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Everest Helicopter Tour - 10 Days

10 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 2400
per person, for 2 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/everest-helicopter-tour







If you are short on time but want to reach Everest Base Camp without sacrificing any highlights, this trek is for you. The trek follows the classic Everest Trek from Lukla to Everest Base Camp and to Kala Patthar, but instead of following the same trail back to Lukla, you will fly to Lukla on a helicopter. In fact, you will get a bird's eye view of the whole Everest region as the helicopter flies above the Gokyo lakes and the Chola Pass.

TRIP FACTS

Destination	Everest Base Camp
Grade	Challenging
Accomodation	tea houses/ lodges
Best season	spring, Autumn
Activity	Everest Treks
Max. altitude	5,555m at Kala Patthar
Activity per day	5 to 7 hours of trekking
Meals included	Breakfast, Lunch, Dinner at trek regions
Start / end point	Lukla

PRICE

US$ 2400

per person, for 2 people

The full price is US$ 3000. You save US$ 600 per person.

Group-size discounts

People	Price per person
2	US$ 2400
4	US$ 2100

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights

- Scenic flight from Kathmandu to Lukla and Lukla to Kathmandu
- A thrilling helicopter ride from Gorakshep to Lukla
- Khumjung Monastery, which is said to house a yeti scalp
- High-altitude wildlife like snow leopards, musk deer, colorful pheasants, and Himalayan tahr
- Highest glacier on Earth (Khumbu Glacier)
- One of the world's highest airports at Syangboche
- Sherpa traditions and lifestyles
- World-famous monasteries and museums in the Khumbu region
- Trek in an incredible landscape around the world's highest peaks, Mt. Everest (8,848m), Mt. Lhotse (8,516m), Cho Oyu (8,201m), and Mt. Makalu (8,463m)
- Explore the UNESCO world heritage sites
- Awe-inspiring Khumbu Icefall (5,486m)

Everest Helicopter Tour Overview

Your Everest Base Camp Helicopter Trek starts with a 40-minute flight from Kathmandu to Lukla (2,850m). After deboarding at Lukla, you will hike to Phakding, the destination for the day. The Mount Everest Helicopter tour for this day will be short, and it allows your body to get acclimatized. The next day, you will leave Phakding for Namche Bazaar — the gateway to Everest.

Namche is a large throbbing town in the Khumbu (Everest region), fully connected with the rest of the world. You will spend **one day acclimatizing at Namche.**

After a day at Namche, you will head to Tengboche (3,820m), while enjoying the fabulous views of Everest (8,848m), Ama Dablam (6,812m), Lhotse (8,516m), Nuptse (7,861m), and Thamserku (6,623m). The next day's trek will take you through lush alpine forests, shrubs, and desert-like landscape to Dingboche, known for cultivated fields surrounded by a stone wall that stretches about a kilometer. These stone walls protect the crops from wild animals and icy wind.

You will **acclimatize one more day at Dingboche** — while savoring the views of Mount Lhotse (8,516m/27,940ft), the backside of Ama Dablam (6,812m/22,349ft), and Island Peak (6,189m).

After one day of rest, the trek continues, and you will reach Lobuche. From Lobuche, Everest Base Camp is not very far. In fact, the next day, you will leave Lobuche and head to Everest Base Camp. However, before climbing up to Everest Base Camp, you will reach Gorak Shep first, leave your luggage at a lodge, and then head to Everest Base Camp.

For most people, Everest Base Camp is the nearest they will ever be unless they want to climb it. As you reach the Everest Base Camp (EBC) during the helicopter tour to Everest Base Camp, you might feel overwhelmed with joy as you look back at the challenges you had to overcome to get here. After savoring the views from EBC and clicking enough pictures, you will head back to Gorak Shep to spend the night.

Early morning the next day, we will take you to Kala Patthar (5,555m), the highest point of the trek, to let you view the dawn breaking at Mount Everest and surrounding mountains. Then, you will return to Gorak Shep, have breakfast, and board a helicopter to Lukla.

From the Everest Base Camp Helicopter flight route, you will enjoy a bird's eye view of the Everest region, which simply looks stunning. You will spend one last night in the trek region at Lukla.

On your tenth day, you will fly back to Kathmandu, where the Everest Base Camp Helicopter day tour ends. We hope your trek experience was pleasant and this trek challenged and changed you into a better person.

Why Everest Base Camp Helicopter Trek?

This package includes a helicopter ride back from Kala Patthar to Lukla. The helicopter ride will provide you with a bird's eye view of the Everest region while lessening your physical exertion. However, we have other packages that take a helicopter to Everest Base Camp.

Day to Day Short Itinerary

Day 1 Flight from Kathmandu/Manthali to Lukla (2,850m / 9,350ft). Trek to Phakding

Day 2 Trek from Phakding (2,650m / 8,562ft) to Namche Bazaar (3,440m / 11,285ft)

Day 3 Rest and acclimatization at Namche Bazaar (3,440m / 11,285ft)

Day 4 Trek from Namche (3,440m / 11,285ft) to Tengboche (3,855m / 12,850ft)

Day 5 Trek from Tengboche (3,855m / 12,850ft) to Dingboche (4,360m / 14,290ft)

Day 6 Rest and acclimatization at Dingboche (4,360m / 14,290ft)

Day 7 Trek from Dingboche (4,360m / 14,290ft) to Lobuche (4,930m / 16,175ft)

Day 8 Trek from Lobuche to Everest Base Camp (5,364m / 17,598ft) and back to Gorakshep (5,185m / 17,010ft)

Day 9 Hike to Kala Patthar Viewpoint (5,555m / 18,208ft), trek to Lobuche and fly to Lukla (2,850m / 9,350ft)

Day 10 Fly back to Kathmandu/Manthali from Lukla (2,850m / 9,350ft)

Everest Helicopter Tour Itinerary

DAY 1

Flight from Kathmandu/Manthali to Lukla (2,850m / 9,350ft). Trek to Phakding

Trek Distance 6.2km / 3.8miles Flight hours 40/20 Minutes Highest Altitude 2,850m / 9,350ft

Trek Duration 3 hours

In the trekking months (March, April, May, September, October, and November), flights from Kathmandu to Lukla may be diverted to Manthali Airport. To catch the early Lukla flight from Manthali, we'll pick you up from your hotel around 12:30 am and take you on a 5-hour drive to Manthali Airport. The 20-minute flight from Manthali takes you to Lukla.

In December, January, February, June, July, or August months, the journey from Kathmandu to Lukla is direct. After breakfast, we will transfer you to Tribhuvan International Airport (TIA) for a 40-minute flight to Tenzing Hillary Airport in Lukla.

Even in busy seasons, **you can fly from Kathmandu to Lukla by booking a helicopter.** The expense is around 550 USD per person, based on sharing the helicopter costs among five people.

After deboarding at Lukla, you will trek to Phakding, passing Chaurikharka village. Today's trek will be short and provide you with time to acclimatize. In your remaining time, you can visit local monasteries (including Rimishung Monastery) and taste the local food.

Overnight stay at Khumbu Travel Lodge (room with attached bathroom)
Included standard meals (Breakfast + Lunch+ Dinner)

DAY 2

Trek from Phakding (2,650m / 8,562ft) to Namche Bazaar (3,440m / 11,285ft)

Trek Distance 7.4km / 4.6miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hours

Trekking starts early morning and continues along the northern banks of the Dudh Koshi River as you enjoy the views of several snow peaks all around. The thrilling suspension bridges will infuse excitement into the whole trek. You will reach Monjo village and then the Sagarmatha National Park.

At the **Sagarmatha National Park checkpoint, we register permits** and then climb a dense forest. From the forest, you can get the first glimpses of Mount Everest. Up ahead, you will come across a stone-paved way that will take you to Namche Bazaar - the gateway to Everest. You will be spending one day at Namche Bazaar for acclimatization.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch+ Dinner)

DAY 3

Rest and acclimatization at Namche Bazaar (3,440m / 11,285ft)

Highest Altitude 3,440m / 11,285ft

You will be spending one more day at Namche Bazaar so that you can **adjust to the thinning air** at a high altitude. However, we will keep you busy. There are plenty of things to do, such as exploring Namche Bazaar, hiking to **Sagarmatha National Park,** or visiting Khumjung or Khunde villages. We can also take you to **Syangboche Airport (3,780m)** - one of the highest airports. If you want to enjoy the views of Everest, we will take you to the premises of Everest View Hotel.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch+ Dinner)

DAY 4

Trek from Namche (3,440m / 11,285ft) to Tengboche (3,855m / 12,850ft)

Trek Distance 9.2km / 5.7miles Highest Altitude 3,855m / 12,850ft Trek Duration 5 hours

From Namche, a relatively easy trek takes you to Phunki Village. From there, you will be hiking through steep uphills as you advance to Tengboche. Though the hike might exhaust you a little, the views will keep encouraging you to move further. If you are lucky, from the trails, you can spot Himalayan wildlife like musk deer, Himalayan tahr, and pheasants.

When you reach Tengboche, you can get a panoramic view of several mountains like Everest (8,848m), Lhotse (8,516), Nuptse (7,861), Ama Dablam (6,812m), and Thamserku (6,623m). Tengboche houses one of the largest and most famous monasteries in the Khumbu region - **Tengboche Monastery.** This monastery, also known as the monastery on the top of the hill, is a not to miss site.

Overnight stay at Good Luck Hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Tengboche (3,855m / 12,850ft) to Dingboche (4,360m / 14,290ft)

Trek Distance 12km / 7.45miles Highest Altitude 4,360m / 14,290ft Trek Duration 5 hours

The trek continues from Tengboche and heads to Dingboche via the Pangboche village through trails that provide fascinating views of stupas, mani walls, and Sherpa villages. You will find yourself trekking in an alpine forest that gradually transfers into shrublands and finally to a high-altitude desert-like landscape.

The most challenging climb starts from the Lobuche river as the trails elevate steeply all the way to Dingboche. At **Dingboche, the summer valley of Khumbu,** you will find a long stone wall protecting the farmlands from the cold winds and wild animals. The views of snow peaks look gorgeous from this village.

Overnight stay at Good Luck Hotel
Included standard meals (Breakfast + Lunch+ Dinner)

DAY 6

Rest and acclimatization at Dingboche (4,360m / 14,290ft)

Highest Altitude 4,360m / 14,290ft

One more day to acclimatize and explore places in and around Dingboche (4,360m/14,290ft). We will take you for a hike up the ridge above Dingboche to get a panoramic close-up view of Mount Lhotse (8,516m/27,940ft), the backside of Ama Dablam (6,812m/22,349ft), and Island peak (6,189m). While your body relaxes, you will find your mind calming down.

Overnight stay at Good Luck Hotel
Included standard meals (Breakfast + Lunch+ Dinner)

DAY 7

Trek from Dingboche (4,360m / 14,290ft) to Lobuche (4,930m / 16,175ft)

Trek Distance 8.5km / 5.2miles Highest Altitude 4,930m / 16,175ft Trek Duration 5 hours

Early morning, we leave Dingboche and head towards Lobuche. Throughout the path, you will get amazing views of some of the tallest mountains in the world. The trail ascends a short hill and takes you through the Khumbu Glacier moraine, elevating while offering you stunning views, and reaches Thukla. At Thukla, you can see a memorial of those who fell in this harsh terrain. Then you will hike some more to arrive at Lobuche.

Overnight stay at Himalayan Eco Resort
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Lobuche to Everest Base Camp (5,364m / 17,598ft) and back to Gorakshep (5,185m / 17,010ft)

Trek Distance 15 km / 9.32miles Highest Altitude 5,364m / 17,598ft Trek Duration

Trek Duration 6-8 hours

Today will be your special day as your hike cumulates to reaching the Everest Base Camp. You will wake up early and start trekking on a path that takes you across many glaciers, including the famous Khumbu Glacier. At a distance, you will also see the Khumbu Icefall (5,486m).

However, before reaching Everest Base Camp (EBC), you will head to Gorakshep, leave your belongings in a local lodge, and climb up to **reach Everest Base Camp (5,364m).**

At the EBC, you will find yourself surrounded by high snow-capped mountains all around. As you enjoy the scenery, you might feel overwhelmed with happiness. After enjoying the views to the heart's content and taking tons of pictures, you will return to Gorakshep and rest.

Overnight stay at Buddha Lodge at Gorak Shep
Included standard meals (Breakfast + Lunch+ Dinner)

DAY 9

Hike to Kala Patthar Viewpoint (5,555m / 18,208ft), trek to Lobuche and fly to Lukla (2,850m / 9,350ft)

Trek Distance 6 km (3.7 miles) Flight hours 20 Minutes Highest Altitude 5,555m / 18,208ft
Trek Duration 2.5 hours

We wake up very early morning and head to Kala Patthar Viewpoint (5,555m) to see the dawn breaking from behind Everest and nearby snow peaks. Kala Patthar is also the highest point of your trek. After enjoying the sunrise views, you will head back to your Lodge in Gorakhshep, have breakfast, and hike for around two and a half hours to reach Lobuche. From Lobuche, we will board you on a helicopter heading to Lukla. Your helicopter ride will be comfortable as you fly, and you will gain a broader view of the stunning Everest region.

Overnight stay at Hikers Inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch+ Dinner)

DAY 10

Fly back to Kathmandu/Manthali from Lukla (2,850m / 9,350ft)

Flight hours 40/20 minutes Highest Altitude 2,850m / 9,350ft

After concluding your trek in Lukla, you will fly to Manthali or Kathmandu, depending on the ongoing trekking season. Most likely, if your trek occurs in March, April, May, September, October, or November, you'll fly to Manthali and then take a five-hour drive to Kathmandu. During the remaining months (December, January, February, June, July, and August), you will fly from Lukla to Kathmandu directly.

Should you wish to avoid the Lukla-Manthali-Kathmandu route, you can consider teaming up with four others **to book a helicopter.** The additional cost per person will be approximately 550 USD.

We hope your return to Kathmandu will be memorable as you recollect the memories you made during your trek. Your trek will finally end in Kathmandu.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Round-trip flight tickets for Kathmandu/Manthali and Lukla (Kathmandu–Manthali–Kathmandu travel via shared vehicle)
- Private transportation to and from Kathmandu Airport and your hotel

Accommodations

- Total 9 Nights - Phakding, Namche (2N), Tengboche, Dingboche (2N), Lobuche, Gorak Shep, Lukla. Twin sharing rooms. Rooms with attached at Phakding, Namche, Lukla, and standard rooms at Tengboche, Lobuche, and Gorakshep

Food

- Standard full-board meals (9 lunches, 9 dinners, and 10 breakfasts), with one main course per meal.
- Water purification tablets for safe drinking water
- Seasonal fresh fruits every day

Guide and Porter

- Government-licensed English-speaking trek leader. For more than 12 trekkers 1 additional assistant guide.
- Porters to help with trekkers' luggage. 2 trekkers will share a porter, Max weight limit for a porter - is 18 kg (9 kg per trekker, weight limit)
- Covers guides and porters' wages, meals, insurance, lodging, transportation, flight, and other necessary equipment

Trek Permits and Expenses

- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality fees
- All government, local taxes, and official expenses

Medical Assistance

- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenirs - company's T-shirt & Cap

Farewell

- Discovery World Trekking Trek Appreciation Certificate after the successful trek
- Farewell dinner at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs

Accommodations

- All accommodation in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trek.

Food

- All meals in Kathmandu, before and after the journey
- Extra night meals in Kathmandu due to early arrival, late departure, or early return from the trek.

Guide and Porter

- Tips for guides and porters (recommended)

Visa

- Nepal Entry Visa Fees for multiple entries on arrival at Tribhuvan International Airport- (USD 50)

Travel Insurance

- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)

Personal Expenses

- Personal expenses (shopping, snacks, boiled bottled water, hot (Tea / Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear

Other Expenses

- Excess baggage charges (Limit is 9 kg per Person) on the trek
- Additional costs incurred due to causes beyond our control, for example, landslides, weather conditions, itinerary modifications due to safety concerns, illness, change of government policies, strikes, etc.
- All other costs and expenses not listed in the "cost includes."

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Packing List

We recommend you **bring only the basic clothing and accessories** for the trek. Though personal choices might differ, we have prepared this packing list. Porters will carry your main luggage, but your weight limit is 9 kg. In addition, we expect you to bring a backpack for your valuables and essential documents. You can leave your extra luggage at the Discovery World Trekking store for free during the trek.

Please note that we provide one porter for every two trekkers. Hence, we advise you to partner with a fellow trekker and pack your things together in a duffle bag of over sixty liters.

