



## Amadablam Base Camp Trek

<b>Trip code</b>	0
<b>Package name</b>	Amadablam Base Camp Trek
<b>Duration</b>	8
<b>Max. elevation</b>	4680 m
<b>Level</b>	EASY
<b>Transportation</b>	Domestic flight (Ktm-Luk-Ktm) and airport drop and pickup by private vehicals.
<b>Accomodation</b>	3***hotel in kathmandu and lodge twin sharing bed basis during the Trekking.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Lukla - Phakding - Namche Bazar - Pongbuche - Amadablam BC- Pongbuche - Monjo - Lukla - Kathmandu
<b>Cost</b>	USD 1,250 per person

### Highlights

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- Experience the domestic flight to one of the most incredible airports Lukla.
- Explore the real Ama Dablam Base Camp 4680m.
- Explore the mountain, their culture, and their daily activities.
- Experience nature with the panoramic view of the Himalayas.
- View the sunrise over the top of Mt. Ama Dablam.
- Easy trek in the real Himalayas.
- Magnificent view of the Himalayas including Mt Everest, Lhoste, Pumori, Choyu and More.

## Overview

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Ama Dablam Base Camp Trek is a popular trekking destination for trekkers who prefer to be in the Everest Region of eastern Nepal. It is a unique trail leading you to one of the most popular base camps of Mt. Ama Dablam 4,600 m (15,092 ft). Walk through verdant rhododendron forests, cross high suspension bridges and explore Sherpa villages. Immerse yourself in the local lifestyle and Sherpa culture.

Ama Dablam Trek affords spectacular views of some of the highest mountains in the world. Follow the trail to Namche Bazaar and spend time acclimatizing. En-route to Ama Dablam Base Camp, share the trail with legions of trekkers who are on their quest to explore the beautiful Ama Dablam and its base camp.

Ama Dablam Trek Route is the same as the Everest Base Camp, as both lie in the Khumbu/Everest region of Nepal. Trekkers will need to take a stunning domestic flight to Lukla and further hike to Ama Dablam Base Camp. If you have a reserved day, you can spend a day extra at the tea house in Ama Dablam Base Camp itself, and if you are worried about the altitude you can spend the last night at Pangboche and hike 3-hours as a day tour to explore Ama Dablam Base Camp.

From Pangboche, the Everest trail passes further uphill for 4 days to reach Everest Base Camp, if you want to join the Everest trek. The trail to Ama Dablam passes after landing at Lukla airport, this will take you to Phakding and then to Namche Bazaar. Namche Bazaar will also be your acclimatization place, spending two nights in Namche you will hike through Pangboche before reaching Ama Dablam Base Camp.

Further, through the same trekking route which you followed all the way uphill, you descend back to Lukla on the 2nd day, before taking a flight back to Kathmandu.

## Trip Itinerary

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**Day 1 : Fly from Kathmandu to Lukla(2840m/9318ft/ 35-minute flight) and trek to Phakding. (2610m/8563ft)- 4 hours.**

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. Overnight stay at tea house/lodge.

## **Day 2 : Trek from Phakding to Namche Bazaar. (3446m/11306ft)- 7 hours 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 3 : Acclimatization Day in Namche Bazaar. (3446m/11306ft)-4 hours walk.**

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 4 : Namche Bazaar to Pangboche. (3930m/12894ft)- 8 hours. - walk**

Moving on from Namche Bazaar the trail follows the valley of the Imja Khola with some spectacular views of the mountains including Thamserku, Kangtega, Nuptse, Lhotse, Kwangde and Ama Dablam and dominating the skyline ahead, Everest and Lhotse. The most common night stop after Namche is at the top of a steep climb from the Imja Khola, at Tengboche. Continuing our walk, a short drop takes us to the riverside, then it's across the river upwards through the forest pass. Brace your legs for a continual uphill trek at this point, alternating between a gradual grade and some seriously steep ground. Tengboche is known as one of the most beautiful places in the Everest region. Its views, which include Ama Dablam, are legendary. We'll stop in on the Tengboche monastery for Cup of Tea, which is one of the largest in Khumbu. Nourish your spirit with a guided tour of the monastery grounds, followed by chanting and prayer with the resident Buddhist monks. This is the site of one of the most significant Buddhist Monastery in Solukhumbu Region and a visit is well recommended. Then After continue to get Pongboche.

