Luxury Everest Base Camp Helicopter Return Trek-13 Days (5 Star Hotel & Luxury Lodge + Expert Sherpa)

5 Star Hotel Package

4199USD per person

*Including healthy meals

Trip Style: Trekking and hiking

Trip Difficulty: Moderate

Luxury Everest Base Camp Helicopter Return Trek

Experience the Himalayas in the most extraordinary way with our Luxury **Everest Base Camp Trek with Helicopter Return**—a premium adventure designed for travelers who seek both comfort and breathtaking excitement. This exclusive trek combines luxury accommodations, expert-guided trekking, and an unforgettable helicopter flight from Gorakshep to Lukla after visiting Everest Base Camp and Kala Pattar. It is the ideal choice for those with limited time who still want a once-in-a-lifetime Everest experience.

A Luxury Journey to the Foot of the World's Highest Peak

Begin and end your journey in Kathmandu, where you will stay in 5-star luxury hotels offering world-class service, fine dining, and serene comfort. Once on the trail, enjoy some of the finest luxury lodges in the Everest region, each providing cozy rooms, exceptional hospitality, and delicious meals—ensuring your trek is comfortable at every step.

Helicopter Return for Comfort & Spectacular Views

After reaching the iconic Everest Base Camp (5,364 m) and hiking to Kala Pattar, where you can experience the majestic Khumbu Icefall and surrounding peaks, you can avoid the long return trek by flying back on a scenic helicopter ride. This thrilling flight offers unparalleled aerial views of Everest, the Khumbu Glacier, Ama Dablam, and the entire Himalayan range.

Perfect for Short Holidays & Premium Travel

If you have limited time or simply prefer trekking in comfort, the Luxury **Everest Base Camp Trek with Helicopter return** is the perfect choice. It blends adventure with relaxation, making your Everest dream both achievable and enjoyable.

What Makes Our Luxury Everest Base Camp Helicopter Return Trek Different?

1. **Kathmandu to Lukla by Helicopter (Round-trip)** – No worries about flight cancellations or the long drive to Manthali Airport at 2 a.m. for your Lukla flight. Enjoy a seamless and scenic Sharing helicopter ride both ways, making your journey hassle-free.

2. **Stay in One of Kathmandu's Top 5-Star Hotels** – We've handpicked one of the best luxury hotels in the city, centrally located to give you easy access to explore Kathmandu's vibrant culture and attractions.
3. **Luxury Accommodation in the Khumbu Region** – During your trek, you'll stay in the best available luxury lodges in the region. Enjoy modern comforts like hot showers, western toilets, and cozy rooms, ensuring a comfortable stay.
4. **No Restrictions on Food** – Choose from the lodge menu according to your tastes and preferences. Enjoy the flexibility of selecting meals that suit you best during your trek.
5. **Guided by Expert Sherpa Guides** – Your trek will be led by one of our experienced, responsible, and friendly Sherpa guides who are dedicated to providing the best service and making sure you have an unforgettable journey.
6. **Helicopter Return to Lukla –** After visiting Everest Base Camp and Kalapathar, you'll return to Lukla by helicopter. Skip the return hike and enjoy breathtaking views on your helicopter ride back.
7. **Expert Planning and 27+ Years of Experience** – All arrangements are handled by our expert Sherpa company with over 27 years of experience. We ensure you get the trip of a lifetime and the best value for what you've paid.

As a family-run, expert **Sherpa company**, we've been setting the standard for unforgettable trekking experiences since 1998. Growing up in the heart of the Everest region, we know what it takes to make your adventure extraordinary. We believe every trek should be more than just a journey—it should be an experience of a lifetime, filled with comfort, personal touches, and memories that last forever.

At our core, we **focus on your comfort and provide personalized service that goes above and beyond.** We're not just about getting you to Everest Base Camp—we're here to ensure that every step of the way feels like an adventure tailored just for you. With us, you're not just a guest; you're part of the Sherpa family.

Why Our Luxury Everest Base Camp Helicopter return Trek Offers You Exceptional Value?

- **3 Nights in a 5-Star Hotel in Kathmandu:** Enjoy a luxurious stay with breakfast each morning before and after your trek. *Value: $450*
- **Round-Trip Sharing Helicopter Ride:** Fly from Kathmandu to Lukla and back, taking in jaw-dropping views of the Himalayas. *Value: $1,000*
- **5 Nights in Luxury Lodges Along the Trek:** Stay in the finest luxury lodges on the trek, ensuring maximum comfort after each challenging day. All meals are included, with a focus on healthy, delicious options to fuel you for the journey ahead. *Value: $700*
- **Helicopter Return from Gorakshep to Lukla:** Skip the long trek back and enjoy a scenic helicopter flight straight to Lukla. *Value: $850*
- **Expert Sherpa Guide & Porter Service:** Travel with a knowledgeable guide and porter, ensuring a safe and comfortable journey. *Value: $500*
- **4 Nights in Top Local Lodges with Meals:** Experience the authentic hospitality and flavors of the region. *Value: $270*
- **Welcome Dinner, Ayurvedic Massage, Ground Transport & Permits:** Start with a special dinner, enjoy a soothing massage, and relax with included transportation and permits. *Value: $170*

Your Accommodation:

- **3 Nights at Dusit Princess Kathmandu:** Nestled in the heart of Nepal's vibrant capital, Dusit Princess offers the perfect blend of luxury, comfort, and impeccable service. Located in Lazimpat, it's just a short walk to popular areas like Thamel and Durbar Square, making it easy to explore the best of Kathmandu.
- Experience ultimate comfort with 5 nights at the **Mountain Lodges of Nepal,** featuring 1 night in Phakding, 2 nights in Namche, 1 night in Deboche, and a stay at one of the most exclusive premium lodges in the Khumbu region—ensuring you a restful and unforgettable journey every step of the way.
- During the trek, in addition to 5 nights in luxury lodges, you'll stay in the **best local Sherpa lodges for 4 nights**: 2 nights in Dingboche (4,410m/14,469ft) with deluxe rooms featuring hot showers and attached

bathrooms, top lodge accommodation in Lobuche (4,940m/16,210ft), and cozy lodges in Gorakshep (5,164m/16,942ft).

