



Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

Rapid Ama Dablam Expedition - 20 Days

Ama Dablam Expedition, a climb to 6,812 m (22,349 ft), popularly known as the Matterhorn of Himalaya is situated in the eastern Himalayan section of the Khumbu region inside the Sagarmatha National Park of Nepal which is also one of the most impressive, beautiful, and stunning mountains in the World. Ama Dablam is one of the most spectacular mountains in the world and a true alpinist's dream. This unforgettable climb in the Khumbu region of Nepal involves a cultural trek into base camp, technical rock, snow, and ice climbing, and stunning panoramic summit views of Everest, Lhotse, and Makalu.

Ama Dablam with EBC Trek

Ama Dablam sits in the heart of the Khumbu region, a well-worn path to the Everest Base Camp trek. This stunning mountain massif is admired by thousands of trekkers and climbers who pass through the Everest trail. However, the Mountain derives its name from the glacier position on its southwest face at 6500 meters where the suspended glacier looks like a jewel box hanging on the neck of the Mountain, although the name Ama Dablam, literally meaning 'the mother's jewel box.'

Ama Dablam Expedition

Ama Dablam captures every imagination of the alpine climbers that stands alone in the Khumbu valley towering almost 3000 m above the famous Sherpa village-Tengboche and Pangboche. Considered as one of the technical mountain peaks to summit, climbing Ama Dablam is reserved for dedicated alpinists, who have built skills and experience in much more than simply high-altitude walking. The successful climber will have solid multi-pitch climbing experience on rock and ice, and be comfortable climbing technical terrain with a pack on, taking care of themselves in very high alpine camps, and spending days at a time in exposed terrain.

A journey to Ama Dablam Expedition begins from Kathmandu. On the first day of the journey, we land at Kathmandu and the next day we fly to Lukla and begin trekking. In the trekking, we follow the beautiful Everest Base Camp trek trail till we reach Pangboche. Then leaving the EBC trail, we catch the Ama Dablam Base Camp trek route. Reaching Ama Dablam Base Camp, we set a journey gradually to Camp I, and Camp II, and move further for the final summit.

Trekkers/climbers will have teahouse accommodation in trekking, till we reach Ama Dablam Base Camp and above the base camp, we will use camping accommodation during the climbing period. Required tents and all related accessories will be arranged by [Outward Adventure Treks and Expedition](#)

BEST SEASON FOR AMA DABLAM EXPEDITION

Weather at Ama Dablam

Among others Nepal also has four major seasons; spring (March to May), Summer (June to August), Autumn (September to November), and Winter (December to February). Among them, spring and autumn are regarded as the

best seasons for climbing Ama Dablam.

Spring (March to May): Spring is the ideal period for climbing Ama Dablam (6812m) including other 8000m peaks in Nepal. During this period, there are clear skies, unobstructed views, mild temperatures, no or only occasional rain/snowfall, and so forth.

On the way Ama

Image not found or type unknown

On the way, you will meet the Everest summiteers who are walking towards the Base Camp or returning from there practicing acclimatization, etc. Diverse flora and fauna inside the Sagarmatha National Park make your journey even more special. From the top of Ama Dablam, one can witness the entire Khumbu region including Everest, Lhotse, Makalu, and a dozen other mountain peaks that are unobstructed.

Autumn (September to November): Autumn is another perfect and most recommended season for climbing Ama Dablam. Numerous climbers chose autumn for climbing Ama Dablam during this period.

Ama Dablam

Image not found or type unknown

We recommend autumn for climbing Ama Dablam in several ways. During these months, you will have favorable weather conditions, astonishing views, and many more. The entire atmosphere looks lush green and all the dust particles are swept away by the continuous rainfall in the monsoon period.

Not only that, all the teahouses are now open, all the mountaineers are gathered and you will have the guide you choose. You can join other groups if you are a solo climber as well during this period. It is the time of festivals and you can see the people with colorful cultural dresses enjoying themselves with family and friends years later and organizing different programs including playing swing, dancing, and so forth.

Ama Dablam With Gokyo ...

