

Everest Base Camp Trek Heli Return



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Everest Base Camp Trek Heli Return

URL: <https://hillarysteptreks.com/trip/everest-base-camp-trek-heli-return/>

Duration

10 Days

Per Person Cost

USD 2035

Difficulty

Easy to Moderate

Group Size

1+

Best Seasons

March to May, Sep to Nov

Maximum Elevation

5555m

Accommodation

Lodge/ Tea House

Transportation

Private

Meals

B.L.D

Trip Route

Lukla - EBC - KalaPatthar

Trip Highlights

- Majestic Flight from Kathmandu to Lukla with the gift of panoramic view of the mountains.
- Scenic luxurious helicopter flight from Gorakhstep to Kathmandu with a once-in-a-lifetime opportunity.
- Visit famous but beautiful Sherpa villages like Namche, Dingboche, Tengboche, Lobuche, Periche, etc.
- Experience the side treks from the Namche Bazaar, like Sagarmatha Museum, Khumjung Village, or Hotel Everest View.
- Hike Kala Patthar and see the stunning sunrise and sunset views.
- Visit the Khumbu region and get the chance to see some of the tallest mountain views, like Mount Everest (8,848.86m. | 29,031ft.), Mount Thamserku (6,623m. | 21,729ft.) Mount Lhotse (8,516m. | 27,939ft.), Mount Pumori (7,165m. | 23,507ft.) Mount Makalu (8,485m. | 27,837ft.), Mount Cho Oyu (8,188m. | 26863ft.), Mount Nuptse (7,855m. | 25,771ft.), Mount Ama Dablam (6,812m. | 22,349ft.) etc.

Trip Overview

Everest Base Camp Trek with Heli Return is a luxurious Everest region trek. This trek is particularly attractive for those who want to explore the Khumbu but don't want to return all the way, taking a long time. So, on this trek, instead of trekking from teahouse to teahouse while returning, you will experience the scenic mountainous view of the region.

The Everest Base Camp Trek is a popular hiking trip for adventurous hikers. Thousands of hikers are challenged each year to reach the base camp of the world's tallest mountain, Mt. Everest. This trek offers a great opportunity to **see Mount Everest** up close and other peaks such as Lhotse, Nuptse, and Ama Dablam. The trek begins at Tenzing Hillary Airport in Lukla. Along the way, you will pass through beautiful valleys and villages such as Phakding, Namche Bazaar, Tengboche, Dingboche, and Gorakshep. You will also have the chance to visit an ancient monastery, Tengboche Monastery, and several other monasteries and stupas along the trail.



The trail to the Everest Base Camp passes right through the **Sagarmatha National Park**. Hence, it provides an opportunity to observe the diverse flora and fauna. Similarly, you will cross numerous suspension bridges, walk alongside the Dudh Koshi River, and cross glaciers and moraines. The trail is filled with **adventurous and thrilling challenges**. So, let's look at the day-to-day itinerary of Everest Base Camp Trek with helicopter return.

Trip Itinerary

Day 01: Fly to Lukla from Kathmandu/ Manthali and Trek to Phakding

You will begin your Everest Base Camp Trek with Heli Return with a flight from Kathmandu to Lukla. The flight from Kathmandu to Lukla takes around 35 minutes. Then you will land at one of the world's most dangerous airports, Tenzing Hillary Airport, Lukla. From here onwards, your trek will begin.

You will trek on easy trails made of stacked stones towards Phakding (2610 meters). There are only a few uphill along the way. You will pass by several small villages and cross suspension bridges. The trail also goes alongside the Dudh Koshi River. After around 3 hours of trek, you will reach Phakding. You will stay here overnight.

Time:

35 minutes Flight and 3 hours Lodge

Accommodation

Meals:

B.L.D

trek

Altitude:

2610m

Day 02: Trek from Phakding to Namche Bazaar

Your second day's destination is Namche Bazaar (3440 meters). The trek duration from Phakding to Namche takes around 6 to 7 hours. It begins with crossing a suspension bridge. Then, you will come across the Khumbu Pasang Lhamu Permit Checking Counter. Then, you will ascend stairs and pass by several Sherpa settlements.

Next, you will also come across the Sagaramatha National Park entrance. The trail goes downhill by the Dudh Koshi River from here. The trail is filled with luscious green vegetation, flora, and fauna. There are a few suspension bridges along the way. The trail is also adorned by prayer flags and chortens at some parts.

The gorgeous mountain views will also keep you company during the long trek. The trail goes to some steep sections and gains elevation as you get closer to Namche Bazaar. You will rest here for two days.

