

Everest Base Camp Trek With Helicopter Return

URL: <https://himalayan360.com/trip/everest-base-camp-trek-with-helicopter-return/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu / Kathmandu

Trip Type

Trekking in The Himalaya

Route

KTM-Lukla-EBC-KTM

Duration

11

Destination

Nepal, Everest Region

Language

Nepal, Everest Region

Per Person From

USD 2,150

Region

Everest Region

Max. Altitude

5,555m/18,225ft

Group Size

2 - 30

Best Season

Feb, Mar, Apr, May, Jun, Sep, Oct, Nov & Dec 6 hr walking

Activities**Trek Distance**

66KM/41Miles

Transportation

Flight | Helicopter

Accommodation

Tea house

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Hard Physical training before the trip should begin no later than 2 months before, as you will have a height of 3,000 meters above sea level and more. Hiking is from 6 km daily with an average pace that can be maintained for hours. It is important to have physical fitness &

endurance. You will also need the right gear and clothes according to the weather.

Detailed Itinerary of Everest Base Camp Trek Helicopter Return

Day 01: Arrival at Tribhuvan International Airport in Kathmandu and transfer to hotel

A representative from Himalayan 360 will be waiting to receive you at the Tribhuvan International Airport, Kathmandu, upon arrival. They will help you transfer to your respective hotel in a private vehicle. You will have some time to freshen up, and we will hold a small pre-trip meeting for your upcoming Everest Base Camp Tek Helicopter Return itinerary.

Highest Altitude:

1,400m/4,593ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

3 Star Hotel

Day 02: Fly to Lukla from Kathmandu or Ramechhap Airport and then trek to Phakding

Today is the first day of our journey. You will have breakfast, and our representative will transfer you to the Tribhuvan International Airport domestic terminal for your Lukla flight. It is a scenic 30-minute flight, and you will get your first glimpse at the Everest region's landscapes and panoramas. Then, you will land at the Tenzing Hillary Airport, famous as one of the world's most dangerous airports. You will meet with your trekking crew there and begin your trek towards Phakding.

The trek on this day is fairly easy and short. You will slowly ascend through the dense subtropical and pine forests while crossing suspension bridges over the Dudh Koshi River. Along the way, you can see the stunning Mount Khumbila (5,761 meters) and Mount Kusum Kangraru (6,367 meters). Similarly, you will pass several small settlements before arriving at the northern valley of Lukla, Phakding.

Distance:

3 Hour

Ascent:

176m/577ft

Descend:

389m/1,275ft

Highest Altitude:

2,860m/9,383ft (Lukla)

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7.3km/4.5miles

Flight Hours:

35 mins flight from ktm or 5-6 hrs drive & 20

min flight from Manthali

Daily Note:

An alternative to the flight from Kathmandu to Lukla is the Manthali Airport, Ramechhap. However, you must first drive to Ramechhap, which takes around four hours.

Day 03: Trek to Namche Bazaar from Phakding

On the third day of the Helicopter Return Everest Base Camp Trek itinerary, you will resume your journey from Phakding and head towards the famous Sherpa capital, Namche Bazaar. The trek on this day is longer, and you will slowly ascend to a higher altitude. First, you will cross a suspension bridge, following the Dudh Koshi River, and reach the Khumbu Pasang Lhamu Permit Checking Counter. After showing the permit, you will continue your trek. The EBC Trek with Helicopter Return route from Phakding to Namche also requires you to climb uphill and downhill slopes on diverse terrains.

After a while, you will reach the Sagarmatha National Park Entrance, where you must show the entry permit. From here, you will enter the dense forests of rhododendrons, and the landscapes gradually change. You will also come across open fields, waterfalls, small streams, and traditional villages. As you get closer to Namche, the incredible view of Everest (8,848 meters), Lhotse (8,516 meters), and Nuptse (7,861 meters) will start to become visible. You will have to make one last arduous climb before reaching the picturesque Namche Bazaar. It is the trading capital of the Everest region and is full of bustling markets and lively locals.

Distance:

6 Hour

Ascent:

1,090m/3,575ft

Descend:

290m/951ft

Highest Altitude:

3,440m/11,286ft (Namche)

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.8km/6miles

Day 04: Acclimatization Day at Namche. Hike to Hotel Everest View

Today is your first acclimatization day in Namche Bazaar, as planned in your Everest Base Camp Trek with Helicopter Return itinerary. As we climb to higher altitudes, we must allow our bodies to adapt to the changing altitude. Although it is our rest day, we still need to stay active. So, we will take a short excursion to the Everest View Hotel (3,860 meters).

