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11 days Everest Helicopter Trekking

URL: <https://boundlessadventure.com/everest-helicopter-trekking>

Duration

11 Days

Per Person Cost

USD 1660

Difficulty

Adventurous

Best Seasons

Mar-June, Sep-Dec

Transportation

Helicopter

Max Altitude

5545m

Trip Type

Trekking

Meal

Breakfast, Lunch, Dinner

Accommodation

Hotel

Everest Helicopter Trekking 2024 and 2025

- Venture into a thrilling traverse to Everest Base and return by Helicopter.
- Gaze at the Everest magnificence from Kalapatthar Peak.
- All-encompassing views of Everest Region Massifs.
- Embrace the serenity of Khumbu Glacier
- Behold the natural delights of lush forests.
- Immerse in the unique Sherpa culture and their unparalleled hospitality
- Unmatched views of towering peaks all along.

Trip Overview

11-day Everest Helicopter Trekking starts from the domestic airport of Kathmandu, Nepal. Helicopter trekking in Everest is among the various options you can choose from on your trek. This trip entails piercing through the Sherpa villages of the Everest region and returning to Kathmandu, the capital city,

on a thrilling ride in an AS350 B3 Helicopter.

The trip is as exciting and amusing as it sounds. The Everest Trek, on your ascent, takes the classic route through small Sherpa hamlets until you reach Mount Everest's base camp. However, your return journey will include comfortable and scenic travel on a passenger chopper waiting for you at Gorak Shep.

Claimed to be one of the best treks in Nepal, EBC Trek portrays a wide variety of offerings for trekkers. Your pathway ventures through the sparsely settled Sherpa villages of Lukla, Phakding, [Namche Bazaar](#), Tengboche, Dingboche, Lobuche, and Gorakshep before reaching the ultimate rugged space at the base of mighty Everest.

The villages along the trail have typical wooden houses inhabited mainly by the Sherpas. Their unique blend of Tibetan-Buddhist culture and tradition might be another point of interest for you. These people are highly appreciated globally for their might and daring capabilities in mountain climbing.

The utmost value offered by EBC Helicopter Trekking is its excellent geographical characteristics. The region falls within the vicinity of Sagarmatha National Park that houses an abundance of flora and fauna alongside some of the mightiest massifs in the world: Mt. Everest (8848m), Mt. Lhotse(8516m), Mt.Lhotse Sar(8383m), Mt. Ama Dablam (6812m), Mt. Nuptse(7861m), Mt. Khumbutse(6,665m)

There have been occasional sightings of Mountain Tahr, Snow Leopards, and Himalayan Black Bear within the national park area, which makes it even more enjoyable.

The trail follows through lush Rhododendron, Juniper, and Birch forests, which is evident enough to live up to the hype of Everest's popularity.

Are you ready for the thrill of your life? The EBC Helicopter Trekking experience is one of the most awe-inspiring and exhilarating journeys you'll ever embark on! Picture yourself beneath the tallest structure on the earth, surrounded by the breathtaking amusement of the [Nepalese Himalayan Mountains](#).

With every meter of altitude gained during the trek, you will be rewarded by the stunning landscapes, dramatic peaks, and the warm, welcoming culture of the Sherpa people. Get ready to challenge yourself, as the EBC Trek will test your limits and reward you with a sense of accomplishment that you'll cherish forever!

Your safe journey and utmost enjoyment are the primary concerns of Boundless Adventures, which is why we meticulously plan your treks to ensure a smooth and unforgettable adventure.

Our professional ground staff, who know the region like the back of their hands, will accompany you throughout the trekking, providing valuable insights and support throughout your **EBC Trek**. Plus, with the EBC Heli Trek option, you'll have the added benefit of a thrilling helicopter ride to kick off your adventure!

So, are you ready to take on the challenge and experience the wonders of the Everest Base Camp Trekking adventure? Whether you choose the traditional EBC Trek or the exhilarating EBC Heli Trek, one thing is sure - this will be a journey you'll never forget! Join us as we explore the breathtaking beauty of the Himalayas, push our limits, and create memories that will last a lifetime.

