

Everest Base Camp Heli Trek

URL: <https://himalaya-discovery.com/trip/everest-base-camp-heli-trek/>

Destination Nepal	Activity Trekking in Nepal	Start / End Point Lukla, Gorakshep
Duration 10	Region Everest	Max. Altitude 5545m
Best Season March to May, September to December	Activity Per Day 5 - 6 hours	Group Size 2
Moderate		

Trip Highlights of Everest Base Camp Heli Trek 10 Days

- Spectacular views of the world's highest mountain, the Everest.
- Explore the traditional villages, the culture of Sherpa and Buddhist people
- Enjoy the adventure of Sagarmatha National Park and the Khumbu glacier
- Rest and acclimatization day before conquering EBC
- 360-degree panoramic views of Himalayas and reach the best viewpoint, Kala Patthar
- Experience the helicopter flight over the Himalayan range from Gorakshep
- Comfortable accommodation and hygienic meals every day

Everest Base Camp Heli Trek Overview

Our Everest Base Camp Heli Trek 10 days is an incredible package. It is an appropriate choice for those who want to take the EBC trek but are short on time.

During this trek, you will walk to the Everest Base Camp but take a helicopter ride back from Gorakshep. This trekking package avoids returning from the same trekking route and so, makes the duration shorter.

The [Everest Base Camp](#) trekking is the most beautiful trail in the [Everest region](#). It leads you to the tallest mountain in the world i.e the [Everest](#). It is indeed the most famous Himalayan trek.

The journey is full of adventure and offers spectacular panoramic views of the world's highest and most beautiful mountains. This trek is possible all year round but the best time to visit is March to May and September to December.

The trip starts with a 30 minutes scenic flight from Kathmandu to [Lukla](#), the gateway to Everest. Lukla is the starting point of your trek. During this trek, you will get to witness the rich flora and fauna, several Sherpa villages, and Buddhist monasteries.

Moreover, you will experience the legendary Sherpa people lifestyle and pass through the largest Khumbu glacier, Gorakshep. And Kala Patthar from where you will get the best possible view of the Himalayan ranges including Mt Everest.

Overall, this 10 days trekking package will possibly give you the best 10 days of your life. Not only will you get to put your steps on the trails, but you will also get to enjoy the aerial views of the Himalayas.

And although the cost of Helicopter return is little expensive, it is a worth tour option for a different taste of journey to EBC.

To know more about the trip, [contact us](#). If you want to take the normal [Everest Base Camp trek](#), we can plan the trip to match your preference.

Mount Everest Base Camp Trek and Heli Return With Himalaya Discovery

We have excellent services to make your travel pleasant and memorable. Our fixed date departure trips are equipped with everything that you need, including adequate acclimatization days in the Everest region for your safety. You'll be accompanied by a very professional Sherpa guide during the Everest Base Camp Heli Trek, who is experienced and polite to service you. With us, you'll experience a smooth adventure packed with stunning scenery, cultural experiences, and, not to forget, the best possible care. Here are some other benefits:

- Good flight to Lukla and beautiful heli return from Gorakshep.
- All inclusive: permits, accommodation, meals, guides, gear and transfers included.
- Safety (Pulse Oximeters are included) to safeguard and monitor one's health at high altitude.
- Led by an English-speaking local Sherpa and an experienced Sherpa.
- And practical extras included: a Himalayan Discovery duffel bag, trekking poles and a map.
- 24/7 customer support.
- Eco-aware and sustainable travel values are at the heart of its operations.

Private Tailor-Made Tours and Small Groups 10 Days EBC and Heli Trek

We run private bespoke treks and small group Everest Base Camp Heli Trek for thrill-seekers in 2027/28. As one of the premier trekking companies in Nepal, our focus is on providing a unique experience which combines the thrill of achieving Everest Base Camp with the luxury and speed offered by a scenic

helicopter return.