Trekking to the Everest View Hotel from Namche takes around two hours. It is the highest hotel in the world and offers spectacular views of Mount Everest, Ama Dablam, Lhotse, Nuptse, Cho Oyu, Thamserku,

Tawache, and more. You can enjoy lunch or tea while soaking in the gorgeous view. Then, we will descend back to Namche and explore around.

Distance:

2 Hour

Ascent:

420m/1,378ft

Descend:

420m/1,378ft

Highest Altitude:

3,860m/12,664ft (Everest view hotel)

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

4km/2.5miles

Day 05: Trek to Tengboche from Namche Bazaar

Now that our bodies are ready for higher elevation ascension, we continue our Helicopter Return Trip with Everest Base Camp Trek Path, leaving Namche and heading towards Tengboche. The trails initially go uphill but will become even and level. Then, it will descend toward dense rhododendron forests to the Dudh Koshi Valley at Pungi Thanka. You will come across a checkpoint right after crossing a suspension bridge. From here onwards, the trail will again ascend uphill towards Tengboche. Be ready for a physically demanding climb.

The village of Tengboche is home to the famous Tengboche Monastery. It is the spiritual hub for the Buddhist people of the Everest region. Right above the monastery, we can witness the stunning Mount Ama Dablam. Similarly, we can enjoy the grand views of the Everest, Lhotse, Nuptse, Lobuche, and more from here. We will rest at a teahouse or lodge in Tengboche village.

Distance:

6 Hour

Ascent:

1035m/3,395ft

Descend:

597m/1,958ft

Highest Altitude:

3,860m/12,664ft (Tengboche)

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.3km/5.8miles

Day 06: Trek to Dingboche from Tengboche

Today's destination of our Luxury Everest Base Camp Trek with Helicopter Return is Dingboche. We will have breakfast in the serene atmosphere of Tengboche before continuing our journey. The trail enters the rhododendron, fir, juniper, and oak forests. It then descends to Imja Khola and heads towards Pangboche.

The Pangboche Village is the last permanent settlement on the Everest Base Camp route. From here onwards, we will only come across temporary settlements.

En route, we will pass by many stupas, chortens, colorful prayer flags, and mani walls. We will slowly climb uphill to Somare and reach the Pheriche Village. Then, we will enter the Imja Valley, the gateway to Dingboche. You can see a shift in your surroundings as the lush vegetation landscape changes into a stony and barren one. After trekking for a while, we will reach Dingboche village, surrounded by stone walls. We can see the grand view of Mount Ama Dablam and Imja Tse (Island Peak) from here.

Distance:

6 Hour

Ascent:

676m/2,217ft

Descend:

229m/751ft

Highest Altitude:

4,410m/14,468ft (Dingboche)

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

10.4km/6.5miles

Day 07: Acclimatization Day. Hike to Dingboche Viewpoint (5,083m/16,676ft)

We will take our second acclimatization at Dingboche. On this day, we will take a hike to the Dingboche viewpoint. It lies at a slightly higher elevation than Dingboche village. We have to hike on a steep trail for around four hours. The viewpoint offers gorgeous sunrise and sunset views along with iconic mountain vistas, picturesque landscapes, and mesmerizing views of the Everest region. You can take photographs and soak in the tranquil atmosphere.

Distance:

4 Hour

Ascent:

673m/2,207ft

Descend:

673m/2,207ft

Highest Altitude:

5,083m/16,676ft (Dingboche view Point)

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

3.82km/2.38miles

Day 08: Trek to Lobuche from Dingboche

The EBC Trek with Helicopter Return Route from Dingboche to Lobuche becomes more challenging and demanding. We will start with trekking through the scenic Khumbu Valley landscape. Then, we will gradually begin trekking along the lateral moraine of the Khumbu Glacier. We will trek past Dughla Pass

and start ascending to Chupki Lhara. The stunning mountain panoramas accompany us as we make our challenging uphill climb. However, as we climb higher, the air will start to thin out. We will take a short break at Dughla to re-energize ourselves before beginning a steep climb towards Thukla Pass.

The rocky terrains further make the climb challenging. En route, we will come across stones covered with colorful prayer flags. These stones are tributes to the mountaineers who lost their lives during the Mount Everest expedition. The trail is leveled from Thukla Pass, and you can get a clear view of Mount Pumori, Khumbutse, and Lingtren. The landscape changes into an alpine desert as you reach Lobuche. From Lobuche's glacier ridge, you can see the Everest Base Camp, Kala Patthar, the Khumbu Glacier, and its moraines.

