

# Everest base camp Heli Trek

## 5 Star Hotel Package

**2700**<sup>USD</sup> per person

\*Including healthy meals

**Trip Style:** Trekking and hiking

**Trip Difficulty:** Moderate



Our 9 days **trek to Everest Base Camp and return by helicopter** from Gorakshep to Lukla is perfect to explore the Khumbu region in a short time. We start our trek from Lukla after a short but stunning flight. During your trek, you will have an opportunity to trek through the most famous Sherpa land following the footsteps of Hillary to base camp. **Everest base camp trek return by helicopter** is once in a lifetime trekking holiday into the Everest regions includes the explorations of Sherpa capital Namche Bazaar, Sherpa village of Khunde with Hillary hospital as well as Khumjung village from where you have a wonderful view of Mt. Ama Dablam. On our way to the base camp of Everest, we also visit Tengboche Monastery and Pangboche monastery, which is the oldest monastery in these regions.

**Everest base camps trek and fly by helicopter** Gorakshep would be an ideal trip for those who have a short time. In the first part of the trek, we walk through green forests and various Sherpa villages and gradually hike to the world-famous monastery Tengboche and the picturesque upper Khumbu valley. As a highlight, you will visit the Mount Everest Base Camp and climb the 5550 m high Kala Pattar. From here you have an unbelievable view of the world's tallest peak **Everest** and many more snowy peaks! Finally, you will fly back to Lukla from Gorakshep by a **scenic Helicopter ride**. Experience one of the spectacular view of the Himalayas arriving straight to Lukla in 15 minutes. We spent our last night in Lukla from where you take our morning flight to Kathmandu.

DURATION: 12 days

## Trip Facts

### Arrival City

- Kathmandu, Nepal

### Departure City

- Kathmandu, Nepal

### Trek Region

- Everest, Nepal

### Trip Style

- Trekking & Hiking

### Maximum Altitude

- 5,644.5 m (18,519 ft)  
- Kala Patthar

### Suitable For

- Couple, families and friends

### Accommodations

- 5 Star Hotel in City  
- Best lodge on Trek

### Meals

- Buffet Breakfast in City  
- 3 meals daily on trek

### Service Level

- Reliable, Friendly & Authentic Sherpa Guide

### Fitness Level

- Physical & Mentally Fit  
- Walk, Run & Gym Work

### Best Time to Travel

- February-May  
- September- December

### Temperature

- Minimum -2 to -5  
- maximum 15-20

## ITINERARY

**Day 01:: Arrival in Kathmandu and Transfer to Marriot/Yak and Yeti Hotel**

Our trip to Nepal starts today. After checking your luggage and finishing the visa processes, you have to come outside the airport Terminal Gate where our guide and driver will be waiting. Please check our Company Name display board at the outside terminal gate. Upon our arrival at Kathmandu international airport, our Airport Representative guide will earnestly welcome you with Silk scarves or garlands as per Sherpa customs.

Private comfortable Vehicle will drop us off at the best luxury 5 Star hotel where we can take a rest. Check-in at Hotel, free welcome drinks tea/coffee, or any cold drinks/Juices. The company Manager will meet you as per your preferred time & will give you a Briefing about the trip. In the evening we can enjoy a welcome dinner hosted by **Mountain Sherpa trekking** at the best authentic Nepali restaurant where you can experience the best Nepali food and cultural show.

### **Day 02:: Half-Day Sightseeing Tour in Kathmandu & Trek Preparation - 5 Star hotel**

After a good night's sleep and enjoying a hearty breakfast in our Hotel. We start our excursion to the two most popular UNESCO World Heritage Sites. These places highlight Nepal's cultural and spiritual legacies. Our first stop will be a tour of the well-known Boudhanath Stupa (said to be the largest in the world) and an important center of Tibetan culture in Kathmandu. The stupa is designed to be like a huge mandala (a representation of the Buddhist cosmos).

