

## Everest Base Camp Heli Trek - 11 Days

Everest Base Camp Heli Trek is the shortest and most luxurious trek to Everest base camp for those without plenty of time to do a return trek back to Lukla. However, the most significant setback of classical Everest Base Camp is that you trek the same trail to Everest Base Camp and have to trek around the same route unless you take a longer, challenging path through Cho La Pass and Gokyo Valley.

So, if you dream of doing the Everest Base Camp Trek in the shortest time possible, we recommend you do the Everest Heli trek, in which you trek to fly to Lukla from Kathmandu and trek to Everest Base Camp. Then, after exploring the Everest base camp and Kalapatthar, you fly back to Kathmandu directly from Kalapatthar or Everest base camp.

Although Everest Base Camp Heli Trek is designed to do in the shortest time possible, it does not affect the safety, acclimatization, or exploration of natural and cultural aspects on the trek because while trekking to Everest Base Camp, you take two acclimatization days to acclimatize well with altitude, you hike through Sherpa villages, enjoy the Himalayan vistas and savor every sort of things you need to experience on Everest Base Camp Trek. At last, upon reaching the Everest base camp trek and Kalapatthar, you take a helicopter ride back to Kathmandu, enjoying the Himalayan views in about one hour's comfortable chopper instead of the grueling trek back to Lukla.

## PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- 2 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel- Ramada Encore or similar
- Kathmandu to Lukla flight
- Sagarmatha National Park Permits fee
- Helicopter flight from Kalapatthar to Kathmandu
- Meals (breakfast, lunch, and dinner) during the trek
- Best available local lodge accommodation (twin sharing) during the trek; we provide rooms with private bathrooms and hot showers at Phakding and Namche
- One professional, knowledgeable, and friendly English speaking trekking leader along with an assistant guide (6 trekkers: 1 assistant guide) and porters (2 trekkers: 1 porter)
- Duffle bag, sleeping bag, and down jacket for use during the trek

## PRICE EXCLUDES

- Nepal visa arrangement (more on Nepal Visa Information)
- International airfares, Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- Alcoholic drinks and cold drinks
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipment and clothing
- Tips for guides and porters (tip is expected by staff)

## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu (1,350 m)

As you arrive in Nepal, complete your custom and visa formalities at Kathmandu Airport (TIA). Then you will meet our office representative there waiting for you, who will transfer you to your respective pre-chosen hotel and assist you in checking into the hotel. After that, spend the rest of the day on your own; you can explore the streets of Thamel or rest. You can also check with the packing list once again and buy/hire any if something is missing.

### Day 2: Fly to Lukla (2,800 m/9,184 ft) and Trek to Phakding (2,652 m/8,700 ft)

We have to board an early morning plane to Lukla today for our trek. Icicles Adventure representative will transfer you to the airport. You can feast on the best Himalayan views from the small aircraft's left-side window. At Lukla, other crew (porters) will meet waiting for us. We may watch around with a cup of tea while the porters arrange the baggage to carry. Gradual ascents, enjoying much of the riverside walk along the hill crossing a suspension bridge a couple of times, we reach Phakding.

### Day 3: Phakding - Namche Bazaar (3,440 m/11,283 ft)

It's wise to begin the day early to take the opportunity of perfect morning temperature, weather, and views. Mt. Thamserku welcomes us from the north side across the hill, and we also enjoy fantastic landscape views. We enter Sagarmatha National Park, where our TIMS and trekking permits are checked, and we get ahead, encircling a massive mani stone just next to the gate. It is primarily a downhill walk until we reach river ground level next to Dudh Koshi River. Afterward, we hike the grueling uphill, cross the iconic Hillary suspension bridge, and finally arrive at Namche Bazaar later. If the weather is clear, we will have our first view of Mt. Everest after a few minutes of a hike from the bridge. We stay overnight at one of the quality lodges in Namche Bazaar.

### Day 4: Namche Bazaar: Acclimatization Day - Hike to Everest view hotel

Today is the first scheduled acclimatization day to the high altitude in this region. We are supposed to stay active for better acclimatization, so we will spend the day enjoying small hikes in and around Namche Bazaar. Then, we hike up to Everest View Hotel to enjoy the lovely Himalayan vista. We can also visit Khumjung Monastery, which houses Yeti Scalp, and may also visit Hillary School. You can also visit the Tourist Visitor Center near the Sagarmatha National Park's headquarters, where we can observe things related to the first Everest ascenders and Sherpa culture and learn about the various plant and animal life that the Everest region houses. If you would like more, there are plenty of beautiful villages like Thame and Khunde to walk around with outstanding views of the snow-capped Himalayas and cultural exposure.

### Day 5: Namche Bazaar - Tengboche (3860m/12660ft)

The trail contours around the valley side high above Dudhkoshi River. As we trek ahead we get amazingly beautiful views of great peaks of Everest region that are Lhotse, Nuptse and Ama Dablam. We pass through several small villages and tea shops. Its mostly gradual and downhill through refreshing rhododendron forest until Phunki Thenka. We cross suspension bridge and have lunch at Phunki Thenka. After our break we will make the long climb on a dusty zig zag trail. The hike now to Tengboche is uphill through pine trees for about two hours. Tengboche is home of an ancient monastery that is now rebuilt. The views from the monastery is awesome, we have plenty of time to

have spiritual chat with the monks there and soak up in the view too.

