

# Ama Dablam Expedition

**Duration:** 32 Days Days

**Max Altitude:** 6,812 m

**Destination:** Nepal

**Trip Grade:** Moderate

**Best Season:** Autumn, Spring

## Trip Overview

**Ama Dablam** is known as the '**Matterhorn of the Himalaya**' and stands tall and proud at 6812m. The amazing mountain, which is considered one of the world's most beautiful peaks in Nepal, stands in the middle of the **Khumbu valley**. The peak is unique in itself because of the sharply pointed shape and ascending the peak. Summiting this peak is a dream come true for many climbers. They strive to conquer it and stand on the summit with the views of Mt. Everest (8848m), Lhotse (8516m), Cho Oyu (8201m), Makalu (8481m), and other peaks. The expedition to the Amadablam peak is demanding and presents challenges as well as breath-taking views. All climbers need to have good climbing skills to be capable to join this expedition.

The month-long expedition starts from Kathmandu as we fly to Lukla. We gradually ascend uphill in Phakding. We enter the Sherpa capital, Namche Bazaar. We then reach the **Khumbu Glacier** and descend to Dingboche and move towards Chukung valley and Imja Tse base camp. We attempt the summit after a night at the **Ama Dablam base camp** located at the southwest ridge. Ama Dablam consists of 3 campsites before reaching the peak. We move further up to Camp 1 (5700m) along the trails and acclimatize and then return to base camp again. Camp 2 and Camp 3 are mostly icy and slippery. We gradually move up and adjust to the environment. The climb from Camp 3 to the summit is less technical, and after two weeks, we summit the peak and move back to the base camp. As we move back to our accommodation, we could see the amazing **Chukung valley**, the villages, and the range of the Himalayas Mt. Everest (8848m), Mt. Makalu (8481m), Mt. Lhotse (8516m), and many other mountains. The journey comes to an end when we fly back to Kathmandu from Lukla.

My Everest Trip has successfully run expeditions around various parts of the Himalayas with a highly qualified team of experts and high altitude climbers. We provide you with international equipment and guide you throughout the expedition to minimize any mishap. Once you connect with us, it is our responsibility to take care of you throughout the journey.

## Detailed Itinerary

Day 01: Arrive at Kathmandu airport (1345m), 0/N at 3 Star Hotel, Meals Provided: Dinner You will be warmly greeted by our representatives at the airport. You will then be transferred to your hotel. Feel free to enjoy the rest of the day!

Day 02: Pre-trip meeting & sightseeing around Kathmandu valley, 0/N at 3 Star Hotel, Meals provided: Breakfast, Lunch, and Dinner This day you will be taken to different world heritage sites listed by UNESCO to explore more about the culture and architecture of Kathmandu. You will also be given detailed information about the plans, precautions, and trials.

Day 03: Official formalities in Kathmandu, 0/N at 3 Star Hotel, Meals provided: Breakfast, Lunch, and Dinner Today is the day where you will be taken to our main office so that we can sign on different formalities before we head on the trek. Feel free to stroll around the city during your spare time.

Day 04: Final preparation day in Kathmandu, 0/N at 3 Star Hotel, Meals provided: Breakfast, Lunch, and Dinner Today will be the final day in Kathmandu. We will check your clothes and trekking instruments before we head toward the trip.

Day 05: Fly to Lukla (2804 m) & trek to Phakding (2610 m), 3 Hrs. 0/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner We will fly to the most dangerous airport in the world, Lukla, which will take about 40 minutes and then descend slowly bypassing the village of Chauri Kharka and through the small forest and. We walk on a trail alongside the Dudh Koshi River to arrive at Phakding.

Day 06: Trek to Namche Bazaar (3441 m), 5 Hrs, 0/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner We follow the trail through pine forests to Benkar (2700m) and ascend to Chumoa and descend to Monjo Khola. Then, we trail up till we reach Namche Bazaar which is also called Gateway to Everest.

Day 07: Namche Bazaar acclimatization day, 0/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner We will stay here to get used to the environment and trek to a museum showcasing the Sherpa traditions. You will get sight of the beautiful Everest (8848m) and Amadablam (6812m)–the peak you are about to climb. We hike up to Syangboche Airport and explore Khumjung village (3800m) which is the biggest Sherpa settlement in the Khumbu region.

