EBC Trek with Round-Trip Helicopter [Kathmandu to Lukla & Back by Helicopter]

3 Star Hotel Package

2880USD per person

*Including healthy meals

5 Star Hotel Package

3080USD per person

*Including healthy meals

Trip Style: Trekking

Trip Difficulty: Hard

EBC Trek with Round-Trip Helicopter Package – Skip the long drive to Manthali & flight hassles! Enjoy a direct helicopter flight from Kathmandu to Lukla and back, ensuring a smooth, worry-free journey to Everest Base Camp and back.

While many companies stick to the same old routes year after year, we, as an expert Local Sherpa Company, offer a fresh perspective. Our meticulously crafted itinerary guides you through the secluded Sherpa village of Phortse, tracing a path on the opposite side of Tengboche. This route unveils breathtaking views across the valley. Moreover, our Everest Base Camp trek itinerary goes the extra mile by incorporating a hike to Ama Dablam Base Camp. This not only enhances the adventure but also facilitates acclimatization to high altitudes.

Please visit the blog link below and take your time to read about why it is important to have enough acclimatization days for a safe and enjoyable trek. It provides valuable information on how giving your body time to adjust to higher altitudes can help prevent altitude sickness and make your trekking experience more enjoyable.

Top 7 Reasons to Book Our EBC Trek with Round-Trip Helicopter

1. **Stress-Free Travel:** Skip the long drive to Manthali and avoid flight delays in Lukla. Enjoy a seamless round-trip helicopter journey, flying directly from Kathmandu to Lukla and back.
2. **Thoughtfully Designed Itinerary:** Our expertly designed EBC Trek Round Trip by Helicopter itinerary ensures you have ample time for proper acclimatization, making the trek safe and enjoyable. Experience the beauty of hidden Sherpa villages like Phortse and a thrilling day hike to Ama Dablam Base Camp, adding an extra layer of adventure to your journey.
3. **Breathtaking Aerial Views:** Experience stunning aerial views of the Himalayas, including Everest, as you fly to and from Lukla, turning the journey itself into part of the adventure.
4. **Expert Sherpa Guidance:** With over 27 years of experience, our expert Sherpa guides offer unparalleled knowledge, ensuring a safe and unforgettable adventure. As a 100% local Sherpa family-owned company, we bring the heart and soul of the Everest region to your trek, combining deep-rooted heritage with unmatched expertise. As you know, Sherpas are the renowned guardians of the Himalayas.
5. **Personalized, Tailored Service:** Enjoy a personalized trek experience from start to finish, with our team ensuring every detail is taken care of, so you can focus on the adventure.
6. **Comfortable Accommodations & All-Inclusive Package** : Enjoy the comfort of staying at top 4-star or 5-star hotels in Kathmandu and handpicked lodges during the trek, with cozy rooms, hot showers, and Western toilets. All meals are included, and you can choose your food from the lodge menu without restrictions, ensuring a personalized and comfortable experience every step of the way.
7. **Fully Authorized & Reliable:** Book with confidence knowing Mountain Sherpa Trekking is fully government-approved and offers a trusted, reliable service for your once-in-a-lifetime Everest experience.

DURATION: 17 days

ITINERARY

Day 01:: Arrival in Kathmandu, Nepal | Transfer to Hotel

As you descend towards Kathmandu, anticipation fills you with excitement for the journey ahead. The aerial view reveals majestic snow-capped peaks, setting the stage for an unforgettable adventure. Upon landing at Tribhuvan International Airport, a representative and driver from **Mountain Sherpa Trekking** warmly greet you. They'll escort you to the finest hotel in the city, located in the heart of Kathmandu, ensuring your comfort. They will assist you with the check-in process and ensure everything is to your satisfaction.

Once settled in your accommodations and refreshed, our guide will show you around the local markets and Thamel. We'll arrange a meeting for the upcoming trek briefing, tailored to your arrival flight time and schedule.

Later, we'll gather for a comprehensive briefing on the upcoming itinerary. With formalities taken care of, you'll have the remainder of the day to immerse yourself in the vibrant energy of Kathmandu. Wander through bustling streets, soak in the sights and sounds, and experience local life firsthand.