### **Day 5 : Trek to Ama Dablam base camp (4600 m/15092ft) and back to Pangboche, 5-6 hours - 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). The 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. After we visit base camp we will back to Pangboche. Breakfast, Lunch, and Dinner are Included.

### **Day 6 : Pongboche to Monjo (2835m/9301ft)- 8 hours walk.**

Bid farewell to the amazing Pongboche village. As the Tengboche weather is unpredictable during the day, begin your trek early after breakfast. Take a descent to the Imjatse River, walk through the dense forest, gradual up to get Tengboche Monastery, then a steep climb for about an hour will take you to Sanasa. From there on, the winding path takes you to Namche Bazaar. Have your lunch in one of the finer restaurants in Namche.

Looking back at the village and Mt. Everest in the backdrop, you will move on through the rugged trail towards a lush green forest. You might have the chance of coming across musk deer, Himalayan Tahr, or even the rare red panda. Tourists have often shared the experience of witnessing Blood Pheasant and Impeyan Pheasant. The route then takes a steep descent to the Dudh Koshi River. Cross the river via a suspension bridge towards Jorsale. It is the buffer zone of Sagarmatha National Park. You will further walk south towards Monjo Village.

Monjo is a small village known best for being the checkpoint or the entrance gate of the national park. There are many guesthouses and tea houses in this area. The stone houses roofed by tin tops and wooden windows take you back in time.

### **Day 7 : Monjo to Lukla. (2840m/9318ft)- 6 hours walk.**

After having breakfast, you will bid goodbye to the lovely locals and then head on the Dudh Koshi River trail. There is a descent in the first leg of the trek to Benkar. From there, you will take a suspension bridge and head to Ghat to grab lunch. From there, continue your trek towards Phakding village. There is a gradual climb until you reach Chablung village. Walk past a thick forest of birch and juniper; then, you will get to the Pasang Lhamu Memorial gate in a short while.

You will have reached Lukla village. Keep your backpack in your tea house, then head to the streets and enjoy yourself with the locals. The small village has a lot to give in terms of exploring. There are various shops in the area where you can find adorable souvenirs to take back home. The people here are friendly and welcoming. You can grab some locally brewed drinks and enjoy your last night in the Khumbu region, along with the locals and our team.

## Day 8 : Flight back to Kathmandu

In the morning, you'll hop a brief flight from Lukla to Kathmandu, where your journey both began and ends. The flight to Kathmandu from Lukla usually takes 35 minutes. You'll transfer to your hotel upon landing for some much-needed solo rest and reflection after your trek conquering the Himalayas. In Kathmandu the day is yours. Enjoy strolling or ambling round the tourist hub. Overnight stay in the hotel.

## Inclusions

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### What is included?

7 Nights, Accommodation in teahouses or lodges twin sharing bed basis during the trek.

All meals (breakfast, lunch, and dinner) with cup of hot drinks during the trek.

Flight ticket to Lukla from Kathmandu or Ramechhap and return to Kathmandu including airport transfer to domestic airport.

Trekking permits and TIMS (Trekking Information Management System) card.

An experienced and licensed trekking guide or Mountain Leader.

A porter from Lukla, we will be providing one porter for two people (Maximum weight carried by one porter is a total of 25 kg.)

Sagarmatha National Park entrance fee & Khumbu Rural municipality fee.

Accommodation, meals, insurance, equipment, and allowances of guide and porter.

Airfare of guide for Kathmandu / Lukla / Kathmandu.

Government taxes and service charges.

### What isn't included?

International airfare to and from Kathmandu.

Nepal entry visa fees.

Sightseeing Entrance fee

Personal travel insurance (covering medical, evacuation, and trip cancellation).

Extra accommodation and meals in Kathmandu (beyond the itinerary).

Any other activities not mentioned above, (We are happy to arrange this on your request)

Personal expenses, such as laundry, phone calls, internet access, etc.

Bottled drinks (mineral water, cold drinks, and alcoholic drinks).

Additional porters or services if needed.

Tips for guides, porters, and other staff.

Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

## **Complimentary**