

Ama Dablam is one of the most beautiful mountains in the world. Ama Dablam is situated just above the Tengboche monastery on the way to Everest base camp. Only 12km from the summit of Mount Everest Ama Dablam expedition was first attempted by an Anglo American and New Zealand team in 1961. Ama Dablam Expedition offers fabulous and technical climbing experience in the Everest region. Ama Dablam is the "Jewel of the Khumbu", is nestled in the clouds above the Thyangboche monastery, in the heart of the Sherpa people. The Ama Dablam expedition is technically demanding as it requires ice, rock, scrambling, clear views, great advance and the great base camp in the grazing land with a river. Four highest mountains in the world are clearly visible from the summit Mt. Everest, Mt. Lhotse Shar, Mt. Makalu and Mt. Cho – Oyu and also the close view of Pumori, Nuptse, Baruntse, and Thamserku.

When ascent from Base Camp to Camp first is considered one the difficult days of the Ama Dablam expedition. The following old grassy moraine ridges, crossing a saddle and then turning north to climb up rocky ground to the ridge where Camp first (5200m) is set up. After camp first we cross a rocky bowl and climb the ridge, frequently alternating sides as we follow fixed ropes to reach Camp 2 at 6,000m. The ridge involves severe rock climbing followed by steep gullies with a mix of rock, ice, and snow. The route to Camp 3 climbs to an amphitheater and then goes through a steep snow and ice runnel to reach the snow ridge to the camp at 6,400m. To reach the summit (6812m) from Camp 3 involves steep climbing on snow and ice to the right of a huge hanging glacier.



Day to Day Itinerary

Day 1: Arrival in Kathmandu.

Day 2: Kathmandu sightseeing

Day 3: Prepared Expedition

Day 4: Kathmandu to Phakding

Day 5: Phakding to Namche Bazaar.

Day 6: Acclimatization day in Namche Bazaar.

Day 7: Trek to Deboche.

Day 8: Trek to Dingboche (4,300m).

Day 9: Acclimatisation above Dingboche

Day 10: Move to Base Camp.

Day 11: 11-25: Ascent of Ama Dablam.

Day 26: 26-27: Trek to Lukla.

Accommodation: Guest house

Day 28: Fly Lukla to Kathmandu.

Accommodation: Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Day 29: At leisure in Kathmandu.

Accommodation: Tourist Standard Hotel | **Meal:** Breakfast & Farewell dinner

Day 30: Depart Kathmandu.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- Government licensed experience English speaking Guide. Two people one porter. 4 people 1 Sherpa.

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- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T-shirt/Map
- Surface transfer from and to Kathmandu.
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled.

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