

Ama Dablam Expedition - 25 Days

Ama Dablam is one of the most popular peaks in the Himalayas for climbers. The most well-known route is the original ascent along the Southwest Ridge. Climbers typically set up three camps along the ridge, with the base camp located just below the right side of the hanging glacier. This strategic placement helps ensure that any ice falling from the glacier does not threaten the camp.

Ama Dablam Expeditions

To undertake an expedition on Ama Dablam, climbers must secure a climbing permit and work with a licensed guide. A solid background in both rock and ice climbing is crucial, as much of the route is fixed. Climbers should be skilled in ascending and descending fixed ropes and navigating anchors. One section of the climb is nearly vertical, so it is advisable to practice climbing a fixed rope before the expedition.

The optimal times for climbing are during the spring months of April and May, as well as in the fall, from September to November. Many climbers choose to combine their Ama Dablam trek with a journey to Everest Base Camp or a climb of Island Peak. Trekking to Everest Base Camp offers a remarkable experience, allowing climbers to pay tribute to Everest, often called the King of the Himalayas, and enjoy breathtaking views from Kala Patthar. Climbing Island Peak provides a unique perspective of Everest from above, enhancing the overall climbing experience.

Island Peak and Ama Dablam

INTRODUCTION TO AMA DABLAM

Ama Dablam, often referred to as the "Matterhorn of the Himalayas," is one of the most iconic peaks in the world, standing majestically at 6,812 meters (22,349 feet) in the eastern region of Nepal. Located in the Khumbu region, its name translates to "Mother's necklace" in the local Sherpa language, a fitting tribute to its stunning beauty and the prominent ridges that resemble the arms of a mother holding her child. The mountain is not only a significant landmark for trekkers and climbers but also holds deep cultural and spiritual significance for the local communities, including the Sherpas, who revere the mountain as a sacred entity.

Island Peak and Ama Dablam

GEOGRAPHICAL AND CLIMATIC FEATURES



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Ama Dablam is part of the Mahalangur Himal range, surrounded by other towering peaks such as Everest and Lhotse. The mountain's distinctive shape, characterized by steep, dramatic faces and a sharp summit, makes it a photographer's paradise and a climber's challenge. The south-west face is particularly notable, featuring a prominent glacier that cascades down into the valley below. The climate around Ama Dablam is typical of the high Himalayas, with harsh winters and a relatively short climbing season, primarily from late April to early June and again in September to November. Climbers must navigate changing weather patterns, including sudden snowstorms and high winds, which can make ascents perilous.

Ama Dablam with EBC Trek

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CLIMBING HISTORY AND ROUTES

Ama Dablam was first summited in 1961 by a team of New Zealand and American climbers, and since then, it has attracted adventurers from around the globe. The mountain is known for its technical climbing routes, with the normal route being the southwest ridge. This route is considered a challenging climb that requires a mix of rock climbing and ice climbing skills, making it suitable for experienced mountaineers. Although not as high as some of its neighbors, the technical difficulties and the need for precise climbing techniques make Ama Dablam a coveted prize for climbers seeking to test their skills. Over the years, various expeditions have attempted new routes, contributing to the mountain's rich climbing history.

CULTURAL SIGNIFICANCE AND TOURISM

Beyond its physical allure, Ama Dablam holds immense cultural significance. The mountain is often featured in tales and folklore, embodying the spirit of the Sherpa people and their connection to the land. Trekking routes to Ama Dablam, such as the one leading to Base Camp, are popular among trekkers, offering breathtaking views and a chance to experience the rich Sherpa culture. The region is dotted with traditional villages, monasteries, and vibrant markets, allowing visitors to immerse themselves in the local way of life. Tourism has become a vital part of the local economy, providing jobs and fostering cultural exchanges. However, the increasing number of climbers and trekkers has raised concerns about environmental sustainability, prompting discussions on how to balance tourism with the preservation of this breathtaking landscape.

BEST TIME FOR CLIMBING AMA DABLAM

Ama Dablam Weather.jpg

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Climbing Ama Dablam, one of the most iconic peaks in the Himalayas, is typically done during specific seasons that offer the best weather and conditions. Here's a breakdown of the best seasons for climbing, along with their advantages and disadvantages:

1. Autumn (Late September to November)

Autumn, occurring from September to November, is another beautiful season in Nepal, characterized by clear skies and crisp air. Following the monsoon rains, the landscape is refreshed, and the mountains are often visible in their full glory against the bright blue sky. This season is particularly popular among trekkers, as the trails are accessible and the views are stunning, especially in regions like the Everest and Annapurna circuits.

Festivals such as Dashain and Tihar, which reflect the cultural richness of the country, are celebrated with great fervor during this time. The harvest season also brings a sense of abundance, as farmers collect rice and other crops, filling the fields with golden hues and marking a time of gratitude and celebration in rural communities.

Advantages:

- **Stable Weather:** Autumn generally offers more stable and predictable weather conditions, with clearer skies and less precipitation.
- **Fewer Climbers:** There are usually fewer climbers on the mountain compared to spring, providing a more solitary experience.
- **Beautiful Scenery:** The fall colors in the lower valleys add to the stunning landscape.

Disadvantages:

- **Cold Temperatures:** As the season progresses, temperatures drop significantly, especially at higher altitudes.
- **Shorter Days:** The days are shorter, which can limit climbing time and increase the risk of getting caught out after dark.

2. Spring (March to May)

Spring in Nepal, typically spanning from March to May, is a vibrant and rejuvenating season. As the chill of winter recedes, the landscape comes alive with blooming flowers and lush greenery. The famous rhododendron forests, particularly in regions like Langtang and Annapurna, burst into a riot of colors, attracting nature lovers and trekkers alike. This season is not only a feast for the eyes but also a time of cultural significance, marked by festivals such as Holi, which celebrates the arrival of spring with splashes of color and joy. The weather is generally mild and pleasant, making it an ideal time for outdoor activities, trekking, and exploring the rich biodiversity of Nepal.

Advantages:

- **Warmer Weather:** Spring temperatures are generally milder, making for a more comfortable climbing experience.
- **Longer Days:** Longer daylight hours allow for extended climbing periods, which can be beneficial for acclimatization and summit attempts.
- **Higher Success Rates:** Many climbers attempt summits in spring, leading to more established routes and support.

Disadvantages:

- **Unpredictable Weather:** Spring can bring more variability in weather, including potential snowfall and storms.
- **Crowding:** This season tends to attract more climbers, which can lead to crowded routes and increased competition for campsites.

Summary

- **Best Overall Season:** Autumn is often preferred for its stability and solitude, but climbers favor spring for milder conditions and longer days.
- **Consider Your Experience Level:** Novice climbers might prefer spring for its warmer temperatures, while experienced climbers might opt for the less crowded autumn season.
- **Ultimately,** the choice of season will depend on personal preferences, climbing experience, and tolerance for weather variability. Proper preparation and awareness of conditions are crucial for a successful ascent of Ama Dablam.

AMA DABLAM CLIMBING ROUTE

Ama Dablaam Climbing R...

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The Ama Dablam climbing route is renowned for its stunning beauty and technical challenges, making it one of the most sought-after peaks in the Himalayas for experienced climbers. Standing at 6,812 meters (22,349 feet), Ama Dablam is often referred to as the "Matterhorn of the Himalayas" due to its striking pyramid shape and dramatic features. The standard climbing route, known as the Southwest Ridge, is the most popular and is characterized by a mix of rock and ice climbing, requiring a good level of technical skill and physical fitness.

Ama Dablam Expeditions 5

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The expedition typically begins with a trek to Base Camp, which is located at an altitude of about 4,600 meters (15,100 feet). Trekkers usually start from the village of Lukla, flying in from Kathmandu. The trek to Base Camp takes about 10-12 days, passing through picturesque Sherpa villages, lush forests, and stunning mountain vistas. During this trek, climbers acclimatize to the altitude, which is crucial for a successful summit attempt. The route to Base Camp also provides opportunities to explore the rich culture of the Khumbu region, including visits to ancient monasteries.

Once at Base Camp, climbers typically spend several days acclimatizing and preparing for the ascent. The first part of the climb involves ascending to Camp I, located at around 5,700 meters (18,700 feet). This section presents various challenges, including navigating through rocky terrain and dealing with potential avalanche risks. Camp I serves as a staging point for further acclimatization and for accessing higher camps. Climbers often make multiple rotations between Base Camp and Camp I to gradually increase their altitude and adapt to the thinning air.

On the way Ama.jpeg

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From Camp I, climbers continue to Camp II, situated at approximately 6,400 meters (20,965 feet). The route to Camp II includes a steep section known as the "Yellow Tower," a prominent rock feature that requires technical climbing skills. Successfully navigating this section is crucial, as it sets the tone for the rest of the ascent. Climbers often spend several days at Camp II, resting and preparing for the final push to the summit. The high-altitude conditions demand careful attention to hydration and nutrition, as well as monitoring for signs of altitude sickness.

Camp II.jpg

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The final ascent to the summit is typically made from Camp II, with climbers making their way up the technical section known as the "Summit Ridge." This part of the route features mixed climbing on rock and snow, and climbers must be proficient in using crampons and ice axes. The summit day is demanding, often requiring climbers to leave early in the morning to take advantage of stable weather conditions. Upon reaching the summit, climbers are rewarded with breathtaking panoramic views of the surrounding peaks, including Mount Everest and Lhotse. The descent is equally challenging and requires careful navigation to ensure a safe return to Base Camp, completing what is a truly unforgettable expedition.

AMA DABLAM EXPEDITION COST

The cost of an Ama Dablam expedition can vary significantly based on several factors, including the choice of guiding company, the duration of the trip, and the level of service provided. On average, participants can expect to spend between \$4,000 and \$8,000 for a guided expedition. This price typically includes essential elements such as permits, logistics, and meals, but can rise substantially with added services like high-altitude porters, personal gear, and luxury accommodations. The climbing permit for Ama Dablam, issued by the Nepalese government, is a significant part of the budget, generally costing around \$300 per person, and this is in addition to the costs associated with the trek to base camp.



Ama Dablam Expedition ...

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Logistics play a crucial role in the overall cost. Most expeditions to Ama Dablam require a trek to the base camp, which is usually accessed via the Khumbu region, necessitating domestic flights from Kathmandu to Lukla. These flights, coupled with the costs of trekking guides and porters, contribute to the overall expense. Additionally, climbers often need to budget for food and accommodations during the trek, which can add another \$1,000 to \$2,000 depending on the duration and level of comfort chosen. Companies may offer packages that include all these elements, but participants should closely review what is included to ensure they are adequately prepared.

Finally, personal gear and insurance are critical considerations that can further impact the expedition budget. Climbers should invest in high-quality technical gear suitable for the challenges posed by Ama Dablam, which can range from \$1,000 to \$2,000 depending on what is already owned. Moreover, comprehensive travel and climbing insurance is essential, covering potential evacuation and medical emergencies, which can cost anywhere from \$200 to \$600. Overall, a successful Ama Dablam expedition requires careful financial planning to accommodate not just the climbing costs, but also the associated logistics and personal preparations.

AMA DABLAM SUMMIT SUCCESS RATE

AMA DABLAM TOP

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Ama Dablam, often referred to as the "Matterhorn of the Himalayas," is a stunning peak located in the Khumbu region of Nepal. Standing at 6,812 meters (22,349 feet), it is a coveted objective for climbers due to its striking aesthetics and challenging routes. The mountain attracts both experienced mountaineers and those looking to test their skills on a notable ascent. The summit success rate for Ama Dablam varies each climbing season, influenced by several factors including weather conditions, climber experience, and logistical support.

Historically, the summit success rate for Ama Dablam is relatively high compared to other peaks in the Himalayas, often hovering around 60% to 80%. This success can be attributed to the mountain's well-established climbing routes and the use of modern climbing techniques. The main route, the Southwest Ridge, is considered technically demanding but not as perilous as some of the higher 8000-meter peaks. The presence of fixed ropes and established camps further enhances climbers' chances of reaching the summit safely.

ama dablam expeditions 2

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Weather plays a crucial role in determining the success of summits on Ama Dablam. The best climbing season is

typically from late September to early November, when the weather is more stable and the chances of encountering dangerous conditions are reduced. However, even during these months, climbers must remain vigilant, as sudden weather changes can create hazardous situations. The combination of altitude, technical challenges, and potential for rapid weather shifts makes preparation and decision-making critical for a successful ascent.

Moreover, climbers' experience levels greatly influence their likelihood of success on Ama Dablam. Those with prior high-altitude experience and a solid understanding of technical climbing skills generally fare better. Additionally, the support from reputable expedition companies can enhance safety and increase success rates. These companies provide experienced guides, acclimatization strategies, and logistical support, which are vital for navigating the complexities of high-altitude climbing. Ultimately, while Ama Dablam presents challenges, it also offers climbers a rewarding experience and a reasonably attainable summit for those prepared and equipped for the journey.

AMA DABLAM WEATHER CONDITIONS

Weather at Ama Dablam.jpg

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Ama Dablam, often referred to as the "Matterhorn of the Himalayas," presents climbers with a unique set of weather conditions that can significantly impact their ascent. Located in the Upper Khumbu region of Nepal, the mountain stands at 6,856 meters (22,493 feet) and is known for its technical climbing challenges and stunning beauty. The weather in this region is characterized by two main climbing seasons: spring and autumn, each offering distinct conditions that climbers must navigate.

During the spring season, typically from late March to early May, the weather gradually warms, reducing the threat of snow and ice hazards. This period is generally favored for climbing as temperatures rise, making conditions more stable. However, climbers must remain vigilant, as winter conditions can linger, leading to potential treacherous situations with frozen precipitation. The warming temperatures can also increase the risk of avalanches, particularly on the mountain's steep faces, which require careful planning and timing for ascents.