Head

- Sun hat (wide-brimmed)
- Beanie (for warmth)
- Buff or neck gaiter (for sun protection and warmth)
- Lightweight headlamp (with adjustable brightness)
- High SPF sunscreen
- Lip balm with SPF
- Sunglasses with UV protection
- Face wipes

Upper Body

- Moisture-wicking t-shirts (short and long sleeves)
- Thermal base layer (for colder conditions)
- Fleece jacket and down jacket **
- Lightweight puffy jacket (for extra warmth)
- Waterproof and windproof jacket (Gore-Tex or similar)
- Raincoat
- Lightweight, breathable long-sleeve shirt
- Polypropylene underwear (four)

Hands

- Insulated gloves or mittens (for cold weather)
- Waterproof gloves (for wet conditions)

Lower Body

- Quick-drying pants/trousers (convertible or full-length)
- Insulated pants (for colder conditions)
- Lightweight cotton pants
- Thermal leggings or long underwear (for colder weather)
- Two pairs of thermal/trekking trousers (pants)

Feet

- Thick Wool or synthetic moisture-wicking socks (4 pairs)
- Waterproof, ankle-supportive broken-in full hiking boots (with good traction)
- Sandals (for camp use or river crossings)
- Gaiters (for protection against mud, water, and debris)

Toiletries

- Biodegradable bar soap
- Toothbrush and toothpaste
- Medium-size drying towel
- Wet wipes or hand sanitizers
- Toilet paper (In a Ziplock bag)
- Feminine hygiene products
- Travel-sized shampoo
- Nail clippers
- Small mirror

Backpacks

- Duffle bag (capacity of over 60 liters) for porters** (One duffle bag for two trekkers).
- Backpack or daypack (capacity 20-30 liters) for yourself

Accessories

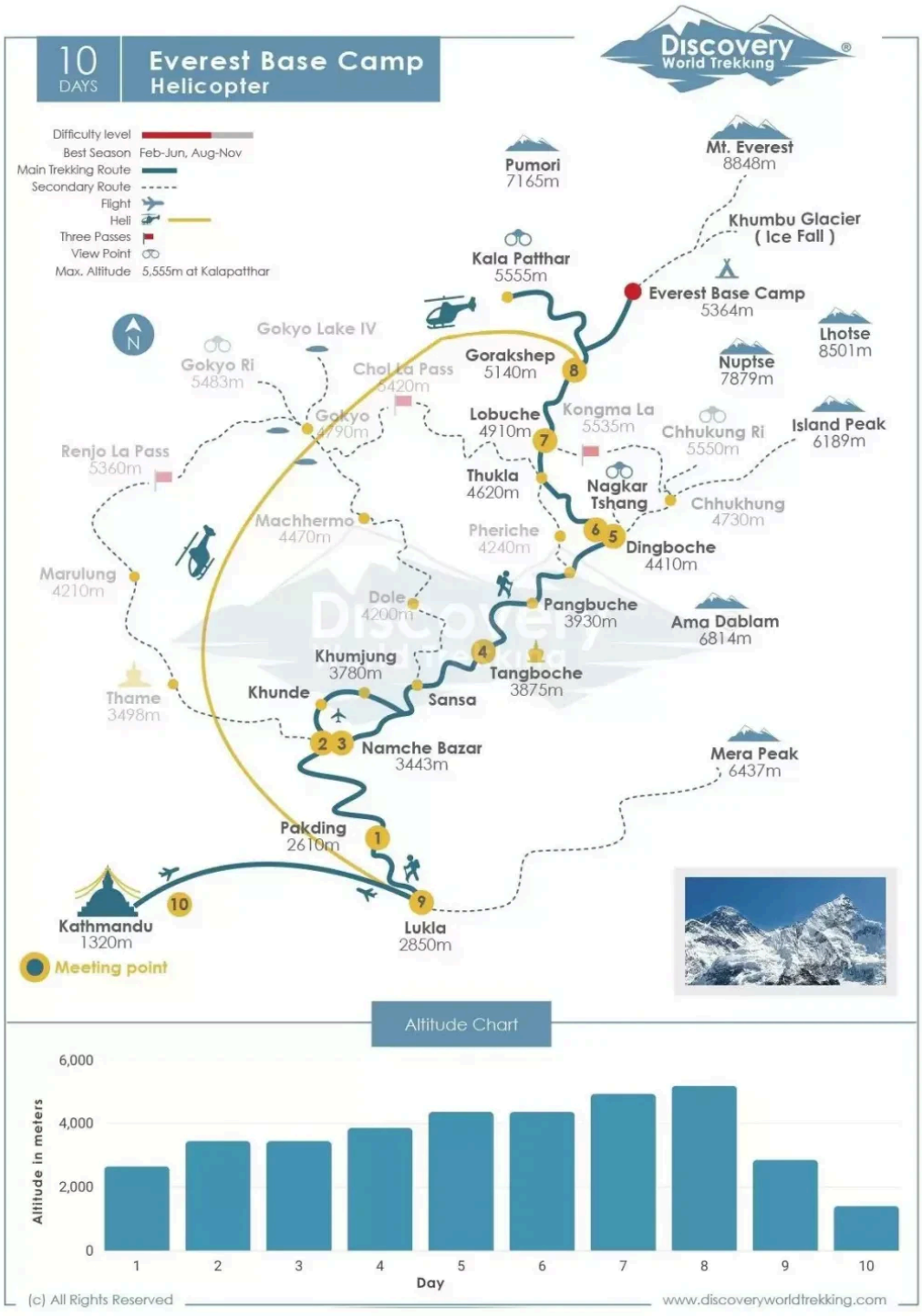
- Adjustable and lightweight poles (preferably collapsible)
- Water bottle or bladder with a capacity of at least 2 liters (insulated for cold weather)
- Water purification system (tablets, filter, or UV purifier)
- Sleeping bag (-10 to -15 degrees is the best) **

Extra Items

- Camera/smartphone (extra memory cards and batteries)
- Extra batteries or rechargeable power bank (for charging devices)
- Two-pin charging plug
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)
- Personal medications (inhalers, allergy meds, etc.)
- Few passport-size photos
- Passport photocopies
- Notebook and pen
- Binoculars
- Swiss army knife or multi-tool (with scissors, can opener, etc.)

