



## Ama Dablam Expedition

<b>Trip code</b>	
<b>Package name</b>	Ama Dablam Expedition
<b>Duration</b>	33
<b>Max. elevation</b>	6812 m
<b>Level</b>	ADVANCE
<b>Transportation</b>	Domestic flight (Kathmandu - Lukla - Kathmandu)
<b>Accommodation</b>	3***Hotel in Kathmandu , Lodge + Camping Twin sharing bed basis during the Trek and Expedition
<b>Starts at</b>	kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	kathmandu - Lukla - Phakding - Namche Bazar - Tengbuche - Pongbuche - Amadablam Base camp (Climbing period 16 days) - Pongbuche - Namche - Lukla - Kathmandu.
<b>Cost</b>	USD 6,100 per person

## Highlights

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Climb to the Ama Dablam 6812m

Explore the rich cultural heritage of the Sherpa people

Wander in the world's best trekking place, i.e., the Sagarmatha region

Authentic mountain climbing experience along with the thrill of hiking

Witness rare flora and fauna in Sagarmatha National Park

## Overview

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The Ama Dablam Expedition offers mountaineers a thrilling and technical climb in the heart of the Everest region in Nepal. Ama Dablam, standing at an impressive elevation of 6,812 meters (22,349 feet), is renowned for its stunning beauty and challenging ascent. This detailed overview provides insights into what it takes to embark on this extraordinary journey.

The journey to the Ama Dablam Expedition begins with a scenic flight from Kathmandu to Lukla, the gateway to the Everest region. From Lukla, climbers trek through picturesque Sherpa villages, rhododendron forests, and steep ridges to reach the Ama Dablam Base Camp. The trek provides a gradual ascent, allowing for acclimatization and stunning views of the surrounding Himalayan peaks.

Reaching Ama Dablam Base Camp marks the beginning of the expedition. At this point, climbers establish their base camp and make necessary preparations for the ascent. The climbing route to the summit of Ama Dablam varies depending on the expedition operator and the conditions of the mountain. The ascent involves navigating through steep rock faces, exposed ridges, and technical sections that require proficient rock and ice climbing skills.

The climbing route typically includes setting up high camps, such as Camp 1 (5,700 meters/18,700 feet), Camp 2 (6,100 meters/20,013 feet), and Camp 3 (6,600 meters/21,654 feet). Climbers acclimatize at these camps, progressively moving higher and returning to lower camps for rest and acclimatization. The climb demands a high level of physical fitness, technical mountaineering skills, and an understanding of high-altitude environments.

The summit push is an intense and challenging endeavor. Climbers face steep snow and ice slopes, negotiate challenging rock sections, and overcome altitude-related challenges. From the summit of Ama Dablam, climbers are rewarded with breathtaking panoramic views of the surrounding peaks, including Everest, Lhotse, and Makalu, making it a truly unforgettable experience.

Descending from the summit and returning to base camp marks the completion of the Ama Dablam Expedition. The return journey follows a similar route, allowing climbers to reflect on their achievements and enjoy the natural beauty of the Everest region. Celebrations and camaraderie with fellow climbers and support staff make for memorable moments as the expedition concludes.

The Ama Dablam Expedition is a challenging adventure that requires thorough planning, experienced guides, and a high level of physical fitness. Climbers are advised to choose reputable expedition operators with extensive knowledge of the region and a strong safety record. Proper acclimatization, technical climbing skills, and comprehensive equipment preparation are crucial for a successful and safe expedition.

## Trip Itinerary

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**Day 1 : Arrival in Kathmandu, transfer to hotel, and trip briefing.**

Arrive in Kathmandu, the capital city of Nepal. Meet your trekking guide at the airport and transfer to your hotel. Spend the day exploring the vibrant streets of Kathmandu and preparing for the trek. Overnight stay in Kathmandu.

