



Everest helicopter trek

URL: <https://naatatravels.com/trip/everest-helicopter-trek/>

Duration

9 Days Days

Per Person Cost

USD 5345

Difficulty

Moderate

Group Size

1-5

Maximum Elevation

3800 meters

Accommodation

3-star hotel in Kathmandu and tea houses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and all meals during the trek

Departure

Kathmandu

Trip Route

Nepal

Trip Overview

9 Days Everest Helicopter Trek provides you with mesmerizing opportunity to explore the Everest Region. The major highlight of this trek is the helicopter return ride. While taking this ride back, you can witness the breathtaking bird-eye view of Mount Everest, the highest mountain in the world.

As you walk, you will experience the rich culture of the Sherpa people and visit famous places like Namche Bazaar. When you reach Everest Base Camp at **5364m**, you will stand beneath Mt. Everest and the *world's fourth-highest peak, Mt. Lhotse*.

If you opt for the Everest Base Camp helicopter trek, you can effortlessly and conveniently experience one of the most stunning journeys to the Himalayas. This is the greater trekking option for beginners who are looking for this short yet rewarding trekking experience in the [Everest Region](#). If you are planning for this trip, we recommend you plan for spring or autumn.

Trip Itinerary

Day : Arrival in Kathmandu

Upon arriving at Tribhuvan International Airport, a representative from Naata Travel & Adventures will be there to greet you, holding a sign with your name. They will then escort you to your designated hotel. In the evening, we will enjoy a welcome dinner hosted by Naata Travel & Adventures, featuring Nepalese cuisine to introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Kathmandu Sightseeing

After breakfast, we will have a pre-trip meeting where you will be introduced to your guide and can ask any questions about the trip. We will then visit Boudhanath Stupa, one of the largest Buddhist shrines in the world, where we will observe Buddhist monks praying in the surrounding monasteries. Next, we will visit Pashupatinath Temple, the most renowned Hindu temple in Nepal, situated on the banks of the holy Bagmati River.

Here, we will see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally funeral pyres burning on the ghats. We will also explore Bhaktapur Durbar Square, a collection of pagoda and shikhara-style temples grouped around a fifty-five-window palace of brick and wood, featuring attractions such as the Lion Gate, the Golden Gate, the Palace of Fifty-Five Windows, art galleries, and the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Day : Fly to Lukla and trek to Phakding

We will take an early morning flight to Lukla, the starting point for all Everest treks. Upon landing, we will meet the rest of our team, including our porters, and prepare for the trek. We will follow a trail that gradually descends to Cheplung village, where we can catch a brief view of Mt. Khumbila, a sacred mountain that has never been climbed. From there, we will continue descending until we reach Phakding.

Time:

3-4 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2651 meters

Day : Phakding to Namche Bazaar

After having our breakfast we continue our trail which passes through a pine forest and goes through Benkar valley. We cross Dudh Koshi river and after passing through the village of Chumoa and monjo, we reach the entrance of Everest National Park. The trail then ascends steeply and after ascending for a while we reach Namche Bazaar which is the biggest town of Everest region. We stay the night in Namche Bazaar.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2438 meters

Day : Namche Bazaar acclimatization

Since Namche Bazaar is at a high altitude, we will spend the day acclimatizing to the thinner air. Namche Bazaar is a bustling tourist hub, offering all basic amenities from money exchanges to internet cafés. We will take a tour of Namche Bazaar, visit the Sherpa Culture Museum, and hike up to the Syangboche Airstrip. We will stay the night in Namche Bazaar.

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2438 meters

Day : Trek to Thame and return to Namche Bazaar

We will use another day to acclimatize and take a short hike to Thame before our flight to Everest Base Camp. Today, we will hike to the small village of Thame, located on the trail to Everest Base Camp. Thame was the childhood home of Tenzing Norgay, the first man to climb Everest with Sir Edmund Hillary, and is part of the trading route between Tibet, Nepal, and India. We will return to Namche Bazaar to stay the night.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

3800 meters

Day : Helicopter flight from Namche Bazaar to Everest Base camp and return

After an early morning breakfast, we will board a helicopter for a scenic sightseeing tour. We will fly over

the Khumbu Valley, Everest Base Camp, Khumbu Glacier, and Kala Patthar. During the flight, we will enjoy stunning views of Mount Everest, Ama Dablam, Thamserku, Lhotse, Nuptse, and more. After the sightseeing, we will land in Lukla and take another flight back to Kathmandu.

