

# Ama Dablam Expedition

## Facts

**Destination:** Nepal

**Trip Difficulty:** Technical Challenging

**Trip Style:** Peak Climbing

**Transport:** As per Itinerary

**Food:** Breakfast, Lunch & Dinner (BLD)

**Accommodation:** Hotel, Lodge and camping

**Group Size:** min.2

**Max Elevation:** 6,812 m

Ama Dablam Expedition is a splendid journey that leads to the beautiful top of Mt. Ama Dablam. Climbed first in 1961, 13th March via southwest ridge, Mt. Ama Dablam is one of the most attractive mountains in the Khumbu region that has attracted hundreds of climbers from all around the globe. Standing 6,812 meters above the sea level Mt. Ama Dablam offers a once in a lifetime journey that offers a stunning landscape and breath-taking views of the Himalayas. Located south of Mt. Everest (8,848 m) and Mt. Lhotse (8,516 m), Mt. Ama Dablam has a pyramid shape with sharp exposed ridges from all sides.

The word Ama Dablam means Mother Necklace. The appearance of the mountain is described in this way; the long ridges on each side are like the arms of the mother protecting her child, whereas the hanging glacier resembles double-pendant containing the images of gods worn by Sherpa women. During climbing, you get to see the rich culture and lifestyle of the locals. Likewise, you will also visit many ancient stupas and monasteries on the way. The trail will likewise take you to the beautiful Gokyo Valley,

where you spend the night in fine Gokyo village and explore stunning Gokyo Lakes.

## Highlights

- Scenic flight to Lukla
- Trek through Sagarmatha National Park and reach Namche Bazar
- Experience rich culture and tradition of Sherpas
- Spend the night in picturesque Gokyo village
- Explore stunning Gokyo Lakes
- Reach the top of Mt. Ama Dablam
- Get to see breath-taking scenery
- Witness panoramic views of numerous Himalayan mountains

## Day to Day Itinerary

**Day 1:** Arrived at Kathmandu and transport to the hotel.

**Day 2:** Sightseeing around Kathmandu and preparation day.

**Day 3:** Fly to Lukla (2,800 m) & trek to Phakding (2,652 m); 40 mins flight; 3/4 hrs trek.

**Day 4:** Trek to Namche Bazar (3,440 m); 5/6 hrs.

**Day 5:** Rest day.

**Day 6:** Trek to Thame (3,820m); 5/6 hrs.

**Day 7:** Trek to Lungden (4,350m); 4 hrs.

**Day 8:** Trek to Gokyo (4,790m) via Renjo La Pass (5,340m); 8 hrs.

**Day 9:** Rest day.

**Day 10:** Trek to Machhermo.

**Day 11:** Trek to Pangboche.

**Day 12:** Amadablam Base Camp.

**Day 13-26:** Climbing period.

**Day 27: Trek to Namche.**

**Day 28: Trek to Phakding.**

**Day 29: Trek to Lukla.**

**Day 30: Fly back to Kathmandu.**

**Day 31: Leisure in Kathmandu.**

**Day 32: Depart Kathmandu.**

## **Cost Includes**

- Arrival and departure transfer services to both airport as per itinerary
- Three-star or similar hotels for accommodation in Kathmandu with breakfast basis
- Experienced and government-licensed trekking guide during the trekking & climbing period
- Schedule flight tickets for Kathmandu-Lukla-Kathmandu
- walkie talkie per member and climbing staff of per required
- Experience and well trained Cook and kitchen assistant at Base Camp
- 3 meals a day (breakfast, lunch & dinner with tea/coffee) during the journey
- Welcome & farewell dinner in a typical Nepali restaurant
- All food and fuel for base camp and higher camps during the venture
- porters for during the trek
- Garbage disposal and management fees
- All necessary permits
- Expedition royalty and climbing permit of Nepal Government to climb Mt. Amadablom
- All wages, equipment, medicals, and accidental insurances for involved staff
- 1:1 climbing sherpa and summit route fixing charge
- government liaison officer with his daily wages, food, insurance and equipment
- Satellite and cell phone network available at base camp chargeable as per used
- Emergency sufficient Oxygen, mask, and regulator provided on requirement of guest with appropriate charge
- Each expedition member will have an individual sleeping tent

- Solar panel for light and battery charger
- First Aid medical kits
- Trekking and climbing map
- Complete pre-departure information
- Flight ticket reconfirmation
- Visa extension procedure services (if necessary)
- Free Ascent Trails T-shirt, cap or duffel bag

## **Cost Excludes**

- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Filming permit (if any special camera or walkies-talkies are taken on the journey)
- Personal climbing gears
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Nepal custom duty for import of expedition goods
- Summit bonus for climbing Sherpa Guides as per Mountaineering Association rules

(minimum US\$ 1500.00 per climbing Sherpa guide)

- Tips and gifts for base camp and high altitude trekking and climbing staff
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “COST INCLUDES” section