Image not found or type unknown



Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

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)
- Twelve 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 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

- 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)
- Everest Base Camp trekking map, t-shirt,



Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

- Outward Adventure Appreciation Certificate after the successful trek

A First Aid Medicine bag in each group (carried by 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.
- Summit Bonus for the Sherpa Guide (\$700) after the successful ascent.
- Tips for guides and porters (Tips are expected and appreciated)



ITINERARY IN DETAIL

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

Namaste and Welcome to Kathmandu!

Outward Adventure Treks and Expedition welcomes you to this land of the Himalayas. You are here for your great wish to complete; Climbing Ama Dablam rapidly. Upon your arrival at Tribhuvan International Airport, you will be greeted and welcomed by one of our representatives who will offer you garlands at the airport's arrival gate. He will drive you to your hotel in Thamel, the tourist hub in Kathmandu valley.

Once you check-in, you will rest your jet-lagged body and freshen up. If you are landed at the daytime, you will meet your climbing guide in the late afternoon who will brief you about your upcoming adventure and you can go through the gear and equipment list. If needed you will buy/hire from the shop near your hotel (There are plenty of gear/equipment shops in Thamel). Late in the evening, you can stroll around the Thamel, testing Nepali cuisines and observing life.

Spend overnight at the hotel there.

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

After enjoying breakfast, we embark on a scenic flight from Kathmandu to Lukla, offering breathtaking views of mountains, rivers, hills, and settlements during the 35-minute journey. The landing at Lukla's Tenzing Hillary Airport is renowned for its excitement as the runway is perched on a cliff. Upon arrival in Lukla, we commence our trek towards Monjo, the gateway to Sagarmatha National Park.

The trek involves a 2-hour walk to Ghat, passing by prayer wheels, and stupas, and crossing suspension bridges while enjoying the company of yaks and porters. After 3 hours of walk in total, we arrive in Phakding, have lunch there, explore around 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 will 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 rhododendrons and fir to Monjo. Shortly, we will arrive at the entry point of the Sagarmatha National Park (a UNESCO World Heritage site since 1979 A.D.), where we are required to show our trekking permits. The checking the permits, we move along the trekking trail to Jorsale.

On the way, we catch sight of the 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 administrative activity of the entire region.

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

Once we arrive at Namche Bazaar, we will have a day off for acclimatization. In the next two days, we will ascend above 4000m, so this time is especially important for your body to adjust to the altitude in addition to reducing the risk of altitude sickness.

While it is a rest day, we may take a short hike to the hills above Namche Bazaar, toward the settlement of Syangboche. Here, we will visit the Everest View Hotel — one of the world's highest luxury hotels. From the hotel's sundeck, we can savor panoramic views of Ama Dablam, Thamserku, Mount Everest, Nuptse, Kwange, Kangtega, Lhotse, Taboche, and Khumbila. On our way back to Namche Bazaar from our hike, there will be an opportunity to enjoy the Everest Photo Gallery and Sherpa Culture Museum.

Day 5: Trek Namche Bazaar to Pangboche (3,985 m/13,074ft): 6 hours

Begin your trek early in the morning after a hearty breakfast in Namche Bazaar, the bustling gateway to the Everest region. As you set off, the trail winds through lush pine forests, with the sound of the Dudh Kosi River in the background. The first stretch features gentle descents and ascents, allowing you to acclimatize to the altitude while enjoying stunning views of some of the world's highest peaks, including Everest and Lhotse. Keep your camera ready, as the landscape offers breathtaking photo opportunities. Along the way, you may encounter friendly locals and fellow trekkers, adding to the vibrant atmosphere of the trail.

After approximately two hours of trekking, you will arrive at Tengboche. This village is renowned for its monastery, Tengboche Gompa, which is the largest and most important in the Khumbu region. Take some time to explore the monastery, where you can witness the monks conducting prayers and rituals. The views from Tengboche are nothing short of spectacular, with Ama Dablam dominating the skyline. Consider enjoying a lunch break here to soak in the serene environment before continuing your journey towards Pangboche. The combination of spiritual ambiance and natural beauty makes Tengboche a highlight of the trek.

