

Everest Base Camp Trek with Helicopter

16 Days Itinerary

Detailed Itinerary

Day 1: Arrival in Kathmandu

Upon arrival at Tribhuvan International Airport in Kathmandu, you are welcomed by an Alpine Club of Himalaya representative and transferred to your hotel by private vehicle. After check-in, the rest of the day is free to relax or explore the area around your hotel. In the evening you join a welcome dinner and a briefing about the upcoming trek, where your guide goes over the route, the daily plan and how to look after yourself at altitude.

Max. Elevation	1,400 m
Duration	30 minutes airport transfer
Accommodation	4-Star Hotel
Meals	Welcome Dinner

Day 2: Kathmandu Sightseeing and Acclimatization

After breakfast you take a guided sightseeing tour of Kathmandu by private vehicle, with entrance fees to the included sites covered. The tour gives you a first look at the history and religious life of the valley. The rest of the day is for resting and checking your trekking gear. Your guide can also help you with anything you still need to buy before heading to the mountains.

Max. Elevation	1,400 m
Duration	Approx. 5-6 hours sightseeing
Accommodation	4-Star Hotel
Meals	Breakfast

Day 3: Helicopter Flight from Kathmandu to Lukla and Trek to Phakding

After an early breakfast you transfer to the airport and fly by helicopter to Lukla, with views of the Himalayas along the way. From Lukla you meet your porter and start walking down the Dudh Koshi valley to Phakding. The path crosses suspension bridges and passes small villages, prayer walls and mani stones. It is a short, gentle first day that lets you get used to walking with a daypack. The helicopter flight depends on weather conditions.

Max. Elevation	2,860 m (Lukla)
Duration	Flight and 3-4 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 4: Trek from Phakding to Namche Bazaar

You follow the Dudh Koshi River, crossing it several times on suspension bridges, and walk through pine forest to the entrance of Sagarmatha National Park, where your permits are checked. The trail then climbs steadily to Namche Bazaar, the main Sherpa town of the Khumbu region. If the weather is clear, you may get your first view of Everest on the way. Namche has lodges, cafes, shops and a busy market.

Max. Elevation	3,440 m (Namche Bazaar)
Duration	5-6 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 5: Acclimatization Day in Namche Bazaar

This is a rest day to let your body adjust to the height. After breakfast you take a short walk above the town for views of peaks such as Thamserku and Ama Dablam, then return to Namche for the afternoon. You can explore the shops, cafes and Sherpa heritage in town. Walking up and sleeping at the same height is the standard way to acclimatize before going higher.

Max. Elevation	3,440 m
Duration	2-3 hours easy hike
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 6: Trek from Namche Bazaar to Tengboche

The trail leaves Namche and contours along the hillside with views of Everest, Lhotse, Ama Dablam and Thamserku. It then drops to the river at Phunki Tenga and climbs through rhododendron and pine forest to Tengboche. Tengboche Monastery is one of the most important Buddhist monasteries in the Everest region, and you have time to visit it in the afternoon. Mountain views from the ridge are very good, especially at sunset.

Max. Elevation	3,860 m (Tengboche)
Duration	5-6 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 7: Trek from Tengboche to Dingboche

After breakfast you walk down through forest, cross the river and continue up the valley past Pangboche. As you gain height the trees thin out and the landscape becomes open high-altitude valley with stone-walled fields and yak pastures. Ama Dablam stays in view for much of the day. By afternoon you reach Dingboche, a Sherpa village where barley and potatoes are grown despite the altitude.

Max. Elevation	4,410 m (Dingboche)
Duration	5-6 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 8: Acclimatization Day in Dingboche – Hike to Nagarjuna Peak

Today is your second rest day, and it includes an acclimatization hike toward Nagarjuna Peak, at about 5,089 m. The climb is steep and slow, but the views of the Himalayan peaks around the valley are wide. After spending time at the top, you return to Dingboche to sleep, which follows the rule of climbing high and sleeping low. The rest of the afternoon is free.

Max. Elevation	5,089 m (Nagarjuna Peak)
Duration	4-5 hours hike
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 9: Trek from Dingboche to Lobuche

You start with a gentle climb above Dingboche, then walk along a wide valley toward Thukla (Dughla). From there the trail climbs the hillside to the memorials for climbers who died on the Everest peaks, and continues along the moraine of the Khumbu Glacier to Lobuche. The terrain is rocky and open, and the air is thin, so you walk slowly. Lobuche is a small settlement with a few lodges and views of the surrounding peaks.

Max. Elevation	4,910 m (Lobuche)
Duration	5-6 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 10: Trek to Gorak Shep and Everest Base Camp, Return to Gorak Shep

After an early breakfast you walk to Gorak Shep along the edge of the Khumbu Glacier. After a short rest and lunch you continue over moraine and glacial ice to Everest Base Camp at 5,364 m, where expeditions camp during the climbing season. You spend time at base camp, take photos, and then walk back to Gorak Shep for the night. This is a long day at high altitude, so you go at a steady pace.