Distance:

5 Hour

Ascent:

515m/1,689ft

Highest Altitude:

4,910m/16,108ft Lobuche

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

8.02km/4.98miles

Day 09: Trek to Everest Base Camp and then back to Gorak Shep

Today is an important day of our Everest Base Camp Trek with Helicopter Return from Gorakshep to Kathmandu, as we will finally make our way to Everest Base Camp. We will begin our trek early. The trail goes alongside the lateral moraine of Khumbu Glacier. We will have to keep ascending and descending on rocky and uneven paths. It takes around four hours to reach Gorak Shep from Lobuche. We will take a short break and leave our belongings at the teahouse in Gorak Shep before continuing our journey to the Everest Base Camp.

It takes another few hours to reach Everest Base Camp. We will pass the spectacular Khumbu Glacier and Khumbu Icefall along the way. As you approach the base camp, you will see numerous colorful prayer flags. The towering mountain vistas will greet you when you reach the base of Mount Everest. Similarly, you can also see the colorful tents of the mountain expedition teams. You will have time to relish the beauty of the magnificent panoramas and take photographs. We will soak in the beauty of Base Camp and return to Gorakshep, where we will spend the night in a teahouse.

Distance:

7 Hour

Ascent:

484m/1,588ft

Descend:

243m/798ft

Highest Altitude:

5,364m/17,598ft EBC

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.6km/7.23miles

Day 10: Morning Hike to Kala Patthar and Fly back to kathmandu

This is the final day of our Everest Base Camp Trek Helicopter Return. We will wake up early for our hike to Kala Patthar. It is a popular vantage point that offers a spectacular sunrise view and mountain vistas at ground level. The first sight of the golden sun rays over the glistening snow-capped peaks is truly out of this world. You will have time to enjoy the view, explore, and take pictures to commemorate the moment. Then, you will bid goodbye to Kala Patthar and the giant mountains and descend to [Gorakshep](#). At Gorakshep, a private helicopter will pick you up for your return flight to Kathmandu. The helicopter may land at Lukla to refuel, and you will then fly to Kathmandu. You will have a wonderful opportunity to take one last look at the panoramas and the picturesque landscape from an aerial view as we return to kathmandu in a helicopter.

Distance:

2 Hour

Ascent:

452m/1,483ft

Descend:

300m/984ft

Highest Altitude:

5,555m/18,225ft (Kalapatthar)

Meals:

Breakfast and Dinner

Accommodations:

3-Star Hotel

Trek Distance:

2km/1.3miles

Daily Note:

Please be advised that due to recent regulatory changes implemented by Sagarmatha National Park authorities, designated helicopter landing sites may be subject to change. All landings will adhere to the latest park rules and operational guidelines.

Day 11: Transfer to the International Airport for your Final Departure

- **Meals:** Breakfast

Our representative will help you transfer to the Tribhuvan International Airport two hours before your scheduled flight. With this, our Everest Base Camp Trek Helicopter Return will conclude. We hope you had a memorable and enjoyable time with us. Thank you for choosing Himalayan 360, and have a safe flight!

Meals:

Breakfast

Accommodations:

Tea House or Lodge

Cost Included & Excluded

Cost Includes

- Kathmandu – Lukla – Kathmandu Flights
- KTM-Ramechhap sharing vehicles (if needed)
- Gorakhshep to Kathmandu Heli (Shared) pick up places can be change as per national park rules
- 2 Night Kathmandu 3 start hotel (sharing basis BB plan)
- 8 Night in mountain tea house lodge (sharing basis)
- **Food:** 10 Breakfasts, 8 Lunches, 9 Dinners
- Government-licensed English-speaking local trek leader for 16 days
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality fees
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Trek leader for more than 12 trekker groups
- Staff insurance, salary, equipment, food & clothing.
- **MEDICAL KIT:** Comprehensive Medical kit.

Cost Excludes

- International flight
- Extra transfer which is not mentioned in itinerary.
- Lukla to Kathmandu Flight ticket (only if needed)
- Private Heli services (pick up services is depend on group side)
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra night during Trekking
- Porter to carry bags (2:1porter)
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather

conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 2,620
2 - 3	USD 2,315
4 - 6	USD 2,220
7 - 12	USD 2,200
13 - 20	USD 2,175
21 - 30	USD 2,150

Common Questions related to Everest Base Camp Trek Helicopter Return

Is the Everest Base Camp Trek Helicopter Return worth it?

Definitely yes! The Everest Base Camp Trek Helicopter Return is worth it. It is a unique journey that combines a thrilling trek to Mount Everest base camp with a luxurious helicopter return. You can witness the panoramas up close and in aerial view. You will follow the classic trekking routes and stay at cozy Sherpa teahouses. Hence, it also offers a rich cultural experience.

