

# **7 Days Everest Base Camp Trek with Helicopter Return**

**Destination:** Nepal

**Trip Difficulty:** Moderate - Strenuous

**Best Season:** March- May, Sep- Dec

**Max Elevation:** 5545 m (Kalapathar)

## **Everest Base Camp Trek - 7 Days with Helicopter Return**

Reaching Everest Base Camp on foot is the ultimate achievement for any adventurous hiker, and it can be accomplished in just one week. Alpine Ramble Treks has crafted our seven-day Everest Base Camp Trek itinerary to help you realize this dream.

## **EVEREST BASE CAMP TREKKING- 7 DAYS BRIEF HIGHLIGHTS**

- Visit beautiful temples in Kathmandu Valley with your local, friendly private guide.
- A short but scenic mountain flight from Kathmandu to Lukla (Tenzing Hillary Airport)
- Walk through the most beautiful villages of the region
- Meeting Sherpa people and learning about their culture and lifestyle
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Trekking in the corner of the majestic mountains every day

- Hike to Kalapathar for the sunrise view of the mountains
- Enjoy the world's most beautiful mountains of Everest, Lhotse, Nuptse, Ama-Dablam, Pumori, and many more
- Dramatic flight back to Lukla from Base camp by helicopter

Trek to **Everest Base Camp**, the highest mountain in the world, and return by helicopter. Doesn't that sound amazing? Prepare to enter a world of astonishing alpine landscapes, unspoiled wilderness, and vital centers of the Buddhist faith. Join Alpine Ramble Treks on this opportunity to complete the Everest Base Camp Trek in just a single week.

We would like to invite you to join us on this incredible **7-day Everest Base Camp Trek with a helicopter return** in Nepal. This wonderful adventure offers the opportunity to reach the ultimate destination for a once-in-a-lifetime experience in the magnificent Himalayas, a true paradise for adventurous trekkers.

When you think of traveling in the Himalayas of Nepal, do you think of the Everest Base Camp Trek? The mighty Mount Everest has been a household name since 1953 when Sir Edmund Hillary and Tenzing Norgay made history by reaching the mountain's **8,848-meter summit**. But you don't have to be a mountaineer to enjoy all Everest offers.

**Our seven-day trekking package** is the perfect combination of challenge and reward, with steep staircases leading to splendid views of fertile valleys and high-altitude passes ascending to tremendous panoramas of the Himalayas.

Hiking for a week at a high elevation does demand a certain degree of physical strength



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and mental endurance. Still, with the help of your trusted guide—and your passion and determination—you'll soon reach Everest Base Camp for yourself.

It's easy to see why the Everest Base Camp Trek is one of Nepal's most celebrated hiking routes. As you trek through the rocky ravines, rhododendron forests, and the Khumbu region's steep mountain paths, you'll look at the highest mountains in the world.

And we're not just talking about Mount Everest! Our seven-day trekking itinerary will bring you to the lookout point of Kala Patthar, where you'll enjoy a 360-degree feast for the eyes from an altitude of **5,545 meters**.

You'll be fully surrounded by the stunning Himalayan giants known as Lhotse, Nuptse, Pumori, and Ama Dablam—to name just a few. And if you're a nature lover, you'll savor the opportunity to explore the mysterious Sagarmatha National Park on the way there, keeping your eyes peeled for rare birds and mammals.

Of course, the Everest Base Camp Trek is also famous as the home to the colorful communities of Khumbu's Sherpa inhabitants. These friendly villagers are renowned worldwide for their hospitality and incredible mountaineering skills.

Alpine Ramble Treks has designed our seven-day Everest Base Camp Trek itinerary to appeal to travelers with limited time to spend in the mountains. You can rely on your expert guide to share the highlights of this historic trail from start to finish, from the dramatic landing strip at Lukla to the bustling communities of Namche Bazaar and Tengboche.

You'll even enjoy a helicopter flight from Gorak Shep to Lukla, a rare privilege that's sure to become one of your most cherished memories. All told, don't be surprised if you fall in love with the natural beauty of the Himalayas and the friendly people who make their home in these mountains.

For many visitors to Nepal, completing the Everest Base Camp Trek is nothing short of a

life-changing experience. If you're ready to plan your successful adventure, contact us today [by email](#) or WhatsApp at **+977 9851175531**.