Our private Everest Base Camp Heli Trek itinerary is perfect for Solo travelers, Families and small groups. You can expect flexibility, safety and personalized service as you journey with us. With a team of expert Sherpa guides and experience backing us, we offer just the right mix of adventure in comfort on the trail. While you are in the Himalayas, this trek allows you to see some of the grandeur of high mountains without wasting time seeing it on the way back.

How much is the Everest Base Camp Trek with Helicopter return?

For 2026-2027, the standard price for a Everest Base Camp Heli Trek would be from around USD 1,900 to not more than USD 3,200 (per person).

The trip might get more expensive if you upgrade to a deluxe option (luxury lodges, single rooms, better meals, private helicopter rides), or if you're traveling alone.

The Everest Base Camp Heli Trek is much more expensive than the standard trek. Mainly due to the helicopter return from Gorakshap/Kala Patthar back to Lukla or KTM, increased logistics for higher accommodation standards and fixed-wing flights in and out of Lukla.

The cost also depends on group size, level of luxury (lodge quality, single rooms and so on), meals, inclusions (such as guide or porter service), permits and season.

Everest Base Camp Trek and Return by Heli Itinerary and Cost 2026/2027

Seeking the ideal balance between trekking adventure and comfort? Then our 10 Days Everest Base Camp Heli Trek will be your best option for 2026/ 2027 and beyond. This special itinerary enables you to hike the iconic trails of the Khumbu Valley, set foot at the world's highest mountain and return via a stunning helicopter flight that will spare you days of descent.

This Everest Base Camp Heli Trek is specially designed for trekkers who wish to experience the second-highest peak in all its glory from Everest Base Camp and Kala Patthar, but don't want to retrace their steps all the way back. It provides adequate acclimatization, cultural immersion in Sherpa villages and up close views of Everest, Lhotse, Nuptse and Ama Dablam throughout your trek.

Short Everest Base Camp Heli Trek 10-Day Itinerary

Day 01: Arrive in Kathmandu

Day 02: Fly to Lukla and Trek to Phakding

Day 03: Trek to Namche Bazaar

Day 04: Acclimatization Day

Day 05: Trek to Tengboche

Day 06: Trek to Dingboche

Day 07: Acclimatization at Dingboche

Day 08: Trek to Lobuche

Day 09: Trek to Gorak Shep and Hike to Everest Base Camp, Return to Gorak Shep

Day 10: Morning Hike to Kala Patthar, Descend to Gorak Shep, Fly to Kathmandu

Note: If you have more time, we also provide longer Everest trekking options. Some of them are- Everest Three Passes Trek, Gokyo Lakes Trek and Luxury Everest Base Camp Trek, etc.

What makes the Everest Base Camp Heli trek unique?

Instead of going all the way down to Lukla (same trail) to catch a flight back to Kathmandu, we will take a helicopter flight from Gorakshep to Kathmandu. Discover the best alternative to the standard [Everest Base Camp trek](#).

This Everest Base Camp Heli Trek Package package is designed for those who have a limited time to explore Everest. You can avoid the same returning trek back to Lukla because you will be flying to Kathmandu from Gorakshep on a helicopter. You will be saved from the fear of frequent delays or cancellations in Lukla due to unpredictable [weather](#). Himalaya Discovery takes care of all logistics for a comfortable trip.

Is this trip for me?

The Everest Base Camp Heli trek reaches a maximum altitude of (5,500m/18,195ft)]at Kalapathar and an overnight elevation of (5,140m/16,865ft) at Gorakshep. Physically challenging involves daily hiking of about 6-8 hours.

Our itinerary is carefully planned to allow for the best possible acclimatization, but you must be physically and mentally prepared for the trek. There is no prior trekking experience required, but you must be relatively fit, enjoy walking for several days on continuously, and be adaptable to high altitude environments.

Itinerary

This is the Itinerary our local Sherpa guides have put together after decades of leading treks in the Himalayas. They know the trails, the altitude risks and how best to keep you safe.