Time:

6-7 hours Trek

Accommodation

Lodge

Meals:

B.L.D

Altitude:

3440m

Day 03: Rest day and acclimatization at Namche Bazaar

Namche Bazaar also serves as an important acclimatization stop for Everest Base Camp Trek. There are restaurants, cafes, ATMs, and banks here. Unlike the rest of the villages of the region, here you can find luxurious services. There are also luxurious accommodations available here.

Acclimatization helps your body to adjust to the growing elevation. It helps to minimize the risk of altitude sickness. You have to stay active this day. So, you can take short hikes and explore around the village. You can visit the Sherpa Culture Museum and Sagarmatha National Park Information Center. The scenery and mountain views are also magnificent.

Time:

Rest Day

Accommodation

Lodge

Meals:

B.L.D

Altitude:

3440m

Day 04: Trek from Namche to Tengboche

After letting your body adapt to the elevation, it is time to head to our next destination. The trail will go uphill from here onwards. After a while, it will descend into the forest. The path is made of rocky and rugged terrain. But on the bright side, the trail is filled with diverse flora and fauna. You will keep descending for some time. Then the path will start to level as you get closer to Imja Khola.

There is a big uphill that you will have to climb before you reach Tengboche (3880 meters). The village is home to an ancient monastery, Tengboche Monastery. It is also one of the biggest monasteries in the region. The monastery lies with mountains like Everest, Ama Dablam, Nuptse, etc on the backdrop. It takes around 5 hours to reach Tengboche and you will stay here overnight.

Time:	Accommodation	Meals:
5 hours Trek	Tea House	B.L.D

Altitude:
3880m

Day 05: Trek from Tengboche to Dingboche

You will descend into the forests as you leave Tengboche behind. After you pass the Deboche village, the trail starts to go uphill. You will cross several suspension bridges, valleys, and villages along the way.

There are no steep sections on today's trail. Similarly, the mountain views get more clear and closer. Then you will pass by Shomare village and cross a river. Finally, you will reach Dingboche (4410 meters).

Time:	Accommodation	Meals:
5-6 hours Trek	Tea house	B.L.D

Altitude:
4410m

Day 06: Rest day and acclimatization at Dingboche

Dingboche is another important stop for acclimatization. You can take a short hike to Nangkartshang Peak which sits at an elevation of 5083 meters. The peak separates the valley from Imja Valley.

The trail leading to the Nangkartshang Peak is slippery with small rocks.

The hike from Dingboche to the peak takes around 5 hours. You can enjoy stunning mountain views of Ama Dablam, Makalu, Lhotse, Cho Oyu, and several other mountains from here. Likewise, you can explore around the village and nearby village.

Time:	Accommodation	Meals:
Rest Day	Tea house	B.L.D

Altitude:

4410m

Day 07: Trek from Dingboche to Lobuche

With your body prepared for increasing elevation, it is time to head to the next destination. The trail goes deep into the valley and several settlements. The valley turns barren and there is only a few vegetation. The path becomes rocky at some parts of the trail.

Along the way, you will pass by Thukla Pass. You will witness an Everest Memorial that is dedicated to those who lost their lives in the Everest Expedition. Similarly, you will come across the gorgeous Khumbu Glacier. After around 6 hours of trek, you will reach Lobuche (4910 meters). You will rest at Lobuche for the night.

Time:

6 hours Trek

Accommodation

Tea house

Meals:

B.L.D

Altitude:

4910m

Day 08: Trek from Lobuche to Gorakshep, then to Everest Base Camp and return to Gorakshep

This day's trek is going to be long and difficult. The whole day's trek is going to take around 8 hours. You will be heading to the Everest Base Camp (5364 meters) via Gorakshep (5165 meters). First, you will have to cross the terminal moraines of Khumbu Glacier. Then, the trail gets rougher and uneven. First, you will reach Gorakshep. Then, you will continue your trek to the Everest Base Camp.

The landscape and scenery are gorgeous. However, the trail is rough. You can see many colorful prayer flags along the trail. When you finally reach the base camp, you will be greeted with stunning mountain views of Mout. Everest, Lhotse, Nuptse, and many other peaks. After exploring for a while, you will head back to Gorakshep. You will rest here for the day.

Time:

8 hours Trek

Accommodation

Tea house

Meals:

B.L.D

Altitude:

5364m

Day 09: Hike to Kalapathar View Point, trek back to Gorakshep, then fly to

Lukla by Helicopter

You will trek to the highest point of the Everest Base Camp Trek with Heli Return, Kalapathar (5545 meters) this day. Also known as Black Rock, it is famous for offering trekkers the best view of Mt. Everest and surrounding peaks.

