 45 minutes. During the flight, you will first glimpse the mesmerizing Himalayas, including Mount Everest.

Similarly, you will fly over the beautiful landscape of the Everest region. You will get to enjoy the scenery from a different perspective. At Lukla, you will land and have some time for refreshment before taking off again. Then, you will fly towards Khumbu and over Everest Base Camp and Kala Patthar. You will have the opportunity to take beautiful photographs and videos.

After the incredible flight, you will land at the Everest View Hotel on Syangboche Hill. It is the highest hotel in the world and offers spectacular views of the mountain vistas, especially Mount Everest and Ama Dablam. You can have breakfast or take a refreshment break at the hotel. After the break, you will hop on a helicopter and head back to Kathmandu. You may have to make a brief stop at Lukla. Upon arriving at the Kathmandu Domestic Airport, our representative will drive you back to your hotel. It completes the Everest Base Camp tour with us.

Prevention of AMS in Everest Heli Tour

Acute Mountain Sickness (AMS) or altitude sickness is common among trekkers who travel to an altitude above 2500 meters above sea level. It is a medical condition when your body cannot adapt to lower oxygen levels and reduced air pressure. As you go to higher altitudes, the oxygen level in the atmosphere decreases. Thus, trekkers begin to experience various symptoms of altitude sickness (headaches, nausea, fatigue, dizziness, shortness of breath, etc). Since you will be flying above an elevation of 5000 meters during the helicopter tour to the Everest Base Camp, there is a risk of altitude sickness.

But fret not! There are prevention methods for AMS during the helicopter tour. They are as follows:

- Get plenty of sleep and rest before your Everest Base Camp helicopter flight tour.
- Keep yourself well-hydrated throughout the tour. It helps your body adjust to the growing altitude.
- Eat light meals before your flight. Heavy meals right before the journey can cause uneasiness or nausea during your helicopter tour. So, eating light meals allows you to prevent discomfort and enjoy your tour to the fullest.
- Pay attention to your body. If you start experiencing discomfort or symptoms of AMS, let your guide or pilot know immediately. They will immediately take the right course of action for your safety.
- Avoid the intake of caffeine and alcoholic beverages before your tour. Also, avoid the intake of tobacco

products. It can cause and even heighten the symptoms of AMS.

- You can take medications like Acetazolamide to prevent AMS. You can also take over-the-counter painkillers like ibuprofen. However, consult with your doctor before taking the medication.
- Descend to a lower altitude if the symptoms of altitude sickness become severe.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal