

Ama Dablam Expedition - 20 Days

Ama Dablam Climbing is widely popular as a Matterhorn of the Himalayas and is one of the most popular and technical mountains in the Everest Region of northeastern Nepal. Ama Dablam dominates the Imja Valley and lies just a few kilometers south of Mt. Everest. The hanging glacier seen on the southwest face of Ama Dablam bears a resemblance to the sacred ornament box used by Sherpa Women, which is known as Dablam, therefore giving it the name "Ama Dablam" This peak is 6,812 meters in elevation from the sea level.

A normal journey to Ama Dablam is completed from the southwestern ridge. This route was followed by climbers from New Zealand and the USA in 1961. Generally, mountain climbers set up three or four (if you stayed in Advanced Base Camp) camps just below and on the right of the hanging glacier, "Dablam". The climb is modest up to Camp I, but the challenge starts from Camp I to Camp II as it gets more technical in the narrow edges of ridges made from the stonework. This challenge increases even more from Camp II to Camp III.

Although there is no risk of avalanches and glaciers these days on the way to Ama Dablam, one should be careful enough of falling small stones and should wear a helmet along with other climbing equipment while embarking there. Thus you have former experience as a climber and wish to join a team on an expedition to the world's most extraordinary mountain, then the Ama Dablam Expedition is for you.

Am I suitable for Climbing Ama Dablam:

If you have the following qualities, you are perfect for the Ama Dablam Expedition

- Previous experience and skill in climbing some trekking peaks or hiking in the alpine lands.
- An eager to watch the picturesque sceneries of the Khumbu region's mountain vistas, including Mt. Everest, Makalu, Lhotse, Nuptse, Pumori, and many more.
- Inner desire to walk in the Sagarmatha National Park watching some of the endangered species of flora and fauna.
- Wish to explore the Himalayan culture and tradition of the Sherpas in the Khumbu region.
- Aspire to visit Tengboche monastery, one of the most beautiful and significant monasteries in the Khumbu region?

Best Time for Ama Dablam Expedition:

As with other treks and peak climbing as well as expeditions, the best seasons for the Ama Dablam Expedition are spring and autumn among the four seasons. During those seasons, the skies are clear, all the mountains are visible, the views are panoramic, and there will be only a little or no snowfall on the way.

Also, the entire hills on the way to Base Camp look colorful due to the flower blossoms and the rivers being crystal, the springs being astonishing, and so forth. Moreover, there is very little or less chance of the cancellation of the flights to and from Lukla.

PRICE INCLUDES

- All land transportation by private vehicle (airport /hotel/airport, expedition pick up & drop off).
- Hotel accommodation in Kathmandu (3-star, bed & breakfast plan).
- Experienced expedition crew; climbing Sherpas (1 to 1), trek and Base Camp Sirdar, porters as required, and Government Liaison officer.
- Individual tented accommodation at the Base Camp, comfortable mess tent, toilet tent, and shower.
- Local and continental breakfast, lunch, and dinner during the trek and at Base Camp.
- Freeze-dried High-Altitude meals and energy bars, stoves, utensils, and gas on the mountain.
- Climbing permit for Mt. Ama Dablam, trekking permit, and National Park fees.
- Per Person 30 kg baggage allowance.
- Airfare; Kathmandu-Lukla-Kathmandu, domestic airport tax, and cargo fees.
- All Liaison Officer expenses.
- Emergency oxygen cylinders in Base Camp and High Camps.
- Portable Altitude Chamber (PAC) at Base Camp.
- Comprehensive first aid pack for treating clients and crew members.
- Agency service charge and taxes.

PRICE EXCLUDES

- International flights, airport taxes, excess baggage charges.
- Nepal entry visa (can be obtained on arrival).
- Lunch and dinner in Kathmandu.
- Personal expenses like bar bill, laundry, telephone.
- Permits that may be required for activities like filming.
- Summit bonus (only for successful climb), staff tips.
- Any services other than mentioned in Cost Includes.
- Extra cost incurred in case of early completion or abandonment of the expedition.

ITINERARY IN DETAIL

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

Upon your arrival in Kathmandu, you'll be greeted by the bustling streets and rich cultural tapestry of Nepal's capital. Take some time to settle in, perhaps exploring the bustling streets of Thamel or visiting one of Kathmandu's many historic sites. Dive into the city's vibrant culture by sampling traditional Nepali cuisine at a local restaurant, or immersing yourself in the sights and sounds of Durbar Square, where ancient temples and palaces stand as a testament to Nepal's rich heritage.

Day 2: Day 2: Fly Kathmandu to Lukla and trek to Phakding

Experience the exhilarating flight from Kathmandu to Lukla, where the adventure truly begins. The flight offers breathtaking views of the Himalayas, including glimpses of iconic peaks such as Everest and Ama Dablam. Upon landing in Lukla, you'll meet your trekking team and set off on a scenic trek to Phakding. The trail winds through picturesque villages and lush forests, with the sound of the Dudh Koshi River accompanying your journey. Keep an eye out for prayer flags fluttering in the breeze and colorful Mani stones carved with Buddhist prayers along the way.