Can a normal person go to Everest Base Camp?

Yes, a normal person with reasonable health and fitness can go to Everest Base Camp. The trekking trails are moderately difficult but require no prior experience or technical skills, making them perfect for beginners. However, trekkers must be able to ascend and descend on steep trails on varied terrains. They must also take proper precautions when trekking at high altitudes.

Is Everest Base Camp crowded?

Everest Base Camp is the most sought-after trek destination in Nepal, so it is quite crowded during peak seasons (spring and autumn). The trails are busy, and the accommodations are usually fully booked. Hence, trekkers must book their flights and accommodations in advance. For a quieter trekking experience, it is best to choose off-seasons for EBC Trek.

What is the starting point of Everest Base Camp Trek Helicopter Return?

Lukla is the starting point of Everest Base Camp Trek Helicopter Return. It is the gateway to the Everest region. Trekkers will fly to Tenzing Hillary Airport, Lukla, and begin their trek to the Everest Base Camp. You can take the Lukla flight from the domestic terminal of Tribhuvan International Airport, Kathmandu, or Manthali Airport, Ramechhap.

How long is the Everest Base Camp Trek Helicopter Return?

The Everest Base Camp Trek Helicopter Return generally takes 9 days to 10 days to complete. However, trekkers can plan their itinerary to best suit their needs and preferences. They can choose to extend or shorten their trek duration. However, they must understand that it is a high-altitude trek and requires proper acclimatization and rest days in between.

What is the highest point of the Everest Base Camp Trek Helicopter Return?

The highest point of the Everest Base Camp Trek Helicopter Return is Kala Patthar, at 5,555 meters above sea level. Many trekkers believe that the base camp itself is the highest point. However, it is the second highest point of the trek at an elevation of 5,364 meters above sea level. It is a high-altitude trek that requires proper preparation and adequate rest days.

Can I do the Everest Base Camp Trek Helicopter Return alone?

You can do the Everest Base Camp Trek Helicopter Return alone, but you must hire a licensed guide. As of April 1, 2023, the government of Nepal and the Nepal Tourism Board (NTB) have made it mandatory to hire a licensed trek guide for trekking in Nepal. You can hire a guide through a registered local trekking agency.

Do I need a special permit for Everest Base Camp Trek Helicopter Return?

No, you do not need any special permit for Everest Base Camp Trek Helicopter Return. However, you must obtain two local permits for the trek. These permits include a Sagarmatha National Park Entry Permit and a Khumbu Pasang Lhamu Rural Municipality Entrance Permit. You can get these permits through a registered trekking agency in Kathmandu.

What level of physical fitness is necessary for Everest Base Camp Trek Helicopter Return?

You will require moderate physical fitness to participate in the Everest Base Camp Trek Helicopter Return. The difficulty level is also a moderate grade. You must ascend and descend on steep and rough trails on varied terrains. Likewise, you must be able to trek for 6 to 7 hours each day on average. As a result, it requires reasonable fitness as well as mental preparation.

Will I get altitude sickness during the Everest Base Camp Trek Helicopter Return?

The Everest Base Camp Trek Helicopter Return is a high-altitude venture with a risk of altitude sickness. As you ascend above the elevation of 2,500 meters, you will likely experience various altitude sickness symptoms. Adequate acclimatization days and precautions can minimize or avoid the risk. Medications like acetazolamide or diamox also help to prevent altitude sickness.

Is travel insurance mandatory for Everest Base Camp Trek Helicopter Return?

Yes, travel insurance is mandatory for trekking to Everest Base Camp with Helicopter return. The insurance must cover high elevations above 5,500 meters and medical and emergency expenses. Similarly, the insurance must also cover emergency helicopter rescue operations, trip postponement/cancellation, and luggage damage/ loss. Travel insurance provides financial safety for high-altitude treks like Everest Base Camp.

What accommodations are available during Everest Base Camp Trek

Helicopter Return?

You will mostly find standard accommodations, such as teahouses, lodges, and guesthouses, along with Everest Base Camp Trek Helicopter Return. As the trekking route lies in rural and remote areas of the country, these stays are only basic with limited amenities. There are a few luxurious hotels at Namche Bazaar. However, they are relatively more expensive than standard accommodations.

Are ATM facilities available along the Everest Base Camp Trek route?

Due to the lack of ATM facilities along the Ev, the rest of the Base Camp Trek route does not have ATM facilities. You may find ATMs at Lukla or Namche Bazaar, but they may be unreliable or out of cash. The businesses in the region prefer cash, and card facilities are rare. Hence, trekkers should exchange sufficient cash at Kathmandu before the trek.