Our next destination is Pashupatinath Temple. This temple is dedicated to the Hindu deity Lord Shiva and is said to be the holiest Hindu shrine in Nepal. Where, we see a cremation ritual of Hindus at 'Aryaghat,' the cremation area of the temple. This cremation site is used for the once royal family of Nepal and also for the simple Nepalese people who live within the country. Lastly, in the late afternoon, we visit Thamel, where you can buy or hire necessary trekking gear. Our guide will help to find the best shop to buy or hire any gear for your trekking. After that, we come back to our hotel, get refreshed & prepare for our trek baggage.

### **Day 03:: Fly to Lukla (2860m) and Trek to Phakding (2651m) – 3 Hrs Walk**

**Approx. Time:** 35 Minute flights **Trekking Distance:** 8km(3-4 hours) **Highest Altitude:** Lukla : 2,800m/9184ft & Phakding: 2,652m/8,698ft

We leave early in the morning for the airport and fly from Kathmandu to Lukla in about one hour (2,800 m, paved runway). There we are welcomed by our **expert Sherpa team** and start our 3-hour hike to **Phakding** (2,652 m). We descend for about 1.5 hours to the Kusum River (2,550 m) and then follow the Dudh Kosi (milk flow) on the east bank upstream about 1.5 hours to Phakding (2,650 m).

Walking slowly is a top priority because our body first has to get used to the thin air. The rest of the day is for rest and benefits our acclimatization. Our local Sherpa **lodge** is idyllically situated amidst a beautiful garden on a bend in the river. About after 3 hours, we reach Phakding where we spend our overnight in the teahouses that are run by Local Sherpa's.

### **Day 04:: Trek to Namche 3,440 metres/ (11,286 ft) – 4/5 Hrs Trek**

**Approx. Walking:** 5-6 hours trek. **Approx. Distance:** 7.6 km **Highest Altitude:** Namche Bazaar 3,440m/11,283ft

In the morning we walk along the Dudh Kosi over Benkar (about 1 hour) to Monjo, through huge rhododendron forests, past also firs and magnolias. After another hour, we pass the police check-post at the entrance to Sagarmatha National Park in Jorsale. From Jorsale, the trail starts slightly uphill, over the **Hillary suspension bridge** over the Bhote Kosi and then up the good but steep path to the small trade center **Namche Bazar** the most important place in the Khumbu area.

In the afternoon we can do a tour of the business and Souvenir Street. Our **luxury lodge** in Namche is located on the upper slopes of the **Sherpa** capital Namche Bazar. The view of the surrounding mountains is breathtaking. Your guide will walk you to the lodge you will be staying overnight.

**Day 05:: Acclimatization Day in Namche (Day trip to the villages of Khunde and Khumjung)**

**Max. Height:** 3,790 meters/ 12,435 feet ( Visit Khunde sherpa Village) **Hiking Distance: Approx.** 2-3 km (4-5 hours)

Early in the morning, we will visit Mendaphu Hill, a first-class vantage point overlooking numerous Khumbu peaks such as **Mt. Everest**, Lhotse, Taboche, and Ama Dablam. Here is the park's main administration with an informative museum (optional). Past Mani walls (stone tablets bearing the inscription "Om mani Padme hum") and beautiful Chorten, we then hike via Zarok to Syangpoche (with Nepal's highest airstrip).

A small pass takes us to the stately village of **Khunde** 3,790 meters/ 12,435 feet and visits the famous **Hillary Hospital** of the Sir Edmund Hillary Foundation. Through winding paths and between stone-fringed farmland we come to the gumpa of Khumjung (about 3,800 m). Finally, we can treat ourselves to an afternoon tea on the observation deck of Everest View Hotel and finally head back to **Namche Bazar** to our quarters.

