



DIVINE INTERNATIONAL
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14 Days Nepal Everest Base Camp Trek (Helicopter Ridge)

Region: **Everest**
Trek Type: Lodge
Trek Grade: Challenging
Trek Days: 09
Max Altitude: 5545m
Best Season: Oct–Dec & Mar–May

Trekking to base camp of the world's tallest peak, the Mt. Everest (8848m) is a thrilling experience in itself. Starting from Kathmandu with a short flight to Lukla, the aerial views of some of the highest mountains Langtang, Jugal Himal, Gaurishankar, Melungtse are spectacular before the flight enters the Khumbu region. The trekking course follows through the Khumbu region from the Sherpa town of Namche Bazaar and it passes through forest of rhododendron, pine juniper and Gompas (monasteries), Chorten (stupas) and mani walls (prayer walls of stone) that are abundant in this area. The views from almost anywhere on Kalapather of Everest, Lotse and Nuptse are spectacular. You have the option of continuing to Everest Base Camp after the sunrise viewing at Kalapather or proceed to descend.

Day 01: Kathmandu

Upon arrival, meet and transfer to hotel. Check in hotel and rest.

Day 02: Kathmandu (B)

After breakfast, meet up for the trek briefing. Discuss on the programme and meet up with Guide. After that free and easy day.

Optional:

Half day city tour to Swyambhunath Stupa.

Day 03: Kathmandu – Lukla (2800M)- Phakding 2600M (B,L,D)

After early breakfast, short briefing of the trek and transfer to the domestic terminal of Kathmandu Airport for an early morning flight to Lukla a gateway destination from where our trek begins. After an adventurous 40 minute flight above the breathtaking green and white mountains, we reach the Tenzing-Hillary Airport at Lukla. This is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountains peaks. Upon arrival at Lukla, we meet our other crew members and after some packing and arrangements, we start our trek through the prosperous village of Lukla until we reach Phakding

Day 04: Phakding – Namche Bazaar (B,L,D) 3440M

After breakfast start trek. The trail will be gradual flat till Monjo (2.5 hrs). After lunch, continue trek to Jorsale (40 min) and after crossing bridge the trail will be uphill all the way to Namche Bazaar. This will be the bit difficult part as it is uphill (3 hrs).

Day 05: Namche Bazaar (Acclimatization Day) (B,L,D)

This is the scheduled 'acclimatization' day for this trek. It is advisable to stay active during the day instead idling. You have the option of relaxing and exploring Namche Bazaar itself with its internet cafes, shops, restaurants & bakeries or take a short hike up to the famous airstrip at Syangboche

Day 06: Namche – Tengboche (B,L,D) 3860M

After breakfast start trek. Trail will be gradual flat till Sanasa. This is the easiest trekking part for 3 hours. Along the way you will have many chances to see Mt Everest, Thamskerku, Ama Dablama and Lotse. After Sanasa trail will be downhill till Phunki Thanga. Lunch at Phunki Thanga. After lunch continue trek to Tengboche for 3 hours. *Tengboche* Tengboche is the highlight of this trek. Tengboche offer that best view of Mt Everest and many more mountains. Tengboche has a famous Tengboche Monastery.

Day 07: Tengboche – Pheriche (B,L,D) 4400M

Walking northeast through groves of juniper, rhododendron and fir, under a spectacular view of majestic Ama Dablam you arrive in Pangboche (3860m) for lunch and continue trek to Pheriche. Pheriche is home to numerous yak pastures and potato fields, is located in a wide, windswept part of the valley.

Day 08: Pheriche (Acclimatization Day) (B,L,D)

Full day rest for acclimatization. *Himalayan Rescue Association*

The Himalayan Rescue Association (HRA) runs a clinic/health post in Pheriche for trekkers and porters during peak trekking months. Provide free briefing on how to avoid altitude sickness are given daily. The HRA clinic can provide emergency communications (not as a public service) through their daily radio contact with Kathmandu.

Day 09: Pheriche – Lobuche (B,L,D) 4920M

Leaving Pheriche the trail heads up the drainage of the Khumbu across a fairly level wind swept outwash plain. After about an hour it starts to climb steeply up the terminal moraine of the Khumbu Glacier. The trail now continues on fairly level on the west side of the lateral moraine before reaching Lobuche.

Note: Jit Hui will continue trek to EBC and Desmond will stay in Pheriche till her return. Desmond will be taken care by assistance guide to day trip to Dingbuche if all go well.

