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Ama Dablam Expedition with Everest Base Camp Trek - 21 Days

Ama Dablam Expedition with Everest Base Camp trek is a combined package that takes us to the foot of **Mt. Everest** and the top of Mt. Ama Dablam (6,812m), a technical mountain of Nepal. This 21-day itinerary offers most of the areas of the **Everest region** and the magnificent scenery of the Himalayan sections.


ama-dablam-mountain

Diverse flora and fauna, Himalayan culture and Buddhist monuments, rivers, streams, and glacial lakes are some of the other attractions of this trek/expedition. Lukla, Pkhakding, Namche Bazaar, Dingboche, and Lobuche are some of the major Sherpa towns with plenty of teahouses and other cultural attractions.

The journey begins after a short yet scenic flight to Lukla from Kathmandu. Walking in the Himalayan foothills, we reach Everest Base Camp and return to Ama Dablam Base Camp. Acclimatizing properly, we make our final ascent to Ama Dablam atop gaining thrilling experiences.

AMA DABLAM EXPEDITION: TECHNICAL CLIMBING IN THE HIMALAYAS


ama-dablam-view

Deemed “beautiful but unclimbable” by Sir Edmund Hillary, Ama Dablam is widely popular as a picture-perfect massif. Ama Dablam Expedition deals with a technical climbing experience for mountain nomads. The colossal Amadablam, situated at the elevation of 6812 m., is the most impressive peak for the astonishing views of the entire Khumbu ranges.

Due to its unique, sharp-pointed, and soaring shape, ascending this peak is the ultimate dream for climbers even for those who have already climbed other high-elevated peaks. Our itinerary maximizes every climber's chance to scale safely. In addition, it bids impeachable summit panoramic views of Mt. Everest, Lhotse, Cho Oyu, and Makalu, including dozen other Himalayan vistas.

An expedition to Ama Dablam is technically demanding. It showcases every supreme challenge imaginable on ice and rock scrambling. Climbers must have excellent rock and ice climbing skills and experience. We follow the standard South West ridge route to the summit where the climbing route is the safest, free from most dangers, such as avalanches.

WHEN IS THE BEST TIME TO CLIMB AMADABLAM EXPEDITION?

Like most other countries, Nepal witnesses four seasons; Autumn (September to November), Winter (December to February), Spring (March to May), and Summer/Rainy (June to August). Among them, Autumn and Spring are the best time for Ama Dablam Expedition.

Autumn falls in the month of September, October, and November. It is just after the heavy rainfall which sweeps all the

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dust and particles from the atmosphere and allows the picturesque view of the mountains and other landscapes. It is before chilly winter and hot summer making the temperature favorable for the climb. Likewise, it is the season of festivals in which two great festivals of Nepal – Dashain and Tihar lie. You can enjoy the festivals with the locals here.

Ama-Dablam-Expedition

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Another perfect time for trekking EBC and climbing Ama Dablam is Spring. It is the colorful season that offers numerous wildflowers including rhododendron throughout the journey till you reach the village of Tengboche. The valleys look green, the hills look colorful and the mountains are full of snow. Standing at the top of the Ama Dablam, you can witness all of them!

Concerning the weather in the journey, at low elevations, the temperatures can differ from 27°c to -7°c (80°f to 20°f). However, at higher altitudes, the temperature can vary from 16°c to -23°c (60°f to -10°f). The wind is the most chilling factor and can be quite variable, with everything from flat calm to hurricane force on the summit. The climbers may witness deep snow, heavy rains, mosquitoes in wet areas, blowing dust, burning heat, and bright sunshine while on the journey.

