Overview

**Everest Base Camp trekking** is a well-known trekking in Nepal. Among the several trekking in Nepal, **EBC trek** is one of the attractive treks. **Trekking agencies of Nepal** offer different trekking and helicopter tour packages but Mountain Rock Treks And Expedition like to organized to give the same experience at the same time. We creating this kind of program called **Everest Base Camp Trek helicopter Return** for people who like to explore more about the trek and helicopter Experience. Most people have their desire to be in **Everest Base camp** by their feet. After EBC trek back Gorakshap and take a helicopter experience. This trip will give you the best experience of hiking and the best Himalayas views.

**Everest Base Camp Trek and return by helicopter** trip start from Tribhuvan international airport early morning. Flight to Lukla will take around 30 minutes and our Guide will brief about all trekking details till Everest base camp. Along the way will catch local culture, local monument, flora, fauna and Majestic views of the Himalayas including Everest, amadablam, Kusum kangaroo, Pumori, Lhotse, Choyo, etc.

After **Everest base camp trek** your hike will be finished and helicopter tour will begin. A chopper will become and take off to Kathmandu. Along the way, you can see Everest, choyo, Kusum kangaroo and others for the air. If you don't have enough time for this trek to reach Everest base camp, the **Everest Base camp helicopter tour** will be the best option to reach Everest base camp.

**Place to visit in Everest base camp trek return back by helicopter**

- **Lukla airport**: Popular as most people start their trekking to **Everest Region** from here, Gateway to Everest. Most dangerous airports in the world. Get a flight from Kathmandu.

- **Namche Bazaar**: Unofficial capital of the Khumbu region of Nepal. Famous as a tourist hub for trekkers and travelers. Get the first view of Mount Everest. Stay place for acclimatization before heading towards **Everest Base Camp**. Shops can be found who promote local products like traditional handicrafts, including woolen, wooden and metallic products.

- **Everest Viewpoint**: Few hundred feet above Bazaar. Can get a first glance of Mount Everest in EBC trek along with the stunning view of the Khumbu valley. Place, blessed with the best view.

- **Everest View Hotel**: Offers the mesmerizing views of peaks. From every room guest can submerge in the hypnotizing scene of Mt. Everest. Listed in the Guinness Book of World Records (2004) as the Highest Placed Hotel in the world at 13000ft. An ideal spot from which we can appreciate the lovely scene loaded up with evergreen fir trees, bushes and

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Khumjung: One of the oldest villages in the Khumbu region which is untouched by the modern world. Lies within an altitude of 3790m above sea level. Comprises of mostly the Sherpa and Gurung ethnicity. Main attractions: Sacred Cave of Padmasambhava, Khumjung School, and Khumjung Monastery.

Thyangboche Monastery: One of the most famous Tibetan-Buddhist monasteries in Nepal. Largest monasteries in the Everest region situated at 3867m above sea level. Midway to the route to Everest. Is surrounded by ancient mani stones and prayers flag. It attracts a large number of tourists every year.

Khumbu Glacier: One of the largest glaciers in the Khumbu region located between Mount Everest and the Lhotse-Nuptse ridge. World’s largest glacier with an elevation of 4900m. Is seen flowing between the two mountains. It has the largest icefall, the Khumbu Icefall. It started to melt but not as fast as other glaciers because of its high altitude.

Kalapathar viewpoint: Known as a viewpoint to Everest within an elevation of 5644.5m. Extremely popular, especially during high season. Get a glimpse of Mt.Everest, Nuptse, Changtse, and Lhotse. Can reach Kalapathar within 2-3 hours from Base Camp.

Helicopter View: Can watch the highest peaks and valleys near them from the top through Helicopter. Can get a close view of Mt. Everest and other pinnacles.

Itinerary Details

Day 01 : Flight from Kathmandu to Lukla, then trek to Phakding (2652m): 3-4 Hours

Early morning the drive from hotel to domestic airport terminal. The flight to Lukla gives outstanding views of early morning sunrise on the snowcapped mountains. On landing Tenzing-Hillary Airport after a 30 minutes at Lukla, we reach the gateway to the Himalayas. The trek begins from the airport itself soon after meeting our crew there from where Phakdhang a short walk. As this is the first day of the trek.

Day 02 : Trek from Phakding to Namche Bazaar (3440m): 5-4 Hours

Starting early in the morning, the route passes through beautiful pine forests, DudhKoshi River and views of Mount Thamserku. After passing a few settlements we will be in check-post, the entrance of Sagarmatha National Park. We further walk through the confluence of DudhKoshi River and BhotheKoshi River, and take a steep ascent to Namche Bazaar.
where the first sight of marvelous Mount Everest and ridges of Mount Lhotse and Mount Nuptse welcomes us.

