

Everest Heli Tour

Frequently listed as one of the best holiday destinations in the world, the Everest Heli Tour is a dreamer's must-do bucket list item. This tour offers a person...

DURATION	DIFFICULTY	MAX ALTITUDE
4 days	Easy	5,545m

Highlights

- Fly by helicopter over Sagarmatha National Park and land near Everest Base Camp
- Land at Kala Patthar (5,545m) for an up-close view of Mount Everest without days of trekking
- Enjoy breakfast at one of the world's highest-altitude hotels in Syangboche, with Everest as the backdrop
- See Everest, Lhotse, Nuptse, Ama Dablam, Cho Oyu, and Makalu in a single flight
- Experience the Khumbu region in a single day — ideal for travelers short on time
- Explore Kathmandu's UNESCO World Heritage sites, including Pashupatinath and Boudhanath
- Skip the physical demands and multi-week commitment of trekking to base camp on foot

Itinerary

Day	Activity	Walking Hr	Max Altitude
Day 1	Arrival in Kathmandu	—	1,300m/4,264ft
	You arrive at Tribhuvan International Airport in Kathmandu, where Everest Trip Planner staff meet you and transfer you to your hotel. Your guide briefs you on the days ahead over a welcome dinner, and you rest overnight at the hotel.		
Day 2	Helicopter flight to Everest Base Camp and Kala Patthar	4 hrs	Kala Patthar (5,545m/17,598ft)
	An early start takes you to the domestic airport for a helicopter flight to Lukla, the gateway to the Everest region, then onward to Kala Patthar. En route you'll see Everest (8,848m), Ama Dablam (6,856m), Cho Oyu (8,201m), and Makalu (8,475m), before flying over Everest Base Camp itself. The helicopter then continues to Syangboche for breakfast with Everest as a backdrop and time for photos, before returning to Kathmandu by late morning.		
Day 3	Kathmandu sightseeing	—	1,300m
	A guided tour of Kathmandu's UNESCO World Heritage sites: Swayambhunath Stupa (the "Monkey Temple"), Kathmandu Durbar Square and the Kumari House, Boudhanath Stupa, and Pashupatinath Temple on the banks of the Bagmati River. The rest of the evening is free to explore before departure the next day.		
Day 4	Departure	—	—
	After breakfast at the hotel, Everest Trip Planner staff assist with your transfer to Tribhuvan International Airport for your onward flight.		

Trip details

Frequently listed as one of the best holiday destinations in the world, the Everest Heli Tour is a dreamer's must-do bucket list item. This tour offers a personalized and uniquely pampered experience, combining immersive cultural encounters with stunning visual delights. The adventure begins with an hour-long helicopter flight through Sagarmatha National Park to reach the Khumbu region, landing at Kala Patthar (5,545m). Here, you can enjoy breathtaking panoramic views of Mt. Everest (8,848m), Cho Oyu (8,201m), Lhotse (8,516m), Nuptse (7,861m), Ama Dablam (6,856m), and other Himalayan peaks. Breakfast is served at one of the world's highest star-rated hotels in Syangboche (3,880m), with Everest as your backdrop.

Everest Trip Planner advises caution due to the sudden altitude gain, as the helicopter tour reaches up to 5,545 metres, potentially causing altitude sickness. While the Everest Heli Tour is available year-round, the best views are typically during the spring and autumn seasons. Winter and monsoon seasons may bring weather challenges such as fog, heavy rain, and snowfall, which can delay or cancel flights to and from Lukla.

Includes & Excludes

Includes

- Return helicopter flight from Kathmandu to the Kala Patthar/Everest Base Camp area
- Breakfast at Syangboche
- Airport transfers in Kathmandu
- English-speaking guide for the Kathmandu sightseeing day
- All applicable permits and park fees

Excludes

- International airfare to and from Kathmandu
- Nepal entry visa fees
- Travel insurance
- Accommodation and meals in Kathmandu beyond those listed
- Personal expenses and tips

Practical Info

Best Time to Fly

The Everest Heli Tour runs year-round, but spring (March-May) and autumn (September-November) offer the clearest skies and best mountain visibility. Winter and monsoon months can bring fog, snow, or rain that delay or cancel flights.

Altitude

Although the tour only lasts a few hours, it reaches 5,545m almost instantly by air, which can cause altitude sickness in some travelers. Let your guide know immediately if you feel unwell.

Flight Reliability

Mountain flights depend on weather, and delays or rescheduling are occasionally necessary for safety. We recommend building at least one buffer day into your Kathmandu itinerary.

Packing Checklist

- Warm layers (fleece and a windproof jacket) — it's cold at altitude even briefly
- Sunglasses and sunscreen
- Camera or phone with a full battery for photos at altitude
- Comfortable, warm footwear
- Personal medication and any altitude-sickness tablets your doctor recommends
- Passport and travel insurance documents
- Cash (NPR) for personal expenses in Kathmandu

Do Not Do

- Don't schedule an onward international flight for the same day as your heli tour, in case of weather delays
- Don't skip travel insurance — it should cover high-altitude flights
- Don't ignore dizziness or nausea at altitude, even during a short visit
- Don't forget warm layers — temperatures at Kala Patthar can be well below freezing

Frequently Asked Questions

How long is the helicopter flight?

The flight itself takes roughly an hour each way, with time on the ground at Kala Patthar and Syangboche for photos and breakfast.

Is it safe?

Yes. We fly with experienced high-altitude helicopter operators, only in weather-permitting conditions.

Will I get altitude sickness?

It's possible, since the flight reaches 5,545m almost instantly rather than gradually. Most travelers feel fine for the short time on the ground, but let your guide know immediately if you feel unwell.

Can weather cancel the flight?

Yes — mountain weather can delay or reschedule flights for safety. We recommend not booking an onward flight for the same day.

Is this suitable for older travelers or those who can't trek?

Yes, since no walking is required. Let us know about any specific health conditions when booking so we can advise accordingly.