You can get a 360-degree view of the mountains.

Then you will retrace your step back to Gorakshep to collect your belongings. Your trek will end here. Then you will board the helicopter to Lukla. You can get birds-eye views of the mountains and landscapes as you fly over the valleys. You will stay overnight at Lukla.

Time:	Accommodation	Meals:
30 minutes helicopter flight	Lodge	B.L.D

Altitude:

5545m

Day 10: Fly back to Kathmandu/Manthali from Lukla by Plane

It is time to say leave the Everest Region. You will board a flight to Kathmandu. The flight takes around 35 minutes.

Time:	Meals:	Altitude:
35 minutes flight	B	1400m

Trip Includes

Accommodation

9 nights mountain Lodge Accommodation During the trek (Twin Sharing basis)

Meals

- All the Meals (Breakfast, Lunch, and Dinner/Main Course) During the trek.
- Farewell Dinner after your trek

Transportation

- Domestic flight (Kathmandu -Lukla-Kathmandu) with Airport Tax
- Gorak Shep to Lukla By Helicopter

Extra

- Government registered English Speaking Trek Guide. For more than 10 trekkers, 1 assistant Guide.
- Porters to carry trekkers' luggage. 1 Porter for 2 Trekkers. Max Weight Limit for Porter 20kg (10 Kg each trekker, Weight Limit)
- Guides and Porters their wages, meals, accommodations, insurance, flight, equipment, etc.
- Sagarmatha National Park Fee
- Khumbu Pasang Lhamu Rural Municipality Fee
- Seasonal Fruits everyday after dinner
- Hillary Step Treks T-shirt and warm hat
- Hillary Step Treks Duffel bag and Sleeping bag (return after trek)
- All Government, Local Taxes, and official expenses

Trip Excludes

- International Flight and Visa Fee
- All Accommodation and Meals in Kathmandu before and after the trek (if you ask we can arrange it)
- Extra night accommodation due to early arrival, late departure, or early return from the trek.
- Personal expenses (Shopping, snacks, Hot tea/coffee, Hot boiled water, Cold drinks, Alcohol, Hot Shower, battery re-charge fee, WiFi)
- Personal trekking gear
- Travel insurance that covers emergency high Altitude rescue and evacuation
- Tips for Guide and Porters

Additional Trip Information

Physical And Mental Preparation For Everest Base Camp Trek with Heli Return

Everest Base Camp Trek with Heli Return is quite a fun and challenging trek. So, to make your trek more fun and less challenging, it is better to prepare for it. *Every trekker needs physical and mental preparation for the EBC trek.* You **need good physical fitness** for the Everest Base Camp Trek with Heli Return. You will have to climb uphill and downhill. Similarly, the terrains are rough and vary. Similarly, the trail goes through suspension bridges, steep trails, glaciers, and moraines. You must be prepared to walk 5 to 6 hours on average while on trek.

Physical Preparation

To prepare for the trek, you can **undertake training and exercises** to build physical stamina and endurance. It would be best to try cardiovascular fitness, like running, cycling, and swimming. Similarly,

you can take strength training that improves your overall strength. Other training sessions can include hiking practice, altitude training, and balance exercises. You can also prepare by hiking around your locality and carrying heavy backpacks to help you mirror the experience you will receive during the trek.

Mental Preparation

Preparing for the Everest Base Camp Trek also requires **mental readiness**. You'll trek in remote, high-altitude areas with basic facilities and limited infrastructure. The long hours of walking in unfamiliar territory can be both adventurous and tiring. The rapid weather changes at high elevations add to the challenge. All these factors can put a strain on your mental well-being. Therefore, it's important to research the trek route and its difficulties in advance. Planning your itinerary carefully can help reduce mental stress. Managing your expectations and maintaining a positive mindset while on the trek is essential.

Altitude Sickness Symptoms And Prevention

Altitude sickness is one of the significant difficulties that the trekkers face during their expedition to the Everest Base Camp. The Everest Base Camp is at an elevation of 5364 meters, while Kalapathar sits at 5545 meters. *Usually, the trekkers start to experience altitude sickness after crossing 3000 meters elevation.* This is why there is a high risk, and trekkers must prepare for it before and during the trek.