Leaving Tengboche, the trail descends into a beautiful forest filled with rhododendron trees. This section of the trek is relatively easy, allowing you to appreciate the tranquility of the surroundings. After about an hour, you'll reach a river crossing before beginning a gradual ascent towards Pangboche. The path is well-marked, and you'll pass through charming small settlements, where you can interact with the local Sherpa community. As you approach Pangboche, the terrain becomes more rugged, and the altitude begins to affect your pace, so take your time and stay hydrated.

Upon reaching Pangboche, nestled at an altitude of 3,985 meters (13,074 feet), you'll be greeted by stunning views of the surrounding mountains, including the majestic Ama Dablam. Take the afternoon to rest and acclimatize to the elevation. Explore the village, known for its rich Sherpa culture and traditional houses. If you're feeling energetic, consider visiting the local monastery, which offers insight into the spiritual life of the Sherpa people. In the evening, enjoy a warm meal at your lodge, reflecting on the day's journey and the incredible landscapes you've traversed. This peaceful



setting provides a perfect backdrop to prepare for the adventures that lie ahead.

Day 6: Trek Pangboche to Ama Dablam Base Camp (4,570m/14,994ft): 3 hours

The trek from Pangboche to Ama Dablam Base Camp is a spectacular journey that takes you deeper into the heart of the Khumbu region, providing breathtaking views of one of the world's most iconic mountains. Here's a detailed itinerary for this leg of your adventure.

Starting early in the morning, enjoy breakfast in Pangboche while taking in the serene beauty of your surroundings. The trek begins with a gradual ascent through lush forests and alpine meadows, where you may spot wildlife and experience the vibrant flora of the region. The trail is well-marked and leads you along the river valley, with stunning views of Ama Dablam becoming more prominent as you approach. This initial stretch is relatively easy, allowing you to acclimatize while soaking up the natural beauty.

After about an hour of trekking, you will reach the small settlement of Somare, where you can take a short break and enjoy the peaceful atmosphere. From Somare, the trail continues to ascend more steeply, offering breathtaking panoramas of the surrounding peaks. As you climb higher, the landscape transforms, revealing rocky terrain and stunning glacial views. The excitement builds as you get closer to your destination, with Ama Dablam towering above you, its striking pyramid shape dominating the skyline.

Finally, after approximately three hours of trekking, you will arrive at Ama Dablam Base Camp, situated at an altitude of 4,570 meters (14,994 feet). Take a moment to catch your breath and enjoy the awe-inspiring views of the mountain and the surrounding glaciers. This is a perfect spot for photos and reflection on the majestic beauty of the Himalayas. Spend some time exploring the base camp area, where climbers often prepare for their ascents. In the afternoon, you can relax, take in the scenery, and prepare for your return journey or any further adventures you may have planned in this stunning region.

Day 7: Pre-Climbing Training at Base Camp and Worshipping Ceremony at Ama Dablam Base Camp (4,570m/14,994ft)

At Ama Dablam Base Camp, climbers typically engage in pre-climbing training and participate in a traditional worshipping ceremony to honor the mountain and seek blessings for their ascent. Here's a detailed overview of what to expect during this important phase of your expedition.

Upon arrival at Ama Dablam Base Camp, climbers will settle in and acclimatize to the altitude of 4,570 meters (14,994 feet). The first part of the day is dedicated to pre-climbing training, which is essential for ensuring that all team members are prepared for the challenges ahead. This training often includes practice sessions on climbing techniques, safety protocols, and the use of gear such as crampons and ice axes. Experienced guides will lead these sessions, offering valuable insights into navigating the technical sections of the climb and ensuring that everyone feels confident and prepared.

As the day progresses, the atmosphere at base camp becomes charged with excitement and anticipation. Climbers take



the time to finalize their gear, check their supplies, and mentally prepare for the ascent. This is also an opportunity to bond with fellow climbers and share experiences. The camaraderie built during this time is an important aspect of any expedition, fostering teamwork and support that will be crucial in the days to come.