In contrast, the autumn season, from late September to early November, presents colder temperatures and increasingly unstable weather patterns. While many climbers have reported favorable conditions during this time, the risk of sudden weather changes is heightened. The fall months can bring unpredictable storms, which may lead to heavy snowfall and strong winds, complicating climbing efforts. This variability makes it essential for climbers to be prepared for a range of conditions, from clear skies to severe weather.

The microclimate around Ama Dablam is influenced by its elevation and geographical features. The mountain's steep ridges and faces can create localized weather patterns, leading to rapid changes in conditions. For instance, while the base camp at 4,600 meters (15,100 feet) may experience relatively mild weather, conditions can deteriorate quickly at higher camps, particularly Camp III, which sits at 6,277 meters (20,594 feet). Climbers often face challenges such as high winds, low temperatures, and the risk of altitude sickness as they ascend.

Ama Dablam Expedition ...

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Monitoring weather forecasts is crucial for successful expeditions on Ama Dablam. Climbers can access various weather models that provide short-term and long-term forecasts, helping them make informed decisions about their climbing schedules. These forecasts include temperature predictions, wind speeds, and the likelihood of precipitation, which are vital for planning safe ascents and descents. Given the mountain's reputation for sudden weather changes, climbers are advised to remain flexible and ready to adapt their plans based on real-time weather updates.

In summary, the weather conditions on Ama Dablam are a critical factor in the climbing experience. Understanding the seasonal variations, the impact of altitude on weather, and the importance of accurate forecasting can help climbers navigate the challenges posed by this iconic peak. Proper preparation and awareness of the mountain's weather patterns are essential for a successful and safe ascent.

Ama Dablam Top

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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

- Three nights in Kathmandu in a 3-star category hotel (Twin Sharing)
- Sixteen nights in the best available local lodge/ teahouse during the trek (Twin Sharing)
- Five nights at a tented camp during the climb (Above Base Camp)
- All standard meals [Breakfast, Lunch, and Dinner] throughout the trek and climb
- Available seasonal fruits throughout the trek/climb
- Breakfast 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 (each climber will get a 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), map, t-shirt,
- Outward Adventure Appreciation Certificate after the successful trek
- A First Aid Medicine bag in each group (carried by trekking/climbing 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 climb
- 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.
- Summit Bonus for the Sherpa Guide (\$700) after the successful ascent.
- Tips for guides and porters (Tips are appreciated)



ITINERARY IN DETAIL

Day 1: Arrival at Tribhuwan International Airport (TIA), in the capital – Kathmandu (4,390ft / 1,338m), Nepal.

Upon landing at **Tribhuwan International Airport (TIA)**, you will be greeted by the stunning vistas of the Himalayan landscape as you descend into Kathmandu. After disembarking, proceed through the airport's immigration and customs checks, where you'll need to present your passport and any necessary visas. The airport can be bustling with travelers, so having your documents organized is helpful. Once through, you can collect your luggage and head to the arrivals area, where you will be welcomed by the vibrant atmosphere of Nepal, complete with colorful displays and various information desks ready to assist you.

As you exit the airport, you will be greeted and welcomed by one of the representatives from Outward Adventure Treks and Expedition. He/she will help you to transfer to the hotel in **Thamel**. The journey from TIA to your accommodation will take approximately 20 to 30 minutes, depending on traffic. During this ride, take in the sights of Kathmandu's bustling streets, where you'll see a blend of traditional architecture, local markets, and the warm smiles of the Nepali people, setting the tone for your adventure ahead.

After settling into your hotel, take some time to acclimate to the altitude and the vibrant energy of the city. You may want to explore your immediate surroundings, perhaps visiting a nearby café or a local shop. As evening approaches, consider heading to a traditional Nepali restaurant to enjoy authentic local cuisine, such as dal bhat or momo. This is not only a chance to refuel after your journey but also a wonderful way to immerse yourself in the culture right from the start. Make sure to rest well, as the following days will be filled with exploration and discovery in this captivating capital.

Day 2: Pre-trip meeting at Kathmandu (4,390ft / 1,338m), Trip Preparation, Gear Checking

In Day – Two, we will have a pre-trip meeting with you and the trekking leader at your hotel or Outward Adventure Trek's office. This meeting is crucial for ensuring that all participants are well-informed and prepared for the upcoming trek. The guide will introduce themselves and provide an overview of the itinerary, including important details about daily activities, potential challenges, and safety protocols. This is also an excellent opportunity for participants to ask questions and clarify any doubts about the trip.

Following the introductory session, the group will engage in a thorough gear-checking process. Each participant is encouraged to bring their trekking gear, including clothing, footwear, sleeping bags, and personal equipment. The guide will assist in assessing whether your gear is suitable for the trek, making recommendations for any necessary adjustments or new purchases. This collaborative effort helps ensure that everyone is equipped with the right tools to handle the varying terrains and conditions they may encounter on the journey ahead.

After the gear check, the group will have time to finalize any last-minute preparations, such as purchasing additional supplies or renting equipment from local shops. You may also want to take this opportunity to enjoy some local cuisine at nearby eateries, fostering camaraderie among group members. As the day concludes, a sense of excitement and



anticipation will build as you discuss the adventure ahead, share stories, and create bonds that will enhance your trekking/climbing experience in the breathtaking landscapes of Nepal.

Day 3: Flight from Kathmandu (4390 ft/1338 m) to Lukla (2,850m / 9,350ft). Trek to Phakding (2,650m / 8,562 ft)

On the day of your flight from Kathmandu to Lukla, you'll begin your journey with an early morning transfer to Tribhuvan International Airport. The excitement is palpable as you prepare for one of the most scenic flights in the world, taking you over the majestic Himalayas. The short, approximately 30-minute flight offers breathtaking views of snow-capped peaks and lush valleys, providing a glimpse of the stunning landscapes that await you. Upon landing in Lukla, you'll be greeted by the crisp mountain air and the bustling atmosphere of the town, where trekkers from around the globe gather to begin their adventures in the Everest region.

After disembarking, you will meet your trekking guide and group members, who will assist in organizing your gear and ensuring everyone is ready for the trek. A brief orientation will be held to discuss the route to Phakding, highlighting key landmarks and safety protocols along the way. The trek from Lukla to Phakding typically takes about 3 to 4 hours, with a relatively gentle descent along the Dudh Koshi River. As you walk, take the time to soak in the natural beauty around you, including charming villages, terraced fields, and lush forests.

As you approach Phakding, the tranquility of the area becomes more pronounced. Upon arrival, you'll check into a teahouse or lodge where you'll be staying for the night. After settling in, you have the option to explore the village, interact with local people, or simply relax and enjoy the stunning views of the surrounding mountains. In the evening, gather with your group for a hearty meal, sharing stories about your experiences so far. This day marks the beginning of your adventure in the heart of the Himalayas, setting the stage for the exciting days ahead.

Day 4: Trek from Phakding (2,650m / 8,562ft) to Namche Bazaar (3,440m / 11,285ft)

On the morning of your trek from Phakding to Namche Bazaar, you'll enjoy a hearty breakfast at your lodge before setting off on the trail. The journey begins with a pleasant walk along the Dudh Koshi River, where the sound of rushing water accompanies you. As you hike, take in the stunning scenery, including lush pine forests and the occasional glimpse of the majestic peaks that loom in the distance. The trail is well-marked and relatively easy at first, allowing you to acclimatize to the altitude as you make your way toward Namche Bazaar.