The **air has less oxygen** at higher altitudes, making trekkers feel sick. *Symptoms of altitude sickness include headache, nausea, vomiting, dizziness, shortness of breath, trouble sleeping, tiredness, and a fast pulse.* It's essential to take these symptoms seriously because altitude sickness has **caused deaths** among trekkers. During your trek, prevent altitude sickness by following proper acclimatization procedures. This is also why trekking agencies schedule at least one or two acclimatization days.

Resting helps your body adjust to the high elevation, humidity, temperature, and surroundings. Stay active during the day. Watch your diet while trekking. Drink at least 3 to 4 liters of water daily and eat meals rich in carbohydrates and protein. Avoid consuming too much caffeine, alcohol, chocolate drinks, and smoking tobacco.

Best Season to visit Everest Base Camp with Helicopter Return

Everest Base Camp Trek with Helicopter Return is twice as much fun if you plan the trek in the ideal season. Helicopter flight is far riskier if you are flying during the not-so-ideal conditions when there is constant rain, storm, thunderstorms, or snowstorms. Hence, here are some of the best seasons to visit the EBC trek with Heli's return.

Spring (March to May)

Spring season in Nepal begins in **March and ends in May**. The majestic environment of the spring season also helps with helicopter transport from one place to another. *The environment is covered with rhododendrons and magnolias, and flowers bloom during this season.* This season is attractive, primarily for families with children who love chirping flowers, flowering jungles, and also clear views of the mountains and skies.

Autumn (September to November)

Another peak season for trekking is autumn, which is ideally suited for trekkers. This season begins in the middle of **September and ends in November**. The initial days of September receive rainfall since it falls under the post-monsoon area. Like the Spring season, Autumn also possesses ideal qualities for trekking, like the mild weather and temperature.

Monsoon Season

If you plan the trek to Everest Base Camp, avoid the off-season like Monsoon season. The Monsoon season begins in the **middle of June to August**. During the monsoon season, trekking is not recommended due to heavy rainfall and difficult trail conditions. The wet and slippery trails make steep ascents and descents challenging to navigate, increasing the risk of injury. In addition, the moist surroundings attract insects and mosquitoes, and the region is prone to natural disasters such as floods and landslides. Therefore, it is best to avoid trekking during this time for safety reasons.

Winter Season

Winter season is another off-season for trekking the Khumbu region. This season begins in **December and ends in February**. The helicopter ride is also not ideal during winter as it is not the perfect time for trekking in the Himalayas. During this season, the teahouses and guest houses are closed, especially at the high altitudes, due to the risk of avalanches. There are several risks in trekking in the winter season; however, you will also see the stunning snowy mountain views.

Tips For Everest Base Camp Helicopter Return Trek

Everest Base Camp Trek return via Helicopter is enjoyable but challenging, especially for beginners. So, if you want to enjoy your trek and minimize the challenges, there are specific tips for the EBC trek.

- Choosing the best season is the first significant tip for enjoying the EBC trek. You can choose from the Spring or Autumn and avoid the winter and monsoon season.
- Even before the trek begins, improving your physical fitness and stamina is better. It is better to improve in the cardiovascular and strength-building exercises.
- Pack lightly, but carry all the necessary items, from clothing, gear, and equipment. Packing only the essential items and renting the equipment is also wiser than buying.
- Learn about the acclimatization before heading towards the trek and implement the acclimatization to avoid altitude sickness.

Available Foods on EBC Trek Return by Helicopter

During your EBC trek, **food and meals are the best things to consider**, as they provide appropriate energy for the strenuous trek every day. During the EBC trek, you will have three meals: breakfast, lunch, and dinner. Breakfast is the first part of the meal, and it is essential to cover the distance in the early part of the trekking day. Here are some of the menus for breakfast, lunch, and dinner.

Breakfast:

You can choose from oatmeal with milk and fruit, bread or toast with jam, honey, and butter, chapatti roti

with omelets, pancakes with vegetable curry and fresh juice, and boiled, fried, or scrambled eggs. You can also try the delicious Everest Indian food, paratha.

Lunch:

For lunch, there are a variety of options for meals like

- Meals with Rice: You can choose Nepalese Dal Bhat with vegetables or meat, rice with curry, and fried rice.
- Noodles: You can have fried noodles or noodles in soup.
- Momo (Dumplings): Nepalese Everest momo is a popular local food in steamed, vegetable, and potato flavors.
- Pasta and Macaroni: There are various options for plain and flavored pasta and macaroni, which are great for dinner.
- Pizza: You can choose between chicken, mushroom, or mixed toppings.
- Sandwiches: Options include cheese, egg, tomato, or tuna sandwiches.
- Spaghetti: Although many other options are available, these are the most popular.
- Burger: The Everest burger is also a good choice for the trek.