In the evening, climbers will partake in a traditional worshipping ceremony, a significant ritual in Sherpa culture. This ceremony is an expression of respect and reverence for Ama Dablam, often led by a local Lama or spiritual leader. Participants may offer khata (white scarves) and perform prayers, seeking blessings for a safe and successful climb. The ceremony creates a deeply spiritual atmosphere, reminding climbers of the cultural significance of the mountains and the importance of humility in the face of nature's grandeur.

As night falls, climbers will return to their tents for rest, reflecting on the day's activities and the journey ahead. The combination of physical preparation and spiritual connection helps to bolster everyone's mindset, creating a sense of unity and purpose as they prepare for the challenges that await them on the ascent of Ama Dablam.

Day 8: Climb to Camp I (5,700m/18,700ft) and back to Base Camp (4,570m/14,994ft)

The climb from Ama Dablam Base Camp to Camp I is an essential part of acclimatization and preparation for the ascent of the mountain. This journey not only tests your physical abilities but also helps you familiarize yourself with the route and conditions. Here's a detailed itinerary for this climb and the return to Base Camp.

Early in the morning, after a nourishing breakfast at Base Camp, climbers will gear up for the ascent to Camp I, located at 5,700 meters (18,700 feet). The day begins with an emphasis on acclimatization, as participants are encouraged to ascend slowly, allowing their bodies to adjust to the altitude. The route to Camp I is challenging, featuring a combination of rocky terrain, snowfields, and ice sections. Experienced guides will lead the way, providing instructions on climbing techniques and safety measures as you navigate this demanding landscape.

The first leg of the climb involves a steep ascent that may require the use of fixed ropes, especially in technical sections. As you rise higher, the views become increasingly breathtaking, with panoramic vistas of the surrounding peaks and valleys. Take time to appreciate the stunning scenery and capture photographs along the way. Regular breaks will be scheduled to rest, hydrate, and refuel with snacks, ensuring that everyone maintains their energy levels.

Upon reaching Camp I, climbers will take a moment to acclimatize and enjoy the awe-inspiring surroundings. This camp serves as a crucial point for climbers preparing for the summit push, and it's important to assess your condition and that of your teammates. After spending some time at Camp I—typically around 30 minutes to an hour—you will begin the descent back to Base Camp. The return journey is generally quicker, but caution is still necessary, especially on steeper sections.

Arriving back at Base Camp, you'll have the opportunity to rest and recover from the day's efforts. This climb serves not only as a physical challenge but also as a valuable training experience, helping climbers build confidence and assess their readiness for the final ascent. In the evening, gather with your team to share stories from the day, enjoy a hearty meal, and prepare for the next stages of your expedition, reflecting on the incredible journey you are undertaking in the

shadow of Ama Dablam.

Day 9: Climb Ama Dablam Camp I (5,700m/18,700ft) and Spend Overnight

Climbing to Camp I on Ama Dablam and spending the night there is a significant step in your expedition, allowing for acclimatization and preparation for higher elevations. Here's a detailed overview of what you can expect during this climb and your overnight stay at Camp I.

You'll begin your ascent to Camp I early in the morning, ideally after a hearty breakfast at Base Camp. The climb to Camp I, situated at 5,700 meters (18,700 feet), typically takes several hours and is characterized by a mix of terrain, including rocky paths, snowfields, and steep sections that may require the use of fixed ropes. As you set off, your guide will ensure that everyone is equipped with the necessary gear, including crampons and harnesses, to navigate the technical aspects of the route safely.

As you ascend, it's crucial to maintain a steady pace, allowing your body to acclimatize to the altitude. Frequent breaks will be scheduled, providing opportunities to hydrate and refuel with energy snacks. The views along the way are awe-inspiring, with stunning panoramas of the surrounding peaks, including the majestic Ama Dablam itself. Take time to appreciate the landscape and capture photographs, as this is a unique and beautiful part of your journey.