After Everest trekking by helicopter (Mt. Everest Base Camp), we took a helicopter to fly back to Kathmandu at the end of the trip from Gorakshep or Lobuche.

The towering peaks of the Everest region, the glacial range, scattered Sherpa settlements, and the eye-

catching surroundings of helicopter trekking on Everest are outstanding.

Similarly, Are you wondering about Everest trekking by helicopter, Cost and price details, itinerary, Guide, Permits, and Helicopter for 2024 and 2025? Contact us now on WhatsApp at +977 9851033819 or email us. If you have time, look at [Everest's trip video](#).



Everest Helicopter trekking image

Everest Base Camp helicopter trekking begins at **the domestic airport of Kathmandu**. It takes 45 minutes to fly by plane to the tiny airstrip of Lukla after the Himalayan flight from Kathmandu. Heading through the Sherpa villages and exploring their spiritual part of life is impressive. [Sagarmatha National Park](#) begins on the second day of walking and is rich in flora and fauna.

The cultural prosperity around **Namche Bazaar**, Khumjung, Pangboche, and Tengboche is impressive and increases the charm of the breathtaking snow-capped Himalayas, including Mt. Everest, Lhotse, Amadablam, Nupshe.

However, Acclimatization is essential to this adventurous trek to Everest by Helicopter and deals with Acute Mountain Sickness. Everest base camp and Kalapathar are the important destinations of the trip.

After exploring the Everest tour, fly back to Kathmandu by **helicopter from the heart of the Khumbu region- Gorakshep**. (**Gorakshep is the last camp of the trip**)

Everest Helicopter Trekking Cost

The 11-day Everest helicopter tour cost is reasonable. It is not a whole tour around the Everest region by helicopter; instead, you'll return by helicopter from Gorakshep after a beautiful trek, so the price is lower. However, the exact cost of Everest helicopter trekking varies depending on different factors.

One major factor that affects the Everest Helicopter trekking cost is whether you are in a group or solo. If you are in a group, trekking and helicopter flights cost less. The more you are in a group, the more you'll get a discount. Boundless Adventure is offering a group discount for 11 days of helicopter trekking. However, if you are solo, we can also manage you with other teams if you are comfortable.

Still, we suggest contacting us if you plan to trek the Everest helicopter. You can message us on WhatsApp at +977 9851033819; we are always ready to assist you. Furthermore, we'll try to minimize your costs.

Tailor-Made Trip to Everest Helicopter Trekking

Everest helicopter trekking is an easy trip that begins with a small plane flight from Kathmandu to Lukla Airport and continues with treks to Everest base camp. We have everyday fixed departure trips to Mount Everest in the best trekking seasons, either a private tour or Sharing. Despite that, we will also organize the trip on a suitable date for you. When you inform us about the customized date, we arrange the best tailor-made trip for you.

Trip Itinerary

Here is the detailed itinerary for the eleven-day adventure of Everest trekking return by Helicopter from Gorakshep to Lukla. **Your trip starts on day two and ends on day 10.** The trekking trail is famous worldwide; however, March to June and September to December are the best seasons for the Everest trekking return by Helicopter.

Similarly, You see a detailed itinerary of the Trek to Everest with a return by Helicopter, which means you need to start your trek from Lukla at the beginning by plane and take off from Gorakshep after exploring the Everest Base Camp and Kalapathar by Helicopter. It is one of the best itineraries for everyone because You don't have to continue trekking back the way you had. However, please check out the itinerary for trekking by Helicopter on Everest. If you have any alternative options with you, please you may share them with us for discussion regarding the itinerary.

Following are the details of the accommodations.

You will have ten nights and 11 days in total for the trip.

Three stars Hotel in Kathmandu: Two nights

Standard Hotel in Mountain: Seven nights, including four nights of attached bathrooms

Four nights attached bathrooms are following.

Phakding———1 night

Lukla Airport——1 night

Namche Bazaar——2 Nights

Day 01: Pick up from Tribhuvan International Airport and drive to Hotel

Welcome to Nepal. Boundless Adventure's representative will receive you at the International Airport (TIA) (1380 meters) and transfer you to the hotel. In the following days, you will be given a short briefing about the programs. Overnight at the hotel.



Kathmandu, Airport

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Car

Duration:

20 minutes

Food:

Nop

Day 02: Flight to Lukla - Trek to Phakding, 2656 Meters, overnight

Drive to the domestic airport early in the morning and fly to Lukla. The other crew will join the group from here. The gentle trek begins through the trail that lies above the Dudhkoshi River. The barley and buckwheat fields are Phakding (2656m). Overnight at the Hotel.



Lukla Airport

Destination:

Phakding

Accommodation

Hotel

Transportation:

Flight

Duration:

45 minutes

Food:

Breakfast, Lunch, Dinner

Day 03: Trek to Namche Bazaar, 3450 meters, overnight

From Phakding, the trail passes through Manju, and the steep uphill trail leads to Namche Bazaar (3450m), the Sherpa-populated highland. This embarks you through the entrance of the Sagarmatha National Park. Namche is a hugely populated town in Khumbu. Overnight at the Hotel.



Namche Bazaar

Destination:

Namche

Accommodation

Hotel

Transportation:

Hiking

Duration:

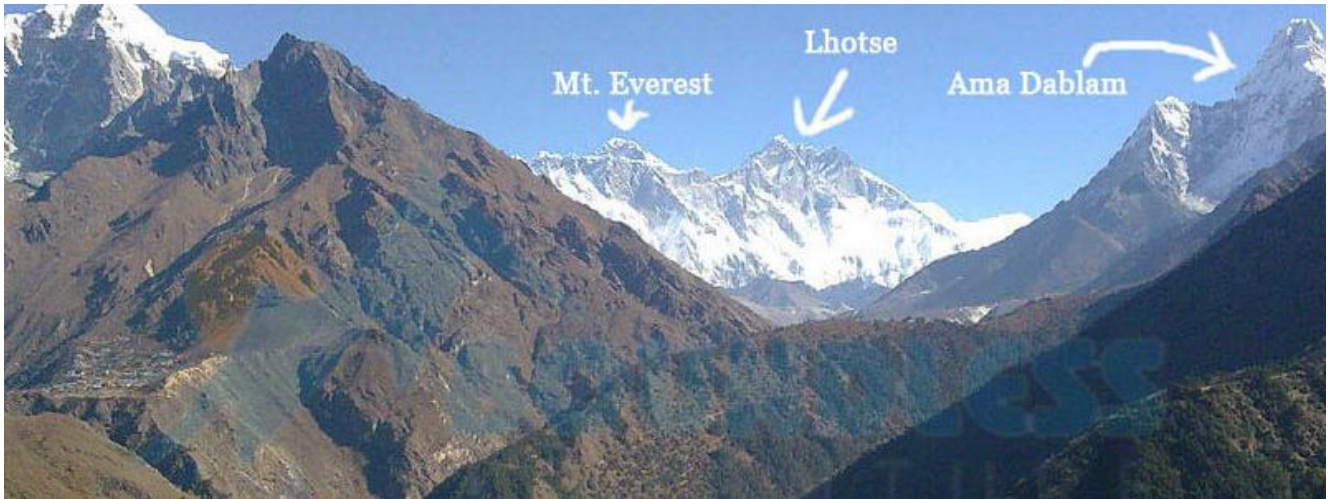
5 hours

Food:

Breakfast, Lunch, Dinner

Day 04: Acclimatization at Namche Bazaar 3450 meters, overnight

Acclimation is an essential part of trekking at higher altitudes. The day begins after breakfast, with scrambling around the Namche Bazaar, Khumjung monastery, and the spectacular views of MT. Everest, Ama Dablam, Thamserku, and others welcome you with a pleasant smile. Return and rest. Overnight at the Hotel.