Day 3: Day 3: Trek Phakding to Namche Bazaar

Today's trek takes you deeper into the heart of the Khumbu region as you make your way to Namche Bazaar, the bustling hub of the Everest region. The trail ascends gradually, offering stunning views of snow-capped peaks and verdant valleys. Cross suspension bridges adorned with prayer flags and pass through rhododendron forests alive with the sound of birdsong. As you approach Namche Bazaar, catch your first glimpse of Everest and the surrounding Himalayan giants. Arriving in Namche, immerse yourself in the vibrant atmosphere of the town, exploring its bustling markets, quaint tea houses, and ancient monasteries.

Day 4: Day 4: Namche Bazaar: Acclimatization Day

Take a well-deserved rest day in Namche Bazaar to acclimatize to the altitude and prepare for the challenges ahead. Rise early and embark on a hike to the Everest View Hotel, perched on a ridge above Namche. From here, enjoy panoramic views of Everest, Lhotse, and Ama Dablam, soaking in the breathtaking beauty of the Himalayas. Explore the narrow alleys and winding streets of Namche, where colorful prayer flags flutter in the breeze and the aroma of freshly brewed coffee fills the air. Visit the Sherpa Museum to learn about the rich cultural heritage of the Sherpa people and their traditional way of life in the mountains.

Day 5: Day 5: Trek Namche Bazaar to Pangboche

Resume your trek, leaving the bustling streets of Namche behind as you journey deeper into the mountains. The trail climbs steeply out of Namche, offering sweeping views of the surrounding peaks and valleys. Pass through charming Sherpa villages and terraced fields, where yaks graze peacefully in the meadows. As you approach Pangboche, the imposing peak of Ama Dablam comes into view, dominating the skyline with its majestic beauty. Arrive in Pangboche, where the rich Sherpa culture and warm hospitality welcome you with open arms. Visit the ancient monastery, adorned with colorful prayer flags and intricately carved wooden architecture, and immerse yourself in the spiritual ambiance of the Himalayas.

Day 6: Day 6: Trek to Ama Dablam Base Camp

Embark on a challenging trek to Ama Dablam Base Camp, where your expedition officially begins. The trail winds through rugged terrain and rocky moraines, offering stunning views of Ama Dablam's towering summit. As you approach the base camp, catch your first glimpse of the iconic pyramid-shaped peak, rising majestically above the surrounding glaciers. Settle into base camp and prepare for the days ahead, soaking in the serene beauty of the Himalayan wilderness.

Day 7: Day 7: Worshipping Ceremony at Ama Dablam Base Camp

Participate in a traditional worshipping ceremony at Ama Dablam Base Camp, seeking blessings for a safe and successful climb. Immerse yourself in Sherpa culture and spiritual traditions as you pay homage to the sacred mountains that surround you. The ceremony is a deeply symbolic and spiritual experience, reinforcing the connection between climbers and the natural world. Take this opportunity to reflect on the significance of your journey and the challenges that lie ahead, drawing strength and inspiration from the ancient rituals of the Himalayas.

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

Begin your ascent of Ama Dablam, climbing to Camp I at an altitude of 5,700m. The climb is steep and technical, requiring concentration and skill as you navigate rocky terrain and icy slopes. Upon reaching Camp I, establish your camp and take in the breathtaking views of the surrounding mountains. Spend some time acclimatizing to the altitude before descending back to base camp for a well-deserved rest.

Day 9: Trek to Ama Dablam Camp I

Return to Camp I and spend the night, preparing for the next stage of your climb. The route to Camp I offers spectacular views of the surrounding peaks, with Ama Dablam towering overhead. As you ascend, you'll pass through a dramatic landscape of ice and rock, with the sound of crampons crunching on the frozen terrain echoing in the crisp mountain air. Arrive at Camp I and settle into your high-altitude camp, enjoying the camaraderie of your fellow climbers and the sense of accomplishment that comes with reaching new heights.

Day 10: Day 10: Climb Camp II and hike back to Base Camp

Push onwards to Camp II at an altitude of 6,000m, navigating steep rock faces and icy slopes. The climb is challenging and exhilarating, requiring focus and determination to overcome. As you ascend, take in the breathtaking views of the surrounding peaks and glaciers, with the summit of Ama Dablam looming ever closer. Upon reaching Camp II, enjoy a brief rest before descending back to base camp, where hot meals and warm sleeping bags await.

Day 11: Day 11: Rest at Base Camp

Take a well-deserved rest day at base camp, allowing your body to recover and recharge for the challenges ahead. The rest day is essential for acclimatization and ensures that you're in peak physical condition for the summit push. Spend the day relaxing in camp, reading a book, or simply soaking in the stunning mountain scenery. Reflect on your journey so far.

Day 12: Climb to Ama Dablam Camp I

Return to Camp I in preparation for your summit bid. The climb back to Camp I is familiar yet challenging, with steep terrain and icy conditions testing your climbing skills and endurance. As you ascend, take in the breathtaking views of

the surrounding mountains, with Ama Dablam standing tall against the backdrop of the Himalayan sky. Arrive at Camp I and settle in for the night, readying yourself for the final push to the summit.

Day 13: Climb to Ama Dablam Camp II

Continue your ascent to Camp II, situated at 6,000m above sea level. The climb is physically demanding, with steep terrain and technical challenges testing your strength and stamina. As you ascend, take in the awe-inspiring beauty of the Himalayan landscape, with panoramic views of snow-capped peaks and rugged glaciers stretching as far as the eye can see. Arrive at Camp II and prepare for the final push to the summit, knowing that your goal is within reach.

Day 14: Summit Day and back to Camp II

Today is the culmination of your journey as you embark on the ultimate summit push. Rise before dawn and begin the challenging climb to the summit of Ama Dablam, reaching heights of over 6,800 meters above sea level. The climb is physically demanding, with steep terrain and icy conditions requiring focus and determination. As you ascend, take in the breathtaking beauty of the Himalayas unfolding around you, with panoramic views of Everest, Lhotse, and Makalu stretching to the horizon. Arrive at the summit and celebrate your achievement, knowing that you've conquered one of the world's most iconic peaks. After a brief rest, begin the descent back to Camp II, where hot meals and warm sleeping bags await. Reflect on your journey as you make your way back to camp, knowing that you've left your mark on the Himalayan landscape and forged memories that will last a lifetime.

Day 15: Contingency Day

Use this day as a contingency in case of inclement weather or other unforeseen circumstances. The mountains are unpredictable, and it's essential to stay flexible and adaptable to ensure a safe and successful climb. If the weather permits, take the opportunity to explore the surrounding area or relax in camp, reflecting on your achievements and savoring the sense of accomplishment that comes with summiting Ama Dablam.

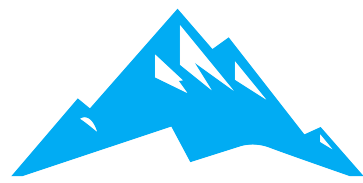
Day 16: Descend to Ama Dablam Base Camp

Begin your descent from the higher camps back to Ama Dablam Base Camp, taking in the stunning views of the surrounding mountains and glaciers. The descent is physically demanding, with steep terrain and rocky paths requiring careful footing and concentration. As you make your way back to base camp, take time to reflect on your journey and the challenges you've overcome, knowing that you've left your mark on the Himalayan landscape. Arrive at base camp and celebrate your accomplishments with your fellow climbers, enjoying a well-deserved rest before beginning the journey back to civilization.

Day 17: Trek back to Namche Bazaar

Embark on the return trek to Namche Bazaar, retracing your steps through the breathtaking landscapes of the Khumbu region. The trail winds through lush forests and picturesque villages, with the sound of the Dudh Koshi River accompanying your journey. Take time to appreciate the natural beauty of the Himalayas and the warm hospitality of the Sherpa people as you make your way back to civilization. Arrive in Namche Bazaar and enjoy a hot meal and a comfortable bed, knowing that you're one step closer to the comforts of home.

Day 18: Trek back to Lukla



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Continue your descent to Lukla, where you'll conclude your expedition. The trail winds through rhododendron forests and past quaint villages, offering stunning views of the surrounding mountains. As you approach Lukla, take in the sights and sounds of this bustling mountain town, filled with trekkers and climbers from around the world. Arrive in Lukla and celebrate your accomplishments with your team, enjoying a well-deserved meal and perhaps a hot shower before departing for Kathmandu.

Day 19: Fly back to Kathmandu

Board a scenic flight from Lukla back to Kathmandu, marking the end of your Ama Dablam Expedition. The flight offers breathtaking views of the Himalayas, providing a fitting finale to your journey. Arrive in Kathmandu and take some time to relax and unwind, perhaps exploring the city's vibrant markets or visiting one of its many historic sites. Enjoy a farewell dinner with your team, sharing stories and memories of your epic adventure in the mountains.

Day 20: International Flight

Bid farewell to Nepal as you board your international flight home, carrying with you memories of adventure, friendship, and triumph in the shadow of the mighty Ama Dablam. Reflect on your journey and the lessons you've learned along the way, knowing that you've accomplished something truly remarkable. Depart with a sense of gratitude for the experiences you've had and the people you've met, knowing that the mountains will always be there, calling you back to explore their beauty once again.