Will the helicopter land at Everest Base Camp?

No, the helicopter does not land at Everest Base Camp but at Kala Patthar. The challenging terrains, unpredictable weather, and high altitude make helicopter landing at the base camp challenging. You will take an early morning hike to Kala Patthar, a popular viewpoint that offers panoramic views of the mountains from the ground level. There, the helicopter will land for your Kathmandu return.

What is the weight limit for Lukla's flight and helicopter?

The total weight limit for Lukla's flight is 15 kg per person. The airlines allow 10 kg for luggage and 5 kg for hand baggage. For excess weight, you have to pay USD 1 per kg. Meanwhile, the total weight limitation for helicopters is 500 kg for altitudes up to 4000 meters and 250 kg for above 4000 meters.

Everest Base Camp Trek with Helicopter Return Route

Our Everest Base Camp Trek with Helicopter Return begins with a scenic flight to Lukla. It takes 30 minutes to fly from Kathmandu to Lukla, while it takes 20 minutes to fly from Manthali Airport, Ramechhap. Lukla is the starting point of our trek, and from here, we will gradually begin our journey to Everest Base Camp.

From Lukla, we will gradually ascend to Phakding. It is a relatively short trek and less demanding. The trail begins to get challenging as you leave Phakding. You will enter the dense forest trails of rhododendrons, oaks, and firs. Similarly, you will trek alongside the Dudh Koshi River and ascend to Namche Bazaar. The beautiful Namche Bazaar is a popular acclimatization stop. We will also rest here for a day and take a short excursion to the Everest View Hotel. It helps the body to adapt to the growing elevation.

After a day's rest, we will continue our journey. We will again trek on a trail alongside the Dudh Koshi River and through rhododendron forests. During the trek, crystal-clear views of the snow-clad peaks of Mount Everest, Ama Dablam, Lhotse, Nuptse, and more are visible. Finally, we will reach Tengboche and visit the famous Tengboche Monastery. The following day, we will trek through the alpine forest, cross the Imja Khola, and ascend to Dingboche village.

Dingboche will be our second acclimatization stop. We will take a short hike to the Dingboche viewpoint to witness the beautiful mountain views and sceneries. From here, we will climb to Thukla and pass the Khumbu Glacier's lateral moraine and stone memorial. The rocky and uneven paths will become gentler as you reach Lobuche. We will trek along the Khumbu Glacier on rough, rocky trails to reach Gorak Shep. We will take a short break and resume our hike to the Mount Everest Base Camp. En route, the Khumbu Glacier and Khumbu Icefall are visible.

We will spend some time at Everest Base Camp before descending to Gorak Shep. The next day, we will wake up early and ascend a steep trail to Kala Patthar. The vantage point offers a grand view of Everest and other surrounding mountain vistas. It is also the highest point of our trek. We will explore around for a while and descend again to Gorak Shep. A helicopter will pick you up for your return back to Kathmandu. The helicopter can make a brief stop to refuel in Lukla.

Attractions of Everest Base Camp Trek with Helicopter Return

Scenic flights

The Everest Base Camp Trek with Helicopter Return offers an excellent opportunity to get on scenic flights and enjoy the aerial views. You will begin your journey with a 30-minute flight from Kathmandu to Lukla. It offers the first glimpse at the diverse landscapes and panoramas of the Everest region. You will land at one of the most dangerous airports in the world, Tenzing Hillary Airport, Lukla. After beginning your journey with a scenic flight, you will end it with a spectacular helicopter flight. The helicopter lands at Kala Patthar, and the flight offers brilliant scenery.

Adventurous trails

The trekking trail to Everest Base Camp is famous for its sceneries and diverse terrains. You will trek on the very trail that Sir Edmund Hillary and Tenzing Norgay Sherpa took during their 1953 Mount Everest expedition. It has numerous uphill and downhill climbs with steep and narrow sections. Similarly, you will cross several wooden bridges over rushing rivers. You will move from the subtropical dense forest of lower altitude to highland alpine meadows. As you get close to the Mount Everest Base Camp, you will cross a few glacier moraines. The rough and rocky trails make the climb demanding but, at the same time, rewarding.

Panoramic mountain views

The Everest Base Camp Trek with Helicopter Return is the best way to witness the panoramic mountain views. From the start to the end of the journey, the gorgeous vistas will keep you accompanied. When you ascend to the Everest Base Camp, you will witness the gigantic Mount Everest, Lhotse, Nuptse, Cho Oyu, Ama Dablam, Pumori, and other surrounding peaks in close and personal view. Similarly, you will observe these mountains from a 360-degree view at ground level from Kala Patthar. Let us not forget about the helicopter return flight. You can enjoy the magnificent scenery with bird's eye views. You can capture these moments with your camera and take them home as a souvenir.