Upon reaching Camp I, you'll find a designated area for tents, often set up by your support team. After settling in, it's important to take some time to acclimatize, hydrate, and enjoy the breathtaking views from the camp. Spending the night at this altitude allows your body to adjust, which is essential for your safety and performance in the days to come. As night falls, temperatures will drop, so be sure to wear appropriate layers and prepare your sleeping gear for a comfortable night.

Dinner at Camp I will typically be a warm meal prepared by your team, providing much-needed nourishment after a long day of climbing. In the evening, gather with your fellow climbers to share experiences and reflect on the day's accomplishments. This camaraderie is vital in fostering team spirit and support, which will be invaluable as you prepare for the next stages of your ascent. Rest well, knowing that you are one step closer to your goal, and the experience of spending a night at Camp I will stay with you as a memorable part of your climbing adventure.

Day 10: Climb Camp II (6,000m/19,685ft) and hike back to Base Camp (4,570m/14,994ft)

The climb from Camp I to Camp II on Ama Dablam, followed by a return to Base Camp, is a critical part of the acclimatization process and preparation for the summit attempt. Here's a detailed overview of this ascent and descent.

You'll start your day early at Camp I, enjoying a warm breakfast to fuel your climb to Camp II, located at 6,000 meters (19,685 feet). After packing your gear, you'll set out with your team, ensuring that everyone is properly equipped for the ascent. The route from Camp I to Camp II is more challenging, featuring steep sections that may require technical climbing skills, including the use of fixed ropes. Your guides will provide instructions and support, helping you navigate the more demanding parts of the climb.



As you ascend, it's important to pace yourself and listen to your body. The higher altitude can take a toll, so regular breaks for hydration and snacks are essential. The terrain varies, with sections of snow and ice, rocky paths, and steep slopes. As you climb higher, the views become increasingly breathtaking, offering panoramic vistas of the surrounding peaks and glaciers. Take a moment to appreciate the beauty of the Himalayas, as this is a unique experience that few get to enjoy.

Upon reaching Camp II, take time to acclimatize and enjoy the stunning views from this elevation. This camp serves as an important staging area for climbers preparing for the summit. After spending a short time at Camp II to rest and hydrate, you'll begin your descent back to Base Camp. The return journey is generally quicker, but it's essential to remain cautious, especially on steeper sections where careful footing is crucial.

Upon arriving back at Base Camp, you'll have the opportunity to recover from the day's exertions. This climb to Camp II and back is not only a test of physical endurance but also an important step in acclimatizing to higher altitudes. Enjoy a warm meal prepared by your support team, reflecting on the day's challenges and triumphs. Share stories with your fellow climbers, as the camaraderie built during these experiences is invaluable. Rest well, knowing that you are progressing towards your ultimate goal, and prepare for the next stages of your adventure on Ama Dablam.

Day 11: Rest at Base Camp (Prepare for ultimate summit push)

Resting at Base Camp before your ultimate summit push is a crucial phase in your climbing expedition on Ama Dablam. This period allows for necessary recovery, acclimatization, and preparation for the challenges ahead. Here's a detailed overview of what to expect during this important time.

After returning from your climbs to Camp I and Camp II, take advantage of your time at Base Camp to rest and recuperate. It's essential to listen to your body during this stage, ensuring that you are fully recovered from the physical exertion of the previous days. Spend time hydrating and nourishing yourself with well-balanced meals that provide the energy you'll need for the summit attempt. Your support team will typically prepare hearty meals, helping replenish the calories burned during your climbs.

During your rest days, engage in light activities to keep your body active without overexerting yourself. Stretching and gentle walks around Base Camp can help maintain your fitness level while aiding in acclimatization. This is also a good time to check and organize your climbing gear, making sure everything is in optimal condition for the summit push. Double-check your equipment, pack your summit day essentials, and ensure that your layers are ready for varying weather conditions.

In addition to physical preparation, take time to mentally prepare for the summit attempt. Reflect on your journey thus far, visualize the climb, and set your intentions for the ascent. Many climbers find it helpful to discuss strategies with their guides and fellow team members, sharing insights and experiences from previous climbs. This camaraderie fosters a supportive atmosphere that can be incredibly motivating as you gear up for the challenges ahead.

