Everest Base Camp Trek with Heli Return

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**13 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5,545 m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,275 per person**

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400 m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport, meet our representative and transfer to your hotel. After check-in, enjoy a trip briefing and preparation for your Everest adventure.

Day 2 : Trek Preparation and Kathmandu Leisure Day

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is reserved for permit arrangements, equipment checks, and a detailed trek briefing with your guide. The remainder of the day is free to explore Kathmandu or relax at your hotel.

Day 3 : Fly to Lukla (2,840 m) and Trek to Phakding (2,610 m)

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Walking Duration: 3–4 Hours

Take an early morning scenic flight to Lukla, the gateway to the Everest region. Meet the trekking crew and begin a gentle walk through Sherpa villages and pine forests to Phakding.

Day 4 : Trek to Namche Bazaar (3,440 m)

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Walking Duration: 5–6 Hours

Follow the Dudh Koshi River, crossing several suspension bridges before entering Sagarmatha National Park. Continue the climb to Namche Bazaar, the vibrant hub of the Khumbu region.

Day 5 : Acclimatization Day in Namche Bazaar

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Walking Duration: 3–4 Hours

To aid acclimatization, hike to the Everest View area or nearby viewpoints for panoramic views of Everest, Lhotse, Ama Dablam, and surrounding peaks. Return to Namche for overnight stay.

Day 6 : Trek to Tengboche (3,860 m)

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Walking Duration: 5–6 Hours

Enjoy one of the most scenic sections of the trek with magnificent mountain views. Visit the famous Tengboche Monastery, the spiritual center of the Everest region.

Day 7 : Trek to Dingboche (4,410 m)

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Walking Duration: 5–6 Hours

The trail ascends through Pangboche and beautiful alpine landscapes, offering stunning views of Ama Dablam and the surrounding Himalayan peaks.

Day 8 : Acclimatization Day in Dingboche

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Walking Duration: 3–4 Hours

An important acclimatization day. Hike to Nangkartshang Hill or nearby viewpoints for spectacular mountain panoramas before returning to Dingboche.

Day 9 : Trek to Lobuche (4,940 m)

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Walking Duration: 5–6 Hours

Continue through the upper Khumbu Valley, passing memorials dedicated to climbers who lost their lives on Everest expeditions. Arrive at Lobuche beneath towering Himalayan peaks.

Day 10 : Trek to Gorakshep (5,164 m) and Everest Base Camp (5,364 m)

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Walking Duration: 7–8 Hours

Trek alongside the Khumbu Glacier to Gorakshep. After a short rest, continue to Everest Base Camp, the ultimate destination of the trek. Return to Gorakshep for overnight stay.

Day 11 : Optional Kala Patthar Hike and Helicopter Flight to Lukla

Stay: Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Early morning optional hike to Kala Patthar (5,545 m), the best viewpoint for sunrise over Mount Everest and surrounding peaks. Return to Gorakshep and board a helicopter flight to Lukla, enjoying spectacular aerial views of Everest Base Camp, the Khumbu Glacier, and the Himalayan range.

Day 12 : Fly from Lukla to Kathmandu (1400m)

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Take a scheduled morning flight from Lukla to Kathmandu. Upon arrival, transfer to your hotel and enjoy a free afternoon for relaxation, shopping, or sightseeing.

Day 13 : Departure

Visit: Nepal · Meals: Breakfast

After breakfast, transfer to Tribhuvan International Airport for your onward flight.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 3 · Fly to Lukla and Trek to Phakding · 2,840 m · day 14°C / night 2°C
- Day 4 · Trek to Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 6 · Trek to Tengboche · 3,860 m · day 8°C / night -5°C
- Day 7 · Trek to Dingboche · 4,410 m · day 6°C / night -8°C
- Day 9 · Trek to Lobuche · 4,940 m · day 3°C / night -12°C
- Day 10 · Trek to Gorakshep and Everest Base Camp · 5,164 m · day 2°C / night -13°C
- Day 12 · Fly from Lukla to Kathmandu · 1,400 m · day 21°C / night 11°C

What’s included

Transportation

- Private tourist vehicles for airport pick-up and drop-off in Kathmandu
- All necessary ground transfers as per itinerary
- Kathmandu–Lukla–Kathmandu scheduled domestic flights
- Helicopter transfer from Everest region (Gorakshep area) to Lukla as per itinerary

Accommodation & Meals

- 3 nights 3-star hotel accommodation in Kathmandu (bed & breakfast)
- Comfortable teahouse/lodge accommodation during trekking
- Full-board meals (Breakfast, Lunch & Dinner) during trek
- Tea and coffee during trekking days

Permits

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entry Permit
- TIMS Card (if required)

Guide & Staff Services

- Experienced licensed English-speaking trekking guide
- Porter service (1 porter for 2 trekkers basis)
- Guide and porter salary, insurance, meals, and equipment
- First aid medical kit carried by guide

Not included

International Flights

- Airfare from home country to Nepal (Kathmandu)
- Return international flight from Nepal to home country

Visa Fees

- Nepal entry visa fee (payable on arrival or at embassy)

Travel Insurance (Mandatory)

- High-altitude trekking coverage (up to 6,000 m)
- Emergency helicopter evacuation
- Medical treatment and hospitalization coverage
- Trip cancellation and unforeseen events

Personal Expenses

- Personal trekking equipment (boots, clothing, sleeping bag, etc.)
- Tips for guide and porter
- Wi-Fi, hot showers, charging, and laundry during trek
- Personal snacks, drinks, bottled water, and beverages
- Souvenirs and personal shopping

Meals & Beverages

- Lunch and dinner in Kathmandu (outside trekking package inclusions)
- Alcoholic drinks, soft drinks, bottled water, and extra snacks not included in set meals

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/everest-base-camp-trek-with-heli-return/
Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com