Ama Dablam Expedition

Facts

**Destination:** Nepal  
**Trip Difficulty:** Strenuous  
**Trip Style:** Expedition  
**Transport:** As Itinerary  
**Food:** Breakfast + Lunch + Dinner  
**Accommodation:** Lodge + Camping  
**Group Size:** 1-12 people  
**Max Elevation:** 6,856m/22,488ft  
**Arrival on:** Kathmandu, Nepal  
**Departure from:** Kathmandu, Nepal

Ama Dablam Expedition is one of the technical expeditions in Nepal. Located south of Mt. Everest (8,848 m) and Mt. Lhotse (8,516 m), Ama Dablam is also known as Matterhorn of the Himalayas. Mt. Ama Dablam is one of the most gorgeous mountains in the world. Standing 6,812 meters high from the sea level, this mountain has got a unique pyramid shape. The word Ama Dablam means, Mother's Necklace. The long ridges on each side of the mountain is like the arms of mother 'Ama' protecting her child whereas the hanging glacier is known as the Dalam, the traditional double-pendant containing pictures of the gods, worn by Sherpa women. There is one more belief that says, on the southwest face of Ama Dablam mountain, you will see a hanging glacier, which resembles the sacred ornament box used by Sherpa Women known as Dablam that gives the name Ama Dablam to this mountain.

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Highlights

- Thrilling flight to Lukla.
- Walk along the banks of the beautiful Dudh Koshi river through Sagarmatha National Park and reach Namche Bazar.
- Experience rich culture and tradition of Sherpas.
- Trek on challenging path to reach the summit of Mt. Ama Dablam.
- Witness irresistible beauty of the Himalayan landscape from the summit of Mt. Ama Dablam.
- Observe surreal views of snowy mountains like Mt. Everest, Mt. Makalu, Mt. Lhotse, Mt. Cho Oyu, Mt. Kongde, Mt. Pumori, Mt. Ama Dablam, Mt. Thamserku, etc.

Day to Day Itinerary

Day 1: Arrival in Kathmandu via respective airlines.
Day 2-3: In Kathmandu preparation for Amadablam expedition with an optional tour.
Day 4: Fly to Lukla (2,820 m) and walk to Phakding (2,640 m); 4 hrs.
Day 5: Trek to Namche Bazaar (3,440 m); 5 hrs walks.
Day 6: Rest day at Namche for acclimatization and local hike.
Day 7: Trek to Thyangboche Monastery (3,867 m); 5 hrs.
Day 8: Trek to Pangboche (3,900 m); 4 hrs.
Day 9: Trek to Ama Dablam Base Camp (4,580 m); 4 hrs.
Day 10: Rest Day at Base Camp preparation for the climb.
Day 11-24: Ascent of Amadablam (14 days to summit).
Day 25: Cleaning up at Base Camp.

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Day 26: Trek to Thyangboche; 5 hrs.
Day 27: Trek to Monjo (2,880 m); 6 hrs.
Day 28: Trek to Lukla; 4 hrs.
Day 29: Fly back to Kathmandu and transfer to your hotel.
Day 30-31: Free day in Kathmandu with an optional sightseeing tour.
Day 32: Transfer to International Airport for flight homeward bound.

Cost Includes

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- Tented accommodation during the climb
- All meals (breakfast, lunch, and dinner) during the trek and climb
- Welcome and farewell dinners
- All ground transportation in a comfortable private vehicle as per the itinerary
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- 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 (to be returned after trip completion)
- G for Nepal trekking bag/duffel bag, t-shirt, 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)

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• Medical kit (carried by your guide)
• All government and local taxes

Cost Excludes

• Nepalese visa fee (bring accurately USD cash and two passport photographs)
• International airfare to and from Kathmandu
• Excess baggage charges (if you have more than 15 kg luggage, cargo charge is around $1.5 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 (PAC) 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 (phone calls, 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 and porters
• Services not listed in the ‘What Is Included’ section

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