**We can provide you with a (used, non-waterproof) duffle bag, (used) down jacket, and (used) sleeping bag if you do not have your own.

Everest Helicopter Tour Map



Trip Notes

Free Airport Pick-Up

We provide **free airport to hotel pick-up during your arrival and vice-versa during your return to your country.** You just need to share your flight details with us. When you arrive at Tribhuvan International Airport in Kathmandu, you will find our company representative holding a pamphlet with your name. After greeting you, they will present you with a marigold garland as a welcome gesture and take you to your hotel in a private vehicle. We provide this service to ensure you do not feel lonely in a new country or face navigation problems.

Journey Start

You will arrive at Tribhuvan International Airport in Kathmandu **at least before 3 pm, one day earlier than your trek departure date** for last-minute preparations.You will require at least one day of a hotel stay in Kathmandu before the trip, but this package does not include accommodations and meals in Kathmandu. On your trip departure date, we will take you to Tribhuvan International Airport for a flight to Lukla. Your flight will last for about 40 minutes.

Accommodations during the trek

You will be spending **nine nights in the trek region.** You will spend four nights in rooms with attached bathrooms at Phakding, Namche (2N), and Lukla. Similarly, you will stay in standard rooms at Dingboche (2n), Tengboche, Lobuche, and Gorakshep. All rooms are on twin shared basis.

You will require at least two days of hotel stays in Kathmandu - one before the trek and the other at the end - but this package does not cover these accommodations. You can find a wide range of hotels that fit all tastes and budgets.

Meals

You will need plenty of nutrient-rich food for this high-altitude trek. We will provide you with three full-board (main course) meals a day — a total of ten breakfasts, nine lunches, and nine dinners in the trekking regions.

The meals include a mix of traditional, Asian, and Western dishes. However, choices may become more limited as you ascend to higher altitudes. For high-altitude treks, it’s important to consume plenty of liquids — green tea, lemon tea, ginger tea, garlic soup (a must!), and fresh vegetables.

Here are your meal options:

Breakfast

- Local Tsampa porridge
- Tibetan bread or chapati
- fruits and vegetables

- eggs
- pancakes
- muesli
- breads
- oatmeal
- corn flakes
- French toast with jam
- butter
- cheese
- honey
- hot drinks (varieties of teas, coffee, hot chocolate, etc.)

Lunch

- Dhal Bhat & Tarkari
- Sherpa stew
- steaks
- sandwiches
- momo (dumplings)
- macaroni dishes
- tenduk
- spaghetti
- noodles
- thukpa
- pasta
- vegetable curry
- potatoes
- Tibetan bread
- various soups
- salads
- pizzas (tomato, mushroom, mixed)
- snacks (papad, prawn)
- desserts (rice pudding, apple pie)
- more

Dinner

- Tenduk
- spaghetti
- Sherpa stew
- steaks

- sandwiches
- momo
- noodles
- thukpa
- pasta
- vegetable curry
- Dhal Bhat & Tarkari
- Tibetan bread
- various soups
- macaroni
- potato dishes
- vegetable and salad pizzas
- snacks (papad, prawn)
- Korean ramen
- desserts (rice pudding, apple pie)
- hard drinks

Although non-vegetarian items are available, we recommend avoiding them for hygiene reasons.

We recommend avoiding alcoholic beverages, excessive caffeine, dairy products, and hot chocolates during the trek.

Best Time for Everest Base Camp Trek

You must consider the weather when planning your Everest Base Camp (EBC) trek. Although trekking is possible year-round, some seasons offer better conditions than others. Each season also brings a unique experience.

Most trekkers prefer spring and autumn, when the skies are clear, temperatures are moderate, and there's minimal rainfall. These conditions provide spectacular mountain views and safer trails. Here's a seasonal breakdown of weather conditions at higher elevations:

January – February

This is the coldest period, especially at high elevations, with heavy snowfall and frigid nights. However, the days can still be sunny and clear. Trekking is more challenging but absolutely possible with proper gear and precautions.
Temperatures: 15°C to -15°C

March – April

One of the best times to trek. The skies are clear, the temperatures are rising, and spring brings vibrant flora and active wildlife. The Himalayas look stunning under bright blue skies.
Temperatures: 18°C to -12°C

May – June

These months are ideal for trekking before the monsoon hits. The trail is lively with a mix of spring freshness and early summer warmth.
Temperatures: 25°C to -5°C

July – August

This is the monsoon season, with heavy rains below 3,500m often affecting flights to/from Lukla. However, treks are still possible and safe with proper planning. The landscape is lush, and waterfalls are especially scenic.
Temperatures: 27°C to 5°C

September – October

Another peak trekking season, with post-monsoon clarity and comfortable temperatures. Trails are bustling with trekkers, and festivals like Dashain, Tihar, and Chhath add a festive atmosphere.
Temperatures: 20°C to 5°C

November – December

Winter starts setting in, bringing snow and colder temperatures. November is still a great month for trekking, but conditions become harsher in December.
Temperatures: 10°C to -17°C

Acclimatization during the trek

Altitude sickness is a common condition among trekkers who try to ascend the Everest Base Camp in haste. To prevent altitude sickness, **you will be acclimatizing in two locations, Namche Bazaar, and Dingboche.** Trekkers can spend their time exploring the famous Sherpa town of Namche while getting used to the thinner air. We will also have the second day of acclimatization in Dingboche, where you will hike up the ridge behind the village to enjoy breathtaking views of the towering Himalayas.