The path takes you gradually up to Everest Base Camp, giving your body a chance to acclimatize to the thinning air. You'll become acquainted with mountain villages, meet local people and immerse yourself in some of the most dramatic landscapes on Earth. You won't retrace your steps down at the end, you'll fly out instead. Namche Bazaar is where your body will finally get the opportunity to properly acclimatise. Plus, the day you spend up there helps ward off altitude sickness later.

You'll also spend another acclimatization day in Dingboche. During chilly nights at higher camps, you're going to be thankful that you brought the extra-warm sleeping bag.

Day 01: Arrive in Kathmandu.

Upon your arrival at Kathmandu airport, one of our representatives will receive you and escort you to your hotel.

In the afternoon, you will get a briefing on last-minute specifics about your trek. And in the evening you can spend your time exploring the shops and restaurants.

Overnight at a three-star hotel.

Highest Altitude:

1400m

Flight Hours:

Varies by origin (International
arrival at Tribhuvan
International Airport)

Meals:

Accommodations:

3-star hotel in Thamel

Day 02: Fly to Lukla and Trek to Phakding.

Today you will board a 30-minute scenic flight to Lukla early in the morning. Enjoy the magnificent mountain range as you arrive at Lukla airport.

You will meet your porter at the airport. After having your breakfast at Lukla, your actual trekking begins.

The trek to Phakding is about 3-4 hours walk which is fairly easy. You will pass through the Dudh Kosi valley and head north from the airstrip to Chheplung at 2700m.

Later you will cross the Thado Koshi river on a suspension bridge. After passing the bridge, you will get the view of peaks like Kusum and Kangguru at 6367m which are some of the most difficult peaks to climb.

Beyond the Thado Koshi, the trail climbs towards the Ghat at 2590m and crosses a ridge marked with painted Mani stones. Further, you will continue to ascend where you will reach the beautiful village of Phakding.

Overnight at a lodge in Phakding.

Trek Distance:

8 km

Trek Duration

3 - 4 hrs

Highest Altitude:

2800m

Flight Hours:

0.5 hours (Kathmandu to
Lukla)

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 03: Trek to Namche Bazaar.

After you enjoy your breakfast, you will start your second day of the trek through the valley of Dudh Kosi river. Today you will cross the Dudh Kosi river five times on the exciting suspension bridges with colorful prayer flags on the way to Namche.

You will continue your ascent after you cross the Hillary Suspension bridge and then gradually head to Jorsale. This is a two and a half hour climb to Namche with two viewpoints on the way.

You will get to enjoy the spectacular view of Mt. Everest on a clear day. At Jorsale, you enter the Sagarmatha National park. Here you need to verify your permits.

After about 5 or 6 hours of tiring walk, you will reach Namche Bazaar. It is the main trading center of the Khumbu region.

It lies on a steep mountain bowl with excellent views of the Himalayas with various facilities like restaurants, pubs, and shops etc.

Overnight at a lodge in Namche Bazaar.

Trek Distance:

11 km (6.8 miles)

Trek Duration

5 – 6 hrs

Highest Altitude:

3430m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 04: Acclimatization Day.

You will not spend one night but two nights in Namche Bazaar. This is because acclimatization is very important before proceeding higher to ensure proper altitude acclimatization.

This helps to avoid altitude sickness. Hence this day will be a more relaxing day. But this doesn't mean that you will stay idle. Today you can take a day hike through the villages of Khunde and Khumjung. And come back to Namche through the Everest View Hotel at Khumjung.

You can enjoy the panoramic views of Everest, Ama Dablam, and many other mountains. You can also visit the bakery at the world's highest altitude.

After enjoying a delicious breakfast, you will take a steep one hour climb to the Syangboche airstrip. From here you will then slowly ascend towards Khunde passing through numerous Chorten.

From Khunde, you will follow the trail eastwards to Khumjung, the largest village in the Khumbu region. Here you will enjoy your lunch and later follow a gradual climb to Everest View Hotel where you will enjoy the splendid mountain views.

Then you will descend to Namche where you can take some rest and prepare for the next day.

Overnight stay at a tea house in Namche Bazaar.