DURATION: 13 days

Trip Facts

Trek Region
- Everest region of Nepal

Maximum Altitude
- Kala Patthar – 5,545 m (18,192 ft)

Service Level
- Experienced Sherpa guide
- Best Lodge accommodation
- 100% Success Guaranteed

Trip Durations
- 12 Nights/ 13 Days
- Can be modify If Needed

Suitable For
- Couples and families seeking luxury trekking
- Trekkers wanting premium, personalized service

Accommodations
- 5 star hotel in City
- Luxury Lodge during Trek

Meals
- Daily Breakfasts In City
- All Meals during Trekking

Best Time to Travel
- February-May
- Mid September- December

ITINERARY

Day 01:: Arrival in Kathmandu and Transfer to Dusit Princess Kathmandu

As your flight approaches Kathmandu on a clear day, you'll be treated to breathtaking views of snow-capped mountain peaks glistening below. This awe-inspiring sight sets the stage for an unforgettable journey that will leave a lasting impression on you. Once you've collected your luggage and completed the visa process, make your way outside the airport Terminal Gate where our friendly **Sherpa guide** and driver will be eagerly waiting for you. Look out for our Company Name display board to easily spot them.

Upon arrival at Kathmandu International Airport, our Airport Representative guide will greet you warmly in accordance with Sherpa customs, offering you silk scarves or garlands as a traditional welcome gesture. From there, a comfortable private vehicle will be waiting to transport you to the **finest luxury 5-star hotel**, ensuring a pleasant and relaxing start to your trip. As you check-in, you'll be treated to complimentary welcome drinks, including a choice of tea, coffee, or refreshing cold drinks/juices.

To acquaint you with the details of your upcoming adventure, our company manager will arrange a meeting at your convenience, providing a comprehensive briefing about the trip ahead. This ensures that you're well-prepared and informed for the exciting experiences that lie ahead.

In the evening, immerse yourself in Nepali culture and cuisine by joining us for a delightful welcome dinner at an authentic Nepali restaurant. Here, you'll have the opportunity to savor the finest Nepali dishes while being entertained by a cultural show, creating a memorable and enjoyable evening.

We strive to make your arrival in Kathmandu a smooth and pleasant experience, ensuring that your journey begins with a sense of wonder and anticipation.

Day 02:: Fly to Lukla by Helicopter and Trek to Phakding (2651m)-4 Hrs Trek

Approx. Time: 35 Minute helicopter flights **Trekking Distance**: 8km (4 hours trek) **Highest Altitude: Lukla :** 2,800m/9184 ft. & **Phakding:** 2,652m/8,698ft

After a restful night at your **luxury 5-star hotel**, you'll enjoy a hassle-free journey to Lukla with our exclusive

sharing helicopter flight, bypassing the long 4-5 hour drive to Manthali Airport. This scenic flight ensures a **smooth start to your adventure.**

Upon arrival in Lukla, you'll be greeted by our expert Sherpa team, and we'll embark on a leisurely 4-hour hike to Phakding. Along the way, you'll enjoy stunning views and gradually acclimatize to the altitude, reaching Phakding at 2,650 meters.

Your **luxurious retreat** for the night, Phakding Lodge, offers a perfect blend of **traditional Khumbu design and modern comfort**. Relax in heated rooms with en-suite bathrooms and mountain views. Stroll through the vegetable garden, enjoy fresh meals, and rest easy with your electric blanket warmed for you. You'll feel right at home, ready for tomorrow's adventure.

Note: During peak season, most Lukla flights operate from Manthali Airport instead of Kathmandu's Tribhuvan International Airport due to heavy air traffic. If you take a regular flight, you'll need to drive by car/minibus from Kathmandu to Manthali early in the morning—around 2 a.m.—since it's 130 kilometers from Kathmandu, which takes about 4-5 hours. This long, tiring journey can leave you feeling exhausted and might affect your ability to fully enjoy the trip.

That's why, in our luxury Everest trek, we've included a shared helicopter flight instead of the regular flight. It's a more comfortable, scenic, and efficient way to travel, and our guests absolutely love it! It's truly a worthwhile experience, ensuring you start and end your adventure feeling relaxed and ready to enjoy every moment.

Day 03:: Trek to Namche 3,440 metres/ (11,286 ft) from Phakding- 6/7 Hrs Trek

Approx. Walking: 6-7 hours trek. **Approx. Distance:** 7.6 km **Highest Altitude:** Namche Bazaar 3,440m/11,283ft

In the morning, we embark on a delightful walk along the Dudh Kosi, following the scenic trail that leads us over Benkar. This pleasant journey takes approximately one hour, guiding us through magnificent rhododendron forests adorned with majestic firs and elegant magnolias. After this serene stroll, we reach the village of Monjo.