Our crew members come from the high Himalayas. Hence, they are perfectly at ease at high altitudes. Moreover, our guides have completed extensive first-aid training. Your health and well-being are our priority. Altitude sickness can strike anyone. Hence, we encourage you to tell your guide when you realize you are uncomfortable. Though altitude sickness is common, severe altitude sickness can be fatal. In serious cases, your trek lead may decide to descend immediately. In emergencies, we will deploy a helicopter (funded by insurance) to bring you back to safety. We request you listen to your guide at all times.

Trip Grade: Fitness level, Medical, and Health

Though the Everest Base Camp trek is challenging, it is equally rewarding. On average, **you will walk for about five to seven hours,** depending on the length of the trails to cover and the nature of the trails. Your path will be mostly uphill on rocky and stone-paved trails.

However, you will have frequent breaks to soak in the scenery and rest. A **normal person with average fitness can complete the trek**, but the fitter you are, the more you will enjoy your trip. If you have past trekking experience, it will help but not necessary. However, if you suffer from heart, lung, or blood diseases, you must consult your doctor and inform us before booking the trek.

Trekking group/single

This is a private tour designed for your group. We can manage all group sizes and add an assistant guide for groups of 12 or more.

A typical day on the trek

Each trekking day brings a **unique hiking experience, climbing, tasting local food, enjoying the scenery, taking pictures, and exploring the local villages.** Throughout your hike, our friendly and qualified Sherpa/guide will share information about different locations in the Everest Region as you visit them.

We assign porters to carry your luggage, but per trekker weight limit is 9 kg. One porter will carry luggage for two persons - at a maximum of 18 kg. We never overload our porters. You will also need to carry a regular backpack to keep your valuables and essential documents safe and secure.

Your day starts early morning with a hot cup of tea/coffee. After breakfast, at around 7 to 8 am, depending on the length and condition of the trails to cover, we will start the trek. We will serve you lunch around noon, often mid-way between the next destination. Then, you will walk for about two or three hours. After reaching the destination, set for that day, you can snack on your extra-dietary supplements. You are then free to explore the nearby regions.

We serve dinner at around six. After dinner, your guide will let you know about the next day's plan. Then you will have time for yourself. You can engage in friendly conversations or play board games like chess, cards, and Monopoly. If you have brought a book alongside, you can enjoy the reading. Most trekkers also learn fun and light Nepali words before going to bed.

Communication

Wi-Fi service is available at all the tea houses/lodges you will be staying. However, you might need to pay for it. You can contact your friends and families from these tea houses/lodges. At high altitudes, we will be using mobile phones. If you wish, you can surely buy a local SIM in Kathmandu. However, the signals may not be strong enough. Discovery World Trekking office remains in contact with all its team at least once a day via the trek lead to ensure the trip is going as planned.

Travel Insurance

Travel insurance is compulsory. We require all trekkers to provide a copy of their comprehensive travel insurance policy to us before starting the trek. Your policy must cover helicopter medical evacuation up to the highest trek point (5,500m) in addition to treatment costs.

If you require, we can suggest insurance companies for you based on our previous clients' experience, but we are not engaged in selling any insurance policy in any shape or form. In emergencies, we will use your insurance details to arrange an effective rescue plan.

Passport and visa

All foreigners, except Indians, require a visa to enter Nepal. However, fortunately, **an on-arrival visa is available for citizens from most countries** at the Tribhuvan International Airport and immigration points at Nepal-India and Nepal-China borders. To apply for the visa you will need a passport valid for at least six months, a passport-size photo, and visa fees. The current rate is USD 50 for a 30-day stay.

Citizens of China and the SAARC (Bangladesh, Bhutan, Maldives, Sri Lanka, Pakistan) countries are eligible for free visas. However, citizens from Nigeria, Ghana, Somalia, Liberia, Ethiopia, Iraq, Zimbabwe, Swaziland, Cameroon, Palestine, and Afghanistan - may not receive on-arrival visas. So citizens from these countries should contact their local Nepalese embassy. Similarly, most children under the age of 10 will get free visas.

Nepal Government has the authority to change visa rules without prior notice. So, for the latest visa info, visit https://www.immigration.gov.np/.

Money Exchange

Nepali Rupees (NPR) is the local currency.
(1 USD = ~ Rs.130 NPR)

You can **exchange all major foreign currencies** through banks and legitimate money exchanges in Kathmandu and all over Thamel. Legal money exchanges display ongoing exchange rates visibly.

If you have Indian Rupees, please make sure you have Indian Rupee notes of 100 and 2000 only. Other Indian Rupee notes are illegal in Nepal.

Despite the security advantage of traveler's cheques, we recommend you bring cash and change them for Nepalese Rupees in Kathmandu. Cash exchanges will help you avoid lengthy processes and high bank commissions.

You have the option to withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. Most of these ATMs are open 24/7. However, the maximum withdrawal limit for a foreign card is 35,000 Rupees for a 500 Rupees processing fee.

If you choose to exchange your money at banks and financial institutions, they will charge a service fee of 4% or more, depending upon the bank.

Since trek regions have no banks and money exchange services, you **should exchange your money in Kathmandu,** depending on your personal estimates. Trek regions only accept Nepalese currency. We estimate that you will need USD 10 to 20 per trekking day.

How much luggage can I bring to Everest Base Camp Trek?

We assign one porter for every two trekkers, and our porters will not carry more than 18 kg of luggage. So **your personal luggage weight limit is 9 kg.** We also expect you to bring a regular backpack to keep your valuables and important documents safe. We advise you to pack only the most essential things for the trek. You can store extra luggage at your hotel or Discovery World Trekking store. Before starting the trip, we will recheck your luggage to ensure you have packed all required clothing, equipment, and gear.