Trek Distance:

10-11 km

Highest Altitude:

3,440m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 05: Trek to Tengboche.

The day begins after breakfast as you start trekking to Tengboche. The route to Tengboche moves in and out of side valleys with small ups and downs to Kenjoma. Soon it joins the trails from Khumjung just before a collection of Mani stones.

The views of Everest and Ama Dablam are excellent from this part of the trek. You will pass Sanasa, a small settlement from where the trail drops towards Phunkithanga.

From here, the trail climbs steeply through pine forests and around Mani stones as it follows the side of a hill to the saddle where the Tengboche monastery sits at 3870m. The magnificent sceneries of Kwangde, Tawachee, Everest, Nuptse, Lhotse will leave you spellbound.

Overnight in Tengboche village.

Trek Distance:

10 km

Trek Duration

5 hrs

Highest Altitude:

3867m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 06: Trek to Dingboche.

Today's trek begins with a short hike passing through lush green Rhododendron forests to reach the village of Pangboche. Pangboche is the home to many Everest climbers.

As you walk for a while you will reach Orsho. From here the trail to Pheriche and Dingboche separates. After a few hours of hike, you will reach Dingboche, a small village in the Chukhung village.

Dingboche is also known as the gate to the Island peak climbing. From here, the views of Mt.Ama Dablam and Island peak are breathtaking.

Overnight at a tea house in Dingboche.

Trek Distance:

12 km

Trek Duration

6 hrs

Highest Altitude:

4300m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 07: Acclimatization at Dingboche.

Today is the second day of acclimatization and this time in Dingboche. You can take a rest day. However, if you wish you can climb to the top of the hill for acclimatization purposes.

The best way to avoid altitude sickness is by climbing high and sleeping low. This is a good way to acclimate your body.

After lunch, you can take a short hike to the gorgeous Chhukung valley. The majestic peaks like Mt. Lhotse, Makalu, Cho-Oyu, Ama Dablam, Island peak etc surround the valley.

You can also witness the Imja Khola valley. Later you are back to Dingboche for rest and to prepare for tomorrow. Overnight stay at a tea house in Dingboche.

Trek Distance:	Trek Duration	Highest Altitude:
4-5 km (acclimatization hike)	3-4 hours	4,410 m (village), 5,100 m+ (optional hike)

Meals:	Accommodations:
Breakfast- Lunch- Dinner	Teahouse

Day 08: Trek to Lobuche.

Today you will gently start your trekking through the Pheriche village. The trek becomes more challenging from this day because of the higher altitude. You get to Dingla at 4600m passing through a tough and steep walk to the top of a high hill.

Here you can explore the memorial stupas dedicated to the climbers and trekkers who lost their lives to the Everest over the years.

From here, you will move over the rough mountain terrain to Lobuche. Lobuche is a small settlement that provides spectacular views of the peaks like Mt. Lobuche, Pumori, and Nuptse.

Be prepared for the chilly night before you go to bed. Overnight at a tea house in Lobuche.

Trek Distance:	Trek Duration	Highest Altitude:
8 km	5 - 6 hrs	4930m

Meals:	Accommodations:
Breakfast- Lunch- Dinner	Teahouse

Day 09: Trek to Gorak Shep and Hike to Everest Base Camp and Return to Gorak Shep.

You will start your early morning hike to Gorak Shep which will take about 2 hours. At first, the trail is nice and easy but one hour later the trail gets harder.

However, the nice view of the big walls formed by Everest, Nuptse, and many other mountains will compensate for the difficulty.

Once you climb about 150m then the trail gets better again. Very soon you will get to a moraine and finally to 5140m, the world's highest settlement at Gorak Shep.

After lunch, you begin your walk to the Everest Base Camp. You will be walking on a side ridge of the Khumbu glacier.

After walking on the ridge for about one and half hours, you cross the glacier and into the Everest Base Camp area.

So today's trek takes you to the final goal or destination by trekking to EBC at an altitude of 5360m. Here you will meet many other mountain climbers and get to share each other's experience.