Everest-view-in-Helicopter-Trekking

Destination:

Namche

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

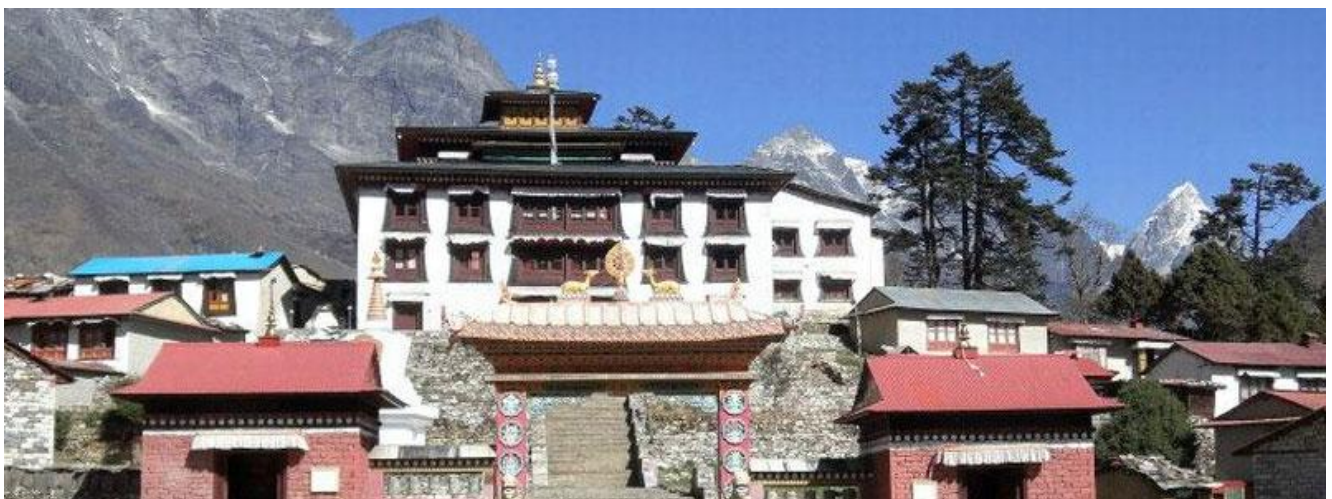
Food:

Breakfast, Lunch, Dinner

Day 05: Trek to Tyangboche, 3867m, overnight

The trail from Namche looks steep initially, but it becomes gentle as you reach the top of the ridge. The impressive views of Ama Dablam, Lhotse Shar, Taboche, Kangtega, and Thamserku can be explored during the trek.

Passing Kyangjuma and Phunki Tenga, Thyangbouche is on the next step at (3867m) from Sea level overnight at the lodge.



Thyangbouche Monastery on Everest trek

Destination:

Tyangboche

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

Day 06: Trek to Dingboche (4360m). overnight

Tengboche monastery is the highest-located monastery in the Khumbu region. It is also a spiritual center where Buddhist devotees pay their homage.

After breakfast, head towards Dingboche, exploring the stunning views of the massive peaks of the Everest region. Passing through Pangboche village and Somare (Lunch at Somera), you reach Dingboche once you follow the Imja River overnight at the lodge.



The view from Dingboche Trek to Everest by Helicopter

Destination:

Dingboche

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch, Dinner

Day 07: Dingboche Acclimatization 4360m, overnight

Hike around Dingboche and Chhukung on another acclimating day before heading further to the alpine

altitude. Chhukung is the gateway to Island peak climbing.

The barley and buckwheat fields dominate the surroundings. The Himalayan views are seen as impressive. Then, back to Dingboche. Overnight at the Hotel.



Explore the Dingboche Trek to Everest by Helicopter

Destination:

Dingboche

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch, Dinner

Day 08: Trek to Lobuche, 4930m, overnight

Beginning the trek from Dingboche after breakfast, you pass the Palrung Kharka, which offers views of the tombstones on the next side.

They belong to the Everest climbers who passed away during the Everest expedition. Crossing The Thukla Pass, you reach Lobuche, enjoying the beautiful peaks of Khumbutse, Pumori, and Cholatse, including the Khumbu glacier.

