Everest BC Luxury Heli Return Trek

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

DURATION	**12 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5545m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 4,190 per person**

Day-by-day itinerary

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

Altitude: 1400m

Stay: Luxury Hotel · Visit: Nepal · Meals: Dinner

Upon arriving at Tribhuvan International Airport, you'll be warmly welcomed and transferred to your hotel in Kathmandu's vibrant Thamel district. This day is for rest after your journey and preparation for the trek ahead. You may explore the lively streets of Thamel, local cafes, and markets while enjoying the atmosphere of Nepal's capital city.

Day 2 : Trek and Permit Preparation in Kathmandu (1,400m)

Altitude: 1400m

Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to trek preparation and permit arrangements before beginning your Himalayan adventure. You will meet your trekking guide for a detailed briefing about the itinerary, safety procedures, altitude sickness prevention, and trekking essentials. This day also provides time to organize and check your trekking equipment, complete the necessary permits, and purchase any last-minute gear if needed.

Day 3 : Fly Kathmandu to Lukla (2,860m), Trek to Phakding (2,610m)

Altitude: 1400m - 2860m - 2610m

Walk: 3-4 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Begin your adventure with an early morning scenic flight from Kathmandu to Lukla, famous for its dramatic mountain runway and breathtaking Himalayan views. Upon arrival, meet your trekking crew and begin your first trek through pine forests, Sherpa villages, and terraced fields alongside the Dudh Koshi River. The gentle trail to Phakding offers a comfortable introduction to trekking in the Everest region.

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

Altitude: 2610m - 3440m

Walk: 5-6 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today's trail crosses several suspension bridges, including the famous Hillary Suspension Bridge, while passing through rhododendron and pine forests with beautiful mountain scenery. After entering Sagarmatha National Park, the trail climbs steadily toward Namche Bazaar, the bustling Sherpa capital of the Everest region known for its vibrant cafes, bakeries, lodges, and local markets.

Day 5 : Acclimatization Day in Namche Bazaar

Altitude: 3440m - 3880m - 3440m

Walk: 4-5 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

This important acclimatization day helps your body adjust to the increasing altitude. You may hike to the Everest View Hotel for spectacular panoramic views of Everest, Lhotse, and Ama Dablam or visit the traditional Sherpa village of Khumjung and its monastery. The remainder of the day can be spent exploring Namche Bazaar and experiencing local Sherpa culture.

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

Altitude: 3440m - 3860m

Walk: 5-6 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trail continues through beautiful rhododendron and fir forests with breathtaking views of Everest, Ama Dablam, and surrounding Himalayan peaks. After crossing rivers and ascending mountain trails, you will reach Tengboche, home to the famous Tengboche Monastery, one of the most important spiritual centers in the Khumbu region.

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

Altitude: 3860m - 4410m

Walk: 5-6 hours · Stay: Premium Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leaving the forested areas behind, the trail enters alpine terrain with open valleys, yak pastures, and dramatic mountain scenery. The route gradually ascends toward Dingboche, a peaceful Himalayan village surrounded by towering snow-capped peaks and stone-walled fields.

Day 8 : Acclimatization Hike to Nangkartshang Peak (5,083m)

Altitude: 4410m - 5083m - 4410m

Walk: 4-5 hours · Stay: Premium Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today is dedicated to acclimatization with a challenging hike to Nangkartshang Peak. The steep ascent rewards trekkers with breathtaking panoramic views of Makalu, Lhotse, Ama Dablam, Everest, and surrounding Himalayan ranges. After enjoying the incredible scenery, descend back to Dingboche for rest and recovery.

Day 9 : Trek to Lobuche (4,910m)

Altitude: 4410m - 4910m

Walk: 5-6 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trek alongside the Khumbu Glacier moraine through rugged high-altitude landscapes toward Lobuche. Along the route, you will pass memorials dedicated to climbers who lost their lives on Everest, offering a meaningful reminder of the mountain's powerful history and challenges.

Day 10 : Trek to Gorak Shep (5,164m), Visit Everest Base Camp (5,364m)

Altitude: 4910m - 5164m - 5364m - 5164m

Walk: 7-8 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

After reaching Gorak Shep, continue trekking across rocky glacial terrain toward the legendary Everest Base Camp. Witness the dramatic Khumbu Icefall, surrounding Himalayan peaks, and the atmosphere of climbers preparing for Everest expeditions. After exploring Base Camp, return to Gorak Shep for the overnight stay.

Day 11 : Early Hike to Kala Patthar (5,545m), Helicopter Flight Back to Kathmandu

Altitude: 5164m - 5545m - 1400m

Walk: 2-3 hours · Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Wake early for a sunrise hike to Kala Patthar, one of the most famous viewpoints in the Everest region. From the summit, enjoy unforgettable panoramic views of Everest, Nuptse, Lhotse, and Ama Dablam glowing in the morning light. After descending back to Gorak Shep, board a scenic helicopter flight to Kathmandu, offering breathtaking aerial views of the Himalayas and Everest region valleys.

Day 12 : Free Day in Kathmandu or Final Departure

Altitude: 1400m

Visit: Nepal · Meals: Breakfast

Spend the day relaxing, exploring Kathmandu's cultural landmarks, shopping for souvenirs, or enjoying local restaurants and cafes before your onward journey. Depending on your flight schedule, you will be transferred to Tribhuvan International Airport for your departure.

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 2 · Trek and Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 3 · Fly Kathmandu to Lukla, Trek to Phakding · 1,400 m · day 21°C / night 11°C
- Day 4 · Trek to Namche Bazaar · 2,610 m · day 15°C / night 3°C
- Day 5 · Acclimatization Day in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 6 · Trek to Tengboche · 3,440 m · day 11°C / night -2°C
- Day 7 · Trek to Dingboche · 3,860 m · day 8°C / night -5°C
- Day 8 · Acclimatization Hike to Nangkartshang Peak · 4,410 m · day 6°C / night -8°C
- Day 9 · Trek to Lobuche · 4,410 m · day 6°C / night -8°C
- Day 10 · Trek to Gorak Shep, Visit Everest Base Camp · 4,910 m · day 3°C / night -12°C
- Day 11 · Early Hike to Kala Patthar, Helicopter Flight Back to Kathmandu · 5,164 m · day 2°C / night -13°C
- Day 12 · Free Day in Kathmandu or Final Departure · 1,400 m · day 21°C / night 11°C

What's included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Night 5-star hotel in Kathmandu with bed & breakfast basis.
- Luxury and premium accommondation throughout the trek.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

3. Permits

- Sagarmatha National Park Entry Permit. (Permit required for the Everest region)
- Local Government Entry Permit. (Khumbu Pasang Lhamu Rural Munacipality)
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipment’s & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/everest-bc-luxury-heli-return-trek/
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