Moreover, you will get a good view of the Khumbu glacier and the Khumbu Icefall. After a quality time by clicking pictures and embracing the moment, you head back to Gorak Shep.

Overnight at a tea house in Gorak Shep.

Trek Distance:	Trek Duration	Highest Altitude:
15 km (round trip)	6 - 7 hrs	5,364 m (Everest Base Camp)
Meals:	Accommodations:	
Breakfast- Lunch- Dinner	Teahouse	

Day 10: Morning Hike to Kala Patthar and Down to Gorak Shep and Fly to Kathmandu.

Before the first daylight breaks, your ascent to Kala Patthar sets off which takes about 2 hours. The short hike to Kala Patthar with clear views of Mt. Everest and its surrounding peaks are magical.

Some of the best pictures of the Everest are from this viewpoint. Upon your return to Gorakshep, you will enjoy your last breakfast in the mountains. After that, you will fly back to Kathmandu by Helicopter which will be fun.

In this helicopter ride, you will get the chance to watch the aerial view of the amazing and beautiful Himalayas.

With this, the journey of a lifetime into the Himalayas comes to an end. Upon arrival at Kathmandu, we will escort you to your respective hotel.

Trek Distance:	Trek Duration	Highest Altitude:
3-4 km (to Kala Patthar), 5 km (descent to Pheriche for helicopter pickup)	2-3 hours (hike)	5545m
Flight Hours:	Meals:	
1 hour (helicopter)	Breakfast- Lunch- Dinner	

Price Includes

- Airport transfers (pick-up and drop-off).
- All meals (breakfast, lunch, dinner) during the trek.
- All accommodations during the trek.
- Sagarmatha National Park Permit and TIMS card.
- Flight Kathmandu - Lukla including airport transfer.
- Helicopter from Gorekshep to Kathmandu including airport to hotel transfer.
- Government taxes, service charge and official expenses.
- Pulse Oximeter for the blood oxygen saturation level monitor to high altitude.
- All necessary paper works and entry permits.
- English speaking Sherpa trek guide.
- Trek map.
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.

Price Excludes

- International airfares and Nepal visa.
- Any personal medical or evacuation expenses incur.
- Tips for staff. (Tipping is expected)
- Any others expenses which are not mentioned on the 'Service Includes' section.

Trip Addons

Extras and Add-Ons

You can absolutely enhance your Everest Base Camp Heli Trek by adding some of those additional options. And these add-ons give you a way to dig even deeper into Nepal's culture, adventure and wilderness during your Mount Everest Base Camp Heli Trek. Some favorites include:

- [Trishuli River Rafting](#)
- [Heli Sightseeing](#)
- [Kathmandu Food Tour](#)
- [Paragliding in Nepal \(Pokhara\)](#)
- [Ultra-Light Flight](#)
- [Kathmandu Day Tour](#)
- Bardia Jungle Safari
- [Chitwan Jungle Safari](#)
- [Bungee Jumping](#)

Sleeping Bag Rental

We rent 4-season sleeping bags at a cost of \$30 for your 10 Days Everest Base Camp Heli Trek. Lose it by accident, or damage it in any way, and you'll have to shell out \$165 for a replacement. But if you return it intact, all you owe is the rental fee. When you take your sleeping bag to the high country on the Everest Base Camp Heli Trek, where nights can be surprisingly cold, you'll feel cozy knowing that hanging out was worth it.

Personal Porter

We can also provide personal porters for your Mount Everest Base Camp Heli Trek, so you need only carry a daypack. Porters charge \$20 per day, which includes their meals and accommodations, as well as insurance. One porter carries equipment for two trekkers weighing up to 25 kg.

Your porter will be waiting for you in Lukla as soon as you land for the Everest Base Camp Heli Trek. They will help you every step of the way to Everest Base Camp, bearing your main equipment so you can hike without any concerns about lugging all that extra weight. Besides, returning home in the EBC trek that takes place by helicopter means you won't need a porter on your way back.