The Lobuche (4930m) is overnight at the lodge just one night before Bese Camp.



Lobuche Lodge Trek to Everest by Helicopter

Destination:

Lobuche

Accommodation

Lodge

Transportation:

Hiking

Duration:

5 Hours

Food:

Breakfast, Lunch, Dinner

**Day 09: Trek to Gorakshep (5184m) and Everest base camp (5364m).
overnigh**

Beginning the trek early after breakfast, the Khumbu glacier becomes on your right. On the way, the Lobuche pass stands at 5110 meters.

Reaching Gorakshep (5184m), check into the lodge, have lunch, and trek to Everest base camp (5364m). It might take another 4 hours to make a round trip. The elevation of the Everest base camp is (5364m).

The alpine altitude increases the hardship on the trek, which should be dealt with gradually. Then, trek down to Gorakshep and rest overnight at the lodge.



Gorekshep Photo in Trek to Everest by Helicopter

Destination:

Gorakshep

Accommodation

Hotel

Transportation:

Hiking

Duration:

8 hours

Food:

Breakfast, Lunch, Dinner

Day 10: Take off to Lukla, overnight

It's time to get up early in the morning and hike to Kalapathar for the dramatic sunrise view over Mt. Everest, Lhotse, Nuptse, Ama Dablam, Taboche, Cholatse, and many more unnamed Himalayas.

Kalapathar is the best viewpoint in the Khumbu region. Then, trek down to Gorakshep and have breakfast.

Then, fly back to Lukla by helicopter. It is a quick way of doing the Everest base camp trek. We'll drop you off at the Lukla Airport. One of our Hotel staff in Lukla will pick you up at the Airport in Lukla. You will enjoy lunch and dinner at the hotel and overnight.



Take off from Kalapathar by Helicopter

Destination:

Lukla

Accommodation

Hotel

Transportation:

Helicopter

Duration:

20 Minutes

Food:

Breakfast, Lunch, dinner

Day 11: Departure from Lukla to Kathmandu

Have Breakfast in your Hotel in the early morning at Lukla and walk 10 minutes from the Hotel to Lukla airport. One of our representatives will drop you at the Airport one hour before your flight.

Similarly, you will have a vehicle at the domestic airport of Kathmandu. He will drive you to the Your Hotel in Kathmandu. You will be free.



Everest Lukla airport

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Flight

Duration:

45 minutes

Food:

Breakfast

Trip Includes

- International and domestic airports pick up and drop you off by private car/van/ bus and drop you overnight at your hotel.
- Complete the board package trip with three times meals a day (Breakfast, Lunch, and Dinner) during the trekking.
- nights are attached bathroom are following.
- One night at Lukla
- One night at Phakding
- Two nights at Namche Bazaar.
- Experienced an English-speaking Guide
- A helicopter direct from Gorakshep to Lukla.
- Food, accommodation, salary, equipment, and insurance for the trekking crew.
- From Kathmandu to Lukla and Lukla to Kathmandu by plane.
- Domestic Airport tax of Kathmandu and Lukla.
- Sagarmatha National Park permits and TIMS permits.
- khumbu pasang lhamu rural municipality entrance permit.
- Nepal government tax.
- Per person, one trekking map
- Purify drinkable water.
- Seasonable fruits during trekking.

Trip Excludes

- Hard and soft drinks.
- Cold and Hot drinks
- Hot showers along the trek.
- Donation and Tips.
- The rest of the expenses are not mentioned in the price included.

Frequently Asked Questions

Where is Mount Everest?

Mount Everest, the highest mountain in the world, is located in the Khumbu region of Nepal. It is part of the Mahalangur Himal sub-range of the Himalayas and stands where the border of Nepal and China meet. Mount Everest's height is 8848m/29,032ft above sea level.

How can we go to Everest Base Camp?

Embarking on a journey to Everest Base Camp is an adventure of a lifetime! The trek begins with a flight to Lukla Airport, followed by passing through stunning villages like Phakding, Mache Bazaar, Tengboche, Dingboche, Lobuche, and Gorakshep before reaching the ultimate destination - Everest Base Camp!

