

**Lama Adventures Pvt. Ltd.**

# Ama Dablam Expedition

Difficulty	Duration	Region	Max. Altitude	Type	Group Size
Hard	28 Days	Everest	6812m	Expedition	2-14 pax

## Overview

Popularly known as the Matterhorn of the Himalayas, Ama Dablam is one gorgeous mountain, standing at 6812 m, located in the eastern side of Khumbu. The mountain peak is uniquely characterized by its iconic pyramid shape. The local name of Ama Dablam is 'mother's necklace' because of the hanging glacier seen on the southwest face of the mountain, which resembles a sacred ornament box used by Sherpa women. Ama Dablam is impressive for the aesthetics it holds, more than for its height.

The southwest ridge of Ama Dablam is considered to be one of the most aesthetic climbing routes in the Himalayas. This route offers stunning views of the Everest massif which is breathtaking. Most climbers dream of scaling Ama Dablam to fulfil their dream of summiting one of Himalayas' beautiful mountains no matter how difficult it is. The first ascent to Ama Dablam was done in 1961 from the southwestern ridge. Climbers usually set up three to four camps just below and to the right of the hanging glacier famously known as 'Dablam'. The climb up to Camp I is fair and easy but it gets demanding as you reach Camp II. It gets much more technical after leaving Camp I having to walk in narrow edges of ridges made from granite. Some glacier falls cannot be escaped but what is an adventure without any risks. You should be skillful in rock and ice climbing and also get used to a high altitude environment.

If you decide to go for Ama Dablam expedition, you are going to have an experience of a lifetime. The southwestern ridge of the mountain hosts splendid views during the ascent to the pinnacle. To ensure safety along with providing the highest quality service in the high altitude, Lama Adventures offers experienced and trained climbing guides who make sure you reach the summit maintaining your physical fitness all along the way. No compromises when it comes to your well-being, so our itinerary is flexible according to your needs and also for some unforeseen circumstances.

## Itinerary

## **Days 1: Arrival in Kathmandu**

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

## **Days 2-3: Sightseeing around Kathmandu**

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

## **Day 04: Fly to Lukla**

Our trip begins early morning with a picturesque flight to Lukla. The trekking guide will see you at the hotel and you drive to the airport and take a 30 min flight to Lukla, which flies over endless rolling hills covered with green terraces. Once we reach Lukla, we will have a short break to organise porters and gear before starting our day's trek. We will trek for about 5 hrs to Phakding.

## **Day 05: Trek to Namche**

Trek to Namche 3440m.

Tea House Hotel - Breakfast / Lunch / Dinner. From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La.

## **Day 06: Rest for Altitude Acclimatize**

We will spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a panoramic view of Everest, Ama Dablam, Thamserku and many other majestic mountain peaks.

## **Day 07: Trek to Tengboche**

We will walk to Tengboche Monastery which is the most important monastery for the Sherpas of the Khumbu region. It is the tradition that every climbing expedition to Mt. Everest should be blessed by the head Lama of this monastery. You will enjoy the most spectacular mountain scenery on the face of the Earth on this day.

## **Day 08: Ama Dablam Base Camp**

Today we will reach a little closer to our destination as we head towards the Ama Dablam Base Camp. The base camp of Ama Dablam Peak is located at an altitude of 4800 meters. The base camp is the gateway to summiting the Ama Dablam peak. The trekking trails from Tengboche to Ama Dablam Base Camp passes through Debuche, Solmari and Pangboche. From Pangboche, we leave the main EBC trail and divert to a gradual uphill with beautiful views of the mountains covered with alpine vegetation. Reaching the Ama Dablam Base Camp means we have successfully accomplished half of our Ama Dablam Expedition without any issues. The next day is the big day we start the climbing process. Tonight we shall spend the night at the base camp of the Ama Dablam peak in tented camps.