Note: If the helicopter flight is canceled due to technical reasons or bad weather, the cost of the helicopter ride, valued at USD 250 per passenger, will be refunded.

Accommodation	Meals:	Altitude:
Tea house	Breakfast, lunch and dinner	5345 meters

Day : Fly to kathmandu

Today, after breakfast, we will fly back to Kathmandu. You can also extend your trip by visiting Chitwan National Park or taking a tour of Pokhara. In the evening, Naata Travel & Adventures will organize a farewell dinner where we can reminisce about our trip. We will have the chance to enjoy traditional Nepalese music and dance and share our experiences with fellow trekkers. This is a wonderful opportunity to celebrate our journey and reflect on the incredible sights we've seen.

Accommodation	Meals:	Altitude:
3-star hotel	Breakfast, lunch and dinner	1350 meters

Day : Final departure

Our trip concludes today. A representative from Naata Travel & Adventures will escort you to the international airport for your final departure. Before leaving, you can do some last-minute shopping or explore nearby attractions if time permits. We will ensure that your journey ends smoothly, providing any assistance you need. We hope that this trek has been a memorable experience and that you leave with unforgettable memories of Nepal and the Everest region.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast, Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Domestic flights (Kathmandu-Lukla-Kathmandu)
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)

- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures's trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Lukla in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Helicopter Charge
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Additional Trip Information

Why Choose Everest Helicopter Tour?

Shorter Duration: You can experience the beauty of Everest in just nine days, perfect if you have limited time.

Stunning Views: From the helicopter, you will enjoy breathtaking aerial views of the Khumbu Valley, Everest Base Camp, and Kala Patthar.

Cultural Immersion: You will visit iconic sites in Kathmandu, like Boudhanath Stupa and Pashupatinath Temple, and experience Sherpa culture in Namche Bazaar.

Comfortable Accommodations: During the trek, you will stay in 3-star hotels in Kathmandu and comfortable tea houses.

Guided Tour: You will benefit from the expertise of experienced guides who will ensure a smooth and informative journey.

Convenient Travel: You will take a helicopter flight from Namche Bazaar to Everest Base Camp, saving time and providing a unique perspective of the mountains.

Everest Helicopter Trekking Route

The Everest Helicopter Trek lasts nine days, with several days spent hiking and exploring. We will *start our journey in Kathmandu Valley*, where we will spend two days exploring the [Kathmandu Valley](#), visiting famous sites like Boudhanath Stupa and Pashupatinath Temple. We will fly to Lukla on the third day and begin our trek. We will pass through villages like Phakding and Namche Bazaar, where we will spend time acclimatizing.

After trekking and acclimatizing for several days, we will take a helicopter flight from Namche Bazaar to Everest Base Camp. The helicopter ride will offer stunning views of the Khumbu Valley, Everest Base Camp, and Kala Patthar. After the sightseeing flight, we will land in Lukla and return to Kathmandu. The Everest Helicopter Trek is perfect for those who want to see the beauty of Everest in a short time.

Best Time For Everest Helicopter Trek

The best time for the Everest Helicopter Trek is during the *pre-monsoon (spring) and post-monsoon (autumn) seasons*.

Spring (March to May): You will enjoy mild weather, clear skies, and blooming rhododendrons. This season offers excellent visibility, making it perfect for capturing stunning views of the mountains and landscapes. Furthermore, the blooming rhododendrons and other wildflowers add vibrancy to the landscapes.

Autumn (September to November): You will experience stable weather, moderate temperatures, and clear skies. This season is ideal for trekking and helicopter flights, providing spectacular views of the Everest region. Also, some major festivals fall during this season. Exploring this season, you can also understand Nepal's culture and traditions in-depth.

Apart from these two seasons, *we recommend you **not to choose other seasons** for the Everest Helicopter Trek:*

Monsoon (June to August): You will face heavy rainfall, cloudy skies, and muddy trails. The monsoon season makes trekking difficult and can cause flight delays or cancellations due to poor weather conditions.