Luxury Accommodation Upgrades

Want more comfort on your 10 Days Everest Base Camp Heli Trek? Then upgrade your stay with luxury lodgings balanced to trump the standard tea houses scattered up and down the trail. Those luxury lodges and hotels provide you with a private room, modern amenities, better meals, heated dining areas and a higher standard of service. On a long day on the trail of your Mount Everest Base Camp Heli Trek, you'll finally relax.

You can upgrade:

- In Kathmandu, before and after the Everest Base Camp Heli Trek, at different boutique or luxury hotels.
- On the trail of your Everest Region Trek, sleeping in deluxe lodges rather than basic tea houses during the Mount Everest Base Camp Heli Trek.
- To relax in style after your adventure when the 10 Days Everest Base Camp Heli Trek is complete.
- Options are flexible. Plus, everything's personalized to your preference for comfort and budget on the Everest Base Camp Heli Trek, so you find the perfect balance between adventure and relaxation.

Trip Information

We'll secure your permits, help you pack your gear, and give advice so you know what to expect on your Everest Base Camp Heli Trek. Our work doesn't end there, however. On the trail, our guides will be there to help answer any questions you may have, be it about altitude, safety, weather or the culture around you. The helicopter return saves you an equivalent of days spent walking back, so you don't have to spend the remaining time in recovery.

Having meat at higher lodges is a bad idea because it spoils faster. Rice, noodles and soup are your friends. Your stomach will thank you. And pack water purification tablets, you're going to need them.

Accommodations

The Everest Base Camp Heli Trek combines Kathmandu hotels with teahouses and trail lodges. In Kathmandu, you will be accommodated in 3-star or similar hotels before and after your Mount Everest Base Camp Heli Trek. Most rooms are twin-share with ensuite facilities. But once the trekking starts, you'll be staying in teahouses that local Sherpa families, basic but comfortable, operate.

The rooms contain one or two single beds with minimal bedding. In lowland villages such as Lukla, Phakding and Namche on the 10 Days Everest Base Camp Heli Trek, a few rooms have attached bathrooms. Sports don't come cheap, but as service goes up, bathrooms get shared or closer to elemental. Heating is minimal; there are wood or solar stoves in common areas. Warm showers are offered at some lodges, but can be expensive. In the heli return department of the Everest Base Camp Heli Trek, some packages offer nicer lodges. These generally have better facilities such as hot water and private (often ensuite) toilets.

With greater altitude comes less comfort on the Mount Everest Base Camp Heli Trek. So it's a good idea to bring good sleeping gear. Bring a warm sleeping bag liner and earplugs. Expect basic conditions above 4,000-5,000 m during your Everest Base Camp Heli Trek; at higher elevations, facilities are even more rustic. On cold nights, you'll be glad you packed that extra gear. Private rooms or upgrades may cost extra on the 10 Days Everest Base Camp Heli Trek, depending on availability.

Meals Arrangement by The Company

Meals on Everest Base Camp Heli Trek are provided full board basis during the trek. This means meals are offered in teahouses or lodges, both for breakfast, lunch and dinner. Breakfast is light porridge, eggs, bread or Tibetan bread, toast with jam or honey.

Lunches can be hearty but very practical. Choices include Dal Bhat, soups, noodles or sandwiches. At most of these stops, you'll have plenty of variety to keep you fueled for the afternoon hike.

Dinner is the evening's biggest meal of the day. It serves Dal Bhat once more, soups from the area, including Sherpa stew, vegetable curries and fried rice or pasta. Hot drinks like tea, coffee and herbal teas are also included in the meal plan. But as you ascend, a wider variety of food dwindles. Imported and meat products grow scarcer, and prices increase. Dal Bhat and anything including meals are more expensive in Lobuche or Gorek Shep due to the transportation cost. Special note: Snacks, additional drinks or western items are extra.