Day 02: : Fly to Lukla by Helicopter and Trek to Phakding

In the early hours of the morning, your Sherpa guide and driver will pick you up from your hotel and take you to the domestic airport of Kathmandu, which is about a 15-minute drive from your hotel. From Kathmandu airport, you will fly to Lukla by sharing helicopter instead of a regular flight. Each helicopter flight will have a minimum of 4 passengers, and the flight time will be around 25 to 30 minutes. The helicopter ride promises awe-inspiring views of the Himalayas, a sight to behold.

Upon touching down in Lukla, you'll have a short break for tea or coffee, meet with porters, and receive a brief orientation before starting your trek. The trek from Lukla to Phakding offers a moderate challenge, making it accessible to trekkers of varying experience levels. As you make your way, you'll encounter quaint Sherpa villages like Chablung and Ghat, where you can fully immerse yourself in the local culture and soak in the warmth of Sherpa hospitality. Throughout the journey, be prepared for jaw-dropping views of the surrounding mountains, with peaks like Kusum Kanguru commanding your attention. Crossing suspension bridges and traversing lush landscapes, you'll be treated to a visual feast at every turn.

day 03:: Trek to Namche Bazzar | (3,420meter/11,220feet)

From our starting point in Phakding, the trek unfolds along the picturesque Dudh Kosi River valley, tracing the western bank. As we progress, a challenging climb over rocky terrain leads us to Benkar (2,710m/8,891ft). Continuing beside the river, we're treated to stunning vistas of the surrounding landscapes, adorned with charming villages and lush forests showcasing rhododendron, magnolia, and towering fir trees. The vibrant colors of early autumn and late spring add to the allure of the journey.

Crossing the Kyashar Khola River, our ascent out of the valley brings us to the village of Monjo (2,840m/9,315ft). Beyond Monjo lies the renowned Sagarmatha (Everest) National Park, established in 1976 to preserve the area surrounding Mount Everest. Passing through the park entrance station, we descend steeply and cross a 120-meter suspension bridge over the Dhud Kosi river, arriving at Jorsale (2,830m/9,285ft).

Continuing our trek, we cross the river multiple times while ascending the valley until we reach the vibrant trading hub of Namche Bazaar (3,420m/11,220ft). Serving as a significant gateway to the Everest region, Namche Bazaar offers a blend of cultural charm and breathtaking natural beauty.

day 04:: Acclimatization day hike up to Khumjung Village

Today, with the rising sun over the Himalayas, our experienced Sherpa guide leads an invigorating acclimatization hike. Nestled at 3,440 meters, Namche Bazaar is aptly nicknamed the "Las Vegas of the Khumbu," offering cozy lodges, aromatic teashops, and quaint souvenir stores blending Sherpa traditions with modern comforts.

Embarking on a picturesque journey through Khunde and Khumjung villages, we ascend to the Everest Views Hotel for breathtaking panoramas of Everest and Ama Dablam. Explore the historic Edmund Hillary Hospital in Kunde and the revered monastery in Khumjung, home to the legendary Yeti skull.

After a day of exploration, return to the lodge for a nourishing dinner. Embrace the serene ambiance of Namche Bazaar, nestled amidst the grandeur of the Himalayas, while indulging in the comforts of Sherpa accommodations.

Day 05:: TREK TO PHORTSE VILLAGE | Off the Beaten Path

Following a hearty breakfast at our Namche lodge, our journey kicks off around 7-7:30 in the morning. Guided by our Sherpa leader, we opt for a less-traveled route towards our destination. The trek spans 4 to 6 hours, covering 7 to 9 kilometers of scenic terrain.

Leaving Namche Bazaar, the trail gently ascends through rhododendron forests and Sherpa settlements. Along the way, we're treated to breathtaking vistas of Ama Dablam, Thamserku, and the majestic Everest itself.

Our path leads us to the tranquil haven of Phortse village, nestled amidst the towering Himalayan peaks. Situated at an altitude of approximately 3,810 meters, this Sherpa Village offers stunning panoramic views of Ama Dablam and Thamserku, providing a serene retreat for weary trekkers.

day 06:: TREK TO PANGBOCHE | Visit the Oldest Monastery

Commence your day after a restful night at our local Sherpa lodge in Phortse Village. The route from Phortse village offers stunning views of the Ama Dablam, Imja Khola to Tengboche Monastery. Clear views of Thamserku at 21,680 ft rise from the valley behind Tengboche.

