

## Ama Dablam Expedition

Duration: 30 Days



### Overview

<b>Trip Grade: Challenging</b>	<b>Max Altitude: 6856 m</b>
<b>Activity: Expedition, climbing, trekking.</b>	<b>Group Size: 02-18 People</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

â€œSummit the stunning Mt. Ama Dablam and experience a thrilling heart-pounding mountaineering expedition with us.â€

Feel the adrenaline pumping through your veins as you try to summit the peak of the worldâ€™s most beautiful mountain, Mt. Ama Dablam in our exhaustively adventurous **Ama Dablam Expedition**. This exotic looking mountain in the northern Himalayas is very popular among climbers but not for its height or altitude. But rather for its aesthetically mesmerizing natural beauty which seems to capture the heart and minds of those who look upon it. Offering several thrilling moments, our summit expedition of Mt. Ama Dablam is bound to give climbers a remarkably memorable climbing experience in Nepal. With trails consisting of steep snow and ice, this is a must-do mountaineering expedition for any technically oriented climbers but nevertheless, it can be physically draining for many climbers as they move from Camp 1 to the summit of Mt. Ama Dablam. Starting off with a flight from Kathmandu, our adventure begins as we reach the airstrip town of Lukla and ascend higher to reach several Himalayan villages before ultimately reaching the base camp of Mt. Ama Dablam. On our way to the base camp, we pass through Phakding, Namche Bazaar (where we stay one extra day for acclimatization purposes), Tengboche and Pangboche villages. Our summit climb includes various obstacles such as exposed rock ridge and summit ice fields but we are sure to go through all of them one by one and successfully move towards the summit of the mountain. At the summit day when the weather is in favor of us, we launch ourselves for a final push through by utilizing ropes and cross one last hurdle of a short steep section before getting welcomed by a breathtaking sight from the summit of Mt. Ama Dablam. Though its height is just 6,812 meters above sea level, one can easily understand that the views from the summit are very incomparable to any other mountains as climbers can see the glorifying peak of Mt. Everest directly from there once they reach the summit. After cherishing our accomplishment, we start descending down and head back to Lukla via Namche Bazaar. If you want to

join up for this expedition, then you must possess a good amount of mountaineering skills along with some previous altitude experience of trekking or climbing and be properly healthy as the extreme altitudes can get pretty wild unexpectedly without you knowing about it. Contact, **Himalayan Holyland Treks and Expedition** now and we will lend you our top-most qualified climbing staffs who have previously climbed the summit & do our best to help you reach the top of this beautiful Himalayan mountain.



## Itinerary

### Day 1: Arrival in Kathmandu (1,350m/4,428ft)

Upon our arrival at the Tribhuvan International Airport (TIA) in Kathmandu, we will be greeted by a representative from Himalayan Holyland Treks and Expedition who will take us to our hotel. In the evening there will be a welcome dinner hosted by Himalayan Holyland Treks and Expedition. Overnight in Kathmandu. Included meals: Dinner

### Day 2: Kathmandu: Sightseeing and trip preparation

Today after breakfast, we start a guided tour to several of the most historical and spiritual attractions in Kathmandu which are also UNESCO World Heritage sites. We visit the historic Durbar Square, the sacred Hindu temple of Pashupatinath, the famous 'Monkey Temple' (Swayambhunath) and Buddhist shrine (Boudhanath), which is also one of the largest stupas in the world. After the tour, we get our equipment checked by our climbing leader, get introduced to fellow participants, and discuss our trip at Himalayan Holyland Treks and Expedition's office. Overnight in Kathmandu. Included meals: Breakfast

### Day 3: Fly to Lukla (2,800m/9,184ft) then trek to Phakding (2,652m/8,700ft): 40 min flight, 3-4 hours trek

After breakfast, we drive to the Kathmandu domestic airport for our flight to Lukla. After flying above the breathtaking lush hills and snow capped mountains, we reach Tenzing-Hillary Airport at Lukla. This is one of the most beautiful air routes in the world culminating in a landing on a hillside surrounded by high mountains. At Lukla, we meet the rest of our staff members and begin our trek to Phakding. To assist in acclimatization, we only have a short hike today. Overnight in Phakding. Included meals: Breakfast Lunch Dinner