Continuing our trek for another hour, we encounter the police check-post at the entrance to **Sagarmatha National Park** in Jorsale. This serves as a gateway to the protected area, ensuring the preservation of its natural wonders. Beyond Jorsale, the trail begins to gently ascend, leading us to the iconic Hillary suspension bridge that spans the Bhote Kosi river. Crossing this sturdy bridge, we then ascend further along a well-maintained yet steep path that takes us to the vibrant trade center of **Namche Bazaar.** Known as the heart of the Khumbu region, Namche Bazaar holds great significance.

In the afternoon, we have the opportunity to explore the bustling streets filled with businesses and souvenir shops. This delightful tour allows us to immerse ourselves in the vibrant atmosphere of Namche Bazaar. Our luxurious lodge, situated on the upper slopes of this Sherpa capital, offers a truly exceptional experience. The lodge provides a mesmerizing view of the surrounding mountains, leaving us in awe of their grandeur. Accompanied by our knowledgeable guide, we make our way to the lodge where we will spend the night, ensuring a comfortable and memorable stay.

Day 04:: Day hike to sherpa village like Khunde & Khumjung for acclimatization

Max. Height: 3,790 meters/ 12,435 feet (Visit Khunde sherpa Village) **Hiking Distance: Approx.** 4 km (4-5 hours)

Namche Bazaar is a vibrant town located in the Khumbu region, nestled between two ridges amidst towering peaks. It sits at an altitude of approximately 3,440 meters (11,286 feet) above sea level. Despite its remote mountain setting, Namche Bazaar has developed to meet western standards, making it a popular destination for trekkers and mountaineers.

Often referred to as the "Las Vegas of the Khumbu," Namche Bazaar provides an excellent opportunity for trekkers to acclimatize to the higher altitude before continuing their journey towards Tengboche.

Today, we have an important day hike planned as part of our acclimatization process, taking us through the captivating and picturesque villages of **Khunde and Khumjung.** This carefully designed itinerary allows us to gradually adapt to the increasing altitude, ensuring both our safety and enjoyment throughout the journey.

After enjoying breakfast, our experienced Sherpa guide will lead us on an acclimatization hike up the slopes above the Everest Views Hotel, which was constructed by the Japanese. This hotel boasts a stunning location and offers delightful views of Everest and Ama Dablam, making it a perfect spot for a tea break and some relaxation.

During the hike, we will also visit the neighboring towns of Kunde and Khumjung, nestled below the sacred rocky peak of Khumbila, revered by all Sherpas. In Kunde, we will have the opportunity to visit the Edmund Hillary Hospital, which was established by Sir Edmund Hillary, the legendary mountaineer. If time allows, we will also visit the monastery in Khumjung, where you can see the only Yeti skull in the world by paying a small fee.

Afterward, we will return to our lodge for a tea break in the afternoon. You will have leisure time to explore the town and its beautiful surroundings. In the evening, your guide will provide a briefing about any necessary gear and discuss the anticipated itinerary for the following days. Take pleasure in a cozy second night at the Sherpa Lodge, immersing yourself in the tranquil atmosphere of Namche Bazaar.

Day 05: : Trek to Tengboche 3,870 meters (12,694 feet) from Namche Bazzar– 5/6 Hrs Trek

Max Height: 3,870 meters (12,694 feet) **Trekking Distance:** **Approx. 7** km (5-6 hours)

Today, after a very comfortable two-night stay at the Namche luxury lodge and a healthy breakfast, we continue our journey by traversing Mendaphu Hill, where we are rewarded with breathtaking panoramic vistas of the surrounding valleys and peaks. From here, we descend along a picturesque hillside path that leads us to the quaint village of Sanasa. At this point, we have the option to follow a trail that winds down into the enchanting Imja Kosi gorge. After an invigorating hike of over 2.5 hours, we arrive at the charming hamlet of Phunki Thanga, nestled at an elevation of 3,250 meters (10,663 feet).

From Phunki Thanga, a steady 2-hour ascent brings us to the crest of **Tengboche, situated at 3,870 meters (12,694 feet).** On clear days, we are treated to magnificent views of the towering ice giants of the Khumbu region, stretching across the horizon until the sun dips below the peaks. Dominating the skyline are majestic mountains such as Kongde Ri, Taboche, Mount Everest, Nuptse, Lhotse, Ama Dablam, Kang Taiga, and Thamserku.

Time permitting, we can visit the renowned Tengboche Monastery, famed for its captivating gompa, which was lovingly rebuilt after a devastating fire in 1989. Here, you will stay in a luxury lodge that offers panoramic views directly from your room, allowing you to soak in the awe-inspiring Himalayan scenery in comfort and tranquility.

Day 06:: Trek to Dingboche (4,410 meters (14,469 feet)) from Deboche – 5/6 Hrs Trek

Height: 4,410 meters (14,469 feet) **Trekking Distance:** **Approx. 7.7** km (5 hours)

The trek from Tengboche to Dingboche is a stunning transition from lush greenery to the rugged, high-alpine landscapes of the Khumbu. The journey begins with a steep descent through rhododendron and pine forests down to the Imja Khola river, followed by a steady climb toward the ancient village of Pangboche. As you gain elevation, the trees disappear, replaced by a wide, windswept valley with spectacular, close-up views of the iconic Ama Dablam.