Does a single person ride in a Helicopter?

Yes, a single person can take a helicopter ride to Everest Base Camp. Helicopter tours are available for individuals and groups, but a single person costs more than a group. The tour starts with a flight from Kathmandu Airport to Lukla Airport. We can arrange that if you only need a helicopter for your return journey.

What is the cost of the Trek to Everest and Helicopter?

The cost of the Everest helicopter trek depends on several factors, such as the duration, the level of luxury you desire, the size of your group, and the time of year you plan to go. The price includes all fees, including the cost of the helicopter for your return trip, all three meals during the journey, and your permit fees.

Are we going to trek and return by helicopter?

The Package for adventure seekers includes trekking to Everest Base Camp and a helicopter tour from Goarkshap to Kathmandu. It promises to be an unforgettable trip with breathtaking views.

How far will we go to trek?

On the Everest Helicopter trek, you'll visit Everest Base Camp, Kalapathar, and many stunning areas of the region. The trek begins at Lukla village and passes through Phakding, Mache Bazaar, Tengboche, Dingboche, Lobuche, and Gorakshep. You'll reach the highest elevation at 5,364 m (17,598 ft) at EBC and 5,550 m (18,208 ft) at Kalapathar.

How long will we walk every day?

To trek to Everest Base Camp, it's best to walk for 5-7 hours daily, depending on your speed, route, and itinerary. Hire an expert guide to ensure you complete the trek safely without overworking your body.

Is returning by helicopter safe?

Yes, returning by helicopter is safe as long as you are sure an experienced pilot conducts the aircraft. It

would help if you were sure you are with a reputable tour operator who prioritizes your safety.

When is the best time to trek Everest?

For trekking Everest, the best time depends on personal preference. Spring and Autumn are the preferred seasons due to pleasant trekking conditions, while Summer is becoming more popular. Winter is ideal for those who want a more personal experience and a less crowded trekking area.

How do people return from Everest Base Camp?

There are two options for trekkers returning from Everest Base Camp: trekking back the same route or returning via helicopter. Both options provide unique experiences.

Will you pick us up from Everest Base Camp?

Helicopter landings are not permitted at the Everest Base Camp, which means that we are unable to pick up trekkers from there. However, our guide will accompany you throughout your journey. They will assist you and lead you to Gorak Shep, where you can take a helicopter flight.

Where will you drop off?

You're in for an incredible experience on the Everest Base Camp trek! The scenery is stunning, from the Himalayan peaks to the natural beauty of the mountains. The helicopter ride back to Kathmandu is unforgettable too, with breathtaking views that will leave you speechless. Don't miss out on this adventure!

How long does it take to arrive in Kathmandu?

It takes 45 minutes to reach Kathmandu from Gorakshep by helicopter. During the flight, you'll get to enjoy a bird's-eye view of the Khumbu region for one last time before arriving in Kathmandu, where you can admire the city's beauty.

What is the trip booking system

Booking a trip has never been easier with our online booking platform. Simply navigate to our website and click on the "book this trip" option to proceed. If you have any additional questions or concerns regarding the Trip, feel free to contact us via WhatsApp at +977 9851033819. Please note that when booking, you will be required to pay a 20% deposit of the total cost, with the remainder due before the start of the trip.

What is the capacity of a helicopter?

We operate an AS350 B3 helicopter to take you from Gorakshep to Kathmandu. The helicopter has a capacity of five people, including the pilot. However, if your group size exceeds five people, please inform us in advance, and we will arrange additional helicopters as per your group size.

Where can we book the Everest Trip?

We're thrilled to share that booking an Everest Helicopter trekking adventure is easy and accessible! You have options ranging from esteemed trekking agencies to online booking platforms. It's important to choose thoughtfully to ensure a successful journey.

Look for a company that offers well-planned itineraries, customizable options, expert guides, and a commitment to your safety. We're confident you'll find the perfect fit and have an unforgettable experience. Let's make your dream trip a reality!

How many days before we can book the Trip?