After about two hours of trekking, you'll arrive at the entrance to the Sagarmatha National Park, where you'll need to present your permits. This is a great opportunity to take a short break and appreciate the beautiful surroundings. The path then continues to ascend, leading you to a series of suspension bridges adorned with colorful prayer flags. Crossing these bridges offers thrilling views of the river below and the soaring mountains above. As you progress, the terrain becomes steeper, and you'll start to feel the altitude as you approach Namche Bazaar.

The final stretch to Namche Bazaar is a challenging uphill climb that tests your stamina. The effort is well worth it, as you'll be rewarded with your first breathtaking views of Everest and the surrounding peaks as you approach the town. As



you enter Namche Bazaar, you'll notice its unique terraced layout, with traditional Sherpa houses lining the hillsides. This vibrant town is often considered the gateway to the Everest region and serves as a hub for trekkers and climbers alike.

Upon arrival, you'll check into a teahouse or lodge for the night. After settling in, take some time to explore Namche Bazaar, visiting local shops and cafes that offer everything from gear to delicious local dishes. As the day winds down, gather with your trekking group for dinner, sharing stories and reflecting on the day's journey. This evening is also an excellent opportunity to acclimatize to the altitude; consider taking a short walk around the town to help your body adjust before a restful night's sleep in preparation for the adventures that lie ahead.

Day 5: Rest day and acclimatization at Namche Bazaar / Hike to Everest View Hotel (3890m)

On the designated rest day and acclimatization at Namche Bazaar, you will have the opportunity to adapt to the high altitude while enjoying the stunning surroundings. The day begins with a leisurely breakfast at the lodge, where participants can discuss their plans for the hike to the Hotel Everest View.

Afterward, a briefing will be held to outline safety measures and the importance of hydration and nutrition during acclimatization. This day is not just about resting; it's a chance to explore Namche Bazaar, visit local shops, and immerse oneself in Sherpa culture before setting off on the hike.

The hike to the Hotel Everest View will commence mid-morning, taking approximately 2 hours to cover the 2.7 kilometers (1.7 miles) uphill trail. The trek is moderately challenging due to altitude, ascending from Namche's elevation of 3,440 meters (11,286 feet) to 3,880 meters (12,730 feet).

Trekkers will be treated to breathtaking views of iconic peaks such as Mount Everest, Lhotse, and Ama Dablam along the way. As they ascend, participants are encouraged to take breaks to enjoy the scenery and capture photographs of the majestic landscape. Proper gear is essential; trekkers should wear sturdy hiking boots and carry water, snacks, and sun protection.

Upon reaching the Hotel Everest View, known for being one of the highest hotels in the world, trekkers can relax and enjoy a well-deserved meal while soaking in panoramic views of the Himalayas. The hotel offers a comfortable atmosphere where guests can unwind with hot drinks or local cuisine while appreciating the breathtaking vistas. After some time at the hotel, trekkers may choose to explore nearby trails or visit the National Park Museum for additional acclimatization benefits before returning to Namche Bazaar.

This day not only aids in physical acclimatization but also enhances cultural immersion through interactions with local Sherpas and fellow trekkers.

Day 6: Trek from Namche (3,440m / 11,285ft) to Tengboche/ Deboche (3,855m / 12,850ft) 5 hrs.

The trek from Namche Bazaar to Tengboche begins with a gentle ascent that offers stunning views of the surrounding peaks, including Ama Dablam and Lhotse. As you leave the bustling town, take a moment to enjoy the vibrant atmosphere and perhaps visit a local café for a hearty breakfast. The trail winds through lush pine forests, with



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occasional clearings that reveal breathtaking vistas. Given Namche's elevation of 3,440 meters, it provides a solid acclimatization base, making this first segment both manageable and exhilarating.

Continuing on, the path gradually descends before climbing again toward Tengboche. The landscape shifts from lush greenery to more rugged terrain, and you may encounter yak herders and local wildlife along the way. The trail also passes through small villages, where you can observe the daily lives of the Sherpa people. Don't miss the opportunity to visit a monastery or a local shrine, as the region is rich in Buddhist culture. This segment of the trek not only presents physical challenges but also offers a deep cultural immersion.

After several hours of trekking, you will reach Tengboche, renowned for its monastery, which stands as one of the most significant spiritual sites in the Khumbu region. Upon arrival, take time to explore the monastery and, if you're fortunate, witness a prayer ceremony. The views from Tengboche are spectacular, with panoramic sights of some of the highest peaks in the world. This is an excellent spot to rest and capture photographs, especially as the sun casts a golden hue on the mountains during sunset. Consider spending the night in a local teahouse, where you can enjoy traditional Sherpa hospitality.

As you wake in Tengboche, the serene environment provides a perfect backdrop for reflection and relaxation. You might choose to hike nearby trails for further exploration or simply enjoy the breathtaking views. Alternatively, you can engage with local monks to learn more about their practices and the importance of the monastery. This day serves as both a rest day and an opportunity to soak in the rich culture and stunning landscapes, preparing you for the next leg of your adventure in the Everest region.

Day 7: Trek from Tengboche (3,855m / 12,850ft) to Dingboche (4,360m / 14,290ft) 5 hrs.

The trek from Tengboche to Dingboche begins with a gradual descent from the monastery, allowing you to savor the breathtaking views of the Khumbu Valley and the iconic peaks surrounding you. As you leave Tengboche, the trail meanders through lush rhododendron forests, which can be particularly stunning in spring when the flowers are in full bloom. Along the way, you may encounter local wildlife, including colorful pheasants and grazing yaks. This initial stretch leads you to the village of Deboche, where you can take a moment to visit the local nunnery and appreciate the peaceful atmosphere before continuing on your journey.

After crossing the Imja Khola river via a suspension bridge, the trail begins to climb more steeply as you approach Dingboche. The ascent is steady, with plenty of opportunities to stop and catch your breath while enjoying the panoramic views of the surrounding mountains, including the majestic Ama Dablam. The path is well-marked, and as you gain elevation, the vegetation gradually shifts, reflecting the changing ecosystem. You might also notice small stone stupas and prayer flags along the way, adding to the spiritual ambiance of the trek.

Upon reaching Dingboche, situated at 4,360 meters, you'll be greeted by a picturesque landscape dotted with stone houses and terraced fields. This village is a popular acclimatization stop for trekkers heading to Everest Base Camp and offers a range of teahouses and lodges for rest. Take some time to explore the village, soak in the views of nearby

peaks, and perhaps engage with local Sherpas to learn about their culture and lifestyle. The altitude can be challenging, so consider taking it easy in the afternoon to acclimatize properly before preparing for the next leg of your trek.