After approximately 3 hours of trekking, we arrive at Pangboche, a beautiful Sherpa village where we pause for lunch. Our expert local Sherpa guide takes us to one of the oldest monasteries in the Himalayas, dating back around 400 years. This ancient monastery holds significant religious and cultural importance for the Sherpa community. Additionally, Pangboche is renowned for its traditional Sherpa houses, showcasing the region's architectural style. You may even receive a blessing from the high Lama and unwind in the tranquil upper Pangboche, with stunning views of Ama Dablam.

Later, we embark on a short acclimatization walk for those inclined, offering breathtaking views of the Himalayas, including the iconic Ama Dablam.

Day 07:: HIKE TO AMA DABLAM BASE CAMP BACK TO PANGBOCHE

After breakfast, we embark on one of the highlights of the trek. Crossing the Imja Khol river, we begin the steep ascent towards Ama Dablam Base Camp. Departing from the crowds of the Everest Base Camp Trek, we relish the solitude and pristine beauty of our chosen path. With ample time to enjoy our packed lunch amidst the spectacular scenery, we soak in the views before retracing our steps back to Pangboche, where we spend the night.

day 08:: TREK TO DINGBOCHE | 4,410 meters (14,470 feet)

We resume our journey from Pangboche, reaching another beautiful Sherpa village, Shomare, just before Dingboche. Surrounded by panoramic vistas, including the majestic Ama Dablam, Shomare offers a picturesque setting to pause and reflect on the beauty of the Himalayas. Continuing our ascent, we arrive at Dingboche, nestled at an altitude of 4,410 meters, gaining an elevation of approximately 600 meters during this leg of the trek.

day 09:: DAY HIKE TO NAGARJUNA PEAK BACK TO DINGBOCHE

Today, we prioritize acclimatization, an essential aspect of our journey. After breakfast, our Sherpa guide leads us on a day hike to Nagarjuna peak from Dingboche. Situated at approximately 4,410 meters, Dingboche serves as the starting point for this trek.

The trail winds through rocky terrain as we ascend towards the ridge on Dingboche's north side. Along the way, we're treated to stunning panoramic views of towering mountains like Mt. Lhotse, Mt. Makalu, and Mt. Cho Yu.

Guided by our experienced Sherpa guide, we gradually acclimatize to the altitude, reaching Nagarjuna peak at nearly 5,100 meters. At the summit, we're rewarded with breathtaking views of the Himalayan landscape, making the challenging ascent truly worthwhile. After capturing memorable moments, we descend to Dingboche, feeling more prepared for the altitude as we continue towards Everest Base Camp.

day 10: : TREK TO LOBUCHE | 4,940 meters (16,207 feet)

The trek from Dingboche to Lobuche offers trekkers a thrilling journey through the Khumbu region, showcasing remarkable landscapes and majestic mountain views.

Departing from Dingboche, we ascend gradually, soaking in captivating vistas of Ama Dablam, Lhotse, Nuptse, and other towering peaks. Navigating rocky terrains, glacial streams, and moraines, we experience the awe-inspiring high-altitude environment.

After a brief stop at Thukla, where the trail steepens towards the Thukla Pass, we encounter memorials honoring climbers lost on Everest. Descending past the pass, we reach Lobuche, a serene village nestled amidst snow-capped peaks, offering a peaceful retreat for rest and rejuvenation before continuing towards Everest Base Camp.

day 11:: TREK TO EVEREST BASE CAMP | 5,364 m/17,598 ft

Guided by our seasoned Sherpa guide, we trek from Lobuche to Gorakshep and finally to Everest Base Camp, covering around 7 kilometers of challenging terrain.

At Gorakshep, nestled at 5,164 meters, our guide ensures our comfort, preparing us for the final stretch to Everest Base Camp at 5,364 meters. With their expertise, we navigate the flat trails and rocky sections, making the experience secure and memorable.

Upon reaching Everest Base Camp, we soak in the breathtaking views before our Sherpa guide leads us back to Gorakshep, ensuring our safety throughout the journey.

day 12:: HIKE TO KALA PATTHAR & TREK DOWN TO PHERICHE

Today, our Sherpa guide leads an exhilarating hike to Kala Patthar from Gorakshep, promising a sunrise spectacle over Everest. Starting from Gorakshep, nestled at 5,164 meters, trekkers embark on a challenging ascent to the 5,643-meter peak of Kala Patthar.