### Day 4: Phakding to Namche Bazaar (3,440m/11,283ft): 5-6 hours

We begin trekking after breakfast. Our trail passes through pine forests and we also walk alongside the Dudh Koshi River. After walking for around an hour, we begin to see Mt. Thamserku (6,608m) on our right. We continue our trek through lush pine, fir and juniper forests, cross a few suspension bridges and reach Namche Bazaar. The small town is the main trading center of the Everest region. Overnight in Namche Bazaar. Included meals: Breakfast Lunch Dinner

### Day 5: Namche Bazaar (3,440 m/11,283 ft): acclimatization

This is the day set aside for acclimatization. Health experts recommend that we stay active and move around even during the rest day instead of being idle. There are a few options set aside for this day. We can either stroll around Namche's quaint villages or come in contact with the Sherpa people and their rich culture, or we can hike up to the Everest View Hotel and enjoy an up-close view of the mighty Everest. While in the Namche village or upon returning from the hike to the Everest View Hotel, trekkers may also visit the local museum containing exhibits displaying the area's native flora and fauna as well as the history of the Mount Everest region.

For trekkers who want to hike for a little longer, a hike to Khumjung village (5-6 hours) may also be an option. While in the village we can visit the Edmund Hillary School and Khumjung Monastery. Overnight in Namche Bazaar. Included meals: Breakfast Lunch Dinner

### Day 6: Namche Bazaar to Debuche

We trek further along the Everest route and pass through beautiful villages and cross the Dudh Koshi River while also enjoying magnificent views of the Himalayan peaks like Everest, Lhotse, Nuptse and Ama Dablam along the way. After ascending on a steep trail, we reach the Tengboche Monastery and spend some time there. Later, we descend to Debuche to spend the night. Included

meals:Breakfast Lunch Dinner

## Day 7: Debuche to Pheriche (4,300m/14,107ft): 5-6 hours

We hike to another village called Pangboche on our way to Pheriche. Pangboche is a scenic village surrounded by Everest to its north, Ama Dablam, Thamserku, and Kangtaiga to the east, the Kongde range to the south and the Imja Tse River flowing through the wide fertile valley. From here, we continue further up towards Pheriche, another beautiful village for an overnight stay. Included meals:Breakfast Lunch Dinner

## Day 8: Acclimatization Day

This day is set aside just for acclimatization. This will help minimize the chances of anyone being affected by Acute Mountain Sickness. Today we climb a terrain above the Pheriche village as it is well suited to give us a good hiking experience in a cold condition. After an uphill climb to the top of the hill, we are rewarded with great views of the Himalayas. Overnight in Pheriche. Included meals:Breakfast Lunch Dinner

## Day 9: Pheriche to Ama Dablam Base Camp (4570m/15000ft): 5-6 hours

We begin today's trek by walking back to Pangboche and crossing the Dudh Koshi River. Next, we ascend on a trail which will take us to the Ama Dablam Base Camp. The Base Camp is large and open grassland at the foot of Mt. Ama Dablam. Overnight at Ama Dablam Base Camp. Included meals:Breakfast Lunch Dinner

## Day 10: Acclimatization and Pre-climb training at Ama Dablam Base Camp.

Our guides will provide training on peak climbing techniques and the best ways of using climbing gear such as the ice axe, climbing boots, crampons, harness, ascender, etc. The training will also include using ropes for climbing both up and down. The training will boost our confidence and climbing skills, thus increasing our chance of a successful summit of the mountain. Overnight in Ama Dablam Base Camp. Included meals:Breakfast Lunch Dinner

