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Kapan Marg, Kathmandu, Nepal



Everest Base Camp (EBC) Helicopter trek

Adventure Ascent offers a short Everest Base Camp Heli trek specially designed for those with less time but who still wants an adventure of a lifetime. By providing a helicopter mountain flight after the trek enhances the tour with a spectacular aerial view of the Himalayas. With chartered Heli flight, you can enjoy a smooth but exciting ride all the way back down to Lukla. We begin the Everest base camp heli trek with a flight to Lukla. We hike to Namche and spend 2 nights for proper acclimatization. On the way we explore the Tibetan Buddhist Tengboche Monastery before we head towards Dingboche, a sunny valley facing to the Ama Dablam peak. This a perfect place to rest and adjust to the thinner oxygen level before we climb up above 5000m. The landscape becomes rocky and rough as we climb higher up to Gorakshep, The walk over the Khumbu glacier moraines to EBC may be challenging to some people but is surely rewarding for the sense of achievement. The view from Kalapathar at 5545m will surely last in your memories as we witness the highest Himalayan Panorama and the stunning view of glaciers. We spend a night in Pheriche before we take the chartered helicopter flight in the morning. Wrapping up the trek with a helicopter ride amidst the mesmerizing peaks and valleys will give you a great experience for a lifetime. Adventure Ascent has carefully planned the itinerary to ensure sufficient time for proper acclimatization and exploration. We provide deluxe hotel rooms in Kathmandu and comfortable lodges with attached bathrooms at most places in the trekking route of the Everest region. We make sure you have a safe trek by providing medically trained and experienced trek leaders backed up with oxygen tanks and first aid boxes. This short 12 day Everest base camp trek is best suited for family and group of friends who have less than two weeks for the trip to Everest base camp. Adventure Ascent promises a comfortable and safe tour with delightful memories to cherish for a lifetime.

Price:

Trip Start: Kathmandu/Lukla

Trip Ends: Kathmandu

Duration: 12 -14 Days

Grade: Medium

Altitude: 5545 meters

Destination: Home

Trip Style: Climbing/Trekking

Transport: Flight/Helicopter

Group Size: 1-10+

Best Time: Autumn and Spring Season

Itinerary

Day	Title	Description
01	<u>Arrival in Kathmandu, Welcome dinner, O/n at Hotel / trek preparation</u>	After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up, and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.
02	<u>Fly to Lukla (2800m) and trek to Phakding (2650 m)</u>	Today you will begin your Everest Base Camp journey by taking a short flight to Lukla. Upon arrival at Lukla, you will meet with the rest of our team and start your trekking from there. We will then gradually descend towards Duhkoshi River where we join the main trail to Namche Bazaar. After passing through the small village called Ghat (2,550 m), it is a short walk to Phakding. Overnight in Phakding.

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| 03 | <u>Trek to Namche
(3440 m)</u> | We continue our second day of trekking along the banks of the Dudh Kosi River, crossing the majestic river many times on exciting suspension bridge. After crossing the suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. We ascend on a steep trail and reach Namche Bazaar which is the biggest town in the Everest region. Namche Bazaar (considered the Gateway to Everest) is home to many quality restaurants, hotels, lodges, shops, money exchange services, Internet cafes, and bakeries. Overnight in Namche Bazaar. |
| 04 | <u>Acclimatization rest
day</u> | We will spend a day in Namche Bazaar in order to acclimatize and adjust our body to the thinning air. Today we can tour around Namche Bazaar as it is the primary town of the Everest /Khumbu region. Afterwards, we will trek to a Sherpa Cultural museum, Syangboche Airport, and the Everest View Hotel, one of the highest-placed hotels in the world. From this point, we can see breathtaking views of the Himalayas including Mt Everest. Overnight in Namche. |
| 05 | <u>Trek to
Thyangboche
(3800 m)</u> | Our trek continues enjoying the magnificent mountain views of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku, and Kwangde. After an easy walk until Phunkitanga, we start ascending towards Tengboche valley where the biggest monastery in the Everest region is situated. It falls in Sagarmatha National park. Tengboche Monastery opens at 3:00 pm, so if we reach there by 3 o'clock we can observe a Buddhist religious ceremony. Overnight in Tengboche. |
| 06 | <u>Trek to Dingboche
(4360 m)</u> | We begin a new day of our trek descending towards Debuche through Rhododendron forests and crossing Imja River to reach Pangboche. Here, we choose the upper Pangboche trail to visit the famous Pangboche Monastery and also to admire the Himalayan vista. We continue our trek to the Imja Valley and Lobuche River before ascending to Dingboche. The views from Dingboche are mesmerizing. From here you can view Island Peak, Makalu, and another face of Amadablam. Dingboche is a beautiful village where you can observe crops of barley, buckwheat, and Potato and also grazing cattle. Overnight in Dingboche. |
| 07 | <u>Rest day at
Dingboche (4360
m)</u> | Today is our second and last acclimatization day for the journey. Spending a day in Dingboche will help us to acclimate to the high altitude. We will hike to Nagarsang hill to prepare ourself ready for Kalapatthar and Everest Base camp hike. Overnight at Dingboche. |

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| 08 | <u>Trek to Lobuche (4930 m)</u> | As soon as we finish our breakfast we continue our journey from Dingboche through the high alpine region to the destination of Luboche. Along the way, we cross the glacial frozen river at Thukla. We can also observe the memorial shrines for climbers who lost their lives on Mt. Everest. We then continue our trek watching the magnificent view of Cholatse, Lobuche, Pumori, and Nuptse. Overnight in Lobuche. |
| 09 | <u>Trek to Gorak Shep (5288m) Excursion to Everest base camp (5545 m)</u> | This is a big and most amazing day as we walk along the Khumbu Glacier and up to Everest Base Camp at 5,365 m, the closest you can get to Mt. Everest without mountaineering equipment. The Everest Base Camp is stunningly beautiful. During spring, there will be many expedition teams attempting the summit. The view of the Khumbu Icefall from Base Camp is just spectacular. We return back to Gorak Shep for the night. |
| 10 | <u>Climb Kalapathar and trek to Pherichee</u> | We get up early in the morning for the walk up to Kala Patthar. Kala Patthar is a small Peak at 5,555 m. The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at 8,848 m, towers directly ahead, and on all sides loom the giants such as Nuptse, Pumori, Chagatse, Lhotse, and countless others. We make a quick descent to Gorak Shep to have breakfast, and then trek down to Pheriche for overnight. |
| 11 | <u>Chartered Helicopter back to Kathmandu / cultural tour / stay at hotel</u> | Today, after breakfast we fly in a helicopter for early morning Mountain flight and continue to fly to Kathmandu. This is one of the best parts of this trip where you can enjoy the beautiful mountains so closely. Once landed in Kathmandu you can go for a cultural city tour or just relax in your hotel. |
| 12 | <u>Trip ends / Departure</u> | Our adventure in Nepal ends today. Adventure Ascent staff will drop you off at the Tribhuvan International Airport a few hours before the scheduled flight for final departure. |

Includes

Airport Pick up and transfers to hotel.

All accommodation as BB in 4/5 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

Excludes

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

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Personal equipment.

Personal equipment.

Tips for trekking staff.