Day 10: Lobuche – Gorak Shep (B,L,D) 5100M

We start early from Lobuche and trek along the western side of the broad Khumbu Valley, through meadows and over scree slopes, as we continue beside the moraine of the huge creaking glacier. The trail is rough in parts and it is important to progress slowly as we are now above 5000m for the first time. Shortly the pyramid peak of Pumori (7145m) comes into view and underneath this, dwarfed by its more exotic neighbour, we see the small black peak of Kala Pattar (5545m). This is the best vantage point for views of Everest and is our objective for tomorrow. The trail then descends off the moraine and down to the small settlement of Gorak Shep (5160m) where we rest. *Option: If everyone is feeling fine, after lunch we continue along the side of the Khumbu Glacier to the site of the Everest Base Camp and back to Gorak Shep (4 hrs)*

Day 11: Gorak Shep – Kala Patthar – Gorak Shep (B,L,D) 5100 M

The ascent takes approx. 2 hours of steady walking, stopping occasionally to take in the view of the increasing bulk of Everest. From the summit it is possible to see many of the key features of this great mountain – the South Col from which Hillary and Tenzing made their first ascent in 1953 is clearly visible. After spending time taking photographs and experiencing the greatest mountain view in the world we descend back to Gorak Shep for breakfast. After breakfast continue trek down to Lobuche.

Note: If we did not visit the Everest Base Camp the day before, we can visit today, return back to Gorak Shep and then down to Lobuche. It will be additional 2 hours trek.

By late morning shortly connect short **Helicopter flight** back to Lukla.

This is **Great Scenic flight**, which offer the great view of **Mt Everest area and many more Mountain views**. It is about 10-15 min flight upon arriving Lukla, check in Guest house, You will have lunch. After lunch free day to walk around the Lukla Bazaar and relax. Over night at Lukla.

Day 12: Lukla – Kathmandu (B)

After breakfast take a short flight back to Kathmandu. Upon arrival meet and transfer to hotel and rest and relax.

Day 13: Kathmandu (Buffer Day) (B)

After breakfast city tour visit **Kathmandu Durbar Square**, a UNESCO World Heritage Site, and if you are lucky, you will get a glimpse of the famous Kumari, the world's only living Goddess. After lunch, visit **Bouddhanath Stupa**, one of the world's largest Stupa built in the fifth century AD. Late afternoon explore Asan Tol, the colourful local market area and shopping. *An*

Important Note:

All our itineraries for the Everest region include one buffer day at the end of the trip. This is because often the Kathmandu Lukla-Kathmandu flight gets delayed by a few hours or may even be cancelled for one, two, or more days due to unfavourable

weather conditions even in the best seasons. We will try our best to arrange the next flight for you. We also organize Helicopter rescue in such conditions, if it is available and upon request by clients. In event of flight delay, the program for this day will be as adjusted accordingly from the time you arrive Kathmandu.

In case the flight delay/cancellation happens at the start of trip and it goes so long that it disturbs your onward travel schedule, we will provide you an alternative trek in other region.

Day 14: Kathmandu- Final Departure (B)

After breakfast late check out – Full day free and easy to explore the city till Departure. Transfer to airport for departure according to your flight time.

Land Package with Domestic flight & Helicopter Ride: USD3000 Per person paid to Coracle (Twin Sharing)

Hotel in Kathmandu:

Hotel Majestic

Note:

- 1) All the trek/tour will be conduct as private group basis
- 2) Minimum 2 pax to Travel

Package Includes:

- Private transportation including airport transfer
- Kathmandu-Lukla-Kathmandu domestic flight with all the taxes
- Gorek Shep-Lukla by Private Helicopter
- English speaking trekking guide
- Insurance for trekking crew
- Lodge/Guest house accommodation
- Sleeping bag with fleece inner liner
- Trek permit and national park fees
- 1 Trekking Map per trekker (provided in Nepal)
- 4 Nights Hotel accommodation in Kathmandu twin sharing basis as per itinerary
- Meals as per itinerary
- Entrance fees
- Porter (carry clients bags)

Package Excludes:

- Return International air ticket
- Nepal visa (apply upon arrival USD40)
- Travel insurance (Including Covid treatment)
- Alcoholic and other beverages
- Personal & trek expenses (including hot shower, drinking water, battery charging)
- Liabilities of loss, theft and damages
- Tips