Ascending amidst rugged terrain and rocky slopes, trekkers push their limits in the thin air of high altitude. The dramatic backdrop of Everest's neighboring peaks adds to the thrill of the adventure. Upon nearing the summit of Kala Patthar, anticipation grows as panoramic views unfold. At the summit, marked by Cairns and colorful prayer flags, trekkers are rewarded with unparalleled vistas of Everest and its majestic neighbors, stretching across the vast Himalayan landscape. Capturing this breathtaking moment with photographs, trekkers bask in the serene beauty of the Himalayas, feeling a profound sense of achievement and gratitude.

After relishing the magnificence of the surroundings, it's time to descend back to Gorakshep for breakfast before continuing the journey to Pheriche.

day 13:: Trek to Namche Bazzar | 3,440 meters/11,286 feet

Embarking on an exhilarating adventure, we depart from Pheriche, situated at a lofty elevation of 4,371 meters (14,340 feet). Our path winds through captivating landscapes, revealing charming Sherpa villages and verdant forests. As we traverse the Dudh Koshi River, the gentle descent offers occasional glimpses of towering snow-capped peaks like Ama Dablam and Thamserku.

Crossing sturdy suspension bridges adds an element of thrill to our trek, enhancing the sense of adventure. Amidst rhododendron and pine forests, the journey unfolds, spanning approximately 15 kilometers (9.3 miles). The captivating scenery keeps us enthralled as we make our way towards the vibrant hub of Namche Bazaar.

Perched at an altitude of 3,440 meters (11,286 feet), Namche Bazaar beckons with its lively ambiance and rich Sherpa culture. The trek, usually taking 6-7 hours, offers not only breathtaking landscapes but also a chance to immerse ourselves in the warmth of Sherpa hospitality.

day 14:: HIKE TO LUKLA | Embracing the Journey's End

Setting out from the bustling streets of Namche Bazaar, our trek to Lukla spans approximately 13 kilometers (8 miles). Beginning with a descent, we follow the meandering course of the Dudh Koshi River, passing through quaint Sherpa villages and lush rhododendron forests.

As we traverse sturdy suspension bridges, the vistas of Thamserku, Kongde Ri, and Kusum Kanguru unfold before us, adding to the allure of the journey. Amid encounters with fellow trekkers, porters, and yaks, the vibrant atmosphere of the trek fills the air with excitement.

Approaching Lukla, a sense of accomplishment and gratitude fills our hearts as we celebrate the completion of our trek. Now, as we bid farewell to the majestic mountains, we express our heartfelt appreciation to our Sherpa guide for their unwavering support and guidance throughout our journey. With joyful memories and newfound friendships, we embark on the next chapter of our adventure.

Day 15:: Fly back to Kathmandu from Lukla by helicopter

Today, after enjoying breakfast at the lodge, we will embark on a unique journey back to Kathmandu via a shared helicopter instead of the regular flight. The helicopter ride from Lukla to Kathmandu promises breathtaking views of Nepal's picturesque landscapes, adding an extra touch of adventure to your experience.

Upon your arrival in Kathmandu, our dedicated driver will be waiting for you at the airport to transfer you to your hotel. The remainder of the day is yours to unwind and indulge in the comforts of the hotel. You can take the opportunity to explore the local markets, soaking in the vibrant atmosphere of Kathmandu.

To soothe any muscle pain from the trek, we have arranged a special one-hour Ayurvedic massage for you. This rejuvenating treatment will help you relax and unwind after your adventure-filled journey.

Please Note: While we strive to adhere to the proposed itinerary, local trail conditions and weather may necessitate adjustments for the safety and enjoyment of our journey. We appreciate your understanding and flexibility as we navigate the wild terrain of the Himalayas.

day 16:: FULL-DAY CITY Tour of Kathmandu City - HOTEL

Full-Day Kathmandu City Tour

After enjoying a delicious buffet breakfast at your luxury hotel in Kathmandu, your guided full-day city tour begins around 8:00 to 9:00 AM.

We start with a visit to **Swayambhunath Stupa,** famously known as the Monkey Temple. Perched atop a hill, it offers panoramic views of the Kathmandu Valley and a peaceful introduction to Nepal's spiritual heritage.