Day 8: Rest day and acclimatization Dingboche (4,360m / 14,290ft)/ Hike to Nagarjun Hill

Upon waking in Dingboche, you'll start your day with a hearty breakfast at your lodge, fueling up for the day ahead. After breakfast, take some time to enjoy the stunning views of the surrounding peaks, including the iconic Ama Dablam. The morning is ideal for light exploration; consider a short walk to the nearby Imja Khola valley for gentle acclimatization. This hike will help your body adjust to the altitude while allowing you to soak in the breathtaking scenery.

In the afternoon, plan to venture higher up the slopes surrounding Dingboche. A popular option is to hike to Nagarjun Hill, which offers panoramic views of the Himalayas, including Makalu and Lhotse. This trek should be done at a leisurely pace, focusing on maintaining a steady rhythm and staying hydrated. Take advantage of this time to take photographs and appreciate the unique flora and fauna of the region.

After returning to Dingboche, spend some time visiting the local monastery, where you can learn about the Buddhist culture and the significance of this area to the Sherpa community. Engage with local villagers to gain insights into their way of life and the challenges they face in this remote region. This interaction enriches your experience and deepens your understanding of the local culture.

As the sun sets, relax in your lodge, reflecting on the day's adventures. Enjoy dinner with your trekking group, sharing stories and experiences from the trail. This is also an excellent time to discuss the upcoming days and prepare for the challenges ahead. Prioritize a good night's sleep, as acclimatization is crucial for your journey to higher altitudes.

Day 9: Trek from Dingboche (4,360m / 14,290ft) to Ama Dablam Base Camp (15,000ft / 4,600m) 5 hours

The trek from Dingboche to Ama Dablam Base Camp is an exhilarating journey that takes approximately five hours, offering stunning views and a sense of adventure. You'll start your day early, enjoying a nutritious breakfast at your lodge to prepare for the ascent. After packing your gear, set out on the trail, which begins with a gradual ascent through the beautiful Imja Valley. The trail is well-marked and surrounded by vibrant landscapes, including fields of barley and the occasional glimpse of local wildlife.

As you hike, take time to appreciate the breathtaking scenery, including the towering peaks that dominate the skyline. The path winds through scattered clusters of rhododendron trees and across small streams, providing ample opportunities to pause for photos. During this section of the trek, you may also encounter local Sherpa villages, where you can observe daily life and perhaps chat with friendly locals. Maintain a steady pace, allowing your body to acclimatize as you gain elevation.

After about two hours of trekking, you'll reach a viewpoint that offers a panoramic glimpse of Ama Dablam, a highlight of the trek. Take a well-deserved break here to hydrate and enjoy the awe-inspiring views. The sight of the mountain's dramatic ridges and glaciers is sure to inspire you for the journey ahead. From the viewpoint, the trail descends slightly before ascending again towards the base camp.

Continuing on, the final stretch to Ama Dablam Base Camp involves a more rugged terrain, with rocky paths and occasional boulders. As you approach, the atmosphere shifts, filled with excitement and anticipation. Upon reaching the base camp, take a moment to soak in the surroundings and appreciate the stunning beauty of the mountain up close. Settle into your accommodations, enjoy a warm meal, and share stories with fellow trekkers as the sun sets behind the majestic peaks, creating a memorable end to your day's trek.

Day 10: Pre-climb training at Ama Dablam Base Camp (15,000ft / 4,600m) and acclimatization

At Ama Dablam Base Camp, your day begins with a nutritious breakfast to fuel your body for the challenges ahead. Afterward, you'll engage in pre-climb training, which is essential for acclimatization and skill development. This training typically includes sessions on using climbing gear such as crampons and ice axes, as well as practicing essential techniques for ascending and descending snowy or icy terrain. Under the guidance of experienced instructors, you'll learn about safety protocols, navigation, and the importance of teamwork in high-altitude climbing. This hands-on experience not only builds confidence but also prepares you for the technical aspects of the ascent.

In the afternoon, take advantage of the opportunity to acclimatize further by embarking on a short hike to a nearby ridge or high point. This trek should be moderate in intensity, allowing your body to adapt to the altitude while enjoying stunning views of the surrounding mountains. It's crucial to stay hydrated and take breaks as needed to prevent altitude sickness. After returning to base camp, you can relax, review the day's training, and participate in discussions about the upcoming climb. As evening falls, gather with your team for dinner, sharing experiences and insights, and ensuring you get a good night's rest to prepare for the ascent ahead.

Day 11: Hike from Ama Dablam Base Camp (15,000ft / 4,600m) to Camp I (5,700m) and back to Base Camp (15,000ft / 4,600m)

Begin your adventure at **Ama Dablam Base Camp** (15,000 ft / 4,600 m), where you'll spend the first day acclimatizing to the high altitude. Take time to explore the surroundings, enjoy stunning views of the mountain, and familiarize yourself with the equipment and supplies you'll need for the ascent. Engage in light physical activities like short hikes nearby to help your body adjust. In the evening, gather with your team for a briefing on the next day's hike, discussing the route, safety protocols, and expectations for the journey ahead.

On the second day, rise early to begin your trek to **Camp I (5,700 m)**. After a hearty breakfast, set out with your team, ensuring you have all necessary gear, including crampons, harnesses, and warm clothing. The trail will lead you through breathtaking landscapes, including rocky paths and glacial fields, requiring careful navigation. Expect to spend 6-8 hours on the ascent, with regular breaks to hydrate and acclimatize. As you gain altitude, the air will become thinner, so listen to your body and adjust your pace accordingly. Upon reaching Camp I, set up your tents, and enjoy a well-deserved



meal while soaking in the panoramic views of the surrounding peaks.

If conditions permit, you may have the option to venture higher on this day. However, if you are focusing on a round trip back to Base Camp, begin your descent early. After breakfast, pack your gear and start the journey back down. The return trek typically takes 4-6 hours, allowing for a more relaxed pace as you navigate familiar terrain. Be cautious of the descent, as fatigue can set in, and the rocky paths may present challenges. Once back at Base Camp, take time to rest and recover from the hike. Celebrate your achievement with your team, sharing stories and experiences from the ascent.

After the strenuous hike, dedicate this day to relaxation and reflection. Enjoy the serene environment of **Base Camp**, taking time to appreciate the majestic views of Ama Dablam and the surrounding mountains. Engage in light activities, such as journaling your experiences or taking photographs of the landscape. This day is also an opportunity to assess your gear and prepare for the next leg of your journey, whether it be further exploration, trekking to another area, or the descent back to lower altitudes. Conclude your adventure with a farewell dinner, celebrating the camaraderie built during the hike and the stunning memories created in this breathtaking region.

Day 12: Rest day at Ama Dablam Base Camp (15,000ft / 4,600m)

Spend your rest day at Ama Dablam Base Camp (15,000 ft / 4,600 m) embracing the tranquility of the stunning Himalayan landscape. Start your morning with a leisurely breakfast, enjoying the breathtaking views of Ama Dablam and the surrounding peaks. Take this opportunity to hydrate and refuel your energy. After breakfast, engage in light activities such as stretching, yoga, or short exploratory hikes in the vicinity. This will help your body adjust to the altitude while keeping you active without overexerting yourself. Use the time to connect with fellow trekkers, sharing stories and experiences, which fosters a sense of camaraderie among the group.

