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Ama Dablam Expedition



Do you know when Ama Dablam climbed for the first time? Well, it was first climbed on 13 March 1961 by Mike Gill (NZ), Barry Bishop (USA), Mike Ward (UK), and Wally Romanes (NZ) via the Southwest Ridge. It is the most recognized mountain in the field of mountaineering by the mountaineers all over the world. Mount Ama Dablam is popularly known as the Marathon of Matterhorn of Himalaya. This iconic peak stands tall at an elevation of 6,812 meters above sea level. The expedition is well known for its challenges. The climbers must possess advanced skills in rock, ice, and mixed climbing.

Your journey begins from Kathmandu to Lukla. Then the following day you will trek through the Khumbu Valley passing through the famous Sherpa Villages such as Namche Bazaar and Tengboche. You will also witness the majestic peaks such as Lhotse, Everest, and many other peaks along the trek.

A base camp at 4,600 meters is set up. The climb is majorly divided into three camps, Camp I, Camp II, and the final summit. The climbers must have acquired some technical skills and mountaineering experience. The summit will be much more easier and successful if the mountaineers have a high level of mountaineering skill and fitness. This expedition is a technical expedition, graded as Alpine TD. This peak demands strong physical and mental fitness from the

climbers.

This amazing adventure is waiting for you. Bookings are still open for 2024 and 2025. Contact us for further details.

Highlight

- The small group of between 4 and 7 participants
- Supervision by a Nepal mountain guide
- The diversity of the landscapes and Sherpa culture
- Climbing one of the most beautiful mountains in the Himalayan range

Trip Itinerary

DAY 1: ARRIVE IN KATHMANDU

Upon your arrival in Kathmandu, our local team warmly welcomes you at the airport. You will then be escorted to the hotel, where you can enjoy some well-deserved relaxation. The itinerary includes a briefing about the trek's progress and presentation, followed by leisure time. If you arrive in the morning, you'll have the entire day at your disposal. This can be used for rest or for those interested, to explore the surroundings freely. It's an ideal chance to deeply experience Nepalese culture and indulge in the local culinary delights.

Transfer to hotel

Final altitude: approximately 1350 m

Meals: Dinner

Accommodation: night in the hotel

DAY 2: PREPARE FOR TREKKING AND EXPLORE KATHMANDU VALLEY (1350M)

We reserve this day for sightseeing in Kathmandu Valley and to prepare for trekking. After having a warm breakfast, we will leave the hotel in a private vehicle with an experienced tour guide. We will visit several UNESCO-listed world heritage sites in Kathmandu valley and the famous Swayambhunath stupa, and the Boudhanath stupa. These places are famous to have inherited ancient religious practices, architecture, and culture. But also make the last purchases if necessary and above all optimize the luggage in a mountaineering bag and a trekking bag.

Final altitude: approximately 1350 m

Meals: dinner

Accommodation: night in the hotel

DAY 3: KATHMANDU - FLIGHT TO LUKLA (2850 M) - PHAKDING (2760 M)

Either a morning transfer to Kathmandu airport or very early departure (around 4 am) for Ramechhap airport and breakfast organized on your arrival before your flight to Lukla. This visual flight, which can only be done in good weather conditions, offers a magnificent panorama of the Himalayas. On arrival in Lukla, the organization of the loads with the porters and the Sherpas then the start of the trek.

walking : approximately 3 hours

Final altitude: approximately 2,610 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

DAY 4: TREKKING FROM PHAKDING TO NAMCHE BAZAR

We travel up the Dudh Khola River, with the magnificent Himalayan pines lining our route. Several bridges make us change banks according to the meanders of the river. Steep climb to the capital of Khumbu (Sherpa country). On the way, we admire the Thamserku and from time to time we see Everest. In Namche Bazaar, visit the village, very picturesque. You can walk the alleys of this village built in an amphitheater.