As the days progress, keep an eye on the weather forecasts and stay flexible with your plans. Proper timing is critical for



a successful summit push, and your team will work to choose the best window for ascent based on conditions. Use this time to rest, bond with your team, and build excitement for the culmination of your efforts. When the time arrives for the summit attempt, you'll be physically and mentally prepared, ready to embrace the adventure that awaits on the ascent of Ama Dablam.

Day 12: Climb to Ama Dablam Camp I (5,700m/18,700ft)

You'll begin your journey to Camp I early in the morning after a nutritious breakfast at Base Camp. Ensuring that you have all your gear ready, your team will gather for a briefing from your guides, who will outline the route and emphasize safety precautions. The climb to Camp I, situated at 5,700 meters (18,700 feet), typically takes several hours and involves a combination of rocky paths, snowfields, and steep sections that may require the use of fixed ropes.

As you set off, it's important to maintain a steady pace. The first part of the ascent includes a moderate climb that allows your body to acclimatize to the altitude. Take regular breaks to hydrate and snack, as proper nutrition and hydration are crucial at higher elevations. The stunning views of the surrounding peaks and valleys will provide motivation and a sense of awe as you gain altitude.

As you approach the higher sections of the route, the terrain becomes more challenging. Steep slopes may require careful footwork and the use of fixed ropes for safety. Your guides will assist you in navigating these technical areas, ensuring that you feel confident and secure as you climb. Remember to communicate with your team and support one another, as climbing can be both physically and mentally demanding.

Once you reach Camp I, take a moment to appreciate the breathtaking views and the accomplishment of reaching this key milestone. After settling into your tent, focus on acclimatization—this is essential for your body to adjust to the altitude. Enjoy a warm meal prepared by your support team and reflect on the day's challenges and successes. Spend the evening relaxing, staying hydrated, and preparing for the next steps in your journey. Spending the night at Camp I is a vital part of the acclimatization process and will help set the stage for your upcoming climb toward the summit of Ama Dablam.

Day 13: Climb to Amadablam Camp II (6,000m/19,685ft)

Climbing to Camp II on Ama Dablam is a critical phase of your expedition, allowing for further acclimatization and preparation for the summit attempt. Here's a detailed overview of what to expect during this ascent.

You'll start your day early at Camp I, following a hearty breakfast to fuel your climb. After packing your gear and checking your equipment, your team will gather for a briefing from your guides. The ascent to Camp II, located at 6,000 meters (19,685 feet), is more demanding than the previous leg, featuring steep and technical sections that require careful navigation.

As you begin the climb, the route ascends through a combination of rocky terrain, snowfields, and ice. The first part of the ascent may include challenging slopes where fixed ropes are necessary for safety. Your guides will lead the way, offering support and instruction on climbing techniques. It's essential to maintain a steady pace and to acclimatize



properly, so listen to your body and take regular breaks to hydrate and refuel with snacks.

The views along the route become increasingly breathtaking as you gain elevation. You'll have spectacular panoramas of the surrounding peaks and the striking landscape of the Khumbu region. Take a moment to appreciate the beauty of your surroundings, as this experience is unique to high-altitude climbing.

Upon reaching Camp II, take time to acclimatize and rest. This camp serves as a staging area for climbers preparing for the summit push. After settling in and enjoying a warm meal prepared by your support team, gather with your fellow climbers to discuss the day's journey and share experiences. Spending time at Camp II is crucial for your acclimatization process, helping your body adjust to the altitude before your final ascent. As night falls, prepare for a restful sleep, knowing you are one step closer to achieving your goal on Ama Dablam.

Day 14: Early night summit push (6,812m / 22,349ft) and back to Camp II (6,000m/19,685ft)

The early night summit push to the top of Ama Dablam (6,812 meters / 22,349 feet) is an exhilarating and demanding part of your expedition. Here's a detailed overview of what to expect during this critical ascent and the return to Camp II.