Dinner:

The menus for dinner are similar to the lunch as well where the menus are similar. For dinner, you will have the chance to choose from Nepali, Dal, Bhat, and Vegetable Curry. There are also options for Western dishes like pizzas, burgers, dumplings, etc. You can also choose from desserts like apple pie, rice pudding, chocolate cake, etc.

Accommodation on Everest Base Camp Trek Heli Return

The increasing popularity of trekking in the [Everest Region](#) has led to the creation of teahouses and lodges, providing the locals with a source of income. The teahouses are simple, comfortable, and equipped with basic facilities. In some areas of the lower Khumbu region, you can also access additional amenities like Wi-Fi, hot showers, and laundry for an extra fee.

Most teahouses in the area are owned and run by locals.

This allows you to interact with friendly residents, hear their stories, and learn about the local culture and lifestyle. Before booking a room, check for working electrical outlets, hot showers, and Wi-Fi availability. Remember that as the altitude increases, space and services may be limited, and you may need to share facilities. Respecting local customs and norms while staying in these places is essential.

Everest Base Camp with Helicopter Return Difficulty

Everest Base Camp with Helicopter Return is one of the moderate to challenging levels of the trek. For experienced trekkers, the EBC trek with Helicopter Return might be a moderate-level difficulty; however, for beginners, it can prove challenging due to different factors influencing the trek. Here are some of the factors that affect the Everest Base Camp Trek.

High Altitude

High Altitude is one factor that changes the difficulty level of the trek. During the EBC trek, you will trek at **altitudes of over 4000 to 5000m**, with a relatively high risk of [altitude sickness](#). Furthermore, the weather changes constantly at high altitudes, meaning the trekkers will suffer from constant rainfall and snowfall, impacting their trek. So, to prevent the problem of altitude sickness, you have to learn acclimatization techniques.

Tough Terrains

One of the significant difficulties of the Everest Base Camp Trek is the different terrains that pass through various landscapes. At lower altitudes, the terrains are more accessible to cross; however, when you start climbing altitude, you will pass through rocky peaks, snowy mountains, and glacial moraines. So, for beginners who don't have prior experience, trekking through these challenging terrains might **cause some difficulty**.

Long Distance and Duration

The average Everest Base Camp Trek takes from **10 to 13 days**. Every day, you will be trekking for about 6 to 7 hours, which will cause colossal difficulty, especially for those not physically fit trekkers. This trek will relieve the trekkers as they don't have to return to the same strenuous trek and can quickly land in Kathmandu via helicopter.

Travel Insurance on Everest Base Camp Trek Helicopter Return

If you are trekking at a high altitude, it is wise to issue travel insurance to cover known or unknown medical expenses. *Travel insurance helps protect travelers from unexpected events by covering medical and other travel-related costs.* It is essential to **ensure a comfortable travel experience**. Make sure to get travel insurance that covers medical emergencies, luggage loss, theft, flight cancellations, emergency rescues, and high altitude.

However, be aware that there are certain things travel insurance won't cover. *Some of the things that travel insurance does not cover are expenses due to negligence, expenses due to drug abuse, prior medical conditions, acts of terrorism, loss of items, and expensive jewelry.*

Drinking Water During Everest Base Camp Trek Helicopter Return

There are decent sources of drinking water in the Everest Base Camp. In the city areas, you will find mineral or sparkling water adequate for drinking. However, as you climb altitude and reach a high elevation, the source of drinking water is **only taps and handle pumps**, which are unsuitable for drinking water directly. So you may want to ask your teahouse for a filter and boiled water to store in your bottle.

Staying hydrated is crucial during a high-altitude trek like the Everest Base Camp. Dehydration can cause significant problems such as altitude sickness, so it is wise to keep storing water in your bottle. Furthermore, always carry the water purification tablet to purify the water any time. During the trek, you can monitor your hydration level using your urine. Clear or light yellow urine means you are adequately hydrated, but you might have to drink lots of water if your urine is bright yellow.

Communication on EBC Helicopter Return

Everest Base Camp Trek falls in Nepal's remote and isolated region, so communication is essential. During the high-altitude trek, there will be some disturbances to the connection due to the lack of towers. In an altitude tour like the Everest Base Camp Helicopter tour, you can depend on two types of communication. *They are Mobile connectivity and Satellite Phones.*

Mobile Connectivity

Mobile phone coverage is generally good in the Khumbu region, especially at lower altitudes. However, as you climb the altitude, the mobile coverage becomes thin and inappropriate for communication. In Nepal, you can take it from the two primary mobile networks, **NTC and Ncell**. They are the go-to communication options; you can choose the local SIM Card option if recommended. If you also use mobile phones for communication, ensure your teahouses have charging spots.