Max. Elevation	5,364 m (Everest Base Camp)
Duration	7-8 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 11: Hike to Kala Patthar and Trek to Pheriche

You wake early and climb Kala Patthar, at 5,545 m the highest point of the trek. From the top you see Everest, Lhotse, Nuptse, Pumori and Ama Dablam in the morning light. After taking in the view you return to Gorak Shep for breakfast and then start descending, retracing the trail past Lobuche and Dughla to Pheriche. The lower altitude makes breathing easier by evening.

Max. Elevation	5,545 m (Kala Patthar)
Duration	6-7 hours hike and trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 12: Trek from Pheriche to Namche

From Pheriche you walk down the valley past Pangboche, with views of Ama Dablam, and continue to Tengboche, where you can stop for lunch. The trail then drops through forest to the river at Phunki Tenga and climbs gently to Namche. The thicker air at lower altitude makes the walk feel easier, but it is a long day on your legs. You spend the night in Namche, with time to enjoy the town again.

Max. Elevation	3,440 m (Namche)
Duration	7-8 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 13: Trek from Namche to Lukla

This is the last day of walking. You descend from Namche along the Dudh Koshi valley, crossing suspension bridges and passing the villages you saw on the way up. The trail has some short uphill sections, but most of the day is downhill. You reach Lukla in the afternoon. In the evening your guide and porter join you for a last dinner together on the trek.

Max. Elevation	2,860 m (Lukla)
Duration	6-7 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 14: Helicopter Flight from Lukla to Kathmandu

After breakfast you board the helicopter in Lukla and fly back to Kathmandu, with a final look at the Himalayas from the air. You are met at the airport and transferred to your hotel. The rest of the day is free to rest, shower and repack. The flight depends on weather conditions.

Max. Elevation	1,400 m
Duration	Helicopter flight, then airport transfer
Accommodation	4-Star Hotel
Meals	Breakfast

Day 15: Free and Leisure Day in Kathmandu

This is a free day in Kathmandu. You can rest after the trek, shop for souvenirs in Thamel, or visit places you did not see on the sightseeing day. The day also works as a buffer if the helicopter flight from Lukla is delayed by weather. The farewell meal is included during your stay in Kathmandu.

Max. Elevation	1,400 m
Duration	Free day
Accommodation	4-Star Hotel
Meals	Breakfast, Farewell Dinner

Day 16: Departure or Extend Your Holiday

After breakfast you are transferred to Tribhuvan International Airport for your onward flight. If you want to stay longer in Nepal, the team can arrange extra tours or other treks. The transfer is by private vehicle.

Max. Elevation	1,400 m
Duration	30 minutes airport transfer
Accommodation	No
Meals	Breakfast

Cost Include

- All airport and hotel transfers by private car or van.
- 4 nights' accommodation in Kathmandu in a 4-star hotel on a twin-sharing basis.
- 11 nights' accommodation in teahouses/lodges during the trek on a sharing basis.
- Experienced English-speaking trekking guide.
- Porter service during the trek at a ratio of 1 porter for every 2 trekkers.
- Salary, food, accommodation, and insurance for the guide and porter.
- One assistant guide for groups of 10 or more trekkers.
- Breakfast, lunch, dinner, and tea/coffee during the trekking period.
- Welcome and farewell meals in Kathmandu.
- Breakfast during the Kathmandu stay.
- Everest trekking permits and applicable national park fees.
- TIMS card/registration as applicable under current regulations.
- Helicopter flight from Kathmandu to Lukla.
- Helicopter flight from Lukla to Kathmandu.
- Applicable domestic airport departure taxes.
- Down jacket and sleeping bag for use during the trek, to be returned after the trek.
- Oxymeter and first-aid kit.
- Trek completion certificate.
- Alpine Club of Himalaya kit bag.
- Guided Kathmandu sightseeing tour.
- Entrance fees for the included Kathmandu sightseeing sites.
- Private vehicle for the Kathmandu sightseeing tour.
- Fuel, road taxes, and parking fees.
- Government taxes and service charges.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- International departure taxes, where applicable.
- Travel insurance.
- Emergency evacuation and rescue costs.
- Lunch and dinner in Kathmandu except the included welcome and farewell meals.
- Personal expenses such as bar bills and laundry.
- Hot showers and hot water during the trek.

- Wi-Fi and mineral water.
- Desserts and other personal food or beverage expenses.
- Tips for guides, porters, and local staff.
- Extra porter costs.
- Additional nights in Kathmandu or the mountains caused by personal reasons, flight disruptions, weather, or itinerary changes.
- Single supplement.
- Any services or expenses not specifically mentioned under the cost includes section.