**Day 06: : Trek to Deboche (3820m) – 6/7 Hrs Trek**

**Max Height:** (3,820m/ 12532 ft.) **Trekking Distance: Approx.** 10km (5-6 hours)

We walk over Mendaphu Hill and down a scenic hillside path to Sanasa. From here we choose the path down to the deep Imja Kosi gorge and after more than 2.5 hours hiking we arrive in the hamlet of Phunga Tengi (3,250 m). After a 2-hour ascent, we reach the crest of Tengboche (3,870 m). In clear weather, we enjoy the magnificent view of the ice giants in Khumbu until sunset. Above us are peaks such as Kongde Ri, Taboche, Mt Everest, Nuptse, Lhotse, Ama Dablam, Kang Taiga and Thamserku. Maybe we have time to visit the monastery with its worth seeing gumpa after the fire of 1989. A descend for about 20 minutes from Tengboche brings us to Deboche we spend our overnight. We spend the night in the best available mountain lodge in the hamlet of Deboche, near the small nunnery.

**Day 07:: Trek to Dingboche ( 4,410 M/14,470 ft) – 5/6 Hrs Trek**

**Height:** 4,400m/14,435ft **Trekking Distance: Approx.** 11km (6 hours)

We descend to the bridge over the Imja Kosi and then continue to Pangpoche village (3,930 m). In the village, characterized by ancient juniper trees, we can visit the oldest gumpa in Khumbu, which is over 350 years old. In the afternoon, we follow the sloping path to the bridge over the Imja Kosi (4,135 m) and arrive after a short climb in Dingboche. This place is with 4.410 m the highest located, permanently (also in winter) populated village in the Khumbu area.

**Day 08:: Acclimatisation day in Dingboche ( Day hike to Nangkartshang Peak 5,100M/16733ft and Back**

**Max. Height:** 5,100M/16733ft high ( Hike to Nangkartshang Peak) **Hiking Distance: Approx.** 5 km (4-5 hours)

It is a day to pull up and rest without being lazy. We can walk around the village and get pally with the local Sherpa people with some exciting conversations. It will give us deep insights into the customs and cultures of the native Sherpa people in this region. At the same time, we can also delight in the landscapes that surround us, and we can also catch up on some reading.

Today our Expert Sherpa guide will take you for a lovely day trip to approximately 5,100M/16733ft high Peak for good acclimatization. We hike from the ridge on the north behind the Village to **Nagarjuna peak (5,100 m)**.

From Top of the Peak, We can experience the spectacular views of the world's tallest mountains, Mt Lhotse, Mt Makalu, and Mt Cho Yu as well as Cholatse (6440 m/21,126 ft) and Taboche (6542 m/ 21,463 ft) on the west. For the day lunch, packing Lunch will be provided.

**Day 09:: Hike from Dingboche via Duglha to Lobuche ( 4,940 metres (16,210 ft)- Overnight Lodge**

**Height:** 4,900m/16,076ft

**Hiking Distance:** 11-12 km (5-6 hours)

From here on forth, trek will become more interesting due to the high elevation. By trekking steep to the top of a high hill, we will pass Dughla (Thukla). Before reaching Dughla, we hike through a wide pass, which is much needed change from walking in a straight line. From Dughla, we climb up a steep trail to Chupki Lhara, where we find an array of stones with prayer flags used as memorials to Scott Fischer (American mountaineer) and 10-time Everest submitter Babu Chiri Sherpa (Nepali mountain guide) who perished on a mission to climb Everest. Next, we continue to the Khumbu Glacier moraine and find ourselves facing several great peaks - Khumbutse, Lingtren, Pumori and Mahalangur Himal. The trail then eases off as we follow the valley to Lobuche. Overnight in Lobuche.

**Day 10: : Trek to Gorakshepe (5,170m). Trek Everest Base Camp (5,364m) & Back to Gorakshep.6/8 Hrs**

**Height:** Gorakshep: 5180m/16,994ft & Everest Base Camp: 5364m/17598 **Trekking Distance:** 15 Km (6-8 hours)

Climbing and descending several times over the end moraine of the Changri Nup glacier, we master the exhausting approach (about three hours) to the high alp Gorak Shep (5,160 m), where we will spend the night in a lodge. Since we sleep here at the highest point of this journey, we must pay particular attention to slowly ascending and drinking enough water. After a break, we continue into the valley over the rubble-covered glacier and reach the base camp of Mt. Everest (5,364 m) about three hours later. During the expedition season, many of the groups are settled here in their respective camps awaiting their climb to the highest mountain in the world. You can even interact with some of them. It will take approximately 2.5 -3hours to reach Everest Base Camp from Gorakshep. After taking photographs and enjoying the moment, we head back towards Gorakshep for the overnight.