Satellite Phones

Satellite phones are another means of communication other than mobile phones. Trekkers can't rely solely on mobile phones in higher altitudes due to the weaker coverage, so it is wise to take satellite phones as they provide coverage even at high altitudes. These satellite phones are costly since they are so helpful in the Himalayas. Furthermore, it is wise to keep satellite phones for emergencies instead of using them all the time.

Age Limit for Everest Base Camp Trek Helicopter Return

There are **no age limitations** for Everest Base Camp Trek Helicopter Return. However, the trekkers experiencing the adventure must know their physical fitness and ability to withstand the dynamic weather, extreme cold climate, and low oxygen surroundings.

Children below seven and trekkers above 60 will experience some difficulties on the trek. However, compared to other treks, since the trekkers will be returning via helicopter, the trek's difficulty is less than that of other treks in which you will be returning the traditional way.

Moreover, if trekkers have prior conditions for breathing or other high altitude problems, they might have to take the doctor's advice before trekking. Remember that there is no fixed age limitation for such medical conditions, and you should avoid the high Himalayas if the condition is severe.

Luggage During Everest Base Camp Heli Trek

To board the flight, the helicopter's maximum weight per passenger can only be **25 to 30kg**. The Everest Base Camp Heli Trek takes place at a high altitude in the Khumbu region. Since the trek is very challenging, carrying all the necessary clothing, equipment, and gear is essential, so you must carry luggage according to your needs.

However, in this trek, the trekkers will also take helicopter flights, which is why there are specific guidelines they have to follow. You will carry a small handbag with snacks, water bottles, passports, and other luggage. It is always wise to pack light and only carry luggage with all the necessary items. You can also carry compressing luggage that will reduce the weight of your items.

Permits required for Everest Base Camp Trek Helicopter Trek

Everest Base Camp Trek falls in the Khumbu region, and the trekkers have to pass through Sagarmatha National Park. To reach the Everest Base Camp, trekkers must issue a few permits. The trekkers do not need any license for the helicopter tour itself, but they must issue one for the place they visit. Here are some licenses trekkers need for the EBC trek with Heli return.

Khumbu Pasang Lhamu Municipality Permit

When trekking in the Khumbu region, you must obtain a permit from the Khumbu Pasang Lhamu Municipality. This permit is mandatory for all visitors to the area. If you start your trek from Lukla, you can get this permit at the Lukla Checkpost (Khumbu Pasang Lhamu Rural Municipality Office) on your first trekking day. If you're trekking through Jiri or Salleri, you can obtain the permit at the Monjo checkpoint. The cost of the Khumbu Municipality permit is approximately \$16.

Sagarmatha National Park Entry Permit

To trek in the EBC region, trekkers must get a permit for Sagarmatha National Park. The park is home to many endangered plants and animals and a Ramsar site. You can buy the Sagarmatha National Park permit in Kathmandu or Lukla and the Sagarmatha National Park Entrance Permit in Monjo. *The cost of the permits is NPR 2000 and NPR 3000, respectively. For SAARC nationals, the permit cost is NPR 1000 and NPR 1500, respectively.*

Gaurishankar Conservation Area Permit

If you plan to travel to Everest Base Camp from Jiri, you will need a Gaurishankar Conservation Area Permit. Start your journey by taking a bus or a private car to Jiri from Kathmandu. The trip takes 7 to 8 hours. Upon reaching Jiri, obtain the permit, then begin your hike to Everest Base Camp. You can purchase the license in Shivalaya or the Nepal Tourism Board in Kathmandu. A Gaurishankar Conservation Area permit costs \$16 or NPR 2000.

Tims Card (Optional)

The TIMS card, or Trekkers Information Management System Card, helps track all trekkers visiting a specific region of Nepal. Previously, trekkers had to get this card, but now it's optional after introducing municipality permits. While you might not need this card for the EBC trek, you may need to show it at certain checkpoints if you plan to trek in other regions without region permits.

Read More: [Cost for Everest Base Camp Trekking Permit](#)

Visa Required for EBC Helicopter Tour

Every foreign trekker **who is not Indian requires a Visa** for the EBC Helicopter Trek in Nepal. Tourists planning to trek or tour Nepal can obtain an arrival visa from the following places.