6 hrs of walking

Final altitude: approximately 3,440 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

DAY 5: HIKING NAMCHE — KHUMJUNG — NAMCHE

We climb in a small forest and admire for the first time the high peaks of Khumbu (Everest, Lhotse, Ama Dablam), we arrive in the villages of Kunde and Khumjung. It may be possible to visit the “Hillary High School” and the Kunde hospital built on Hillary’s initiative.

walking: about 3 h

Final altitude: approximately 3,440 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

DAY 6: TREKKING FROM NAMCHE TO TANGBOCHE

Leaving Namche, the path climbs above the houses to reach the ridge line. Passage of a small pass, then descent to the village of Khumjung. Superb view of the prince of the place, the Ama Dablam. Very nice day, a walk with beautiful views of the Himalayan range. We reach Tengboche, dominated by its gompa, a Buddhist monastery, which is a high place in

Nepal. We are at the foot of Ama Dablam

walking: about 6 h

Final altitude: approximately 3,860 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge. Tea house

DAY 7: TREKKING FROM TANGBOCHE TO PANGBOCHE (3,960 M)

A long stage that familiarizes your body with the altitude. The route offers an almost permanent view of the Ama Dablam but also the Thamserku while climbing steadily. We pass Pangboche, which was until the arrival of tourism one of the last permanently inhabited high-altitude villages. Many Pangboche villagers have gone on expeditions to the highest peaks and Everest. Porters, then altitude sherpas, and finally guides for those who have realized their dream. The village also paid a heavy price to the mountain. You enter the heart of the upper Khumbu, and the landscape becomes more mineral. Dingboche (4400m) marks the intersection of the Chukhung and Everest valleys.

walking: about 3 h

Final altitude: approximately 3,960 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

DAY 8: TREKKING FROM PANGBOCHE — AMA DABLAM BASE CAMP (4,600M)

We branch off towards the base camp of Ama Dablam. The camp is very nice with a nice flat surface. The view of Ama Dablam is breathtaking!

walking: 5 h

Final altitude: approximately 4,600 m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent or in a lodge

DAY 9 To 23: AMA DABLUM ASCENT

Now, we have 15 days dedicated to your further acclimatization, rest, installation of the various high-altitude camps, and the final ascent to the summit.

- Route between the base camp and the high camp (5400m): the path follows the ridgeline (gentle slope) which dominates the base camp.
- Route between the high camp (5400m) and Camp 1 (5800m): crossing an area of large blocks of rocks. The camp is located above a large slab of rock a hundred meters that can be slippery.
- Itinerary between Camp 1 and Camp 2 (6000m): the route follows a horizontal ridge with many crossings and passing several projections. At the end of this ridge is the “yellow tower”: a vertical projection of 6 meters. The camp is slightly above.
- Itinerary between camp 2 and camp 3 (6300m): departure from the camp by a steep section in snow/ice then crossing the gray tower: mixed delicately about 80m. After a crossing and a steep corridor, the ridge becomes easier to camp.
- Itinerary between camp 3 and the summit (6856m): mounted by steep snow slopes (+ 40 °) with the passage of a bergschrund before approaching the summit slope. From the summit, an exceptional view of a multitude of peaks including 5 more than 8000m: Everest (8850m), the highest point on the planet, the Kangchenjunga (8586m), the third summit of the planet, the Lhotse (8516m), fourth, Makalu (8463m), fifth and Cho Oyu (8201m), sixth.

Accommodation: tent

DAY 24: TREKKING FROM BASE CAMP - TENGBOCHE TO NAMCHEE BAZAR (3440M)

We leave the base camp and reach the main valley at Pangboche. We retrieve the main route that leads us to Namche.

Approximately 6-7 hours of walking

Final altitude: approximately 3440 m

Meals: breakfast – lunch – dinner

Accommodation: night in the lodge

DAY 25: TREKKING FROM NAMCHEE BAZER TO LUKLA (2850 M)

We soon taste the gentle warmth of the low valleys descending the forested gorges of the Dudh Khosi, crossing the villages of Monjo and Phakding, before going back to Lukla where we thank the team of porters. We will spend our last evening in the heart of Khumbu.