Note: If you have dietary restrictions (vegetarian, vegan, allergies, etc.), alert your trekking company ahead of time. We can usually organize something else for you to eat. And bring snacks and energy bars for when you just need a pick-me-up or when resources are limited.

How is Drinking Water on the Everest Base Camp Heli Trail?

Water from the Everest Base Camp Heli Trek trail needs to be treated before consumption. Tap water and stream water may be unsafe. Teahouses usually sell boiled water for a minor charge. Occasionally, they provide filtered or purified water.

A lot of trekkers use water purification tablets or UV gadgets, such as SteriPen, or a portable filter. These cause water from even streams, taps or natural sources to be drinkable.

You'll also lose more fluids at high altitudes through your breathing and exertion. The air's cold and dry.

Most sources suggest drinking 3-4 liters of water every day. This will certainly keep you well-hydrated during the hike.

When is The Best Time for the Mount Everest Heli Tour with Trek?

Spring (March to May): One of the best times for trekking including the Everest Base Camp Heli Trek. The weather's warming up, with generally clear skies. The native rhododendrons are in blossom, and the landscape crackles. At lower elevations, the daytime temperatures are pleasant enough, but nights and higher elevations remain chilly. It's a good one for trekking or helicopter flights, since there's usually good visibility.

Autumn (Late September to November): The air's been washed clean after the monsoon. The skies are clear, and mountain views are stunning. The weather is steady, with average temperatures during the day and colder nights at higher altitudes. This is a favorite season as well, so trail traffic and accommodations demand are both high.

December to February (Winter): Winter is far colder, and snow is more common at higher altitudes. Some teahouses may close. Plus, helicopter flights can be riskier or unavailable due to weather. It can be done if you're well-prepared in gear, with experience in cold and flexibility. But it's not very comfortable for a first-timer.

Monsoon / Summer (June- half of September): As a rule, monsoons should be avoided. Heavy rains, clouds, the possibility of landslides, slippery trails and frequent flight delays and cancellations make it both less safe and also less scenic. But fewer people, thick greenery and not the usual experience of trekking are the pros for some brave-hearted trekker.

Very Last Minute Departure Option for EBC Heli and Trek in 2026, 2027

At Himalaya Discovery, we realise that sometimes there's no alternative but to change plans at the last minute. So we provide Very Last Minute Departure Options for the Everest Base Camp Heli Trek. Whatever you need from us, and whether it's just for a single person, a family or an exclusive party, we can organise something to meet your requirements at short notice.

Our expert local Sherpa-owned team arranges permits, heli logistics, lodging, guides and safety gear quickly. Nothing has changes with the level of service and support that we offer. In the mountains, timing matters. So if you want a very last-minute departure option, contact us. We'll make it happen.

Health and Safety Guide for the Everest Base Camp Heli Trek

Medical Checkup Before Trek

Schedule a visit to the doctor 6-8 weeks in advance of travel. Make sure vaccinations such as tetanus and typhoid are current. Also mention any conditions you may have before embarking on the Mount Everest

Base Camp Heli Trek.

Altitude Awareness & Acclimatization

Plan for gradual ascent on your 10 Days Everest Base Camp Heli Trek. Allow for rest & acclimatisation days, e.g., in Namche Bazaar and Dingboche. Adhere to principles like “climb high, sleep low.” Heed the warning signs of Acute Mountain Sickness headache, nausea, dizziness, shortness of breath and descend immediately if you experience such symptoms during the Everest Base Camp Heli Trek. In Namche, your body finally gets an opportunity to acclimate.

Hydration

Drink loads of water during the Mount Everest Base Camp Heli Trek. Most commonly, 3-4 liters per day. Water should be boiled, filtered or treated with a water purifier. Stay away from too much alcohol and caffeine; both will dehydrate you.

Diet & Nutrition

Eat complete meals that include carbs, proteins and fats throughout your Everest Base Camp Heli Trek. Keep high-energy snacks, such as nuts, dried fruits and energy bars, beside you for extra power. At higher lodges, meat's a bad idea because it'll spoil really quickly.