Climbing-Ama-Dablam

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PRICE INCLUDES

Transportation

- All the ground transfers (hotel and airport transfers, sightseeing) via private vehicle
- Kathmandu - Lukla - Kathmandu via domestic flight

Accommodation and Food

- Two nights in Kathmandu in a 3-star category hotel (Twin Sharing)
- Eleven nights in the best available local lodge/ teahouse during the trek (Twin Sharing)
- Seven nights at a tented camp during the climb
- All standard meals [Breakfast, Lunch, and Dinner] throughout the trek and climb
- Available seasonal fruits throughout the trek/climb
- Breakfast in a hotel in Kathmandu
- Farewell Dinner in Kathmandu

Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, flight, and other necessary gear equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, flight, and other necessary gear equipment.
- A porter for two trekkers/climbers including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment
- A climbing guide during the climbing including his accommodation, transportation, food, salary, transportation, and insurance

Permits and Taxes

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entry Permit
- Ama Dablam Expedition Climbing Permit
- All other government, local taxes, and official expenses

Additional

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- A Gortex (100% Waterproof) Duffle bag to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- A Trekking map covering the entire Everest Region, an Outward Adventure t-shirt,
- Outward Adventure Appreciation Medal after the successful climb (in Kathmandu)
- A First Aid Medicine bag in each group (carried by the trekking leader)

PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, 01 USD per KG extra, can pay directly to the airline.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides and porters (Tips are expected and appreciated)

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ITINERARY IN DETAIL

Day 1: Kathmandu Arrival (1338m/4390ft)

Welcome to Kathmandu!

As you descend to the Tribhuvan International Airport in Kathmandu, a randomly scattered myriad of houses among the lush paddy fields appear mesmerizing to the eyes.

One of our airport representatives will be waiting for your arrival at the exit point of the airport. He will welcome you with a beautiful smile and Namaste, and then accompany you towards your hotel, where you may ease up your jet-lagged body.

Day 2: Fly Kathmandu to Lukla (2,860 m/9384 ft) and trek to Phakding [2,652 m/8,700 ft]: 9 km/3-4 hours

We catch an early flight to Lukla which takes around 45 minutes to land there. Upon landing at there, we sit down for breakfast. We then start our trek enjoying the scenic beauty of the Buddhist monuments on the trail. After 3 hours of walking, we arrive in Phakding, have lunch there, explore the surroundings and stay overnight in a lodge.

Day 3: Trek Phakding to Namche Bazaar (3,440 m/11,283 ft): 10.5km/5-6 hours

With the break of day, we'll commence our trek on the trail progressing across Dudhkoshi River via a long suspension bridge. Thereafter, the trail makes its way beyond the enchanting woodland of rhododendron and fir to Monjo.

Shortly, we'll arrive at the entry point of the Sagarmatha National Park (a UNESCO world heritage site since 1979A.D.), where we are required to show our trekking permits. Succeeding the check of the permits, we move along the trekking trail to Jorsale. On the way, we catch the sight of beautiful Mani walls. Finally, we now ascend 600m uphill to Namche Bazaar (3,440m), the Sherpa capital of the Khumbu region.

Generally, the initial sight of Mt. Everest (8,848.86m), Nuptse (7,861m), and Lhotse (8,414m) can be spotted upon arriving at Toap Hill. Surrounded on three sides by mountain ranges; the Sherpa settlement of Namche Bazaar opens out towards Dudh Koshi River, and functions as a center of commercial as well as the administrative activity of tin entire region.

Day 4: Acclimatization Day in Namche bazaar – Hike to Everest View Hotel

This day is especially sectioned for acclimatization. We will hike to Syangboche Airport (3700m), supposed to be the highest airport in the world, then continue climbing to Everest View Hotel for great panoramic views of the Everest, Lhotse, Amadablam, Tawache etc,. On the way back, we visit Sherpa Culture Museum and Everest Photo Gallery.

Day 5: Trek Namche Bazaar to Tengboche (3,860m/12,661ft) - 5 to 6 hours trek

We will continue the trek to Tengboche today. The uniform and easy trail lead us towards the view of Mount Everest, descending deep into the Dudh Koshi Valley at Pungki Thanka. From this point, it ascends the right flank of the Dudh

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Koshi valley to the Tengboche Monastery (3860m). The village of Tengboche is considered the spiritual center of the Khumbu.

The climb is lengthy but is more than adequately compensated by gorgeous views of Mount Ama Dablam and on a clear day, views of Mount Everest and its surrounding peaks as well. The views of the mountain peaks from Tengboche's ridges are out of this world. The village is also surrounded by rhododendron and pine forests and we can catch glimpses of the Danphe bird as well in the woods.