Next, we head to **Kathmandu Durbar Square**, a UNESCO World Heritage Site rich in history, ancient architecture, and vibrant local life. Here, you'll explore old royal palaces, courtyards, and temples that reflect centuries of Nepali art and culture.

We then proceed to **Boudhanath Stupa,** one of the largest and most sacred Buddhist stupas in the world. It's a serene and spiritual site, perfect for a peaceful walk and cultural immersion. We will enjoy lunch at a rooftop restaurant overlooking the stupa—an ideal setting to relax and soak in the views.

In the afternoon, we visit **Pashupatinath Temple,** one of the holiest Hindu temples dedicated to Lord Shiva. Located along the banks of the Bagmati River, it offers a deeply spiritual atmosphere and insight into Nepal's religious traditions.

After the tour, we return to **Thamel,** the lively heart of Kathmandu. In the evening, you're free to explore the vibrant streets, shop for souvenirs, or simply unwind. To end the day, enjoy a delightful farewell dinner at one of the city's finest local restaurants—an ideal way to conclude your Kathmandu experience before your journey home.

day 17:: DEPART FROM NEPAL TO HOME | Private transportation

After breakfast, our dedicated representative and private vehicle will be ready at the hotel to escort you to the airport for your journey home. It has been an absolute pleasure to share this adventure with you! The entire team at **Mountain Sherpa Trekking and Expeditions** is grateful for the opportunity to be part of your unforgettable experience in Nepal. We deeply value the connections we've built along the way, and we thank you for choosing us as your travel companion.

We're confident that the breathtaking landscapes of the Khumbu region and the vibrant culture of the Sherpa people have left you with cherished memories that will last a lifetime. Farewell for now, dear friends—until we meet again for the next adventure!

Important Note: Please remember that although we strive to adhere to the planned itinerary, the untamed beauty of this region may bring unexpected challenges. Local trail and weather conditions sometimes require slight adjustments to ensure a safe and enjoyable journey. Your flexibility and understanding are greatly appreciated as we prioritize your safety and enjoyment in these high-altitude terrains.

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Kathmandu–Lukla–Kathmandu round-trip by shared helicopter – No need for the long early-morning drive to Manthali Airport to catch a Lukla flight, and no need to drive back afterward.
- Kathmandu Stay: 3 nights in a centrally located premium 4- or 5-star hotel with daily buffet breakfast (based

on the selected package).
- Trek Accommodation: 13 nights in the best available Sherpa mountain lodges, including 10 nights in rooms with attached bathrooms. Hot showers are included daily throughout the trek.

Meals & Drinks Included As Per Below

- Four hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- 5–6 cups of warm beverages, such as tea or hot lemon, will be provided daily to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.
- Safe drinking water (3–4 liters per day) and fresh fruit will be provided daily for your health and well-being.

Staff Wages, Insurance & All Permits Included

- Your package includes fair wages and full insurance for your Sherpa guide and porter. We provide the highest daily pay and comprehensive insurance—because we believe those who make your journey unforgettable deserve the very best care and respect.
- Sagarmatha National Park entry permit fee & Khumbu Pasang Lhamu Rural Municipality Entrance Permit.
- Full-day Kathmandu city tour with a private guide and driver—an immersive experience to explore Nepal’s rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Experienced Sherpa Guides & Porters Included

- Our package includes highly experienced, responsible, honest, and friendly Sherpa guides. We provide a reliable Sherpa guide to accompany you throughout your entire trek. Your guide will be caring, trustworthy, and exceptionally friendly. As we are a 100% Sherpa-owned company, your guide will be a native Sherpa from the Everest region.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole.
- If you don't have your own warm sleeping bag and down jacket, we will provide them for you, which must be returned after the trek. Their rental value is around US$17–20 if rented from shops in Thamel.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates.

Value Added Service (VAS) By MSTE

- Stay fresh on trek – One-Time Laundry Service During Trek Included
- One hour of special Ayurvedic massage will be provided at the end of the trek to help you relax and rejuvenate
- We provide free luggage storage, help with SIM cards, and assist in renting or buying gear — making your trek hassle-free
- Enjoy complimentary guidance for shopping at local markets, ensuring you get souvenirs at the best prices.