Passing through the small settlement of Somare, the terrain becomes increasingly rocky and exposed, requiring a slow, disciplined pace for proper acclimatization. The final approach involves a long, gradual ascent across a barren valley where traditional stone-walled fields mark the entrance to Dingboche (4,410 meters/14,469 feet), this

vibrant village serves as a crucial stopover for trekkers to rest and adapt before pushing higher toward Everest Base Camp. Throughout the trek, professional Sherpa guides monitor your progress and oxygen levels to ensure a safe and successful ascent.

Day 07:: Day hike to Nangkartshang Peak 5,100M/16733ft for better acclimatization

Max. Height: 5,100M/16,733 feet high (Hike to Nangkartshang Peak) **Hiking Distance: Approx.** 5.7 km (Both way) (4-5 hours)

Today is a perfect day to rejuvenate and engage in meaningful activities without being idle. We will embark on a leisurely stroll through the village, where we will have the opportunity to interact and develop friendships with the local Sherpa people. These interactions will offer us profound insights into their customs and cultural practices, allowing us to gain a deeper understanding of the native Sherpa community in this region.

As we venture through the village, we can delight in the breathtaking landscapes that surround us, immersing ourselves in the natural beauty of the area. The picturesque views will undoubtedly leave a lasting impression on us, and we can capture these moments through photography or simply relish in their splendor.

In addition to our cultural exploration, we have the privilege of being guided by an expert Sherpa who will lead us on an exciting day trip to **Nagarjuna peak**, situated approximately **5,100 meters (16,733 feet)** above sea level. This excursion serves as an excellent opportunity for acclimatization, allowing us to gradually adapt to the high altitude.

We will commence our hike from the ridge located north of the village, steadily making our way towards the majestic Nagarjuna peak. Upon reaching the summit, we will be greeted by a panoramic vista of the world's tallest mountains. The awe-inspiring Mt. Lhotse, Mt. Makalu, and Mt. Cho Yu will stand before us in all their grandeur. Additionally, we will have the privilege of witnessing the captivating Cholatse (6,440 meters/21,126 feet) and Taboche (6,542 meters/21,463 feet) mountains to the west.

During our expedition, a packed lunch will be provided to satiate our hunger while allowing us to relish the magnificent surroundings. We can find a serene spot on the peak to savor our meal, taking in the remarkable views and appreciating the serenity of the environment.

As we descend from the peak, we can reflect upon the invigorating experiences and beautiful memories we have created throughout the day. The deep insights gained from conversing with the Sherpa people, the stunning landscapes witnessed, and the valuable time spent engaging in cultural exploration and personal growth will make this day a truly remarkable and fulfilling experience.

Day 08:: Hike from Dingboche via Duglha to Lobuche (4,940 meters/16,210 ft)- Overnight Lodge

Height: 4,900m/16,076ft **Hiking Distance:** 7.9 km (5-6 hours)

From this point onward, the trek becomes more exhilarating as we ascend to higher elevations. Our journey takes us up a steep path, leading us to the summit of a lofty hill. Along the way, we pass through Dughla (Thukla), a significant waypoint on our route. Prior to reaching Dughla, we traverse a broad pass, providing a welcome change from walking in a straight line.

Upon reaching **Dughla,** we embark on a challenging ascent along a steep trail that leads us to Chupki Lhara. This notable location is adorned with an assortment of stones adorned with prayer flags, serving as memorials to the legendary mountaineer Scott Fischer, an American, and Babu Chiri Sherpa, a Nepali mountain guide who summited Everest an astounding 10 times. These courageous individuals tragically lost their lives during an Everest expedition.

Continuing our trek, we proceed towards the Khumbu Glacier moraine, where we are greeted by an awe-inspiring vista of several majestic peaks. Among them are Khumbutse, Lingtren, Pumori, and Mahalangur Himal. Standing

before these magnificent giants, we cannot help but be humbled by their grandeur.

As we press on, the trail gradually becomes less strenuous, allowing us to follow the valley as it meanders towards our destination, Lobuche. This serene village nestled in the heart of the Himalayas will be our overnight resting place.

Day 09: : Trek to Gorakshepe (5,170m). Trek Everest Base Camp (5,364m) & Back to Gorakshep.6/8 Hrs

Height: Gorakshep (5180m/16,994 ft.) & **Everest Base Camp:** 5364m/17598 ft. **Trekking Distance: 12** Km both way (6-8 hours)

We ascend and descend several times over the end moraine of the Changri Nup glacier, conquering the challenging three-hour approach to the high alp **Gorak Shep (5,160 m / 16,929 ft)**. Here, we spend the night in a lodge, mindful of the altitude's effects and the importance of gradual ascent and adequate hydration. Following a break, we continue through the valley, traversing the glacier strewn with rubble until we reach the **base camp of Mt. Everest (5,364 m / 17,598 ft)**, approximately three hours later. During the expedition season, numerous groups settle in their respective camps here, eagerly anticipating their ascent of the world's highest mountain. We even have the opportunity to interact with some of them. The return journey from Everest Base Camp to Gorakshep takes around 2-3 hours. After capturing photographs and cherishing the moment, we make our way back to Gorakshep for the overnight stay.