Cultural immersion

Everest Base Camp Trek with Helicopter Return is not just an adventure but also a cultural trip. The Everest region is home to the famous Sherpa people with unique cultures, traditions, and lifestyles. They also follow Tibetan Buddhism, which significantly impacts their daily lives. During the journey, you will have numerous opportunities to glimpse and immerse yourself in the vibrant culture of Sherpas. The locals run the accommodation facilities along the routes. Hence, you get to experience the warm hospitality and observe their local customs from close range. Some accommodations also host traditional dance and music programs to entertain their guests. You can also taste the local delicacies while on the trip.

Thrilling helicopter return

There is no better way to end the extraordinary trip to Everest Base Camp than with a thrilling helicopter ride. After the demanding hike to the Kala Patthar viewpoint, the marvelous scenery unfolds before you. You will have time to soak in the beautiful atmosphere before a helicopter lands to take you back. The helicopter hovers over the viewpoint and offers stunning views at the same time. Then, you will fly over the picturesque landscapes of the Everest region. It is a convenient and comfortable way of returning as you do not have to retrace your way back to the demanding trails. Additionally, it is also time-saving.

Everest Base Camp Trek with Helicopter Return Cost

The average cost for Everest Base Camp Trek and helicopter return ranges between USD 2000 to USD 5000 per person. The costs vary depending on the itinerary and services included during the trek. Trek duration, season, and number of people in a group also influence the price of the package. The cost can increase when you customize the package and add more services. Compared to the standard Everest Base Camp trek, you will take a helicopter flight back. So if you're looking for complete experience, including both the ascent and descent on foot, providing a traditional trekking challenge then you could go for [14 Days Standard Everest Base Camp Trek](#).

Usually, the trek package includes accommodations, transportation, meals, permits, guides, and porter fees. Check what is included in the package with your tour operator before booking the package. The additional charges incurred during the trek are the trekker's own personal expenses. Take a look at the costs of Himalayan 360's Everest Base Camp Trek with Helicopter Return package:

No. of person in a group	Costs per person
1	USD 2620
2 to 3	USD 2315
4 to 6	USD 2220
7 to 12	USD 2200
13 to 20	USD 2175
21 to 30	USD 2150

Is EBC Trek Helicopter Return best for you?

It is normal for you to wonder whether the EBC Trek Helicopter Return suits you or not. While many dream of ascending to Mount Everest Base Camp, it is not easy. They may not have the leisure or time constraints to join the trek. However, the Everest Base Camp Trek and helicopter return are great for such travelers. It allows you to complete the adventure in less time than the standard itinerary.

You will begin your journey the same way as the standard EBC Trek, with a flight to Lukla. Then, you will trek to Everest Base Camp and Kala Patthar. From Kala Patthar, you will catch a flight back to Kathmandu. This reduces the trek duration by a few days and immensely reduces the physical exertion on trekkers. Aside from time and trekkers' physical fitness, budget also plays a crucial role. This trek is more suitable for trekkers with flexible budgets. Hence, the Everest Base Camp Trek return by Helicopter is suitable for those with limited time and a flexible budget. You can also customize the itinerary to match your preferences and requirements best. You can also take a one-day Everest Base Camp Helicopter Tour if you have only limited time.

Accommodation and meals during EBC Trek Helicopter Return

The Everest region is in the rural eastern part of Nepal. Despite being a popular trekking region, it lacks proper infrastructure and facilities. As a result, the accommodations in the area are basic, with limited amenities. The standard accommodations available along the Everest Base Camp Trek route are family-run teahouses, lodges, and guesthouses. These places offer beds, blankets, and pillows to their guests.

Unlike the hotels in Kathmandu, the rooms are relatively small and are primarily on a shared basis. The insulation in the room is also poor. Likewise, the bathrooms are also usually squat-style and communal. In lower regions, you may find rooms with attached bathrooms, but as you go higher, the options are minimal. You will have to pay additional charges for internet, phone calls, hot showers, charging electronic devices, etc. There are a few luxurious hotels at Namche Bazaar. The Everest View Hotel, which sits right above Namche, also provides luxurious services. However, they are expensive.

The meal options also become limited as you ascend to higher elevation areas. Almost all ingredients used in the cooking are locally sourced. The staple Nepali dish, Dal Bhat, is widely available. It is a high-carb meal that consists of rice, lentil soups, vegetables, curries, and pickles. Aside from this, you will find food options like eggs, porridge, oats, cornflakes, soup, salad, Tibetan bread, chapati, curries, Sherpa Stew, Tenduk, thukpa, momo, chowmein, pasta, sandwiches, steak, spaghetti, etc. Likewise, you will find drink menus like tea (milk, black, green), Tibetan tea, coffee, soft drinks, and alcoholic beverages.