- Birganj, Parsa
- Kakarvitta, Jhapa
- Jamuna, Nepalgunj
- Belhiya, Bhairahawa

- Gaddachauki, Mahendranagar
- Tribhuvan International Airport, Kathmandu
- Mohana, Dhangadhi
- Kodari, Sindhupalchowk

The cost of the visa for the Nepal trek is \$25 entry for 15 days, \$40 for 30 days, and \$100 for 90 days. Remember, you must pay the amount in the local currency, the approximate amount of the said USD. It is always wise to check the latest visa requirements, although the process is not very difficult. You have to submit some documents like a passport, a blank visa page, a visa fee, and two photos. After about 1 -2 hours, your visa will be ready.

Acclimatization on Everest Base Camp Helicopter Return

Acclimatization is essential for high-altitude treks like the Everest Base Camp Trek. You will pass through some majestic places and experience some of the best views. However, in the euphoria of the Himalayan adventure, you must not climb the altitude quickly. *The best practice of acclimatization is to trek high and sleep low.*

Acclimatization is getting used to the weather, climate, and oxygen levels. So when the trekkers trek at a high level but climb to sleep, their bodies will be accustomed to the oxygen level. Another way of acclimatization is by **taking plenty of rest** throughout the day. The trekking agency schedules an acclimatization day for this purpose. Still, if there is not a single day for acclimatization, trekkers have to adjust by resting on the trekking day.

In this trek, the trekkers must reach an altitude of over 5000m. When returning, they must board a helicopter that will take flight at the same height. Hence, the risk of altitude sickness is always there, so it is better to acclimate, which will help reduce altitude sickness.

How is the Everest Base Camp Helicopter Return Trek Different from Others?

Everest Base Camp Helicopter Trek is a unique and luxurious trek that takes you to the top of the Khumbu, where you will witness stunning views of the Himalayas. However, this trek differs from others as **you will reach Everest Base Camp and return to Kathmandu via helicopter**. Here are some of the factors that make this trek different from others.

Time Efficiency

In a traditional trek, you will **trek to Kala Patthar for 8 to 10 days** and return the same way, adding similar days to your itinerary.



However, on this trek, you will return from Kala Patthar to Kathmandu in a helicopter, which takes about **1-2 hours maximum**, saving you multiple days. Trekkers with time constraints can choose the Everest Base Camp Trek to return by helicopter to manage their time.

Birds Eye Views

While the traditional trek provides stunning views of the mountains and the surrounding places, it won't offer bird's eye views. When you return from Kala Patthar via helicopter, you will see some stunning birds-eye views of the mountains, skies, and the isolated settlements of the Khumbu region. This unique experience is a lifetime experience for every trek lover.

Cost

The EBC trek with helicopter trek is a luxurious experience for trek lovers; hence, it is one of the costliest treks in Nepal. Along with other regular trek costs, the helicopter return alone is more expensive than the regular trek that the traditional trekkers experience. So, this trek is not for budget-friendly lovers but for those who want to experience a luxurious adventure.

Packing List and Gears

During your Annapurna Circuit Trek, you want to take out clothing, gear, and equipment to make your trek easier.

Here are some of the essential items you can pack.

For Head and Body

- Neck warmers, cowls, or scarf
- Woolen gloves, windproof/waterproof gloves

- Fleece jacket
- Insulated trousers, woolen trousers
- Woolen sweater
- Cotton pants, hiking shorts
- Insulated inner wears
- Down jacket
- Lightweight gloves
- Waterproof/windproof trousers
- Warm thick shirts
- Light shirt, t-shirt
- Sunbrim/sunblock hat, sports cap
- Beanie, woolen hat, insulated hat
- Shell jacket, windproof/waterproof jacket

For Feet

- Sports or trainer shoes
- Lightweight moisture-wicking socks
- Crocks or sandals for teahouses
- Ankle support
- Woolen socks, insulated socks
- Trekking boots (break-in first)
- Waterproof leg gaiter

Personal Care/Hygiene

- Soap, shampoo, conditioners
- Toilet paper
- Foot powder
- Dental floss
- Bug repellent
- Shaving kit
- Hand sanitizer
- Tissue paper, wet wipes
- Quick-dry travel towel
- Sunblock cream and body lotion
- Lip protection
- Personal medications
- Toothbrush and toothpaste
- Mirror and nail clipper
- Female hygiene products

Equipment/Gear

- Earplug and sleeping mask
- Camera and binoculars
- Trash bag
- GPS device

- Books and magazines
- Powerbank
- Trekking poles
- Card games, board games
- Ducttape
- Pen and journal
- Packing sack
- Map and compass
- Rain cover
- Sleeping bag/ sleeping pad
- Deadlamp/ flashlight
- Travel pillow
- UV protection sunglasses

Frequently Asked Questions

How difficult is the Everest Base Camp Trek with Heli Return?