## **Day 2 : Preparation day and sight - seeing in city.**

Today, we will spend the day sightseeing in Kathmandu Valley with our guide. We will visit Pashupatinath, which is regarded as the holiest Hindu temple in Nepal and where pilgrims worship Lord Shiva (situated on the banks of the holy Bagmati River), Bouddhanath, a Buddhist temple known as 'Little Tibet' and then on to Swayambhunath known as the Monkey Temple. From Swayambhunath we drive to Kathmandu's famous Durbar Square, a UNESCO World Heritage-listed site, and located in front of the old royal palace. Upon arriving back at your hotel you may have time to do some last-minute shopping around Thamel – the tourist hub of Kathmandu.

## **Day 3 : Fly from Kathmandu to Lukla (2,860 meters/9,383 feet), trek to Phakding (2,610 meters/8,561 feet).**

After an adventurous 45 minute flight above the breathtaking White Mountains, we reach the Tenzing-Hillary Airport at Lukla in Solukhumbu. 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, you will be introduced to our porter. Note: We will hire guide from Kathmandu only. After some packing and arrangements at Lukla, we start our trek through the prosperous village of Lukla. We walk in an easy trail through Chaurikharka village and then descend towards Dudh Koshi until we reach Phakding. Phakding is located 8,700 feet above sea level. To assist in acclimatization, we only have a short hike today. However, if interested in additional activities we can take a side trip to a nearby monastery.

## **Day 4 : Trek from Phakding to Namche Bazaar (3,440 meters/11,286 feet). - 6 hrs walk**

On this day, we will have our breakfast at Phakding and then gear up for the trek to Namche Bazaar. Namche Bazaar was once a small village but since grown in size to accommodate the influx of trekkers, and now is the unofficial capital of the Sherpas. It was once an important trading centre on the route from Tibet to Nepal but has now been largely given over to catering for the needs of trekkers.

Our trail takes us first over the Dudh Koshi River via a long suspension bridge, and then through a beautiful pine forest to Monjo, about two hours away. Soon thereafter, we will approach the entrance to Sagarmatha National Park for a brief permit check and then descend to Dudh Koshi River (spotting Mani stones along the way!) en route to Jorsale. Lunch will be served here, and then it's uphill to Namche. Our path along the riverbank is flanked by two crossings, one of which is the

Hillary Suspension Bridge. It's a tough climb up the hill to our resting place, but you'll be rewarded in Namche Bazaar with your first glimpse of Everest in its majesty. For acclimatization, we suggest you to spend 2 nights in or around Namche.

### **Day 5 : Acclimatization day in Namche Bazaar, explore the town and hike for acclimatization.**

On the following day, we will take a well-deserved rest to acclimatize, which gives the opportunity to explore some of the less developed and more traditional villages in the area. There's an optional 2 hour hike to Everest View Point, an uphill walk that will help speed acclimatization. You can also check out the Sherpa museum for an overview of the Sherpa culture and history of mountaineering. On Saturdays, the Local Market is open for trading and an intimate look at the locals' marketplace. It is part of the larger Namche Bazaar, a shopping hub filled with all manner of trekking and mountaineering clothing and equipment. Easier options for passing the acclimatization day can be found by visiting the twin Sherpa villages of Khumjung and Khunde, which are about a 2 hour walk above Namche. While in Khunde, visit the hospital, which was established and funded by Sir Edmund Hillary's Himalayan Trust. Khumjung monastery is interesting as being the store place of one of the alleged Yeti scalps that are to be found in the region. Having Tea/Coffee in Everest view hotel and enjoy with gorgeous view of Mt. Everest and Amadablam is other attractions having one day free in Namche Bazaar

### **Day 6 : Trek from Namche Bazaar to Tengboche (3,860 meters/12,664 feet), visit Tengboche Monastery. - 6 hrs walk**

The trek continues along the rapid flowing glacial waters of the Dudh Kosi with magnificent views of the mountains (Mt. Everest, Lhotse, Taboche peak, Amadablam. You eventually reach an altitude of 3,800 meters at Tengboche. At the Tengboche monastery are unbelievably ornate wall hangings, a 20-foot sculpture of various poses of the Buddha and musical instruments and robes of the Lamas. Our group will be taken to observe a prayer ceremony, either in the evening or in the morning, depending on how the trekking goes this day.