It is recommended to book your trip several months in advance to ensure all necessary arrangements are made before your journey. However, if you are making sudden plans, we provide a facility for last-minute bookings. You can book a trip up to 72 hours in advance and we will manage everything to make sure you have an enjoyable trip.

Essential Information

Everest Helicopter Trek Difficulty

The Everest Helicopter Trek is quite challenging compared to other significant treks in Nepal. It becomes increasingly difficult for travelers as they ascend above 4000 meters, particularly beyond Tengboche. As trekkers progress, the air at higher altitudes becomes thinner, resulting in slower movement.

This Trek involves traversing through semi-arid terrain high up in the Himalayas, culminating at one of Nepal's most prominent trekking points, Kalapathhar Peak (5555m), which can be strenuous and challenging for those with limited high-altitude trekking experience.

Optimal physical fitness and endurance are required for this Trek. Additionally, the Everest region is one of the most isolated regions of Nepal, with narrow, rocky, and uneven trails leading to EBC, making it challenging to walk on.

Best Time For a Trip to Everest by Helicopter

The weather pattern inside the Nepalese territory has been classified into four different seasons: Autumn (September- November), Spring (March-May), Summer (June-August), and Winter (December - February).

Nepalese highland sits on a climatic belt providing various climatic patterns, including Sub-Alpine, Tropical, Sub-Tropical, and Tundra. The overall climatic context is mildly temperate, while occasional rain showers occur across the boundary.

As considered by many, the autumn and spring months are the best periods for Everest Helicopter Trekking. The weather window from September to November and March to May is transparent with undisturbed sightings of the Himalayan Mountains.

High Himalayas' temperature ranges from 19.5°C upper limit to -14°C lower limit throughout the autumn; spring months' temperature ranges from 24°C UL to -13°C LL. This moderate temperature variation makes these months the best time for trekking to Everest.

Besides spring and autumn, summer may be a suitable time for trekking to Everest Base camp. Everest region lies in a rain-shadow area, making it dry even during the Monsoon period. The stretch above Namche Bazaar receives little to no rain during the summer. However, the monsoon clouds may repeatedly disrupt the view of Everest Vista. Also, due to the weather conditions, several flight delays and postponements have occurred during the summer.

Physical Conditions

The trip to Everest Base Camp is a one-of-a-kind trek with lots of adventurous travel along the foothills of the Nepalese Himalayan Belt. The EBC Trek requires you to walk on a rugged, uneven terrain and remote landscape that reaches the elevation of Kalapatthar, 5555 meters from sea level. Similarly, a height beyond 3000 meters is considered an AMS-prone zone for the lowered oxygen level in the air.

However, the journey has been undertaken by people with varied characteristics, from age, physical fitness, and experience. While there might be some difficulty, especially after your traverse beyond Tengboche, with proper acclimatization and a steady walking pace, this adventure is perfectly doable for beginners, too.

We advise you to properly break into your gear (Shoes, Rucksack, and other Apparel) before embarking on the Trek. You should also check with your doctor for any issues before high altitude traverses to Everest. Also, being in perfect fitness condition is an additional advantage for the Trek.

Lodging at the Trek to Everest by Helicopter

The EBC Helicopter Trekking route passes via charming hamlets in the Sagarmatha region. Sherpa communities reside permanently in these villages, offering rooms and other amenities in their teahouses. The accommodation services on the Trek are superficial and need more modern amenities.

When you traverse higher than Tengboche, finding an attached bathroom becomes challenging in your mountain lodge. Instead, the guests in the mountain lodges share the same bathroom in the areas beyond Tengboche. That being said, several lodges provide an attached bathroom with their rooms, but such accommodation options are provided to our luxury clients who opt for Everest Luxury Trek.

The mountain lodges in EBC Trek have basic amenities, and every room has two twin beds with foam pads, pillows, and blankets. If the provided bedding is not warm enough, you may ask for additional blankets with your guide, and they will happily help you out. We recommend renting a sleeping bag in

Kathmandu for your Everest Trek in case it gets colder at night.

During your journey to Everest Base Camp, the mountain lodges are equipped with a traditional heating system to keep the guests warm. A stove, usually called Bukhara Stove, is a conventional Tibetan-type stove set up in the hotel's dining area.

Most mountain lodges will have a power source from solar panels, and you can charge your electronic devices. Please note that hot showers and charging your electrical devices require additional payments not included in the package. Also, Type C adapters are incompatible with power sockets in the Everest area, so make sure to buy compatible ones before your Trek.

Meals in EBC Trek by Helicopter

While undertaking the EBC Helicopter Trip, you will find limited food options as you reside in teahouses. The areas at higher elevations lack road access, and all essentials are transported by Yaks or helicopters. On your Trek, there are various food options on the menu for you to choose from, but we suggest you take the local dishes available for hygiene reasons. Similarly, We'll provide you with Breakfast, Lunch, and Dinner during the Trek.

Popularly savored food while trekking Everest Himalaya is traditional Nepali local cuisines, a mixture of high-calorie diet items alongside taste and spices. Similarly, Alternative food items you can opt to have are potatoes, noodles, soup, pasta, french fries, and even other Western dishes like pizza, steak, and burgers. As you ascend higher, your food options will be limited. Everest Region trekking is filled with small German bakeries that you can try out. These small eateries provide a range of bakery items to eat.

Drinking Water

For most of your Trek, teahouses in the route can supply drinking water. We advise you to drink at least 3000-4000 ml water daily to hydrate yourself along the journey. Mineral water is available in shops along the journey, too. Also, you can choose from multiple alternatives for your hydration needs during the Trek.

Boiling water: Ask your teahouse owner for hot boiled water before you depart from the stopover. The tea houses will provide boiled and drinkable water from nearby streams.

Filtration System Bottle

There are filtration system-enabled bottles available in the market these days. Filtration straws effectively remove more than 90% of bacteria from the water. You can't get such bottles in Nepal, but must bring them.

Fill your bottle with any nearby sources and get going, as this filtration system can filter out bacteria of up to 5 microns.

Chlorine or Iodine Tablets

Bacteria or Medical tablets are another effective way to sanitize water to make it drink worthy of bacteria. Such tablets dissolve with natural water and are left to dissolve for half an hour. It is an easy method to ensure that you have safe drinking water. Similarly, You can get such tablets and drops in Kathmandu, Nepal.

Equipment required for the Trek

- Clothing for the Trek
- Waterproof and windproof jacket and pants.
- Fleece Jackets
- A down jacket
- Thermal underwear (top and bottom)
- Hiking trouser
- Hiking shirts
- Warm hat
- Sun hat
- A pair of gloves

Footwear:

- Five pairs of socks
- Sturdy hiking boots
- Comfortable walking shoes

Backpack

- 40-50 liter backpack
- Rain cover for backpack

Sleeping

- Sleeping bag (rated for 0°C to -20°C) depending on when you travel.

Personal Hygiene:

- Toiletries (toothbrush, toothpaste, wet wipes, hand sanitizer, etc.)
- Quick-drying towel
- Sunscreen (SPF + 30 to 50)
- Lip balm
- Insect repellent
- Personal medications

Miscellaneous:

- Headlamp or flashlight (with extra batteries)
 - Trekking poles
 - Water bottles or hydration system
 - Sunglasses (with UV protection)
 - Camera or smartphone (with extra batteries / Charging Cable)
 - Trekking map
 - First-aid kit
 - Snacks and energy bars
 - Cash (for tips and purchases along the way)
-

Automated System of the Organization

We are a professional trekking company catering to the travel needs of tourists in Nepal. Stationed in the heart of Nepal, Kathmandu City, we are committed to delivering swift travel services with our professional service staff.

Our website has an automated booking system enabling users to navigate and book their trips with us quickly. Our tailor-made feature lets you design your itinerary based on differentiated tastes and preferences. Our over three decades of experience are a proven-worthy testament to our long-bearing legacy in the Nepalese Himalayas. Don't hesitate to contact us on WhatsApp at +977 9851033819 or email us with any queries; we are available 24/7.

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