The Everest Base Camp Trek with Heli Return is challenging. The trail goes uphill and downhill, with some narrow and steep sections. The terrain is rugged and rocky. The high altitude also makes the trek difficult. Trekkers have to be in good health and fitness for the trek.

Can beginners climb Everest Base Camp?

With proper preparation and training, beginners can climb the Everest Base Camp. There is no need for prior experience. Trekkers need to be physically fit. Proper acclimatization is necessary during the trek. Similarly, mental preparation and proper equipment are also necessary for the trek.

Will the helicopter land at the Everest Base Camp?

The helicopter will not land at the Everest Base Camp but at Gorakshep village. The base camp is about three hours' walking distance from the village. So, you will be picked up at Gorakshep for your helicopter return to Kathmandu.

Are there ATMs along the Everest Base Camp Trek route?

There are no ATMs along the Everest Base Camp Trek route except for Namche Bazaar. The Namche Bazaar is a Sherpa settlement village which also serves as an important stop for acclimatization. There are ATMs and banks in the village. You should carry cash during the trek.

When is the best time for Everest Base Camp Trek?

Spring (March to May) and autumn (September to November) are the ideal times for Everest Base Camp

Trek. The warm climate and pleasant weather make it the right time. Similarly, the trails are well-defined, and the visibility is the best during these two seasons.

How risky is the Everest Base Camp Trek?

The Everest Base Camp Trek involves some risks, primarily due to its high altitude. While it is considered a relatively safe trek compared to climbing Everest itself, trekkers still face challenges such as altitude sickness, cold weather, and unpredictable weather conditions.

Is there a danger of altitude sickness in Everest Base Camp Trek with Heli return?

Yes, since the highest elevation you will reach during the Everest Base Camp Trek with Heli Return is 5545 meters. Less oxygen in the atmosphere can lead to trekkers experiencing altitude sickness. Acclimatization and proper precautions are necessary to avoid this risk.

Do I need to have travel insurance for the Everest Base Camp Trek with Heli Return?

Yes, you need travel insurance for Everest Base Camp Trek with Heli Return. The travel insurance should cover medical expenses, including altitude sickness, high-altitude trekking, evacuation, and any other unforeseen events.

What permits will I need for the Everest Base Camp Trek with Heli Return?

You will need a TIMS (Trekking Information Management System) card, Sagarmatha National Park Entry Permit, and Khumbu Rural Municipality Permit. You can obtain these permits through a government-registered trekking agency. Hillary Step Treks' Everest Base Camp Trek with Heli Return package includes all the permits.

Is it hard to breathe at Everest Base Camp?

Yes, it can be hard to breathe at Everest Base Camp due to the high altitude, which is about 5,364 meters above sea level. At this elevation, the air pressure is lower, meaning there is less oxygen available than at sea level.

How much is the helicopter ride to base camp Everest?

A private helicopter tour from Kathmandu to the Base Camp costs between \$4950 and \$11950 per person. You can book a private tour for yourself or with up to 4 friends or family members, with 1 to 5 people per helicopter.

Is the Everest helicopter tour worth it?

The Everest helicopter tour is worth it if you want to see the stunning Himalayas and Mount Everest views without hiking. It offers an amazing experience, flying close to the mountains and landing at high-altitude spots. It is a great option if you have limited time or want to experience the grandeur of the Himalayas from above.

How long is the helicopter ride from Kathmandu to Everest Base Camp?

The helicopter ride from Kathmandu to Everest Base Camp typically takes about 1 to 1.5 hours each way. The flight includes a stop at Everest Base Camp or Kala Patthar for a short period to enjoy the views and take photos.

Is a helicopter tour to Everest safe?

Yes, the helicopter tour to Everest is safe. The flights are conducted by experienced pilots and companies with good safety records. However, due to the high altitude and unpredictable weather conditions, there can be occasional challenges.

Can helicopters reach Everest Base Camp?

Yes, helicopters can reach Everest Base Camp, but they usually land at a nearby location with a more suitable landing area, such as Kala Patthar, which offers stunning views of Mount Everest and the surrounding peaks. The high altitude and rugged terrain of Everest Base Camp itself make it challenging for helicopters to land directly there.

Address

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