You'll begin your summit push in the early hours of the morning, typically around midnight or just before. After a light meal and a final gear check at Camp II, your team will gather for a briefing from your guides, who will outline the plan and emphasize the importance of pacing and safety. The climb to the summit is challenging, requiring focus and determination as you navigate the technical terrain.

As you set off, the first part of the ascent involves a steep climb through rocky sections and snowfields. The route may require the use of fixed ropes, particularly in the more technical areas. It's crucial to maintain a steady pace, conserving your energy while acclimatizing to the high altitude. Take regular breaks to hydrate and snack, ensuring that you're fueled for the strenuous effort ahead.

As you ascend, the early morning hours will provide stunning views of the surrounding peaks illuminated by the rising sun. The ascent is physically demanding, and you may encounter sections that test your climbing skills and mental fortitude. Support from your team and communication with your guides will be vital as you tackle these challenges. The excitement of nearing the summit will help drive you forward, even as fatigue sets in.

Upon reaching the summit of Ama Dablam, take a moment to absorb the breathtaking views and the sense of accomplishment. This moment is the culmination of your hard work and determination. After spending some time at the summit for photos and celebration, you'll begin your descent back to Camp II. The return journey requires careful attention, as descending can be just as challenging as climbing. Once back at Camp II, take time to rest, rehydrate, and reflect on your incredible achievement before preparing for the next steps of your journey.

Day 15: Contingency Day (In case you could not push summit on previous day due to the bad weather and other conditions)

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

conditions, we will ascend to the top today. Otherwise, we hike back to Base Camp and get rest.

Day 16: Trek back to Ama Dablam Base Camp (4,570m/14,994ft)

Trekking back to Ama Dablam Base Camp from Camp II is an important part of your expedition, allowing for recovery and reflection after the ascent. Here's a detailed overview of what to expect during this descent.

After a restful night at Camp II, you'll start your trek back to Base Camp in the morning. Begin with a hearty breakfast to refuel your body for the descent. Ensure that all your gear is packed and ready for the journey down. Your guides will provide a briefing on the route and safety considerations, emphasizing the importance of careful navigation, especially on steep and technical sections.

As you set off, the descent will initially involve retracing your steps through the rocky and snow-covered terrain. The first part of the trail may still be challenging, requiring focus and attention as you navigate the fixed ropes and steep sections. Take your time and communicate with your team, ensuring everyone is moving safely. Regular breaks will be essential to stay hydrated and to enjoy the stunning views of the surrounding peaks.

As you descend lower, the terrain will gradually become less technical, allowing for a more comfortable pace. The scenery will continue to impress, with panoramic vistas of the Khumbu region unfolding before you. This part of the trek provides an opportunity to reflect on your experiences and accomplishments during the climb, deepening your appreciation for the journey you have undertaken.

Upon reaching Ama Dablam Base Camp, you'll feel a sense of relief and accomplishment. Take a moment to soak in the atmosphere and celebrate your successful journey. After settling in, enjoy a warm meal prepared by your support team and share stories with your fellow climbers about the experiences you encountered on the mountain. This return to Base Camp marks not only the end of a significant phase of your expedition but also a time to rest and recover, preparing for the next steps in your adventure.

Day 17: Trek back to Namche Bazaar (3,440 m/11,283 ft)

After a restful night at Base Camp, you'll start your trek back to Namche Bazaar in the morning. Enjoy a hearty breakfast, fueling up for the day ahead. Ensure that all your gear is packed and ready for the trek. Your guides will provide a briefing on the route, emphasizing safety and the importance of pacing yourself during the descent.

As you set off, the trail will initially follow familiar paths through the stunning landscape of the Khumbu region. The descent starts with a gentle slope, allowing for a relaxed pace as you take in the beautiful views of the surrounding mountains and valleys. This is a perfect opportunity to reflect on your climbing experiences and the challenges you overcame on your journey.

As you continue your trek, the trail will begin to descend more steeply, leading you through lush forests and past scenic viewpoints. Be mindful of your footing, as the trail can be rocky and uneven in places. Regular breaks will be beneficial to hydrate and enjoy the breathtaking scenery. You may also encounter local wildlife and fellow trekkers, adding to the



vibrant atmosphere of the trail.