### **Day 6: Tengboche - Dingboche (4410m/14464ft)**

Before giving your baggage to porters and starting the trek, remember to pack your windproof jacket with you on your backpack today; you will need it (even in the warm season, and if it is colder, like December-February, you will need a down jacket almost throughout the trek). Today's first part of the walk is a slight descent through pine and Himalayan cherry trees. Then, we cross the wooden bridge over the Imja River. After crossing the Imja River, it slightly ascends to Pangboche village. We have our lunch at Somare Village, enjoying the views. View the beauty of Mt. Everest, as we will not see it shortly for two more days until you reach Gorekshep. As we have significantly gained altitude, we notice more small shrubs that now substitute the shady trees. We see an unpleasant rocky landscape as no noticeable plants cover the landscape except grass in the meadows (post-monsoon time). Now it's time to take out your windproof jacket and probably headband to avoid a strong blast of air. If exposed to the chilly wind, you will be prone to the common sickness here—the Khumbu cough, so take preventive methods.

### **Day 7: Dingboche -Acclimatization Day- Side trip to Nagerjun Hill (5100m/16728ft)**

Dingboche is the perfect altitude to spend our second acclimatization day. We stay active throughout the day; thus, we hike to a higher altitude to Nangkartshang Peak (5083 m/16676 ft), north of Dingboche. Or, if you want to take a challenging, more extended day, you might go climbing Chhukung Ri, which offers up-close views of Mt. Ama Dablam, Island Peak, Mt. Makalu, Mt. Lhotse, Mt. Thamserku, Awi peak and innumerable others. We also get a glance at Pheriche Valley from the top. However, the stone huts with snow-capped Himalayas as a backdrop would make anyone spellbound.

### **Day 8: Dingboche - Lobuche (4910m/16105ft)**

We have been gaining significant altitude, so it is normal to gasp, lack energy, have a headache, lose appetite, and sometimes feel nauseated. Don't hesitate to share these experiences with your guide if you get severe symptoms and how you are feeling every while and again. However, the awful feeling the altitude gives you will be conquered by the outstanding vistas of Lobuche East (6,119m/ 20,075ft) ahead and the formidable north face of Tabuche to the left. Finally, we reach Dugla (4,620m/15,153ft) after three hours.

After lunch, we will continue the walk up the steep hill to the Sherpa memorials. Again, there are outstanding views of Ama Dablam, Cholatse, and Tabuche. From Dugla, the trail starts steeply towards the glacier moraine and levels out. After a few hours, the trail eventually leads to a small cluster of tea houses pleasantly situated at Lobuche (4,940m/16,207ft). We feel excited that the Everest base camp lies 1,000 ft above this point.

### **Day 9: Lobuche - Everest Base Camp (5364m/17594ft) and back to Gorekshep (5181m/16994ft)**

Get up early to start our long walking day. Our grueling hiking day begins with an ascend to Lobuche Pass. Then, slowly walking through a dangerous rocky path, in about three hours, we arrive at Gorakshep. We check in to our guest house, get our lunch done and start the hike to Everest Base Camp. The trail reaches the top of the ridge and follows the mountain's spine due north towards the cul-de-sac at the glacier's end. The elevation makes the hike exhausting, but the views make it worth taking the tour. From EBC, the Khumbu glacier and views of Pumori, Nuptse, and Khumbutse are seen. Views of Everest are, however, best seen from Kalapatthar tomorrow morning.

*Another option today is to hike Kalapatthar in the late afternoon to get the best views of Mt. Everest at sunset and target Everest base camp tomorrow morning. If we do this, we will hike up steep in sunlight and return in dusk. You can discuss or plan your interest and suggestion from our professional trekking guide at the final moment too. Anyway, we trek back to Gorekshep to spend the night.*

### **Day 10: Hike to Kalapatthar (5,643m) and fly back to Kathmandu**

We are taking a hike to Kalapatthar today. About a two to three hours hike is grueling but take it slowly and thoroughly to enjoy the view. You are sure to realize that you have done the most worthy thing upon reaching the top of Kalapatthar gives the most stunning view of Mt. Everest, Lhotse, Pumori, Nuptse, Ama Dablam, and the whole Mahalangur Himalayan range is superb from Kalapatthar. The breathtaking view of Everest Base Camp, the massive Khumbu Glacier, and the 360-degree view are spectacular. While you take photographs, your helicopter will be there, and you will take an enjoyable Heli ride back to Kathmandu. So don't miss to watch out for the Himalayan vistas from the helicopter too; it is a fantastic opportunity.

### **Day 11: Departure**

If you don't have other schedules fixed in Nepal, you might be leaving today. We will provide an airport drop for your scheduled flight back home and wish you a safe flight. We are sure the Everest Base Camp Heli trek has left you determined to come to Nepal again to explore its more beautiful landscapes in the future.