Travelers with two weeks' holidays may consider our [Comfortable Everest Base camp trek \(https://www.alpineramble.com/mount-everest-base-camp-trek-14-days\)](https://www.alpineramble.com/mount-everest-base-camp-trek-14-days), including the days for acclimatization, or an [Everest base camp trek of 12 days \(https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary\)](https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary). If you are physically fit and an experienced hiker, then you may opt for our [short EBC Trek \(https://www.alpineramble.com/everest-base-camp-trek-8-days\)](https://www.alpineramble.com/everest-base-camp-trek-8-days) with no acclimatization days, but it's possible.

## ADDITIONAL BENEFITS OF THE 7-DAY EBC TREK WITH HELICOPTER RETURN OPPORTUNITY

- Free guide for Kathmandu Valley sightseeing tour.
- Free transfers to and from Tribhuvan International Airport upon arrival and departure.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, trekking poles, and an oximeter to monitor your oxygen and pulse.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!
- Prearranged trekking permits, accommodations, transportation, and round-trip flight tickets between Kathmandu and Lukla.
- Free luggage storage access is available at a safe and sound store in KTM.
- Daily meals (breakfast, lunch, and dinner) are provided while staying at trekking lodges or teahouses along the trek.

## Day to Day Itinerary

**Day 1: Fly from Kathmandu to Lukla, trek to Phakding**

**Day 2: Trek from Phakding to Namche Bazaar**

**Day 3: Acclimatization day**

**Day 4: Trek from Namche Bazaar to Tengboche**

**Day 5: Trek from Tengboche to Dingboche**

**Day 6: Trek from Dingboche to Lobuche**

**Day 7: Lobuche to EBC (5,364 m), back to Gorakshep, and fly back to Lukla by Helicopter**

**Day 8: Fly back from Lukla to Kathmandu, transfer to Hotel**

## Cost Includes

- Free airport transfer on arrival and departure by private vehicles.
- **Full-board meals (Breakfast, Lunch, and Dinner- the main course)** during the trek
- Alpine Ramble is an experienced, government-licensed, English-speaking trekking guide/Sherpa.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers, including Everest National Park **permit** and **TIMS card** (Trekking Information Management System)
- **Trekking equipment, such as sleeping bags and down jackets**, will be provided free of cost.
- 6-night accommodations at Trekking lodges during the trek
- A handful of assistant guides for a group of 8 pax or above
- A round-trip flight between Kathmandu and Lukla, including all the applicable taxes.
- Supplementary snacks: energy bars, crackers, cookies, etc.
- Seasonal fresh fruit desserts are available every evening after dinner.

- A certificate of appreciation after the successful trek.
- ART' hosts a farewell dinner at a typical Nepalese restaurant with traditional shows.
- **Alpine Ramble's** complimentary free T-shirt, and route map,
- Oximeter to measure the oxygen and pulse level during the trek up the mountain.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance is arranged in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes/VAT, and official Expenses
- **10% OF ALL PROCEEDS GO TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE](https://www.alpineramble.com/mission)**  
[\(<https://www.alpineramble.com/mission>\)](https://www.alpineramble.com/mission)

## Cost Excludes

- Nepal entry visa fees (\$30 USD for a day tourist visa, which can be obtained at the Airport of Kathmandu on arrival!).
- Extra accommodation and meals behind schedule the schedules of this trekking trip program
- All kinds of beverages, including alcoholic and nonalcoholic, as well as hot and cold drinks
- Additional costs are out of management control due to the landscape, weather conditions, illness, changes in government policies, strikes, physical conditions, etc.
- Surplus luggage charges for domestic airports (Max weight is 15-17 kg per person)
- Personal expenses such as shopping, hot and cold drinks, hot shower, hard and soft alcohols, snacks, hot and cold water, Wi-Fi, battery re-charge fee, and porter
- Travel insurance has to cover emergency rescue evacuation from high-altitude up to 6000 m.
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) [for this trek](https://www.alpineramble.com/trekking-equipment.html)
- Tipping and Gratitude to the guides and staff (Recommended by Nepali culture )
- Any other expenses that are not mentioned in the Price Inclusive section of this trek