**Day 11: : Climb to Kala Patthar & fly back to Lukla by Helicopter then same day fly back to Kathmandu**

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

For the summit day to the Kala Pattar ("black mountain"), you have to get up early, and you will already see the route to the panorama summit of the 5,643 m high Kala Pattar (about two hours). Pyramid (about 10 km as the crow flies!) And the Nuptse ridge, but also the deep view of the ice world of the Changri and Khumbu glaciers with the area of the base camp in the distance. A strong wind blows on top of the top of this Vorberg After enjoying incredible views of the Himalayas then we go back to Gorak Shep for breakfast. Descent from Kalapatthar is easy, just a quick straight down walk to. We have our breakfast at Ghrakshep from where we fly back to Lukla in helicopter arriving in Lukla in 15 minutes where we take a regular flight back to Kathmandu the same day.

**Day 12:: Final Departure from Kathamndu to Home**

Depending upon your flight time, you will be transferred from Hotel to the airport. The airport time is 2-3 hours prior to departure time and the hotel checkout time is 12:00PM. In case you are flying late evening and require a half-day use of the hotel, you can let us know in order to confirm the room for you.

**Meals:** Breakfast

## **Cost Includes**



## Transports & Accommodations

- Private Transfers upon arrival and departure
- Kathmandu-Lukla-Kathmandu Round-trip flight
- 3 Night hotels in city as specified in Itinerary
- 8 nights local Sherpa lodge accommodations during trek
- Sharing Heli Flight from Ghorakshep to Lukla

## Meals & Drinks

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Tea or Coffee as per choice ( Per day 5 Cups per person)
- Welcome dinner at best local restaurant with cultural show
- Fully boiled Safe drinking Water ( Per day 4 liters Per person)

## Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole
- Sleeping bags and down Jackets if required
- Duffel bag, Trek Map & group medical Kit
- Pulse oximeter for oxygen saturation as well as heart rates
- Hot water bag to warm your feet inside the sleeping bag

## Support

- Reliable and honest Local Sherpa guide
- Hardworking and trustworthy porters ( 1 porter for 2 People)
- Free extra luggage storage service
- Free help to get SIM Card, renting or buying gears
- Call support for anytime 24/7 for Emergency

## All Activities & Entrance Fees

- Pay and insurance for guide and support staff
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments

## Additional Service

- We help you, if an airline loses your luggage, or delayed
  - International flight ticket Reconfirmation service if required
  - We help to buy/hire trekking gears at local price if required
  - We are happy to show you around local areas, recommend to eat, drink etc
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## 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 Kathmandu at reasonable price

## FAQS

### How Fit Do I Need to Be to Do the Everest Base camp heli Trek

**Everest base camp trek return by helicopter** is not a very difficult trek. But, a reasonable level of fitness is required to enjoy this trek fully. If you are relatively fit and don't mind walking 5-6 hours a day then you can walk to Everest base camp then fly back to Lukla from Gorakshep. As there are steep ascents and descents, rocky paths, rock steps, and some moraine walking. So, this trek isn't suitable for anyone with knee problems or weak ankles. Anyone with heart trouble or lung problems should check with their doctor.

We suggest you do some physical fitness programs such as running, swimming, hiking before embarking on your journey.

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

We accommodate you in deluxe rooms at the best 5 Star category hotels in Kathmandu with breakfast included. Along the trekking routes, teahouses/lodges we accommodate you best sherpa lodges in each place. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide twin bedrooms. At times when possible, dining will be around a bonfire. In teahouses, food will be prepared in the kitchen, where you should not enter without permission.