Day 6: Trek Tengboche to Dingboche (4,410m/14,469ft) - 5 to 6 hours trek

The trek from Tengboche to Dingboche is only a short distance which we will most likely complete in the afternoon. The last hill into Dingboche, and at this high altitude, is challenging!. The trail then heads to the village of Somare (4020m) and then to Orsho, both of which have lodged. Later the trail divides, with the left trail heading up to Pheriche before crossing a suspension bridge and a steep climb to the village of Dingboche (4460m) with many good guesthouses.

Day 7: An Acclimatization day at Dingboche: Hike to Nagarjun Hill (5,100m/16,732)

It is sensible to spend another day acclimatizing before heading to higher altitudes. One way of doing this is to hike up to Chukkung Valley (4730m) and onto Island Peak (Imja Tes). Above Dingboche is Nagkartshang Gompa (a strenuous trek that takes around 2 to 3 hours), or head to Pheriche for an afternoon lecture on altitude sickness.

The trail to Chhukung leaves Dingboche heading to Bibr (4570m) and is surrounded by fabulous mountain Peaks: Taboche, Nuptse, Lhotse, the enormous flute-shaped pass of Amphu Laptsa Pass, Ama Dablam. Chukkung has several lodges and is the most popular spot for those climbing Island Peak. If trekkers feel better acclimatized they can head up a grassy slope towards the peak of Chukkung Ri (5550m) for a magnificent view of Makalu.

Day 8: Trek Dingboche to Lobuche (4,910m/16,105ft) - 5 to 6 hours trek

After breakfast, our trek starts with an easy walk towards Thukla before crossing the steep terminal moraine of the Khumbu Glacier and then passing through the boulder-strewn slopes as we ascend Chupki Lhara where we find clusters of stones with prayer flags placed by Sherpas as a memorial to Scott Fischer (American mountaineer), 10-time Everest summiteer Babu Chiri Sherpa (Nepalese Sherpa mountain guide) who perished on a mission to climb Mt. Everest. The path then continues to the Khumbu Glacier moraine and before us are many beautiful mountain peaks - Khumbutse, Lingtren, and Mahalangur Himal.

Day 9: Trek from Lobuche to Gorakshep (5,181 m/16,994 ft) to EBC (5,364 m/17,594 ft) and return Gorakshep: 8-9 hours

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After breakfast at Lobuche, you'll be hitting a rough and rocky trail towards Gorak Shep. Along the route, you'll get to enjoy the close-up sight of Nuptse, Pumori, and other mountains. After a few hours of challenging hike, you'll reach the Gorak Shep. Here, you'll take some rest at the teahouse, drop your backpacks, and hit the trail again towards the Everest Base Camp. Along the way, you'll come across several small streams and glacial moraines. You'll be walking next to the Khumbu Glacier on your way to the base camp.

The Khumbu Glacier reflects a lunar landscape with gray boulders, ice formations, and small craters. After hiking for around two hours, you'll be standing at the foothills of the world's highest mountain — Mount Everest. Upon reaching the Everest Base Camp, we will celebrate our achievement with trekking guide and team members.

From the Everest Base Camp, you can get a marvelous sight of Khumbu Icefall, Khumbu Glacier, Nuptse, Pumori, Khumbutse, and a little bit of Everest. After celebrating your achievement, we'll head back to the barren terrain of Gorak Shep for an overnight stay.

Day 10: Early morning hike to Kalapatthar (5,545 m/18,188 ft) and descend to Pheriche (4,210 m/13,809 ft): 6-7 hours

The name "Kalapathar" translates into Black Rock. This spot is well renowned around the entire planet for a vivid and sublime sunrise above the world's highest peak, the majestic Mt. Everest.; therefore, we'll trek in the direction of Kalapathar before the break of the day.

As, the first ray of rising sunshine on an awe-inspiring view embodying Everest, Nuptse, Changtse, and Lhotse; the curtains from the most divine vista are unveiled, which tend to melt the heart of every individual who observes it. The golden sunlight complements the white snow on the mountains.