Everest Base Camp Trek Safety

We **guarantee the client's safety,** security, and satisfaction. We carry all the necessary gear, equipment, and first aid kits, ready to face any situation. If a trekker catches altitude sickness, the trek leader decides whether to continue the trek or descend immediately based on the circumstances. In emergencies, a rescue helicopter will bring you back to safety. Your insurance will fund helicopter evacuation. For group safety, we will travel together.

Tipping

Nepali culture accepts tipping. Tipping is a way to appreciate the service provided. However, tipping is at the trekker's discretion and should reflect the quality of service obtained, the length of the trek, and the cost of the trip. We encourage you to tip collectively and at the end of the trek.

Discovery World Trekking Crew

Throughout your trek, our well-experienced guides/Sherpas will accompany you. They are licensed and have been leading trek teams into deep, remote Himalayas for decades. Porters will carry luggage for every two trekkers, but they will only carry more than 18 kg. It means your luggage weight limit is 9 kg.

Our crew members are locals, born and raised in the remote Himalayas. So they can easily endure high altitude Himalayas as they are accustomed to high elevations.

All our staff members are precious to us. We pay them well and cover their insurance, clothing, food, and lodging throughout the expedition. All our guides and porters receive medical care when ill or injured.

We try hard to keep our staff members happy as we believe only a happy person can keep others happy. All of our trek leads:

- are intensive wilderness first aid trained
- have completed conservation and biodiversity training
- have trekking guide training certificates

- are fluent in English and another major language
- have rock climbing experience

Responsible travel

We strongly believe in environmental sustainability and try hard to leave only footprints behind in the trek regions. If we do not protect the trek regions in pristine condition, no trekkers will come to these areas in the future. Hence, we work with the Kathmandu Environmental Education Project (KEEP) to **organize eco-friendly trips.** Our focus is on meeting the expectation of travelers as well as the communities in trek regions.

Booking and payment process

Discovery world trekking is a Nepal government-authorized and bonded trekking and touring operator **in service for more than a decade.** We are also members of the **Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA).**

Therefore, you can book Discovery World Trekking trips with confidence. **We require 10% of the trip cost as an advance to confirm the booking.** You can pay using bank transfer, Wise, or through our website. You can pay the remaining trek cost in cash, using a bank transfer or Wise, after arriving in Nepal. We will also email you payment details, including the modes of payment.

We request you to send necessary documents like passport copy, passport size photos, travel insurance policy, and arrival and departure flights within a week of booking the trek. Please note that the number of domestic flights to Lukla is limited, and the airport gets extremely busy during trekking seasons.

Last-minute booking

Even though we expect you to book your trips in advance, we have a **special provision for a last-minute bookings.** To take advantage of this provision, we require you to pay 100% of the trip cost 24 hours before the trek departure date.

Even though we try our best to organize treks at all times, in the case of last-minute booking, there is a minimal chance of trek delay due to circumstances beyond our control, like the unavailability of air tickets and accommodations, unfavorable weather, etc.

Trip Extensions

If you have a couple of days extra in Nepal after the trek completion, we can organize activities for you. There are several options - exploring places in and around Kathmandu Valley, Chitwan jungle safari, rafting, canoeing, paragliding, etc.

Feedback

After completing the Everest Base Camp trek, Discovery World Trekking **will organize a farewell dinner in Kathmandu.** After the dinner, we will present you with the Discovery World Trekking trek achievement certificate. This is also a great time to give us trek feedback so that we can improve our services in the future.

FAQs For Everest Helicopter Tour

GENERAL INFORMATION

Where does the Everest Helicopter Tour operate?

The Everest Helicopter Tour operates in the Khumbu region of Nepal, covering iconic locations such as Lukla, Namche Bazaar, Tengboche, Dingboche, Lobuche, Gorak Shep, Everest Base Camp, and Kala Patthar.

How long does the Everest Helicopter Tour take?

The full tour, including trekking and helicopter segments, takes 10 days.

What are the main highlights of the Everest Helicopter Tour?

The main highlights of this trek are:

- Scenic flights between Kathmandu and Lukla.
- A thrilling helicopter ride from Kala Patthar to Lukla.
- Visits to Khumjung Monastery, home to the legendary yeti scalp.
- Spectacular views of the Khumbu Glacier, the world's highest glacier.
- UNESCO World Heritage sites, Sherpa culture, and stunning Himalayan peaks like Everest, Lhotse, Ama Dablam, and Cho Oyu.

Is the Everest Helicopter Tour suitable for all ages?

While the tour is not age-restricted, you should have a basic level of fitness and no major health concerns to manage the trek and altitude. We do not recommend this trek to children below 16 and those over 70.

What makes the Everest Helicopter Tour unique compared to other tours in Nepal?

Trekking to Everest Base Camp and returning via helicopter offers breathtaking aerial views while reducing physical exertion. This hybrid experience is perfect for adventure seekers looking for a comprehensive yet less physically demanding exploration of the Everest region.

Can I arrange a private 10-day Everest Helicopter Tour?

Yes, we can arrange a private 10-day Everest Helicopter Tour for you.

What are the perks of a private Everest Helicopter experience?

You can enjoy a flexible itinerary, personalized service, private seating, and the ability to enjoy the breathtaking scenery without sharing the experience with strangers.

PREPARATION & FITNESS

How fit do I need to be for the Everest Helicopter Tour?

Moderate fitness is required as the trek involves several days of walking at high altitudes. Acclimatization days are included to help with altitude adjustment.

Are there any specific health considerations or restrictions for the tour?

You should be cautious of altitude sickness and ensure you do not have pre-existing medical conditions that might worsen at high altitudes. If you have heart or lung diseases, consult your physician.

What kind of physical preparation, if any, is recommended for the tour?