## **Day 09-22: Climbing Period of Ama Dablam**

Today we shall start the summit of the Ama Dablam Peak. As per our Ama Dablam expedition itinerary, we shall spend a total of 13 days starting from today on the summit of the Ama Dablam peak and back to the base camp. The climb to the summit of Mount Ama Dablam is a technical climb and is more challenging than others. So, you should be properly prepared. Also reaching an altitude of 6812 meters is a long journey not to mention a high altitude. You will need proper acclimatization to safely summit the peak. You will be acclimatizing each time you reach a high camp. Following the standard guidelines and the trails, we shall first make our climb to Camp I and have an acclimatization day for health reasons. Since the ascent is technically challenging the professional guides will guide you through to the first camp.

After acclimatizing for a day at Camp I, we shall now head towards Camp II. with proper guidance you will be able to cross the second and third camps easily as they are less technical. Finally, you will summit the glorious peak of Ama Dablam. After exploring for a few hours, you will now head back to the Camp below. Slowly and steadily with proper preparation and guidance, you will head back to the base camp on the 22nd day.

You will spend the night in tented camps throughout your summit journey. The company will provide you with kitchen tools and staff to provide you with nutritional food for the climb.

### **Day 23: Packing Days and Clean Up Camp Site**

After the successful summit of Ama Dablam, we pack all our climbing gears and other stuffs to head down. We also clean up our camp site as per the guidelines of Leave No Trace (LNT). After the packing and cleaning up program is finished, we camp at Ama Dablam Base Camp for the night.

### **Day 24: Trek to Namche**

Today we head down to Namche to celebrate the successful expedition of Ama Dablam. From Ama Dablam Base Camp, we will descend down to Namche. The descent is pretty easy and interesting. As you walk downhill from the Base Camp, you will head down retracing your steps into the settlement of Pheriche. Walking downhill from Pheriche, you will slowly start to notice the dense forests of rhododendron and birch. Continuing the trail will lead you to Tengboche. Retracing our steps, we shall head downhill to the popular Namche Bazaar. Overnight in Namche.

### **Day 25: Trek to Lukla**

Today's trek is a really short and sweet one. We will climb up a small hill to reach Lukla. You will probably reach Lukla soon so explore and look around the place and the famous airport in Lukla.

### **Day 26: Back to Kathmandu**

We pack up early and head for the airstrip to hop a flight back to Kathmandu. On touchdown, the rest of your day is free to do your own things. You could do some last-minute shopping and packing, or send a few postcards home or even go down for a stroll to Thamel, an internationally known hub for tourists in Asia.

### **Day 27: Free Day**

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

### **Day 28: Final Departure**

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

# Inclusion / Exclusion

## Cost Includes

Arrival in International Airport and Departure.  
4 Night's 3 star hotel in Kathmandu with Bed & Breakfast.  
Kathmandu Sightseeing with Tour Guide.  
Entrance fee in Sagarmatha National Park.  
AmaDablam Climbing Permit  
Professional Mountain Guide between 2 client 1 Guide Climbing Period, Round Kathmandu-Lukla-Kathmandu air Ticket  
Domestic airport departure taxes.  
Tea House Accommodation, breakfast lunch and dinner.  
All camping Equipment, two men tents, Dining tent, Kitchen Tent, Toilet Tent, Table & chairs.  
Breakfast, lunch, dinner climbing period.  
Guide, Cook, Kitchen staffs and porters/mules.  
High food and Tent  
Accident and emergency rescue Insurance and Equipment for Climbing Guide, cook, and staff.  
Group Climbing Equipment  
Base camp Charge  
Liaison officer

## Cost Excludes

Personal Climbing Gear and equipment  
International roundtrip airfare to and from Kathmandu  
Nepal Visa fee  
Lunch and Dinner in Kathmandu  
Extra night accommodation in Kathmandu because of late departure, early return from mountain (due to any reason) than the scheduled itinerary  
Excess baggage charges if you have more than 30KG luggage  
Personal Bill/Expenses  
Bar Bill and Drinking water during the Tea House Period  
Personal communications (Satellite phone, phone, fax, email)  
Personal Climbing Sherpa (must be arranged before the expedition)  
Sleeping bag -30  
Travel/rescue insurance  
Summit Bonus for climbing guide  
Any rescue costs or costs of early departure from the expedition  
Helicopter or charter flight  
Tipping for staff and guide