When the first light of day is reflected by these mountains, a spell-binding vista takes its shape, which has been attracting thousands of visitors to date. These outlooks tend to make the entire journey worthy. Additionally, you'll get pre-eminent pictures of the entire Khumbu region. Now, it's time to trek back to Gorakshep. Thereafter, we'll trek down to Pheriche (4,210m).

Day 11: Trek to Ama Dablam Base Camp (4,570m/14,994ft): 5-6 hours

Today we make our way up the ridge high in a sheltered valley. We may see climbing expeditions on our arrival at the base camp as Ama Dablam is one of the world's most beautiful mountains. It means "Mother's necklace"; the long ridges on each side like the arms of a mother (Ama) protecting her child, and the hanging glacier thought of as the Dablam, the traditional double-pendant containing pictures of the gods, worn by Sherpa women. Overnight will be at the tented camp at Ama Dablam Base Camp.

Day 12: Rest day and worshipping ceremony at Ama Dablam Base Camp (4,570m/14,994ft)

We shall have our first full day here in Ama Dablam base camp, and we will do our puja ceremony in the morning. It is done to wish our expedition to be success. We will have a Lama come up from Pangboche and conduct the ceremony. After lunch, we will walk up on an acclimatization hike about 1,000 ft. above base camp. We shall have an astonishing

views of the surrounding peaks. Then, we will walk back down. We are just looking forward to dinner here tonight in camp.

Day 13: Climb to Ama Dablam Camp I (5,700m/18,700ft)

Our real journey begins today. We will follow our well-experienced leader and move upward for Camp I. A gradual upward hike will show the astonishing scenery of the mountain vistas. Upon reaching Camp I, our guides and porters will fix tents and will make us comfortable to spend overnight.

Day 14: Climb to Amadablam Camp II (6,000m/19,685ft)

Our second day of the expedition begins walking upward to camp II. Preparing well before climbing, we follow our leader maintaining an appropriate pace. Reaching the camp, we get to rest and prepare well for another big day.

Day 15: Early night summit push (6,812m / 22,349ft) and back to Camp II (6,000m/19,685ft)

Our dream will come true today. We will step on the top of Mt. Ama Dablam beginning the journey early at night. As the weather conditions generally remain unfavorable for walking after mid-day, we will summit early morning and will get back to Camp II.

Day 16: Contingency day in case of bad weather

In case you could not push the summit on the previous day due to the bad weather and other conditions.

Day 17: Trek back to Ama Dablam Base Camp (4,570m/14,994ft)

We will get back to Amadablam Base Camp today.

Day 18: Trek Ama Dablam Base Camp to Namche Bazaar (3,440 m/11,283 ft): 7 hours

We slowly return to civilization as we venture down the valley and return to Namche Bazaar. Remember to turn around and enamor at the snowcapped peaks for one of the last times as we leave the heart of the Everest Region.

Day 19: Trek Namche Bazaar to Lukla (2,860 m/9384 ft)

Leaving Namche we descend through the forest towards the Dudh Koshi, and continue our return journey crossing and re-crossing the river. It will seem like a long time since we ascended through the villages on our first days of the trek, as we have witnessed many stunning views on our trek into the highest mountain range in the world.

Retracing our steps along the valley, we pass through a variety of settlements and forests before a gentle climb to Lukla. We savor our final mountain sunsets of the trek as we complete this exhilarating journey. Our last evening of the trek is a perfect time to celebrate a successful journey and say thanks to the team, especially the porters who will return to their villages from here.

Day 20: Fly back to Kathmandu (1338m/4390ft)

We start the day with a stunning morning flight over forests and villages to Kathmandu directly or to return via Ramechap. Upon arrival, you be will be transferred back to the Radisson Hotel and have the remainder of the afternoon

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free. There will be plenty of time to relax or do some last-minute shopping/sightseeing.

Day 21: International Flight (Final Departure)

This very day marks the end of your adventures in the magical nation of Nepal. We hope that you are genuinely satisfied with our services and expertise. We expect to see you again and share many beautiful moments as we did during this escapade. One of the representatives from Altitude Adventure shifts you to the airport at least three hours before your scheduled flight.