Winter (December to February): You will encounter extremely cold temperatures, snow-covered trails, and potential flight disruptions. The harsh weather can make trekking challenging and uncomfortable, and the views may be obscured by snow and clouds.

Meals and Accommodations During Everest Trek

You will stay in comfortable and well-equipped accommodations throughout the Everest Helicopter Trek. In Kathmandu, you will stay in 3-star hotels that offer modern amenities to ensure a pleasant start and end to your journey. *During the trek, you will stay in **tea houses** providing basic but cozy lodging. They offer you a bed, blankets, sharing bathrooms, and communal dining space.* They are mainly run by local families, allowing you to experience the local hospitality and culture.

Meals during the trek are designed to keep you energized and healthy. You will enjoy various meals in Kathmandu, including a welcome and farewell dinner featuring **Nepalese cuisine**. While trekking, your

meals will be provided by the tea houses. You will have hearty breakfasts, lunches, and dinners with local and international dishes. Whatever dish you choose, it can fulfill your nutritional needs. Thus ensuring you stay strong and well-fed throughout your journey.

Preparation for EBC Heli Trek

Preparing for the Everest Base Camp (EBC) Helicopter Trek involves several key steps to ensure a safe and enjoyable experience.

Physical Fitness: You should be in good physical condition to handle the trekking portion of the journey. Regular cardio exercises such as walking, running, or cycling, along with strength training, will help build stamina and strength. Aim to start your fitness routine at least 2-3 months before your trek.

Gear and Clothing: Pack appropriate gear for the trek, including comfortable trekking boots, moisture-wicking clothing, a warm jacket, gloves, hats, and sunglasses. Don't forget essentials like a backpack, water bottle, trekking poles, and a first-aid kit.

Acclimatization: Proper acclimatization is essential to avoid altitude sickness. The itinerary includes rest days in Namche Bazaar to help your body adjust to the high altitude. Drink water, eat well, and avoid alcohol during the trek.

Travel Documents and Permits: Ensure you have all necessary documents, including a valid passport and visa. You will also need permits for trekking in the Everest region, such as the Sagarmatha National Park Entry Permit and the TIMS (Trekkers' Information Management System) card. Your trekking company typically arranges these.

Health Precautions: Consult with your doctor about necessary vaccinations and medications. Carry a basic first-aid kit with medications for common ailments like headaches, diarrhea, and altitude sickness. It's also advisable to have travel insurance that covers high-altitude trekking and emergency evacuation.

Financial Preparation: Carry some cash for personal expenses during the trek, preferably in small denominations. ATMs are limited in the Everest region, so it's best to withdraw enough cash in Kathmandu.

Frequently Asked Questions

How long does the Everest Helicopter Trek take?

The Everest Helicopter Trek typically takes 9 days. This includes the trekking portion to the base camp or viewpoint and time for acclimatization. The helicopter flight itself is usually a short segment, lasting about 1 to 2 hours.

Do I need prior trekking experience for the Everest Helicopter Trek?

Prior trekking experience is not mandatory but can be beneficial. Having some experience with high-altitude trekking will help you handle the physical demands and altitude changes.

Are permits and insurance required for the Everest Helicopter Trek?

Yes, you will need permits such as the Khumbu Pasang Lhamu Rural Municipality Permit and Sagarmatha National Park Permit. Travel insurance that covers high-altitude trekking and helicopter evacuation is also essential. These documents ensure that you are legally allowed to trek and are covered in case of emergencies.

What should I pack for the Everest Helicopter Trek?

Pack warm, layered clothing suitable for high-altitude conditions. You should also include essential items like trekking boots, a sleeping bag, and gear for protection against the sun and cold in your bag. Don't forget a camera to capture the stunning views.

What kind of accommodation can I expect on the Everest Helicopter Trek?

Accommodation ranges from teahouses and lodges in lower regions to more basic facilities at higher altitudes. While higher up, the amenities are simpler and less comfortable. During the helicopter portion, you will return to lower altitudes where accommodations are more comfortable.

Address

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