**Day 03 : Namche: Acclimatization and Rest Day**

Today is acclimatization day. There are some hiking options here: 1. trek to Khumjung where you can visit the local school, gumpa, and hospital 2. trek to Thame village 3. Trek at Shyanboche (3720 meters), above which you can visit the Everest View Hotel, Place to see Everest with tea or coffee. After all hike back to namche bazzar for overnight.

**Day 04 : Trek from Namche to Tengboche (3800m): 5-6 Hours**

Massive views of amadablam, everest, lotse bring you ahead to khangjuma. Hike down to river side in to green pine forest. having lunch with sound of imjakhola and bhotekoshi river. Another 2-3 hrs hike to tengboche.

**Day 05 : Trek to Dingboche (4360m): 6-7 Hours**

Trek from tengboche to Dingboche starts the other day with a visit to biggest Buddist Monastry in the region. The journey continues through alpine forests to a large village of upper Pangboche and further through villages of Shomare, Orsho and TsuroWog. One can view beautiful view of soaring mountains of Taboche, Mount Thamserku, Mount AmaDablam, Mount Nuptse, Mount Cholatse and Mount Lhotse along with others while passing through the KhumbilaKhola valley to ridge top. On moving further through the trail through ImjaKhola eventually Dingboche is reached.

**Day 06 : Rest day Dingboche (4360m)**

Today is a rest day on a trek. Dingboche is a nice place to explore, either you can go to chukung or nagarjun hill to the viewpoint.

**Day 07 : Trek to Lobuche (4940m): 5-6 Hours**

During the trek after walking up the steep terminal moraine of the Khumbu glacier, the ascent to ChupkiLhara begins where one can find the slopes with boulders. One comes across the collection of stones with prayer flags used as memories to American mountaineer Scott Fischer and to BabuChhiri Sherpa, the 10 time Everest Summitteer Nepalese citizen. Beautiful view Khumbutse, Mount Lingtse, Mount Pumori and Mount Mahalangur can be viewed as trail crosses the Khumbu glacier where little symptoms of altitude sickness can be experienced.

**Day 08 : Trek from Lobuche to Gorakshep (5150m) to Everest Base Camp (5364m), back to Gorakshep: 7-8 Hours**

This is the most important day of the Everest Base Camp trek route. You can experience
the 360-degree panoramic view of snowcapped mountains. Actually, Mount Everest is not seen from here, however, Mount Nuptse, Mount Nuptse, and Mount Pumori can be viewed very well.

Day 09: Trek from Gorakshep to Kalapatthar (5545m) and flew back to lukla.

On the climax of this trip the trek starts much early in the morning so that trekkers can witness the glimpse of the Mount Everest when the dusk turns to the bright morning with a light of the day. On the way Peak s Lingtren, Khumbutse, Changtse are viewed. This is your great opportunity to get a 360-degree view of some of the highest peaks in the world including Mt. Pumori (7169 meters), Mt. Everest (8848 meters) and Lhotse (8516 meters), the Tibetan peak Changtse, Mt. Nuptse (7861 meters) and countless other smaller peaks. This also marks the ending point of our journey. You will now be boarding the helicopter to Lukla and seeing the Himalayas from the above. A fantastic 1-hour flight awaits you, with several stunning views of the majestic Himalayan range.

Day 10: Fly back to kamthnadu

early morning flight to Kathmandu from Lukla.

Cost Includes

- Airport pick up and drop, upon arrival and departure in Kathmandu (international and domestic both).
- Pre-trek briefing.
- Providing sleeping bag and down jacket and area trekking map.
- 1 professional, licensed and English speaking mountain guide.
- Well experienced English speaking assistant guide if the group size exceeds 7+ persons.
- Guesthouse accommodation during the trek.
- Worst case, help with all rescue and evacuation arrangements not
- Domestic flight Kathmandu - Lukla - Kathmandu inclusive with all taxes and transfers.
- Helicopter fly out from Gorakhshep / Kala Patthar.
- Food during the trek (full board with breakfast, lunch, and dinner with a cup of tea/coffee).
- All necessary trekking permits: Sagarmatha National Park and Trekkers' Information Management System (TIMS) fee.
- All applicable taxes as per the government rules and regulations.
- All organizing cost.

Cost Excludes

- Luxury Hotel is not included. If you want a luxury hotel, you have to inform us earlier.
- Nepal Visa (USD 25 for 15 days or USD 40 for 30 days).

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Everest Base Camp Trek and return by helicopter

- Your international flight fare.
- Travel insurance (for helicopter evacuation if needed whilst trekking).
- Porters to carry luggage (you can add a porter when booking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.
- Tips for guide, porter, driver.