Day 08: Trek to Tengboche Monastery (3860 m), 5 hrs. 0/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner We trek to Tengboche uphill until we pass Phunki Thenka to reach Kyanjuma. Later, we trek down to Monjo and towards the Dudh Koshi River till we reach Tengboche.

Day 09: Trek to Dingboche (4350 m), 6 hrs. 0/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner We ascend to Dingboche to see the amazing view of Everest (8848m), Lhotse (8526m), Nuptse (7861m), and Amadablam (6812m). We cross the Imja Khola and trek uphill to Pangboche Gumba, the oldest monastery in this

region. We continue to walk to Shomare and then to Dingboche. As we walk we can see the mighty Ama Dablam in front of us.

Day 10: Acclimatization day, O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner You will rest in this beautiful place of Chukhung valley. You will be able to experience the Imja River that directly flows east amid stone walls and the valley. You can find an amazing view of the mountain range surrounding the valley. You can take help from the porters to know more about altitude sickness.

Day 11: Trek to Ama Dablam base camp (4600 m), 5 Hrs. O/N at the base camp, Meals provided: Breakfast, Lunch, and Dinner We cross the trails and walk towards Dudh Koshi River. We ascend on a trail that connects us to Ama Dablam Base Camp. The base camp is large and has open grassland at the foot of the base. You will also be given information and safety measures.

Day 12: Acclimatization day, O/N at the base camp, Meals provided: Breakfast, Lunch, and Dinner Here we acclimatize and get training on peak climbing techniques, climbing gears, using ropes, and climbing skills which can increase our chance of successful peak climbing. You will hike to get used to the altitude. You will also be given detailed information on safety measures.

Day 13-27: Climbing period of Ama Dablam (Ama Dablam climb via southwest ridge), O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner We move further up to Camp 1 (5700m) along the standard trails, acclimatize, and then return to base camp again. There are three camps above the base camp. The camps above Camp 1 are difficult, and we follow fixed trails. Camp 2 and Camp3 are mostly icy and slippery. The climb from Camp 3 to the summit is less technical, and by day 27, we scale the peak and move back to the base camp.

Day 28: Trek back to Namche Bazaar (3441 m), 6 Hrs. O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner After the amazing summit, we trek back to Namche Bazaar. We will see the same villages and mountain ranges but the feeling this time would be different. You will descend downhill and rest throughout the day.

Day 29: Trek to Lukla (2804 m), 6 Hrs. O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner We walk for about 6 hours to reach Lukla. This will be our last evening of the expedition which is a good opportunity for a small gathering with the porters and the local people. We will review our expedition.

Day 30: Morning flight back to Kathmandu, O/N at 3-star hotel, Meals provided: Breakfast, Lunch, and Dinner This morning, you will board a flight from Lukla to Kathmandu which will take about 40 minutes.

Day 31: Leisure day in Kathmandu and cultural dinner, O/N at 3-star hotel, Meals provided: Breakfast, Lunch, and Dinner After such an amazing and strenuous trip, you will have a leisure day where you can rest and relief your body strains. Later, you will be taken to a cultural dinner at a restaurant.

Day 32: Transfer to the airport for flight departure After breakfast, you will be taken to the airport. You will be taken 3 hours before the scheduled time when you will board a flight to your home country.