This is also a perfect time to document your journey through journaling or photography, capturing the beautiful moments and scenery around you. As the sun begins to set, gather for a communal dinner, reflecting on the challenges and successes of your journey so far. Enjoy a warm meal while taking in the stunning colors of the sunset against the majestic mountain backdrop. This relaxing day will not only enhance your acclimatization but also solidify the memories and friendships formed during your expedition.

Day 13: Trek Base Camp (15,000ft / 4,600m) to Camp I (5,700m / 18,700ft) and Spend Overnight there

On the morning of your trek from **Ama Dablam Base Camp** (15,000 ft / 4,600 m) to Camp I (5,700 m / 18,700 ft), begin with a hearty breakfast to fuel your body for the ascent. After packing your gear, ensure you have all necessary equipment, including crampons, ice axes, and warm clothing. Assemble your team, and review the day's itinerary, discussing the route and safety measures. As you set out, the excitement in the air is palpable, and the stunning views of the surrounding peaks serve as a constant reminder of the beauty of your adventure.

The trail from **Base Camp to Camp I** will take you through a variety of terrains, including rocky paths, glacial fields, and steep ascents. The first part of the trek leads through a scenic valley, where you'll encounter lush vegetation and breathtaking vistas. As you gain altitude, the environment becomes more rugged, requiring careful navigation. Plan for



several breaks along the way to hydrate and acclimatize. Listen to your body, as altitude can affect individuals differently. The trek typically takes between 6 to 8 hours, and each step brings you closer to your goal as you leave the lush valley behind and enter the stark beauty of the high alpine environment.

Upon reaching Camp I, take a moment to soak in the extraordinary views and the sense of achievement that comes with reaching this milestone. Set up your tents in a designated area, ensuring you secure them properly against the wind. After unpacking and settling in, gather with your team for a warm meal to replenish your energy. This is a great time to discuss the day's trek, sharing experiences and reflections on the challenges faced. Remember to stay hydrated and monitor how your body is adjusting to the altitude.

As evening falls, the temperature will drop, so prepare for a chilly night at Camp I. Spend some time stargazing if conditions permit, as the clear mountain air often provides stunning views of the night sky. Before retiring for the night, ensure your sleeping gear is properly arranged and that you have everything you need within reach. Rest is crucial as your body continues to acclimatize, and it will prepare you for the adventures that lie ahead. Embrace the serenity of the mountains as you drift off to sleep, surrounded by the majestic peaks of the Himalayas.

Day 14: Climb Camp I to Camp II (6,000m / 19,685ft) and back to Base Camp (15,000ft / 4,600m)

On the day of your climb from **Camp I (5,700 m / 18,700 ft) to Camp II (6,000 m / 19,685 ft)**, begin with an early breakfast to fuel your ascent. After packing your gear and ensuring you have all necessary equipment, gather with your team for a briefing. Discuss the plan for the day, including the route, safety protocols, and any potential challenges you may encounter. As you set out, the morning light will illuminate the rugged terrain, providing a stunning backdrop for your climb. The route to Camp II is demanding, featuring steep sections and technical passages that require careful navigation and teamwork.

The first part of the ascent involves traversing icy slopes and rocky outcrops, where you will need to employ your climbing skills. Use ropes and anchors as necessary, and be mindful of your footing on the uneven terrain. Hydration and acclimatization are crucial, so take regular breaks to rest and drink water. The altitude will continue to affect your breathing and energy levels, so maintain a steady pace and listen to your body's signals. After approximately 4 to 6 hours of climbing, you'll reach Camp II, where the breathtaking views of the surrounding peaks and valleys will reward your efforts.

Once at Camp II, take time to enjoy the panoramic views of the Himalayas. This camp will serve as a temporary base for your acclimatization and exploration. After settling in, enjoy a hearty meal while soaking in the panoramic vistas. Discuss the day's climb with your team, sharing insights and experiences. If conditions allow, take a short hike nearby to further acclimatize and enjoy the stunning scenery. Remember to keep an eye on the weather, as conditions can change rapidly in high altitudes.

After spending a few hours at Camp II, it's time to begin your descent back to Base Camp. Carefully pack your gear,



ensuring that you leave no trace behind. The return trek will take approximately 5 to 7 hours, allowing for a slower pace as you navigate the familiar terrain. Be cautious on the descent, as fatigue can set in, and the rocky paths may require extra attention. Once back at Base Camp, take time to rest and recover from the day's exertions. Celebrate your successful climb with your team, sharing stories of the challenges faced and the triumphs achieved amidst the majestic beauty of Ama Dablam.

Day 15: Rest day at Ama Dablam Base Camp (15,000ft / 4,600m)

Spend your rest day at Ama Dablam Base Camp (15,000 ft / 4,600 m) embracing the tranquility of the stunning Himalayan landscape. Start your morning with a leisurely breakfast, enjoying the breathtaking views of Ama Dablam and the surrounding peaks. Take this opportunity to hydrate and refuel your energy. After breakfast, engage in light activities such as stretching, yoga, or short exploratory hikes in the vicinity. This will help your body adjust to the altitude while keeping you active without overexerting yourself. Use the time to connect with fellow trekkers, sharing stories and experiences, which fosters a sense of camaraderie among the group.

This is also a perfect time to document your journey through journaling or photography, capturing the beautiful moments and scenery around you. As the sun begins to set, gather for a communal dinner, reflecting on the challenges and successes of your journey so far. Enjoy a warm meal while taking in the stunning colors of the sunset against the majestic mountain backdrop. This relaxing day will not only enhance your acclimatization but also solidify the memories and friendships formed during your expedition.

Day 16: From Base Camp (15,000ft / 4,600m) ascend to Camp I (5,700m / 18,701ft)

On the morning of your trek from Ama Dablam Base Camp (15,000 ft / 4,600 m) to Camp I (5,700 m / 18,700 ft), begin with a hearty breakfast to fuel your body for the ascent. After packing your gear, ensure you have all necessary equipment, including crampons, ice axes, and warm clothing. Assemble your team, and review the day's itinerary, discussing the route and safety measures. As you set out, the excitement in the air is palpable, and the stunning views of the surrounding peaks serve as a constant reminder of the beauty of your adventure.

The trail from Base Camp to Camp I will take you through a variety of terrains, including rocky paths, glacial fields, and steep ascents. The first part of the trek leads through a scenic valley, where you'll encounter lush vegetation and breathtaking vistas. As you gain altitude, the environment becomes more rugged, requiring careful navigation. Plan for several breaks along the way to hydrate and acclimatize. Listen to your body, as altitude can affect individuals differently. The trek typically takes between 6 to 8 hours, and each step brings you closer to your goal as you leave the lush valley behind and enter the stark beauty of the high alpine environment.



Upon reaching Camp I, take a moment to soak in the extraordinary views and the sense of achievement that comes with reaching this milestone. Set up your tents in a designated area, ensuring you secure them properly against the wind. After unpacking and settling in, gather with your team for a warm meal to replenish your energy. This is a great time to discuss the day's trek, sharing experiences and reflections on the challenges faced. Remember to stay hydrated and monitor how your body is adjusting to the altitude.