## Day 11 - 25: Ascending and Descending of Ama Dablam (6856m/22488ft)

From the Ama Dablam Base Camp we move further up to Camp 1 at 5,700m (17,400 ft) along the standard route. Generally, one night is spent at Camp 1 for acclimatization and before returning to the Base Camp for the final preparation to scale the summit. There are three camps above the base camp before reaching the summit. The ascent from Base Camp to Camp 1 is technically challenging. From Camp 1, we follow existing fixed lines and then establish new ropes wherever necessary both for ascent and descent. The climb from Camp 2 to Camp 3 is comprised of mixed rock, snow and ice, which is loose in certain places. The climb from Camp 3 to the summit is relatively less technical. After summiting the peak, we return back to the base camp. Included meals:Breakfast Lunch Dinner

## Day 26: Trek to Namche Bazar

We trek back to Tengboche, Namche Bazar. Overnight at Namche Bazar Hotel. Included meals: Breakfast, Lunch and Dinner

## Day 27: Trek from Namche Bazar to Lukla

We trek back from Namche Bazar to Lukla. Overnight at Hotel in Lukla.

Included meals: Breakfast, Lunch and Dinner.

## Day 28: Fly back to Kathmandu

We catch an early morning flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can take the much needed rest in our hotel room. In the evening, we participate on a farewell dinner organized by Himalayan Holyland Treks and Expedition to celebrate our successful summit of Ama Dablam with certificate of HHTE. Overnight at Hotel in Kathmandu. Included meals: Breakfast and Dinner

## Day 29: Leisure day in Kathmandu

This is a reserve day to accommodate any possible delay in the Lukla to Kathmandu flight. If the flight is as scheduled, we spend the day enjoying Kathmandu's delights. If there is someplace we wish to visit during our stay in Kathmandu, we may do that today or we can do some souvenir shopping or any Heritage sights tour our guide. Overnight at Hotel in Kathmandu. Included meals: Breakfast

## Day 30: Final Departure Day

Your adventure trip to Nepal comes to final today ! There is nothing to do but trade emails:- [info@himalayanholylandtreks.com](mailto:info@himalayanholylandtreks.com) with your travel companions and organize your photos. A representative from Himalayan Holyland Treks and Expedition 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. Included meals: Breakfast

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## Cost Includes

- => Airport pickups and drops in a private vehicle.
- => Hotel accommodation in Kathmandu with breakfast.
- => Tea house accommodation during the trek.
- => Tented accommodation during the climb.
- => All meals (breakfast, lunch and dinner) during the trek and climb.
- => Farewell dinners in Kathmandu.
- => All ground transportation in a comfortable private vehicle as per the itinerary.
- => Domestic flights (Kathmandu- Lukla -Kathmandu) for you and guide.
- => English-speaking, trained and experienced trekking guide(leader), climbing guide (leader) and assistant guides.
- => Porter service (2 trekkers: 1 porter).
- => Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation.
- => Down jacket and sleeping bag (to be returned after trip completion).
- => Himalayan Holyland Treks and Expedition's trekking bag and trekking map are yours to take.
- => All necessary paperwork; trekking permits and Ama Dablam climbing permit.
- => Good quality tents and kitchen utensils for camping.
- => Group mountaineering (climbing) equipment(s).
- => Medical kit (carried by your guide).
- => All government and local taxes.
- => T-Shirt from Company.
- => Trip map.
- => Trip completion certificate.

## Cost Excludes

- => Nepal entry visa fee.
- => International airfare to and from Kathmandu.
- => Excess baggage charges (if you have more than 15 kg luggage, cargo charge is around \$2 per kg).
- => Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary.
- => Altitude chamber or oxygen.
- => Lunch and evening meals in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary).
- => Travel and rescue insurance.
- => Personal expenses (internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- => Personal climbing equipment.
- => Personal climbing guide if requested.
- => Optional trips and sightseeing if extended.
- => Tips for guides, staffs and porters.
- => Services not listed in the "What Is Included" section.