Day 10: : Hike to Kala Patthar & fly back to Lukla by Helicopter, explore around Lukla

Altitude: 5,545m/18,192ft (Kalapathar) **Heli Flight to Lukla**: Approx. 15-20 Minute **Lukla to Kathmandu Flight:** 30 Minute

Today is the summit day to Kala Pattar, which is also known as "black mountain," you need to wake up early in the morning. From there, you will be able to see the route leading to the panoramic summit of Kala Pattar, which stands at an impressive height of 5,643 meters. It takes about two hours to reach the summit, and during this ascent, you'll be treated to breathtaking views of Pyramid and the Nuptse ridge. Additionally, you'll be able to observe the vast expanse of the Changri and Khumbu glaciers, along with a distant view of the base camp.

Once you reach the top of **Kala Pattar**, you'll experience strong winds due to its elevated position. However, the incredible vistas of the Himalayas make it a worthwhile experience. After taking in the awe-inspiring scenery, you'll make your way back to Gorak Shep, where you'll have breakfast.

The descent from **Kala Pattar** is relatively easy, as it involves a straightforward walk downhill. You'll return to Gorak Shep for breakfast, and from there, you'll board a helicopter that will transport you back to Lukla. The helicopter journey takes approximately 15 minutes, providing you with a swift return to Lukla.

Upon reaching Lukla, you'll spend one night there before taking a regular flight back to Kathmandu. This allows you to rest and prepare for your journey back to the capital city.

Day 11:: Fly to Kathmandu by helicopter and relax at best 5 Star hotel

After a hearty breakfast, we'll fly back to Kathmandu by shared helicopter, marking the end of our amazing mountain journey. We include the **helicopter flight from Lukla to Kathmandu** because we want our guests to have the best experience with a smooth, hassle-free return.

During peak season, most Lukla flights are operated from Manthali Airport instead of Kathmandu's Tribhuvan International Airport due to heavy air traffic. If you take a regular flight, you'll need to fly from Lukla to **Manthali and then drive 4-5 hours back to Kathmandu**, which we **don't recommend.** Manthali Airport is located 130 kilometers east of Kathmandu, which is why we provide the helicopter return for your comfort.

Once in Kathmandu, it's a great time to pick up souvenirs for your loved ones. You can visit nearby shops or head to Thamel, known for its wide variety of Nepalese goods. Our **Mountain Sherpa guides** are happy to help you, or you can explore on your own.

Alternatively, after check into your hotel and having delicious lunch, you have the option to take a day sightseeing tour of the Kathmandu Valley. You can book this extra tour with us upon your arrival in Kathmandu. We'll provide you with a knowledgeable city guide and a comfortable vehicle to explore some of the most beautiful and iconic places in Kathmandu, including **Boudhanath Stupa, Swayambhunath (Monkey Temple), and Pashupatinath Temple.**

In the evening, we'll gather to celebrate the completion of the Everest Base Camp trek with a special dinner hosted by Mountain Sherpa Trekking. It will be a joyful celebration, marking your incredible achievement. Afterward, we'll spend the night in Kathmandu, the "Valley of the Gods," reflecting on the amazing journey."

DAY 12:: Contingency day (bad weather, health issues, or any other circumstances)

A contingency day is an essential part of ensuring a smooth and stress-free experience, and we highly recommend it. Whether it's due to bad weather, health issues, or any unforeseen circumstances, having that extra day can make a huge difference. As an expert Sherpa company with over **27 years of experience**, we always include one additional day in Kathmandu at the end of your trek to provide that extra layer of flexibility and peace of mind.

Our **Sherpa guides** will work hard to ensure everything goes as smoothly as possible, and we hope everything stays on track according to the itinerary. However, in the rare event that something doesn't go as planned, this extra day allows us to adjust accordingly without disrupting your experience.

If everything does go according to schedule, this contingency day is yours to enjoy. You'll have the opportunity to explore the vibrant city of Kathmandu and visit the culturally rich cities of **Patan and Bhaktapur**—two must-see places that will leave you in awe of Nepal's history and architecture. It's the perfect way to wrap up your adventure and take in the beauty and culture of this incredible place.

This day is all about you and your relaxation. You can spend it however you like, whether it's shopping for unique souvenirs, wandering through local markets, or simply soaking in the atmosphere. If you'd prefer to unwind, **take full advantage of your hotel's luxurious amenities,** or treat yourself to a rejuvenating one-hour **Ayurvedic massage**—a special service offered by **Mountain Sherpa Trekking** to help restore your body after the trek.

Ultimately, this extra day is yours to enjoy at your own pace, giving you the flexibility to choose what brings you the most joy and ensuring you leave Kathmandu with nothing but unforgettable memories of your journey.

Day 13.: Drive to the Airport to head back to that lovely place we call 'home''

After having breakfast, our representative and office vehicle will be waiting at our hotel to take you to the airport for your connecting flight back home. It has been an absolute pleasure serving you, and we, at **Mountain Sherpa Trekking and Expeditions**, will always cherish the bonds we've formed during your time with us. We sincerely thank you for choosing us as your travel partner and for visiting the beautiful country of Nepal.

We are confident that trekking in the stunning Sherpa land of the Khumbu region has provided you with lifelong memories of a well-enjoyed vacation. Goodbye, dear friends! Until we meet again.

Please keep in mind that while we strive to adhere to the provided itinerary, there may be occasional adjustments due to local trail conditions or weather. Additionally, the trekking itinerary might vary slightly depending on the acclimatization rates of our trekkers. This adventure takes you into untamed terrain above the treeline, so we kindly request your utmost flexibility when necessary to ensure the safety of your trip and your well-being. Thank you for your understanding.