As evening falls, the temperature will drop, so prepare for a chilly night at Camp I. Spend some time stargazing if conditions permit, as the clear mountain air often provides stunning views of the night sky. Before retiring for the night, ensure your sleeping gear is properly arranged and that you have everything you need within reach. Rest is crucial as your body continues to acclimatize, and it will prepare you for the adventures that lie ahead. Embrace the serenity of the mountains as you drift off to sleep, surrounded by the majestic peaks of the Himalayas.

Day 17: From Camp I (5,700m / 18,701ft), ascend to Camp II (6,000m / 19,685ft)

On the day of your climb from Camp I (5,700 m / 18,700 ft) to Camp II (6,000 m / 19,685 ft), begin with an early breakfast to fuel your ascent. After packing your gear and ensuring you have all necessary equipment, gather with your team for a briefing. Discuss the plan for the day, including the route, safety protocols, and any potential challenges you may encounter. As you set out, the morning light will illuminate the rugged terrain, providing a stunning backdrop for your climb. The route to Camp II is demanding, featuring steep sections and technical passages that require careful navigation and teamwork.

The first part of the ascent involves traversing icy slopes and rocky outcrops, where you will need to employ your climbing skills. Use ropes and anchors as necessary, and be mindful of your footing on the uneven terrain. Hydration and acclimatization are crucial, so take regular breaks to rest and drink water. The altitude will continue to affect your breathing and energy levels, so maintain a steady pace and listen to your body's signals. After approximately 4 to 6 hours of climbing, you'll reach Camp II, where the breathtaking views of the surrounding peaks and valleys will reward your efforts.

Once at Camp II, take time to enjoy the panoramic views of the Himalayas. This camp will serve as a temporary base for your acclimatization and exploration. After settling in, enjoy a hearty meal while soaking in the panoramic vistas. Discuss the day's climb with your team, sharing insights and experiences. If conditions allow, take a short hike nearby to further acclimatize and enjoy the stunning scenery. Remember to keep an eye on the weather, as conditions can change rapidly in high altitudes. Spend overnight at the tented camp at Camp II.

Day 18: Contingency day Camp II (6,000m / 19,685ft)

On this contingency day at Camp II, the team will focus on acclimatization and preparation for the ascent to higher camps. The morning will begin with a hearty breakfast to ensure everyone has the energy needed for the day's activities. Climbers will engage in light exercises and stretching to promote circulation and reduce the risk of altitude sickness. Afterward, a team meeting will be held to discuss weather conditions, review climbing strategies, and ensure that all gear is in optimal condition. This is also an opportunity for climbers to rest, hydrate, and consume high-energy snacks while



enjoying the stunning views of the surrounding peaks.

In the afternoon, the group will conduct a short acclimatization hike to a nearby ridge or lower elevation, allowing climbers to gain some altitude while returning to Camp II for the night. This will help their bodies adjust to the thinning air without overexertion. The team will practice using their climbing gear and review safety protocols, ensuring that everyone is confident in their skills. As the sun sets, climbers will gather for a communal dinner, sharing stories and experiences, which fosters team spirit and camaraderie. The day will conclude with a briefing on the upcoming ascent, emphasizing the importance of teamwork and communication in the challenging environment of Ama Dablam.

Day 19: Summit Ama Dablam (6,812m / 22,349ft) and back to Camp II (6,000m / 19,685ft)

The summit day begins early, typically around 2:00 AM, when climbers will rise to a pre-packed breakfast and prepare for an intense day ahead. After a final gear check, the team will begin their ascent in the dark, using headlamps to navigate the path. The first section involves a steep climb through mixed terrain, where climbers will need to employ both technical skills and teamwork to manage the icy slopes. The air is thin at this altitude, requiring careful attention to pacing and hydration. The goal is to reach the summit by early morning to witness the breathtaking sunrise over the Himalayas, an experience that makes all the effort worthwhile.

As the team ascends, they will encounter key features such as the famous “Yellow Tower” and the challenging “Hanging Glacier.” Each member will be encouraged to communicate regularly with their climbing partner and team leader, ensuring everyone is feeling well and managing the altitude. The climb will require a mix of rock scrambling and ice climbing, where climbers will use fixed ropes and harnesses to navigate the most technical sections. With determination and support from their teammates, the climbers will push through the final push to the summit, where they will take a moment to celebrate their achievement and absorb the panoramic views from the top of Ama Dablam.

After spending a brief time at the summit for photos and reflection, the team will begin their descent back to Camp II. This part of the journey is crucial; careful attention must be paid to avoid slips on the icy sections. The descent will generally be faster, but climbers will still need to be vigilant as fatigue sets in. The team will regroup at various checkpoints along the route, allowing for quick assessments of energy levels and ensuring that everyone is accounted for. Rest breaks will be strategically placed to allow for hydration and nutrition, crucial for maintaining stamina during the descent.

Upon reaching Camp II, climbers will be greeted with a sense of relief and accomplishment. They will be responsible for establishing a safe area to rest and recover, where they can hydrate and eat a nutritious meal. The team will reflect on the day's challenges, share stories, and celebrate their successful summit attempt. As night falls, climbers will prepare for a well-deserved rest, knowing they have conquered one of the most stunning peaks in the world, while also reinforcing their bond as a team through shared experiences in the high Himalayas.

Day 20: Descend from Camp II (6,000m / 19,685ft) to Base Camp (15,000ft / 4600m)

On the morning of the descent from Camp II at 6,000 meters (19,685 feet), the team will begin preparations early. After a

hearty breakfast, climbers will pack their gear and ensure that all equipment is secured for the journey down. The descent will start around 7:00 AM, taking advantage of the cooler morning temperatures to minimize the risk of snow melting and creating unstable conditions. The route will traverse a mix of rocky terrain and crevasses, requiring careful navigation and teamwork. Regular breaks will be scheduled to hydrate and snack, ensuring everyone maintains energy levels. The first leg of the descent will take approximately 3-4 hours, leading to the lower slopes where the terrain becomes less challenging.

Upon reaching the mid-point of the descent, the team will regroup for a brief lunch at a designated rest spot, usually around 5,000 meters (16,404 feet). After lunch, the descent will continue towards Base Camp, which is located at 4,600 meters (15,000 feet). This section typically takes another 3-4 hours, and climbers will encounter steep sections that require careful footing and focus. As they approach Base Camp, the atmosphere will lift, filled with the anticipation of returning to a safer elevation. Upon arrival, the team will be welcomed with warm drinks and a celebratory atmosphere, allowing climbers to reflect on the challenges faced and the achievements made during their ascent. The day will conclude with a communal dinner, sharing stories and gratitude for a successful descent.