### What sort of food can I expect in trekking

Most of the sherpa lodges along the Everest base camp trekking route cook a delicious range of mostly vegetarian

fare. Sherpa stew, Pasta, tuna bakes, noodles, potatoes, eggs, daal Bhat (rice and lentils), bread, soup, fresh vegetables (variety depends on the season), and even some desserts like apple pies, pancakes, and some interesting attempts at custard. In many larger villages, you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks, and treats like chocolate and crisps. Each day dinner and breakfast will be at a lodge you'll stay at while lunch will be taken on the way to your destination.

### **Can I have vegetarian meals during this trek**

No problem at all because the lodges mostly serve vegetarian meals. We always recommend our clients to eat vegetarian meals to avoid food poisoning, eating heavy meals and non-vegetarian meals at a high altitude is not really safe for the stomach.

### **Is it possible to take hot shower along the trek**

Yes, most of the places have hot shower facilities on this trek

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

Yes, they have all received 45-day training from the Hotel Management and Tourism Center in Nepal. The guides have also received high-altitude first aid training from KEEP (Kathmandu Environmental Education Project).

### **Is Mountain Sherpa trekking staff insured**

**Our company** insures all our trekking staff members, including guides, cooks, Sherpa's and porters. Please browse through Company Information pages to view insurance details.

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

Check the terms and conditions of your travel insurance very carefully before embarking on the Everest Base Camp trek – the elevations involved are above **5000m**, and many companies simply will not cover you at that level. (World Nomads offers trekking up to 6000m under its level 2 cover.)

You need to be covered for a helicopter evacuation from the mountains in emergencies, and, if you have a connecting flight to your home country, are flying out of Lukla, and planes stop running, your insurance should cover the cost of a helicopter out of Lukla. We fully facilitate for our valued clients for any emergencies issue.

### **What is the maximum weight for my trek bag**

We suggest that you keep the weight of your trek bag maximum of **15kgs**. Each porter can carry a maximum of **30kgs**. We provide 1 porter to carry 2 clients' duffel bags. Please note that you are allowed only 15 kgs of luggage including your hand bag for the Lukla flight. For excess baggage, you have to pay extra charges.

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

The hotel we use in Kathmandu has a securely locked room where they store our client's extra belongings in a safe way. You can also safely leave your belongings at our office.

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

Whilst on the trek, our porter will take care of your luggage. All you need to carry is your small day bag for your personal belongings like a camera, water bottle, sun cream, etc only. Yes, we do provide you with duffel bags.

### **What happens if I get sick**

Our expert Local **Sherpa guides** and porters have trained in mountain first aid and altitude-related illness. The

solution to severe altitude problems is always to descend. Thousands of our clients hike the Everest base camp each year and most do not have serious issues. If someone is unwell or has an accident, we evacuate them out to the nearest road or village where we organize helicopter evacuation back to Kathmandu. We always have sufficient staff with our crew so that one of our people can leave to care for the sick/injured client and the rest of the group can continue on with their trek or climb if they wish to.

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

There are now cell phone masts installed at Gorakshep so, it is possible to get 3G connectivity to the entire Everest Base Camp trek. The best network above Lukla on the Everest Base Camp trek is NCell. Please note in order to get 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 help you to buy SIM Card. Also, all our guides are equipped with the local mobile phone. You may wish to pass the number of our guide to your family for the callback or you can make a call from the guide's mobile and pay him directly for the international call too.

### **Are solo female travelers safe on Everest base camp Trek**

We ensure the travel safety of all our trekking guests, both male and female. Nepal, on the whole, is both very safe and welcoming of foreign visitors. We have longstanding, strong relationships with the sherpa lodges we frequently use and know them to be safe and reliable. In addition, our guides are consistently mindful of all guest's whereabouts while trekking. We travel in small groups, all the better to easily maintain continual contact.