### **Day 7 : Trek from Tengboche to Pangboche (3,930 meters/12,893 feet). - 3 hrs walk**

After breakfast, we start our trek down to Pongboche village through the rhododendron forest and crossing the bridge over the raging Imja Khola. We'll pass the valley wall and then traverse the plains to Pangboche village, the biggest settlement of Sherpas in the region. Enjoy a great opportunity to observe a typical Sherpa village and have lunch with the locals. The intrepid can brave a brief hike to the Pangboche monastery, one of the oldest in the area.

### **Day 8 : Trek from Pangboche to Ama Dablam Base Camp (4,570 meters/14,993 feet). - 5 hrs walk**

We trek back down the trail to the bridge at Pangboche and cross the Dudh Kosi before climbing up the far side of the river and following the trail and ridgeline up to the base camp (three and a half hours from Pangboche). Base camp is located in an idyllic spot from which the majority of the route

is visible. At an altitude of about 4600m (15,000ft), it provides a comfortable escape from the rigors of the climb. Our porters deposit their loads and leave us here for the next three weeks, with only our Sirdar, Sherpas and culinary staff remaining.

## **Day 9 : Day 9-25: Climbing period - establish and acclimatize at various camps**

We do not provide a day-to-day itinerary for the climbing period, as this will be determined by the expedition leader and members. Guides will take a flexible approach based on what fits with climbers' and their own experience. Typically, the team will spend a few days at the base camp organizing food, practicing rope skills, and acclimatizing before moving above the base camp. It is normal to 'tag,' or spend at least one night in Camp 1 (5700m), as part of any acclimatization schedule before returning to the base camp, resting, and preparing for a summit push. Ama Dablam climb via the southwest ridge After leaving the base camp old grassy moraine ridges are followed roughly eastwards to a broad saddle 5150m from where we can see the Mingbo La. From the saddle, we ascend easily northwards until the ground steepens at the start of a large boulder field. We may place an advanced base camp at 5400m below the boulder field. The route continues north around the base of the boulder field, and then follows cairns upward to the toe of the southwest ridge. At the end of the boulder field, slabs are crossed and then a short gully ascended, allowing access to the ridge proper in a very exposed position. Easy scrambling on the east side of the ridge leads quickly to Camp 1. There are four or five tent platforms. From Camp 1 we contour around the snowy bowl (possible alternative site for Camp 1) until we are below two rock fingers. The east side of the ridge is followed, climbing easy mixed ground until a short pitch of "severe" standard leads to the ridge proper. The ridge is narrow in places, with difficult turns on the east side, until the second tension traverse leads to two pitches of "very severe" standard. The route continues on the crest of the ridge for a short distance until we are forced via an awkward step onto the west side of the ridge. The crest of the ridge is regained and easily navigable roads followed to the start of a traverse on the east face, which leads to the Yellow Tower. This 15-meter pitch, just below Camp 2, is one of the hardest pitches on the climb at HVS (5.8) standard. A short section of ridge now leads to Camp 2 (5900m). Camp 2 has very limited tent space (three or four tent platforms) and is extremely exposed. It is sometimes only used to store equipment dump, with expeditions choosing to go from Camp 1 to Camp 3 in a single push. From Camp 2, the climb skirts a red rock bluff on the east and, after a step-down, follows the snow ridge directly to a tricky traverse east. This leads to a gully between the Grey Tower and the lower rock buttress. We climb the gully until a very exposed traverse line is reached on the west side of the ridge. A short snow slope is ascended, allowing us to reach the start of the Mushroom Ridge. Following this typically involves negotiating some steep snow sections, until Camp 3 (6300m) is reached. The route climbs the snow and ice slope directly above Camp 3 and to the right-hand side of Dablam. We continue to skirt Dablam on the right, then moving west to gain a small snowfield below the Bergschrund. The Bergschrund is crossed and then the climb heads directly to the ice crest above. This is followed by a magnificent climb to the summit. (High-Quality Camping Tents will be Provided in each camp) Overnight at tented camp.