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile.
- Kathmandu-Lukla-Kathmandu round-trip by helicopter, including airport drop-off and pickup service
- Three nights deluxe room at a 5-star hotel in Kathmandu as per the itinerary
- Among 9 nights of lodge accommodation in the mountains, we offer you 7 nights in the best comfort lodges and 2 nights in the best Sherpa lodges with authentic Sherpa hospitality.
- Sharing a helicopter ride from GorakShep to Lukla is included, which will be one of the most stunning journeys.

Meals & Drinks Included As Per Below

- Daily 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.
- Unlimited warm beverages, such as tea, hot lemon, hot chocolate, or coffee of your choice, will be provided every day 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.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates.

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Staff Pay, Insurance & Required Permits

- Pay and insurance for guide and support staff
- Sagarmatha National Park entry permit fee

- Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- Enjoy a half-day cultural tour in Kathmandu, inclusive of a tour guide and driver. Immerse yourself in the local culture, gaining familiarity with the local environment before your trek.
- Entrance fees to historic sites, temples and monuments

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, Water and deserts in Trek
- Gratitude for Sherpa Guide & Porter after end of trek

Extra Bills Not Included In Price

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation
- Your Personal Trekking Gears, which you also can buy in Kathmnadu at reasonable price

FAQS

How fit do I need to be to do the Everest Base Camp Heli Trek

The **Everest Base Camp trek, including the return by helicopter**, is not a highly difficult trek. However, it is important to have a reasonable level of fitness in order to fully enjoy this experience. If you are relatively fit and comfortable with walking 5-6 hours a day, then you can trek to Everest Base Camp and then fly back to Lukla from Gorakshep.

The trek involves steep ascents and descents, rocky paths, rock steps, and some walking on moraines. Due to these factors, individuals with knee problems or weak ankles may find this trek unsuitable for them. Additionally, individuals with heart or lung problems should consult with their doctor before undertaking this trek.

We recommend engaging in physical fitness programs such as running, swimming, and hiking prior to embarking on your journey in order to prepare yourself physically.

What sort of accommodation can I expect in Kathmandu and in trekking

We offer accommodation in deluxe rooms at the finest 5-star hotels in Kathmandu, including breakfast. Along the trekking routes, we provide you with the best available luxury Sherpa lodges for 5 nights. At these lodges, you can expect breathtaking mountain views, heated blankets, full bedding, ensuite bathrooms, and full board meals. Additionally, you will enjoy hot drinks during your stay. For the remaining 4 nights, you will be accommodated in the best available Sherpa lodges, which offer rooms with attached bathrooms and hot showers. These lodges also provide healthy and hygienic meals.

What sort of food can I expect in trekking

Rest assured, the food provided during your **Luxury Everest Base Camp trek with helicopter return** will be both **healthy and hygienic**. You can expect a variety of nutritious meals throughout your journey, including local and international cuisine. From breakfast options such as eggs, toast, porridge, and fruits, to energizing lunches and dinners featuring dishes like dal bhat (lentils and rice), pasta, soups, salads, vegetables, and meat, the meals will be carefully prepared to ensure your well-being and satisfaction. Hygiene standards will be maintained at all times to ensure your safety and enjoyment. You will have the option to choose between vegetarian and non-vegetarian meals. Please let us know your preference, and we will ensure that your dietary requirements are met. Our team will provide you with a variety of delicious and nutritious options, both vegetarian and non-vegetarian, to cater to your specific needs and preferences.

Can I have vegetarian meals during this trek

Yes, You will have the option to choose between vegetarian and non-vegetarian meals. Please let us know your preference, and we will ensure that your dietary requirements are met. Our team will provide you with a variety of delicious and nutritious options, both vegetarian and non-vegetarian, to cater to your specific needs and preferences.

Is it possible to take hot shower along the trek

Yes, it is possible to take hot showers during the luxury Everest Base Camp trek with a helicopter return to Lukla from Gorakshep. Along the route, you will be accommodated in **luxury lodges** that provide hot shower facilities. Therefore, you can definitely enjoy hot showers during your trek.

Do your guides have trekking guide license and first aid training for high altitude

All our guides have successfully completed a comprehensive 45-day training program at the esteemed Hotel Management and Tourism Center in Nepal. This training equips them with the necessary skills and knowledge to provide exceptional guidance and support to our valued clients.

Furthermore, we prioritize the safety and well-being of our guests, which is why our guides have also undergone rigorous high-altitude first aid training. This specialized training, provided by the renowned Kathmandu Environmental Education Project (KEEP), ensures that our guides are well-prepared to handle any medical emergencies or challenges that may arise during your expedition.

We take immense pride in the expertise and professionalism of our guides, as their extensive training and qualifications reflect our commitment to delivering a top-tier experience for our customers. You can rest assured knowing that our team is equipped with the necessary skills and certifications to make your journey safe, enjoyable, and memorable.

Is Mountain Sherpa trekking staff insured

As a responsible **Sherpa company**, we prioritize the well-being of our staff members, which includes Sherpa guides, cooks, assistant guides, and porters. To ensure their protection and security, we provide comprehensive insurance coverage to all our employees. This reflects our commitment to their safety and serves as an assurance of our responsible practices within the company.

Will My Travel Insurance Cover Me for the Everest Base Camp Trek

Before embarking on the Everest Base Camp trek, it is of utmost importance to thoroughly review the terms and conditions of your travel insurance. This is particularly crucial due to the high altitudes involved in this trek, exceeding 5000m, as many insurance companies do not provide coverage for such elevations. For detailed information and recommendations on insurance companies, please refer to the following link: **Nepal Travel Insurance**.