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

**Mountain Sherpa Trekking & Expeditions** is committed to looking after our porters and our trekking weights are carefully calculated so that our porters are not overloaded. We provide 1 porter for 2 trekkers. There will be one expert local Sherpa guide for 2 people. For the above 5 trekkers, we provide an extra assistance Sherpa guide. This arrangement ensures that if anybody in the group gets sick, the trip can still go ahead as planned.

We can run the trek for groups of any size but after our years of experience, we have found a maximum of eight to twelve people to be the optimum size for a successful trip. However, if you'd like to book this trip for a smaller group, solo trek, or just a private family trek then please let us know, certainly, We will arrange a private Everest base camp trek as per your requirement.

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

In the Everest base camp trek return by helicopter, most lodges/tea houses have electricity. You can charge your iPod or camera batteries while on treks. Please note that lodges/tea houses will charge you some money for the charging fee (1 USD to 3 USD per hour) during your trek.

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

The tips for the guides, driver, and porters are not included in the price you paid for your tour. However is something extra present to your staff after a special trek, however, you must know that tips are not mandatory and instead you must take from a different view of point as saying thanks after making successfully your trip to Everest Base camp. Normally, we recommend you to spend a minimum of 10% of your total trip cost for tipping the entire local staff, the ratio of tipping guide and porter will be given to you at the pre-trip meeting in Kathmandu before starting the trek.

### **How much additional money do I need per day**

It depends on your spending habits. Generally, in Kathmandu, you can allocate USD 10 to USD 15 for lunch and dinner. USD 7 to USD 10 per person a day will be enough to buy chocolates, dessert after a meal or pay for the hot shower and a few drinks during the trekking.



## What happens if the flight from Lukla or Kathmandu is delayed

This is a very practical matter for Everest base camp trek return by helicopter, however, many companies don't take it seriously, The flights between Kathmandu and Lukla are generally reliable but if the weather is not good they can be canceled for the entire day. Our 17-day package includes one extra contingency day in case of delays. If your flight is delayed in Kathmandu we will rebook your flight for the next day. We may also be able to provide an option for a privately chartered helicopter. If you choose to take the helicopter this can cost an additional \$150 to \$500 or more depending on availability and group size. Extra hotel nights in Kathmandu will be provided when flights are delayed. If your flight is delayed in Lukla we will provide the accommodation and meals in the cost.

## What about payment, do you need a advance booking deposit

**Once you have confirmed your booking, an advance deposit of 30 percent (35%) of the "total trip Package" is required for 100% Confirmation. The deposit can be paid by Credit Card, or by bank Wire transfer.** The remaining trek balance needs to be paid in Kathmandu on your arrival day. When we confirm your trek booking we will send you more details about how to pay the trek deposit. Please note that the trek deposit is non-refundable. However, you may postpone your travel date if incase required. Your deposit expires after 3 Years only. You can travel on any date within 3 years.

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

We **boast a 99% success rate to date on our Everest base camp trek return by helicopter**, this is achieved because of our highly experienced local Sherpa guides & staff. As we are 100% local Sherpa Company in Nepal, Our entire guides & staff are 100% Local Sherpa people from the Everest region. As you know "Sherpas are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest"

Second reason: Our specially designed itinerary ensures you proper acclimatization, we added two extra days in the critical acclimatization period. One night in Namche Bazaar (3,440m/11,286ft) & we spent another night in Dingboche at (4,410m/ 14,465ft).

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

If you have more questions, do not hesitate to contact us. You can e-mail us or you can call us or message us anytime by WhatsApp /Skype with us, see the message us button on the website's lower-left corner.

## Why book this trek with Mountain Sherpa Trekking & Expedition

### Here are the top 7 reasons to book your luxury Everest Base Camp Heli Trek with Mountain Sherpa Trekking

01. Over 22 years of experience
02. Reliable and honest Local Sherpa guide
03. Expert Sherpa family own company
04. Flexible itinerary with an all-inclusive package
05. Clean accommodation and hygienic meals
06. Best Service and Price guarantee
07. Giving back to society