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

FAQS

What is the best time of year to trek to Everest Base Camp

The best time to trek to Everest Base Camp is during the pre-monsoon (spring) season from March to May and the post-monsoon (autumn) season from September to November.

What is the level of difficulty for the Everest Base Camp trek

The Everest Base Camp trek is considered to be moderately difficult, with challenges including high altitude, variable weather, and rugged terrain. However, with proper preparation and acclimatization, it is achievable for most physically fit individuals.

How long does it take to trek to Everest Base Camp and return

The Everest Base Camp trek typically takes around 12-14 days to complete round trip, including acclimatization days, from Lukla to Lukla. Our proposed itinerary is carefully designed, with an additional hike to Ama Dablam Base Camp, along with acclimatization days.

What is the altitude of Everest Base Camp and how do I acclimatize properly

The altitude of Everest Base Camp is approximately 5,364 meters (17,598 feet). To acclimatize properly, ascend gradually, stay hydrated, rest when needed, and consider taking an extra acclimatization hike. Listen to your body and be aware of symptoms of altitude sickness. If symptoms persist or worsen, descend immediately. As a Sherpa company with over 25 years of expertise, our itineraries are carefully designed to ensure our valued clients are fully acclimatized before ascending to higher altitudes. We boast a 99% success rate.

What gear and equipment do I need for the trek

We recommend that you bring proper gear and equipment for this trek. For more information about the gear list, please visit this link: Everest base camp trek packing list

Are permits required for the Everest Base Camp trek, and how do I obtain them

Yes, permits are required for the Everest Base Camp trek. To trek in the Everest region, you need two permits:

Sagarmatha National Park Permit: This permit is obtained in Kathmandu or in Monjo, the entry point to Sagarmatha National Park. It costs approximately $30 USD.

Khumbu Pasang Lhamu Rural Municipality Entry Permit: This permit is obtained in Lukla or Monjo. It costs around $20 USD.

As an expert Sherpa company and registered trekking company, we will obtain both permits for our clients. It's essential to have these permits with you throughout your trek, as they are checked at various checkpoints along the trail.

What is the availability of food and accommodation along the trekking route

Along the Everest Base Camp trekking route, numerous teahouses and lodges offer food and accommodation for trekkers. The availability of food and lodging is generally good, with options like dal bhat (rice and lentils), Mo.Mo. noodles, fried rice, pasta, soups, and tea available at most lodges. Accommodation ranges from basic to private rooms with shared or attached bathrooms. In our Everest Base Camp trek packages, we provide our valued clients with rooms featuring attached bathrooms and hot showers where available during the trek, along with the best hotel accommodations in the city.

It's advisable to carry some snacks and water purification tablets in case of limited availability or personal preferences. During peak trekking seasons, such as spring and autumn, it's necessary to book lodge accommodations in advance to ensure availability, especially in popular stopping points like Namche Bazaar, Dingboche, and Gorak Shep. Therefore, we kindly request our clients to book their Everest Base Camp trek at least 6-7 months in advance or even one year earlier if possible.

What are the risks associated with altitude sickness and how can I prevent it

Altitude sickness, or acute mountain sickness (AMS), is a potential risk during the Everest Base Camp trek due to the high altitude. Symptoms include headaches, nausea, and dizziness. To prevent AMS, ascend gradually, stay hydrated, and consider additional hikes for better acclimatization. We would like to assure you that our Everest Base Camp trek itinerary is carefully designed with sufficient rest for acclimatization, including an additional day hike to Ama Dablam Base Camp. If you follow our itinerary, you can reach Everest Base Camp without altitude-related issues.

How does a Sherpa guide enhance safety and improve the Everest Base Camp trek experience

Sherpa people are highly reliable and well-known in Nepal's adventure tourism industry. About 99.9% of people in the Everest region are Sherpa. Sherpa guides are known for their reliability, friendliness, and trustworthiness. They are accommodating, service-oriented, and fun, which undoubtedly enhances safety and the overall Everest Base Camp trek experience.

What are the alternative trekking routes to Everest Base Camp, and which one is recommended

The best alternative trek routes to Everest Base Camp include the Gokyo Valley trek, the Gokyo Valley with Renjo La Pass trek, or the Gokyo Ama Dablam Base Camp and Everest Base Camp trek.