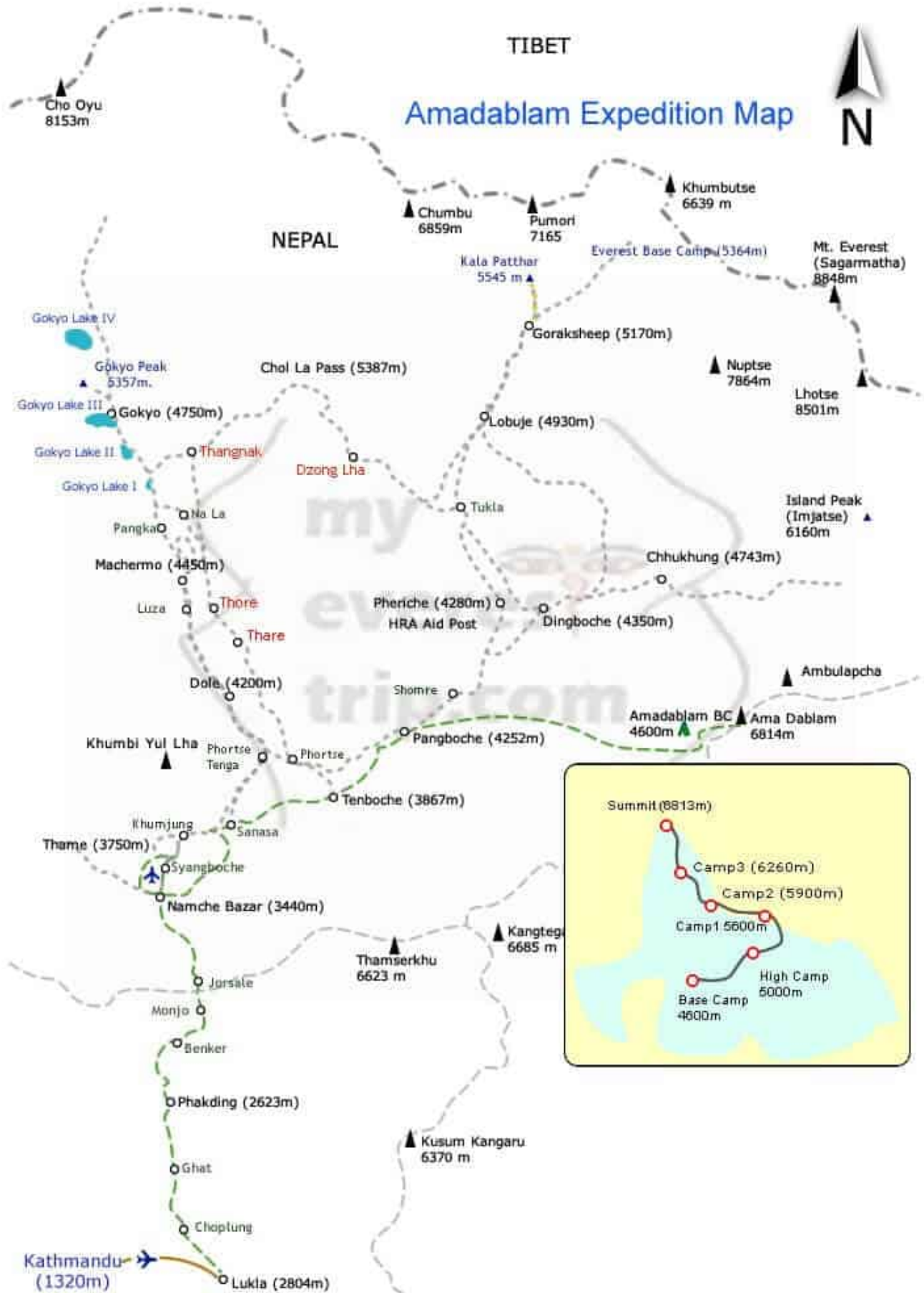
## **What's included**

- Three nights Hotel accommodations in Kathmandu on a B/B basis;
- Pick up and drop from Kathmandu airport to the airport. Surface transportation will be available as per itinerary;
- 3 meals a day (Breakfasts, Lunch, and Dinners with tea or coffee) during the trek and climbing period & night intent
- Trekking Permit (National Park entry fee)
- TIMS card (Trekking Information Management System) Permit
- Climbing permit and Domestic flights (KTM-Lukla-KTM) with all surcharges airport taxes for guests and guide
- Necessary staff during the trekking and climbing period With Experience Guide and Porter. experienced
- Government license holder Climbing guide during the climbing period as per group size
- Group medical supplies (First Aid medical kit will be available)
- One tent will be available in the Base camp for 2 people on a shared basis;
- High altitude food and all climbing crew will be available above base camp.
- Necessary fixed and dynamic ropes will be available during the climbing period
- The necessary kitchen crew will be available in base camp
- Complete pre-departure information, flight ticket reconfirmation and extend visa service(if necessary)
- Farewell Dinner in Kathmandu before departure.

## **What's not included**

- Lunch and dinner in Kathmandu.
- Emergency rescue evacuation if required.
- Personal accident insurance or Helicopter rescue.
- Airfare international flights
- Nepal entry visa fee, Visa issuance is easy at the arrival
- Any kind of Alcoholic, hot and cold drinks, hot shower.
- Personal climbing equipment
- Icefall fees Garbage Deposit (Sharing with another member) if applicable.
- Travel Insurance

# Trip Map



## **Contact Us**

### **Contact Us :**

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