



## **Everest Base Camp Helicopter tour from Namche - Itinerary**

### **1. Day 1: Arrival in Kathmandu Airport. (1350m)**

Upon arrival in Kathmandu International airport, our airport representatives pick you up and transfer to the hotel. You are shortly briefed about the trip, preparation for the trip with backpacks and you can relax for rest of the evening or roam around Thamel to get familiar with the new city.

### **2. Day 2: Fly from Kathmandu to Lukla (2850m) and trek to Phakding (2610m) – 35 min. Flight & 3 hrs trek**

After breakfast early in the morning, we take the flight to Lukla. This is around 35 minute of stunning flight offering marvelous views of the Himalaya range, beautiful valley, different type of landscape, village, many rivers, gorges to Lukla. The amazing flight from Kathmandu 1350m to Lukla 2850m Tenzing–Hillary Airport in Khumbu region. Lukla is a small town with numerous hotels, restaurants, and shops in the Khumbu region and gets the way for Mount Everest. After the flight, you meet our support team and start trek to the Phakding north from Lukla. Lukla to Phakding is around 3 hours down. Phakding 2610m a small village lies in the bank of Dudh Koshi river Trek follows downhill through the bank of Dudh Koshi and past several potatoes and barley fields, we are in Phakding. – Breakfast, Lunch, Dinner included with tea or coffee

### **3. Day 3: Phakding to Namche Bazaar (3450m/11318ft) – 5/6 hrs**

Today's trekking is a bit difficult and uphill. After breakfast, we start trekking to Namche Bazaar through small villages Benkar Manjo and Jorsalle. enter the Sagarmatha National Park. The park preserves the rare floras and faunas. Then we cross several bridges before ascending to the heart of Khumbu region, Namche Bazaar and explore the place. Namche is known as the Sherpa Capital where you are presented with striking views of Everest, Ama Dablam and Kongde Ri. – Breakfast, Lunch, Dinner included with tea or coffee

### **4. Day 4: Namche Bazaar, Everest Base camp Kalapathar and back to Lukla**

After breakfast visit around Namche bazaar than you will have Namche to Everest helicopter tour see the beautiful Khumbu glaciers and mountains like: Everest ( 8848m29028ft.), Cho Oyu ( 8152m26745ft.), Lhotse( 8516m27939ft.), Makalu 8463m and Ama Dablam (6456m21181ft.) etc– Breakfast, Lunch, Dinner included with tea or coffee

### **5. Day 5: Flight from Lukla to Kathmandu – 35 min. flight**

We take scenic flight back to Kathmandu and sightseen tour in Kathmandu including Pashupatinath, Baudhanath stupa, Swayambhunath stupa etc, maybe you can do shopping or buy souvenirs for your friends and family. Finally join last farewell dinner program – Breakfast, Lunch, Dinner included

### **6. Day 6: Last day in Kathmandu Departure/Farewell**

After winding up a successful trip, our representative drops you off to the airport for your further journey.

You are dropped to the airport around 3 hours before the departure so that there may not be any delays. Have a safe journey! – Breakfast included

## INCLUSIONS

- Airport picks up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three-star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary, and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary and Everest base camp Heli tour
- Sleeping bag, Down jacket & necessary equipment during the trek
- One cultural show and dinner program

## EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

URL: <https://sunriseadventuretrek.com>