Gear & Clothing

Pack layering clothing for the 10 Days Everest Base Camp Heli Trek. You'll want base layers that wick away sweat, mid-layers that are insulating, and outer layers that are waterproof and windproof. You'll want your good boots, gloves, hat and sunglasses with 100% UV protection and a warm sleeping bag. A first-aid kit with altitude sickness medicine, like Diamox (only if a doctor's cleared you), is also key for the Mount Everest Base Camp Heli Trek.

Safety on Trail

Stay on marked trails during your Everest Base Camp Heli Trek. Watch your step on suspension bridges, rocky or slick stretches and in bad weather. Be careful of yaks, mules and pass the animals. Avoid walking too fast. Rest when needed. On steep parts, slowing down prevents fewest injuries.

Weather & Sun Protection

Be prepared for swift weather changes, wind, snow, cold wind and sun on the Mount Everest Base Camp Heli Trek. Bring high SPF sunscreen, lip balm, sunglasses and rain gear. Sunburn and snow blindness are genuine threats at high altitude during the 10 Days Everest Base Camp Heli Trek.

Hygiene & Sanitation

Frequently wash hands with soap or hand sanitizer, particularly before eating and after using toilets on the Everest Base Camp Heli Trek. Use purified water. And be very, very stringent about food hygiene. Bring toilet paper or biodegradable substitutes.

Insurance & Emergency Evacuation

Carry travel insurance that includes cover for high altitude trekking and helicopter evacuation for the Mount Everest Base Camp Heli Trek. Plus, know where rescues might be made and how to contact guides or medical help during your Everest Base Camp Heli Trek.

Listen to Your Body and Rest

Don't push when tired on the 10 Days Everest Base Camp Heli Trek. Days off, sleep and avoiding overdoing it are crucial. If you're not feeling well, notify your guide immediately. Slowing down tends to prevent illness and injury on the Everest Base Camp Heli Trek. You need more recovery time than at sea level. At 5,000 meters, your body requires about 30 to 40 percent longer to recover than it would otherwise.

Frequently Asked Questions

Have any queries regarding the Everest Base Camp Heli Trek? We've addressed the major questions: altitude safety, trail difficulty, fitness levels needed, helicopter logistics and more. If anything is still not clear, let us know.

Most Asked Questions Answered on Everest Base Camp Heli Trek by Our Team

Is prior trekking experience mandatory for Everest Base Camp Heli Trek?

Not technically required for Everest Base Camp Heli Trek, but so useful. Of course, if you've trekked before, particularly at moderate altitude like 3,000 to 4,000 meters, then you'll have a better sense of pacing. You'll understand how your body responds to elevation and what gear works. First-time trekkers can easily do this trek.

Are helicopter flights at high elevation safe?

The helicopters they use are high altitude pick capable and flown by veteran pilots. But safety is very dependent on the weather, visibility and landing zones. Poor weather could cause flights to be delayed or canceled. Flexibility in the itinerary is crucial.

What are the risks involved?

Dangers during Everest Base Camp Heli Trek include altitude sickness, adverse weather such as snow, storms and avalanches up in the higher elevations at certain times of year. There's also the potential for flight delays or even cancellations, hypothermia, uneven trails and limited medical facilities above certain elevations. Helicopter availability could be delayed or change. Good preparation, acclimatization schedules, listening to your guides and extra days all mitigate the risks.

What happens if a helicopter flight gets cancelled because of the weather?

It's far from uncommon for weather to cancel at high altitudes. If a flight element is cancelled, you could be forced back to hiking, wait for another weather opportunity or settle on a lower landing spot. That may mean extra nights and even added expenses. So it's important to build buffer days into your plans.

Is it possible to travel alone on this trek?

Depending on the operator and local regulations, it's possible. But striking out alone also involves more planning and a lot more responsibility when it comes to safety, navigation, gear and altitude risk. We recommend hiring a guide, or joining a group for another set of guiding hands for safety reasons and local knowledge, permit logistics, porter arrangement and overall smooth process.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal