



## **Short Everest base camp trek / Everest helicopter tour cost - Itinerary**

### **1. Day 1**

Kathmandu – Lukla Flight (30-35 min) & Lukla – Phakding Trek (866ft., 2640m.): 3 – 4 hours – B.L.D

### **2. Day 2**

Phakding – Namche Bazaar trek (3440m., 11319ft.): 5 – 6 hours – B.L.D

### **3. Day 3**

Trek to Tengboche (3860m., 12694ft.): 6 – 7 hours – B.L.D

### **4. Day 4**

Trek to Dingboche (4410m., 14300ft.): 5 – 6 hours – B.L.D

### **5. Day 5**

Trek to Lobuche (4910m., 16207ft.): 5 hours – B.L.D

### **6. Day 6**

Treks to Everest Base Camp then Back to Gorakshep 6 hrs– B.L.D

### **7. Day 7**

Hike to Kalapatthar (5550m., 16962ft.): 1hr 30 min then fly back to Lukla and finally fly to Kathmandu – B.L.D

## **INCLUSIONS**

All airport pick up and departure

All transportation two flight ticket -fly Kathmandu to Lukla & Fly out from Lukla to Kathmandu, A/C car, tourist deluxe bus during trips

Helicopter chopper from Everest base camp to Lukla

Standard trekking lodge during trekking

Kathmandu sightseeing with city tour guide

Whole accommodations during trips

Some necessary equivalents as we can provide

Full board meals during trekking as mention in the itinerary (Breakfast,Lunch, Dinner )

First aid medicine items

Trekking permit & TIMS card (Trekking Information Management System)

Necessary staff, guide & porters their salary, accommodation, meals and their insurance, two professional guides (for two guest one Sherpa porters to carry baggage )

One special cultural show and farewell dinner program

Our government tax official expenses

## **EXCLUSIONS**

All your personal expenses any types of drinks

Tour entrance fee in the city, your extra meals in Kathmandu, accommodation, bar bills etc,

Clients international air ticket

Clients travel insurance & tips for the trekking crew

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)