One key aspect to consider is having coverage for helicopter evacuation from the mountains in case of emergencies. Occasionally, adverse weather conditions may cause delays in flights from Lukla to Kathmandu. In such situations, arranging a helicopter flight back to Kathmandu becomes necessary to catch your international flight. Consequently, it is essential for your insurance policy to include coverage for the expenses incurred during a helicopter transfer from Lukla to Kathmandu, if required. We, as your service providers, always strive to provide assistance and support to our valued clients during emergencies.

What is the maximum weight for my trek bag

We recommend keeping the weight of your trekking bag limited to a maximum of 15kgs. Each porter has the capacity to carry up to 30kgs. Our arrangement includes one porter assigned to carry the duffel bags of two clients. It's important to note that you are allowed a total luggage weight of 15 kgs, including your handbag, for the Lukla flight. Additional charges apply for any excess baggage that exceeds this limit.

Where can I leave my extra things and valuables while I am on the trek?

We understand the importance of ensuring the safety of your belongings while you are away on the Everest Base Camp trek. To provide peace of mind, the hotel we partner with in Kathmandu offers a securely locked room where your extra belongings can be stored safely. You can trust that your possessions will be well-protected during your trek.

In addition to the **hotel** storage option, we also offer a safe storage facility at our office. You can confidently leave your belongings with us, knowing that we have taken appropriate measures to keep them secure until your return.

We prioritize the safety and security of our client's belongings and strive to provide reliable storage solutions while you embark on your adventure.

Do you Provide porters on the trek to carry all our gears? Do you provide us duffle Bags?

Yes, we do provide porters on the trek to assist you with carrying your gear. Our experienced and reliable porters are accustomed to the terrain and altitude, ensuring that your belongings are safely transported throughout the trek. They are trained to handle the physical demands of carrying heavy loads, allowing you to focus on enjoying your journey.

In addition to providing porters, we also offer duffle bags for your convenience. These durable and spacious bags are specifically designed for trekking purposes, allowing you to pack your gear efficiently. Our duffle bags are provided to ensure that your belongings are organized and protected during the trek.

By offering both porters and duffle bags, we aim to lighten your load and enhance your trekking experience, enabling you to fully immerse yourself in the beauty of the Everest Base Camp trail.

What happens if I get sick

Our highly skilled Local Sherpa guides have undergone rigorous training in mountain first aid and are well-versed in addressing altitude-related illnesses. In the event of severe altitude problems, our recommended solution is always to descend to a lower elevation. It is important to note that the vast majority of our clients successfully complete the Everest base camp hike each year without experiencing any major issues.

However, in the event that a participant falls ill or encounters an accident, we have a **comprehensive evacuation plan** in place. Our Sherpa guide will immediately contact us if someone falls sick or is injured, and we will arrange a helicopter as soon as possible.

To ensure the utmost care and support, we always maintain an adequate number of staff members within our crew. This allows us to assign a dedicated person to accompany and care for any sick or injured clients while the rest of the group can continue their trek or climb if they choose to do so.

Rest assured, the safety and well-being of our clients are our top priorities, and we are fully equipped to handle any unforeseen circumstances with efficiency and professionalism.

Do mobile/ cell phones work while on trek? Can I buy a Nepal SIM card and which is best network

There are now cellphone masts installed at Gorakshep, enabling 3G connectivity throughout the Everest Base Camp trek. The best network above Lukla on the Everest Base Camp trek is NCell. Please note that in order to obtain a Nepal SIM card, you will need to provide a photocopy of the details page of your passport and one passport photo. Our guide will assist you in purchasing a SIM card. Additionally, all our guides are equipped with local mobile phones. You may choose to share the guide's number with your family for callbacks, or you can make international calls from the guide's mobile and reimburse him directly for the cost.

Are solo female travelers safe on Everest base camp Trek

We guarantee the travel safety of all our trekking guests, irrespective of their gender. Nepal, as a whole, is an incredibly safe and welcoming country for foreign visitors. As a local responsible Sherpa company with over **25 years of experience,** we have established longstanding and strong relationships with the Sherpa lodges we frequently utilize, ensuring their safety and reliability. Moreover, our Sherpa guides are highly reliable, trustworthy, and consistently vigilant in keeping track of all guests' whereabouts throughout the trek

What would be normal group size & how many porters and trekking staff are in the group

Mountain Sherpa Trekking & Expeditions is committed to the well-being of our porters, and we take careful consideration in calculating our trekking weights to avoid overloading them. We provide one porter for every two trekkers. Additionally, we assign one expert local Sherpa guide for every two people. In the case of five trekkers, we provide an extra assistance Sherpa guide. This arrangement ensures that even if someone in the group falls ill, the trip can proceed as planned.

While we can accommodate groups of any size, based on our extensive experience, we have found that a maximum of eight to twelve people is the ideal size for a successful trip. However, if you prefer a smaller group, a solo trek, or a private family trek, please let us know, and we will gladly arrange a private Luxury Everest Base Camp trek with helicopter return to Lukla tailored to your specific requirements.

Do the tea houses/ lodges have electricity? Can I charge my iPod or camera

In the Everest Base Camp trek, most lodges and tea houses have electricity, allowing you to charge your iPod or camera batteries while on the trek. However, it's important to note that lodges and tea houses may charge a fee for the charging service, typically ranging from 1 USD to 3 USD per hour.

How much should I plan to give in tips to my guides, porters and driver

Tipping for the guides, driver, and porters is not included in the price of your tour. However, it is customary to provide something extra to your staff after completing a special trek. It's important to note that tipping is not mandatory, but rather a way of expressing gratitude for their services after a successful trip to Everest Base Camp. During the pre-trip meeting in Kathmandu before starting the trek, you will be provided with the recommended tipping ratio for the guide and porter. As a general guideline, we suggest allocating a minimum of 10% of your total

trip cost for tipping the entire local staff.

How much additional money do I need per day

For meals in Kathmandu, budget around USD $10 to $15 per lunch or dinner. This should cover your expenses at local eateries and restaurants.

During trekking, allocate about USD $10 to $15 per person per day. This budget can be used for water, snacks like chocolates, and a few drinks along the way.

What about payment, do you need a advance booking deposit

Once you have confirmed your booking, we require an advance deposit of 25% of the total trip package for 100% confirmation. You can make the deposit payment using either a credit card or through a bank wire transfer. The remaining balance for the trek needs to be paid in Kathmandu on your arrival day. After confirming your trek booking, we will provide you with detailed information on how to make the deposit payment.

For more information regrading payments options visit this link: **Payment options**

It's important to note that the trek deposit is non-refundable. However, if necessary, you can postpone your travel date within a period of 3 years. Your deposit will remain valid for this duration, allowing you to choose any date within that timeframe for your travel.

What is your success rate for reaching the Everest base camp & ascent of Kala Pattar at 5,545m

We take pride in our Everest base camp trek return by helicopter, which has achieved a **99% success** rate to date. This remarkable success is primarily due to the expertise and experience of our local Sherpa guides and staff. As a 100% local Sherpa company in Nepal, all our guides and staff hail from the Everest region. Sherpas are highly respected as elite mountaineers and are renowned for their extensive knowledge of the local area. They have played an invaluable role in assisting early explorers in the Himalayan region, serving as guides for expeditions to climb Mount Everest, especially at extreme altitudes and challenging passes.

Another crucial factor contributing to our success is our specially designed itinerary that prioritizes proper acclimatization. We have incorporated two additional days during the critical acclimatization period to ensure the well-being and safety of our trekkers. We spend one night in **Namche Bazaar (3,440m/11,286ft)** and an additional night in **Dingboche at (4,410m/14,465ft)**. This deliberate approach allows trekkers to gradually adapt to the increasing altitude, reducing the risk of altitude-related illnesses and enhancing their overall trekking experience.

If I have more questions, how should I contact Mountain Sherpa Trekking

If you have any further questions, please feel free to contact us. You can reach out to us via email, phone call, or message us anytime through WhatsApp. You can find the "Message Us" button on the lower-left corner of our website. Alternatively, you can send an email to the following address: **info@mountainsherpatrekking.com**

We will respond to your inquiry within 24 hours. For direct WhatsApp calls or messages, you can reach us at: **977-9849643731**

Thank you for considering our services. We look forward to assisting you!

Why book this trek with Mountain Sherpa Trekking & Expedition

Here are the top 7 reasons why you should book your Everest Base Camp Trek with Mountain Sherpa Trekking:

01: Over 25 years of experience: With more than 25 years of experience in organizing treks and expeditions in the

Everest region, Mountain Sherpa Trekking has gained extensive knowledge and expertise. Our team is well-equipped to handle the challenges and complexities of the trek, ensuring a smooth and enjoyable experience for our clients.

02: Reliable and honest Local Sherpa guide: We take pride in providing you with reliable and honest Sherpa guides who have a deep understanding of the local culture, traditions, and terrain. They will accompany you throughout the trek, offering valuable insights and ensuring your safety at all times.

03: Expert Sherpa family-owned company: As a Sherpa family-owned company, we have a deep connection to the Himalayas and a profound respect for its natural beauty. Our experienced Sherpa team has an intimate knowledge of the region, enabling us to provide you with an authentic and immersive trekking experience.

04: Flexible itinerary with an all-inclusive package: We understand that each traveler has unique preferences and requirements. Therefore, we offer a flexible itinerary that can be tailored to suit your needs. Our all-inclusive package covers permits, accommodations, meals, transportation, and other necessary logistics, ensuring a hassle-free experience for you.

05:Clean accommodation and hygienic meals: Your comfort and well-being are our top priorities. We ensure that you stay in clean and comfortable accommodations throughout the trek, allowing you to rest and rejuvenate after a day of trekking. Our experienced cooks prepare hygienic and nutritious meals to keep you energized during the journey.

06: Best Service and Price guarantee: We are committed to providing you with the best service possible. From the moment you inquire about our trek to the completion of your journey, our dedicated team will assist you at every step. Additionally, we offer competitive prices without compromising on the quality of our services.

07:Giving back to society: At Mountain Sherpa Trekking, we firmly believe in contributing to the communities we operate in. Through our social activities, we actively support local schools, health posts, and environmental initiatives. One of our notable initiatives includes providing **scholarships to over 140 students from backward communities** in the lower Everest region for a period of five years. By choosing Mountain Sherpa Trekking, you become a part of this noble cause, contributing to sustainable development in the region and making a positive impact on the lives of local communities.

We hope these reasons convince you to choose Mountain Sherpa Trekking for your Everest Base Camp Trek. We are dedicated to providing you with a memorable and fulfilling adventure in the Himalayas.