Day 21: Trek from Ama Dablam Base Camp (15,000ft / 4,600m) to Tengboche (3,855m / 12,850ft)

On the morning of the trek from Ama Dablam Base Camp at 4,600 meters (15,000 feet), the team will gather for an early breakfast, ensuring everyone is well-fueled for the journey ahead. Departing Base Camp around 8:00 AM, climbers will navigate through rocky trails and lush landscapes, taking in the stunning views of the surrounding peaks. The initial descent will lead through dense rhododendron forests, where the vibrant flowers add a splash of color to the trek. The trail is well-marked and offers opportunities for short breaks to hydrate and enjoy the scenery, with the first leg of the trek expected to take about 3 hours to reach the village of Deboche.

Upon reaching Deboche, the group will take a well-deserved break for lunch. This charming village provides a chance to interact with local Sherpa culture and sample traditional cuisine. After lunch, the trek will continue towards Tengboche, which is roughly 2 hours away. The path ascends gently, providing breathtaking views of Ama Dablam and other majestic peaks. As the team approaches Tengboche, they will pass through scenic terraced fields and experience the serenity of the landscape, with the sound of rushing water from nearby streams adding to the ambiance. The anticipation builds as they near their destination, the historic Tengboche Monastery.

Upon arrival in Tengboche in the early afternoon, the team will settle into their accommodations and have time to explore the monastery, one of the most significant cultural sites in the Khumbu region. The monastery, perched at 3,855 meters (12,850 feet), offers spectacular views of Everest and the surrounding mountains. In the evening, the group will gather for a communal dinner, reflecting on the day's trek and sharing stories of the journey. As night falls, the serene atmosphere of Tengboche, combined with the flickering lights from the monastery, creates a perfect end to a fulfilling day of trekking.

Day 22: Trek from Tengboche (3,855m / 12,850ft) to Namche Bazaar (3,440m / 11,285ft)

On the morning of the trek from Tengboche at 3,855 meters (12,850 feet), the team will rise early to enjoy a hearty



breakfast while soaking in the stunning views of the Himalayas. The trek will commence around 8:00 AM, with the first leg leading downwards through a beautiful forest of pine and rhododendron trees. The trail descends gently, offering glimpses of the Dudh Koshi River as it winds its way through the valley below. This section, characterized by its serene environment and rich wildlife, will take approximately 2-3 hours, allowing for regular breaks to appreciate the natural beauty and snap photos.

After descending to the river valley, the group will arrive at Phunki Thenga, where they can take a short rest and enjoy some refreshments. This picturesque spot is also a popular location for local tea houses, providing a perfect opportunity to sample traditional Nepali snacks. Following the break, the trek will continue with a gradual ascent towards Namche Bazaar. The trail climbs steeply for about 1.5 hours, offering panoramic views of the surrounding peaks, including the majestic Ama Dablam. The effort required in this section is rewarded with breathtaking vistas and the chance to see local wildlife, such as Himalayan tahr.

As the team approaches Namche Bazaar, they will traverse a series of switchbacks that provide a thrilling perspective of the valley below. The excitement builds as they catch the first glimpses of the bustling market town, known as the gateway to the Everest region. The last stretch of the trek takes around another hour, culminating in a well-deserved arrival at Namche Bazaar by early afternoon. Upon reaching this vibrant Sherpa town, climbers will check into their accommodations and have some time to relax and freshen up.

In the late afternoon, the group will explore the lively streets of Namche Bazaar, known for its shops, bakeries, and cultural sites. A visit to the local market will showcase handicrafts, trekking gear, and souvenirs, providing a glimpse into the vibrant local culture. Afterward, the team will gather for dinner at a local restaurant, sharing stories about the day's trek and the experiences encountered along the way. As night falls, the lively atmosphere of Namche will provide a perfect backdrop for camaraderie and reflection, setting the stage for the adventures that lie ahead in the Everest region.

Day 23: Trek from Namche Bazaar (3,440m / 11,285ft) to Lukla (2,850m / 9,350ft)

The trek from Namche Bazaar at 3,440 meters (11,285 feet) to Lukla at 2,850 meters (9,350 feet) will begin early in the morning, allowing the team to enjoy a hearty breakfast and take in the stunning views of the surrounding peaks. Departing around 8:00 AM, the trail will lead downhill towards the Dudh Koshi River, winding through the vibrant landscape that characterizes this region. This initial descent will last about 2-3 hours, offering opportunities to capture breathtaking photographs of the mountains and the lush greenery. The air will be crisp, and the energy of the group will be high as they make their way along the well-marked path.

Upon reaching the river valley, the group will pause for a short break at Phunki Thenga, where they can enjoy refreshments and admire the serene surroundings. This is a great opportunity to hydrate and recharge before continuing the trek. The next segment of the journey involves a gradual ascent back towards the trail that leads to Lukla. As the team climbs, they will encounter terraced fields and local villages, providing insight into the daily life of the Sherpa people. This part of the trek will take approximately 1.5 hours, with plenty of chances to appreciate the rich culture and stunning scenery.

After the ascent, the trail begins to level out, allowing for a more leisurely pace as the team makes its way toward Lukla. The landscape transitions from dense forests to open vistas, offering panoramic views of the surrounding mountains. Along the way, trekkers will have the chance to spot local wildlife and enjoy the tranquility of the lower elevations. This section of the trek will take about 2-3 hours, with regular breaks to soak in the beauty and take photos. The anticipation of reaching Lukla will build as the group approaches their destination.

Arriving in Lukla by early afternoon, the team will settle into their accommodations, giving them some time to rest and refresh after the trek. Lukla, known for its bustling atmosphere and as the gateway to the Everest region, offers various shops and eateries to explore. Afterward, the group will gather for a celebratory dinner, reflecting on the journey and sharing stories of their experiences. As the sun sets over the mountains, the camaraderie built during the trek will shine through, marking the end of an incredible adventure in the Himalayas.

Day 24: Fly from Lukla (2,850m / 9,350ft) to Kathmandu (4,390ft / 1,338m)

On the morning of the flight from Lukla at 2,850 meters (9,350 feet) to Kathmandu at 1,338 meters (4,390 feet), the team will gather for a final breakfast in the vibrant village. After checking out of their accommodations, trekkers will make their way to the Lukla airport, where they will experience the excitement of one of the world's most famous and challenging airstrips. The check-in process is typically swift, and after securing their boarding passes, travelers will have some time to take in the views of the surrounding peaks one last time. The flights to Kathmandu are often scheduled for the morning due to favorable weather conditions, and the team will be briefed on safety protocols before boarding the small aircraft.

Once airborne, the flight will take approximately 30 to 40 minutes, offering breathtaking aerial views of the Himalayas, including iconic peaks such as Everest and Lhotse. The descent into Kathmandu provides a stunning perspective of the lush valleys and terraced fields below. Upon landing at Tribhuvan International Airport, you will be shifted to the hotel at Thamel and you can rest or ramble around the city enjoying the local lifestyles around.

Day 25: International flight back to your home country

After a memorable trekking adventure in the Himalayas, the final leg of the journey involves preparing for the international flight back to your home country. On the day of departure, the team will begin with a relaxed breakfast at their hotel in Kathmandu, allowing time to reflect on their experiences before heading to the airport.



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One of the representatives from Outward Adventure Treks and Expedition will shift you to the airport and bade farewell.

Have a safe journey.