## **Day 28 : Trek to Pongbuche 3940m - 4 hrs walk**

Today we are leaving Amadablam Base Camp trek to Pongbuche. More warm than ABC because of less altitude. cheers.

## **Day 29 : Trek to Namche Bazar 3440m - 5 hrs walk**

We descend 5 hours to Namche Bazaar (3441m). If we are lucky, we'll arrive at a market time in Namche. Regardless, there is always fabulous food to be found, including delicious espresso, yak steaks, and chocolate cake with frosting! This market is where lowland porters bearing supplies meet the highland Sherpa and Tibetan people who have journeyed over high passes from many miles away to trade food and supplies for their houses and villages. Enjoy and celebrate your expedition.

### **Day 30 : Trek to Lukla 2800m - 6 hrs walk**

We descend on a steep trail so it is important that we walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level. After reaching Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. Overnight in Lukla.

### **Day 31 : Fly back to Kathmandu 1380m - 30 min**

We catch an early morning flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can take a rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do that today. Our guides can help you with both souvenirs shopping or sightseeing. There will be a farewell dinner in the evening to celebrate the climbers' successful summit of the Island peak and Amadablam expedition.

### **Day 32 : Reserve day in Kathmandu for contingency or additional sightseeing.**

### **Day 33 : Departure from Kathmandu.**

Your adventure in Nepal comes to an end today! There is nothing to do but trade emails with your travel companions and organize your photos. A representative from Nature Trail trek & exped will take you to the airport, approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal. NAMASTE .

## **Inclusions**

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### **What is included?**

Airport pick up drop by private vehicles and Transfer to Hotel.

3 nights hotel (3-stars) in Kathmandu, B/B plan

Expedition Royalty and permit from Nepal government to climb Mt. Ama dablam

25 kg weight per Sherpa climber is allowed for expedition

Necessary Sherpa porters or mules for carrying equipment & loads

Twin sharing accommodation in available lodge/teahouse while trekking

3 times meals per day, (Breakfast, Lunch, and dinner) teas & coffees in trekking & during the camping period.

Common climbing gears like necessary rope, ice bars, ice screws, etc

Twin sharing tent of North face brand or similar for Base Camp and High Camp

Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.

All food and fuel for base camp and higher camps during the climbing period.

Trekking Permit (Sagarmatha National Park entry fee & Khumbu Rural Municipality) & Climbing permits .

Kitchen, Dining, Store tent, mattress and all camping facilities needed in Base Camp.

The experienced and professional Sherpa staff at Base Camp: Base camp manager, cook, kitchen Boy.

Government liaisons officer and his salary & accomodation

Equipment medical & life, allowance, wages, life, medical & rescue insurance for all Nepali members.

Emergency oxygen bottle, mask & regulator at ABC (Use and pay)

Garbage disposal and managemant fee.

Immediate Rescue co-ordination (covered by your personal travel insurance)

Generator or solar panel for charging & lighting in Ama Dablam Base camp

Satellite phone on pay call basis (1 min: \$4).

Walkie - talkie per member and climbing Guide as required for communication.

Welcome Dinner at typical Nepali Restaurant in Kathmandu.

## What isn't included?

International flight fare, taxes, and visas (visa charge USD 40 and 4 passport photographs for the visa).

Lunch and dinner in Kathmandu.

Your Personal trekking & climbing equipment

Excess baggage transport

All expenses of personal nature like Wifi, Hot Shower, bar bills, laundry, telephone, etc.

Travel insurance for accident, medical, emergency evacuation & lost baggage.

Climbing Sherpa Summit Bonus \$850 and tips for Base Camp Staff and Climbing guide.

Applicable permit fee & custom fee for satellite phone, filming camera, communications - equipment (if brought)

## Complimentary