Approximately 6 hours of walking

Final altitude: approximately 46,00 m

Meals: breakfast – lunch – dinner

Accommodation: night in the lodge

DAY 26: LUKLA - RAMECHAPP - KATHMANDU

DAY 27: FREE DAY IN KATHMANDU

Free day in Kathmandu also serves as a security day in case of problems on the Lukla / Kathmandu or during trekking. Today, you have a rest day to relax or you can also go shopping in Kathmandu or you can do anything you like by yourself.

Final altitude: 1350 m

Meals: Breakfast

Accommodation: night in the hotel

DAY 28: FINAL DEPARTURE TO INTERNATIONAL AIRPORT (1350M)

free time depending on the departure time of your flight and our representative will drop you at the airport, ending your journey in Nepal. We hope to be of service to you again. Thank you and safe travels.

Approximately 20 minutes of driving to the airport

Final altitude: approximately 13,50m

Meals: breakfast

TREKKING GEAR

- Woolen hat
- Fleece hat
- T-shirt
- Thermal full t-shirt (base layer)
- Fleece jacket
- Down jacket
- light insulating wear (mid-layer)
- Gore-Tex jacket
- Thermal Trouser (base layer)
- Trekking trousers (flexible)
- Down pant
- Gore-Tex pants
- Gore-Tex gloves
- Thin/warm gloves
- Rain punch
- Woolen shock (thick)
- Sandal
- Camp shoes (sports shoes)
- Trekking boot
- Sun /glacier glass (uv protection)
- Snow gaiter (also buy in Nepal)
- Sleeping bags
- Personal first aid
- Pocket knife
- Washing soap, towel, tooth pest/ brush
- Sun lotion enough +30 /50 & lip guard
- Trekking poles (u can buy in Nepal as well) 1 pair
- Headlights, water bottles, Thermos
- Books, a camera, playing card

CLIMBING GEAR

- Climbing helmet
- Alpine boot
- Crampons (good condition)and fit for alpine boot
- ATC Guide
- Ascender (jumar)
- Screw gate carabineer

- Open gate carabineer
- Ice Axe normal
- Ice screw 22m
- Auxiliary cord 8m in length with 6mm diameter
- Dynamic safety cord - 3m length with 8mm diameter
- Harness
- Tape sling- 180cm- 120 cm

Included

- **ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- **HOTEL ACCOMMODATION IN KATHMANDU:** 4 nights hotel in Kathmandu (4-star category) - single room on bed and breakfast plan.
- **WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
- **PERMITS:** Expedition Royalty and a permit fee of Nepal Government to climb Mt. Ama Dablam, Sagarmatha National Park, and Pasang Lhamu Rural Municipality entry permit and fee.
- **LIAISON OFFICER:** 1 Government Liaison officer with full equipment, salary, and accommodation.
- **GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
- **INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- **MAP:** Trekking and climbing map.
- **DUFFLE BAG:** One Alpinist club Duffle Bag.
- **MEMBER TRANSPORTATION :** - (Domestic Flight) Fly from Kathmandu – Lukla And Lukla - Kathmandu, as per itinerary.
- **EXPEDITION STUFFS TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Lukla (by air cargo) and Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo).
- **MEMBER LUGGAGE:** Up to 40 Kg per member for personal baggage during the trek to be carried by porters or Yaks.
- **FOOD AND LODGING:** 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Basecamp. Hygienic and fresh green vegetables, fresh meat, fruits, and soft drinks will be served during the entire expedition using helicopter flights. **Well-managed base camp set up for members & Staff.**

- **PORTER:** Porters per member up to the Base camp and from the Basecamp (both ways).
- **BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
- **STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porters' daily wages, salary, equipment, food & clothing.
- **BASE CAMP TENT: Each member will have an individual tent in Base Camp.**
- **BASE CAMP EQUIPMENT :** Single Tent, foam mattresses and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staffs, Store tents, Tables & chairs & all necessary cooking gears.
- **HEATER:** Heater at base camp in each Dining and other necessary camps.
- **SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, battery charge, for laptop and other electronic devices.
- **TRAINING:** Oxygen, Mask Regulator, Ice wall, and gear training at basecamp by Sherpa Guide.
- **HIGH ALTITUDE CLIMBING SHERPA:** 1 government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
- **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
- **CLIMBING SHERPA SALARY & ALLOWANCE :** Climbing Sherpa Salary, Equipment, Food, and Clothing.
- **BONUS :** Carry Bonus of Sherpas and Route Fixing Charges.
- **OXYGEN BOTTLE (O2) :** Oxygen bottles will be in stock at base camp in case of an emergency (with an appropriate charge).
- **OXYGEN MASK & REGULATOR :** 1 Set of Summit Oxygen masks will be in base camp in case of an emergency.
- **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS) :** High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2) and (C3). Group climbing gears, and fixed and dynamic rope during the climbing period as required.
- **HIGH ALTITUDE TENT :** Members will share tents in high camps (2 members: 1 tent).
- **ROPE FIXING TEAM :** The team of experienced Sherpas will fix the rope and the route.
- **SATELLITE PHONE :** Satellite Phone for emergency communication carried by Sherpa, also available for members with an appropriate charge.
- **WALKIE-TALKIE :** Walkie–Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- **WEATHER FORECAST :** Weather forecast report during the entire expedition.
- **MEDICAL KIT :** Comprehensive Medical kit for members and staff.
- **CERTIFICATE :** Ama Dablam climbing certificate(after climbing Ama Dablam successfully).

Excluded

- **AIR FARE** : International flight airfare (from and to Kathmandu).
- **NEPAL ENTRY VISA FEE** : Nepalese Visa fee is \$ 125 USD for 90 Days.
- **LUNCH & DINNER** : Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- **EXTRA NIGHTS IN KATHMANDU** : Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **INSURANCE POLICY** : Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high altitude rescue & air evacuation, medical treatment, repatriation, etc.) *Mandatory
- **PERSONAL EXPENSES** : Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- **PERSONAL CLIMBING EQUIPMENT** : Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
- **FILMING** : Special Filming, Camera, and Drone permit fee.
- **INTERNET SERVICE** : Not included during the trek and the expedition.
- **SUMMIT BONUS** : Summit bonus for climbing Sherpa - Minimum 700 USD.
- **TIPS** : Calculate some tips for Basecamp and high camp staff – Minimum 350 USD.
- **EXTRA** : Any other services or activities, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.

Note: Due to unforeseeable factors (weather, fitness, customs, road conditions, landslides, etc.), your expedition leader may adjust the program as needed. The leader is the sole judge and guarantor of your safety. Activity times are for reference and may vary per participant.

Note: The provided itinerary is for reference only and may vary per participant. It's flexible to accommodate weather conditions. Follow your guide's recommendations, who may cancel or stop the expedition for safety or physical reasons. Remember, this is an autonomous expedition with potential hazards. Alpinist club, your expedition leader, guide, or local teams cannot be held responsible for any unforeseen issues.

Trip Features

Duration	Grading	Group Size	Transport
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28	Technical	11	flight/jeep
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Food	Accommodation	Activities	Trip Price
Breakfast-Lunch-Dinner	Hotel-Lodge-Tent	Expedition	9400 / Per Person

Why Choose Alpinistclub ?

1. Visit eight villages showcasing Polynesian culture
2. Complimentary Camel safari, Bonfire,
3. All toll tax, parking, fuel, and driver allowances
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Price From

9400 \$ USD / 1 Person

7550 \$ USD / 2 Person

5500 \$ USD / From 4 to 8 people

4500 \$ USD / Above 10 People

THANK YOU

Our staffs are always on hand to accept reservations and handle any last-minute modifications. Please get in touch with us if you have any queries regarding our services, costs, or bookings.

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