Why should you return to Helicopter after EBC Trek?

Returning by helicopter after the EBC Trek is a great way to take part in Nepal's most famous trek destination and finish it with a stunning helicopter ride. You can join the adventurous trek with the standard Everest Base Camp Trek package, and the helicopter flight return makes the trip more fulfilling and memorable. Additionally, there are several benefits of taking an EBC Trek with a helicopter return:

- The standard Everest Base Camp Trek takes around 12 days to 14 days to complete. Taking a helicopter return reduces the time needed to descend back to Lukla. Hence, it is more time-saving and excellent for trekkers who are short on time.
- Ascending to the base camp and Kala Patthar is a physically demanding journey. Climbing down is equally challenging. Taking a heli return helps prevent overexertion and exhaustion.
- With a helicopter return, you will swiftly descend to a lower altitude. Hence, you will spend less time at high elevations, reducing the risk of altitude sickness.
- A helicopter return is the best way to finish the exhilarating journey. You will fly over Kala Patthar, which offers magnificent mountain panorama views. This unique bird's-eye view is not possible while trekking. It also provides an excellent photo and video opportunity.

Altitude Sickness at Everest Base Camp

During the Everest Base Camp helicopter return trek, you will ascend to an altitude of 5,555 meters above sea level. This high-altitude journey exposes trekkers to the risk of altitude sickness. The low oxygen level in the atmosphere and reduced air pressure can cause trekkers to feel ill and discomfort. It is because the body cannot adjust to the growing elevation and its surroundings.

The symptoms can vary from person to person. While some trekkers may experience mild ones, known as Acute Mountain Sickness (AMS), others may experience severe ones, known as High-Altitude Pulmonary Edema (HAPE) and High-Altitude Cerebral Edema (HACE). The most common symptoms of altitude sickness are headache, nausea, dizziness, insomnia, loss of appetite, extreme fatigue, and shortness of

breath. Trekkers must exercise proper caution and take the symptoms seriously. These common symptoms can turn severe quickly and can even be fatal.

To prevent altitude sickness, trekkers can follow several precautions. Similarly, there are a few ways one can treat the symptoms. These methods are as follows:

- Do not rush to high altitude; ascend gradually. It will give your body adequate time to adapt to the decreasing oxygen and air pressure levels.
- If you are a beginner, take acclimatization or rest days. On these days, keep your body active, which will help you get used to high elevation.
- Follow the golden rule, "Sleep low, climb high." It is always best to spend the night at a slightly lower altitude.
- Keep your body hydrated throughout the trek. Drink plenty of water, and not just when you feel thirsty.
- Eat a light and nutritious diet while trekking. You need a lot of energy, so eat high-carb and protein-rich food.
- Avoid caffeine, alcohol, and smoking tobacco during the journey.
- Carry medications like acetazolamide or diamox for the trek. It helps to subdue the symptoms of altitude sickness. However, consult with your doctor beforehand.

Permits for Everest Base Camp Trek with Helicopter Return

Trekkers will require two permits for the Everest Base Camp Trek with Helicopter Return. They are as follows:

Sagarmatha National Park Entry Permit

The Everest Base Camp lies within the Sagarmatha National Park. It is inhabited by diverse flora and fauna, including rare and endangered species, and is a government-protected area. Hence, to control the flow of tourism, the government of Nepal and the Nepal Tourism Board have made it mandatory to obtain an entry permit for the national park. You can obtain the permit from a registered trekking agency in Kathmandu or at the entrance gate of Sagarmatha National Park entrance at Monjo.

The costs of the Sagarmatha National Park Entry Permit are:

- SAARC residents: NPR 1500 per person
- Non-SAARC residents: NPR 3000 per person

Khumbu Pasang Lhamu Rural Municipality Entrance Permit

The trekking trails of Everest Base Camp pass through Pasang Lhamu Rural Municipality in the Khumbu region. As a result, trekkers must obtain an entrance permit to pass through the entry point. The government introduced this permit back in October of 2018. Thus, it is a fairly new permit that was made mandatory for trekking in the Everest region.

The Khumbu Pasang Lhamu Rural Municipality Entrance Permit costs NPR 2000 per person for the first four weeks. Its price then becomes NPR 2500 per person. The permit cost is the same for SAARC and non-SAARC residents.

When should you travel to Everest Base Camp?

Choosing the right time to travel to Everest Base Camp enhances your trekking experience. It makes your journey more comfortable and enjoyable. Nepal has four seasons: spring, summer, autumn, and winter. The best times for Everest Base Camp travel are spring (March to May) and autumn (September to November). Summer (June to August) and winter (December to February) are the least favorable times due to bad weather conditions. Here is a brief of the best time when you should travel to Everest Base Camp:

Spring (March to May)

One of the best times to travel to Everest Base Camp is springtime. The beginning of spring is a little cold, and light snowfall is possible at higher altitude regions. As the season progresses, it gets warmer, and the weather becomes more stable. The rhododendron forests that adorn the trails also bloom in their full glory. You can enjoy the picturesque and colorful landscapes as you trek to the Everest Base Camp. Moreover, the various Himalayan floras also bloom in different colors, adding to the beauty of the trekking trails.

There is a minimum chance for rainfall during spring. Hence, it is an ideal time for trekking and hiking. The days are bright and sunny with excellent visibility. As a result, the flights are less likely to be delayed or canceled. Due to the favorable weather, the trekking routes are relatively more crowded, and you have to book the flights and accommodations in advance. The daytime temperature of Everest Base Camp during spring is around 15°C. Meanwhile, the nighttime temperature can drop to -1°C.

Autumn (September to November)

Autumn is the peak trekking season, and for good reason. The weather is stable and favorable, with crisp air and clear skies. It offers the most comfortable trekking conditions. Early autumn sees quite some rain, as monsoons only exit the country in mid-September. The rainfall leaves the landscapes and vegetation clean, fresh, and vibrant. It also cleanses the dust and pollution in the atmosphere, thereby making visibility extremely clear. Trekkers can enjoy clear panoramic mountain views without any obstruction.

As the season progresses, autumn foliage begins to color the landscapes of the Khumbu region. It adds to the region's beauty and enhances the trekking experience. All the favorable conditions make autumn the best time for trekking. However, the trekking routes are usually crowded, and the accommodations are fully packed. You must book them in advance. The temperature during mornings and nights also slowly starts to get chilly. The daytime temperature is 17°C, while the nighttime temperature can drop to -8°C.

Difficulty During Everest Base Camp Trek Helicopter Return

The Everest Base Camp Trek and helicopter return is a moderate venture. It is not a strenuous journey, but still physically and mentally demanding. The classic trails of Everest Base Camp have many steep ascending and descending sections on diverse terrains. Similarly, the average trekking per day is between 5 and 6 hours. It can be challenging for beginners, but they can overcome it with proper preparation. Trekkers must be physically fit and healthy to participate in this trek.

In addition to the challenging trails, the high altitude also makes the journey difficult. You will ascend to an elevation of 5,555 meters above sea level. It can cause trekkers to experience various altitude-related sicknesses. The symptoms can vary from mild to severe. In case of severe symptoms, trekkers will require immediate medical attention as it can quickly turn life-threatening. The remote nature of the trek route

also adds to the challenges.

The weather in the high-elevation areas is unpredictable. It changes rapidly, and the temperature is also colder than in the lower regions. Due to this, trekkers can face unforeseen challenges during the journey, making the trek challenging. Trekkers must have the mental resilience to tackle the difficulties during the trip. Hence, the EBC Trek with helicopter return is a thrilling adventure that requires physical and mental preparation.

Packing list For Everest Base Camp Trek Helicopter Return

The Everest Base Camp, with a return by heli trek, takes you from lower altitude regions to a high elevation of 5,555 meters. As a result, the climate and temperature vary drastically. Packing the right clothing and proper trekking gear plays a crucial role during the trek. To make it easier for you, we have compiled a list of packing essentials for the trip:

Clothing

- Insulating layers (top and bottom)
- Windproof/ waterproof jacket
- Fleece and down jacket
- Trekking shirts and T-shirts
- Trekking pants
- Warm trousers
- Sweaters and pull-over
- Inner wears
- Gloves, hats, and scarf

Footwear

- Trekking and warm socks
- Comfortable and sturdy trekking shoes
- Sandles
- Gaiters

Equipment & gear

- Backpack with rain cover (40 – 50 litres)
- Duffle bag
- Thermal water bottle
- Adjustable trekking pole
- Headlamp or flashlights
- Sleeping bag
- Camera with extra batteries
- Adapters and chargers
- Sunglasses

Miscellaneous

- Snacks and energy bars
- Towels
- Toothbrush and toothpaste
- Shampoos and soaps
- Sunscreens and lotions
- Wet wipes or toilet paper
- Hand sanitizer
- Hygiene products
- First aid kits

Address

Address:

Galkopakha Marg - Kathmandu - Nepal