Regular cardiovascular exercises, such as walking, jogging, or cycling, along with some strength training, are recommended to prepare for the trek. Gradual altitude exposure is also beneficial.

PERMITS

Are any permits required for the Everest Helicopter Tour?

Yes, permits are required, including the Sagarmatha National Park entry permit and Khumbu Pasang Lhamu Rural Municipality fees.

Are the necessary permits included in the tour package?

Yes, all required permits are included in the tour package.

Where can I obtain the permits for the Everest Helicopter Tour?

If you trek with us, we will get those permits on your behalf.

INSURANCE & VISA

Is travel insurance necessary for the Everest Helicopter Tour?

Yes, travel insurance is mandatory for the Everest Helicopter Tour.

What should my insurance cover for this tour?

Insurance must cover medical care and emergency helicopter evacuations up to 5,500 meters.

Do I need a visa to visit Nepal, and how can I obtain one?

Yes, all nationalities except Indians need a tourist visa for Nepal. You can obtain an on-arrival visa at Kathmandu Airport. You will need a passport valid for at least six months, a passport-sized photo, and visa fees. The current cost is USD 50 for a 30-day stay.

GUIDES & PORTERS

Is a guide included in the Everest Helicopter Tour package?

Yes, the package includes a government-licensed English-speaking trek guide.

What roles do guides and support staff play during the tour?

Guides provide navigation, safety advice, cultural insights, and daily trek plans. Porters carry luggage, allowing you to focus on the journey.

Can I take the Everest Helicopter Tour independently without a guide?

No, a licensed guide/porter is essential per Nepal government laws.

ACCOMMODATION

What kind of accommodation is provided during the tour, if applicable?

We provide twin-sharing rooms for nine nights during the trek. Four nights in rooms with attached bathrooms (Phakding, Namche, and Lukla), while the rest are in standard rooms (Dingboche, Tengboche, Lobuche, and Gorakshep).

Are there modern facilities available at the stops during the tour?

The lodges/tea houses are basic but cozy. Most of these lodges have hot showers, device charging, and Wi-Fi but may incur additional charges.

Will I have access to Wi-Fi or charging points during the tour?

Yes, Wi-Fi and charging points are available in most lodges, though the reliability and cost may vary by altitude.

FOOD & DRINKS

Are meals provided during the Everest Helicopter Tour?

Yes, we provide three full-board meals (breakfast, lunch, and dinner) during the trek and a total of (9 lunches, 9 dinners, and 10 breakfasts). However, we will not provide any beverages, including hot drinks like tea and coffee.

Are there vegetarian or vegan food options available?

Yes, vegetarian and vegan options are available. However, please tell your guide about dietary preferences early.

Is safe drinking water available during the tour?

You can buy bottled water from en-route shops. However, for ecological reasons, we advise you to carry a reusable water bottle and buy boiled/filtered water from hotels/tea houses. Moreover, you should use water purification pills or filtering devices before drinking. We can also provide water purification pills upon your request.

WEATHER

What is the best time of year to take the Everest Helicopter Tour?

Spring (March- May) and autumn (September- November) are the best seasons due to mild weather, clear skies, and favorable trail conditions.

How does the weather affect the tour experience?

Clear weather enhances scenic views, while poor conditions may cause flight delays due to limited visibility.

Is it advisable to take the tour during the monsoon or winter seasons?

Monsoon (June-August) brings heavy rain and slippery trails, making trekking difficult. Winter (December-February) poses challenges like snow-covered trails and extreme cold, though it is possible with proper preparation.

HEALTH & SAFETY

What health risks should I be aware of during the Everest Helicopter Tour?

Altitude sickness is the primary concern. You should tell your guide if you feel symptoms like headaches, nausea, or dizziness.

Are there any altitude-related concerns during the tour?

Yes. The tour reaches high altitudes, including Kala Patthar (5,555 m). Adequate acclimatization and hydration are crucial.

What safety measures are in place for the helicopter tour?

Our guides have completed wilderness first aid training and monitor your blood oxygen saturation levels to detect altitude sickness. In emergencies, we will coordinate with your insurer to deploy a helicopter.

PACKING & GEAR

What essential items should I pack for the Everest Helicopter Tour?

Pack essentials like warm clothing, sturdy trekking boots, a water bottle with a filter, sunscreen, sunglasses, and personal medications. Please see our equipment section for details.

Is a camera or other recording equipment allowed during the tour?

Yes, you can bring cameras and recording equipment to capture the stunning landscapes.

Are there any specific gear recommendations for the tour?

You will need layered clothing, trekking poles, and a lightweight backpack.

BOOKING & PAYMENTS

How far in advance should I book the Everest Helicopter Tour?

We advise you to book at least a month in advance, especially during peak seasons. However, we also have last-minute booking provisions, which lets you book the trek 24 hours in advance.

What is the payment process for booking the tour?

We require 10% of the trek cost to confirm the booking, with the remaining amount payable upon your arrival in Kathmandu. You can pay using bank transfer, Western Union, Wise, or credit cards. In Kathmandu, you can also pay in cash.

Are there any cancellation or refund policies for the tour?

Yes, please visit our terms and conditions page.

TRANSPORTATION

How do I get to the starting point of the Everest Helicopter Tour?

A scenic flight from Kathmandu to Lukla or a 5-hour drive from Kathmandu to Manthali, followed by a flight to Lukla, takes you to the starting point. The exact route depends on the trekking season.

Are domestic flights required to reach the tour's starting point?

Yes, flights from Kathmandu or Manthali to Lukla are part of the itinerary.

What transportation options are available after completing the tour?

After completing the tour, you will fly from Lukla to Kathmandu or from Lukla to Manthali, followed by a 5-hour drive to Kathmandu.

Discovery World Trekking

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