Upon reaching Namche Bazaar, you'll feel a sense of accomplishment and relief. This bustling village serves as a hub for trekkers and climbers, and you can take time to explore its shops, cafes, and cultural sites. Celebrate your successful expedition with a warm meal and perhaps a hot shower. Gathering with your team to share stories and reflect on the journey you've undertaken adds a sense of closure to this remarkable adventure in the heart of the Himalayas.

Day 18: Trek back to Lukla (2,860 m/9384 ft)

After a good rest in Namche Bazaar, you'll start your trek to Lukla early in the morning. Begin with a hearty breakfast to fuel your energy for the day ahead. Make sure all your gear is packed and ready for the trek. Your guides will provide a briefing on the route, reminding everyone to pace themselves and stay hydrated throughout the journey.

The descent from Namche Bazaar to Lukla is a beautiful trek that offers stunning views of the surrounding mountains and valleys. The trail leads you through lush forests and charming villages, with plenty of opportunities to take photographs and appreciate the scenery. As you make your way down, the trail can be steep and rocky, so be cautious and mindful of your footing. Regular breaks will help you maintain your energy levels and allow you to enjoy the breathtaking landscapes.

As you approach Lukla, the terrain gradually flattens out, and you'll begin to see the familiar sights of the village. This bustling hub is a lively place where trekkers and climbers gather, and you may encounter other groups preparing for their adventures. Upon reaching Lukla, take a moment to celebrate the completion of your trek, reflecting on the challenges you've overcome and the beauty you've experienced.

Once in Lukla, you can unwind and enjoy a well-deserved meal at one of the local lodges or restaurants. This is also a great time to share stories with your team and fellow trekkers about your experiences in the mountains. As you prepare for your flight back to Kathmandu, take a moment to soak in the atmosphere of Lukla, appreciating the vibrant culture of this unique mountain town and the memories you've created during your incredible journey in the Himalayas.

Day 19: Fly back to Kathmandu (1338m/4390ft)

After a restful night in Lukla, you'll want to ensure that all your gear is organized and ready for your flight back to Kathmandu. Enjoy a hearty breakfast at your lodge, as it will provide the necessary energy for your travel day. The atmosphere in Lukla is often bustling with trekkers and climbers preparing for their flights, creating an exciting environment filled with shared experiences.

When it's time for your flight, head to the Lukla airport, which is known for its unique location and stunning views. Flights to Kathmandu are usually scheduled in the morning when weather conditions are typically more stable. Be prepared for potential delays due to weather, as the mountainous conditions can affect flight schedules. This waiting time can be a great opportunity to reflect on your journey, share stories with fellow trekkers, and take in the last sights of the beautiful mountains.



Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

Once your plane is ready, board and take a window seat if possible for breathtaking views during the flight. The journey from Lukla to Kathmandu takes about 30 to 40 minutes, offering stunning aerial views of the Himalayas and the lush valleys below. As you descend toward Kathmandu, you'll see the sprawling city and the contrast of urban life against the majestic mountains in the background.

Upon arrival at Tribhuvan International Airport in Kathmandu, you'll be greeted by the bustling atmosphere of the city. After retrieving your luggage, take a moment to soak in the vibrant energy around you. This is a great time to connect with fellow trekkers, share contact information, and perhaps plan future adventures together. As you transition from the serene beauty of the mountains back to the lively city, reflect on the incredible experiences, challenges, and memories you've created during your trek in the Khumbu region. Enjoy your time in Kathmandu, perhaps exploring local culture, cuisine, and sights before concluding your Nepalese adventure.

Day 20: International flight back to your home country

This day marks the end of your Ama Dablam Climbing trip as you bid farewell to our team for a homeward departure. You will be driven to the Tribhuvan International Airport before 3 hours of your international flight. On your way back, you will reminisce about the amazing trek to the Khumbu region and most particularly, the climb to the Ama Dablam peak summit. We hope that you are genuinely satisfied with our services and expertise. We expect to see you again and share your magical experience again and again.

Have a safe journey.