



## Trip Facts

**Price:** USD 7590

**Duration:** 30 days

**Trip Profile:** Mt. Amadablam Expedition

**Geography:** Mountain/Hills/Forests

**Location:** Solukhumbu

**Max Altitude:** 6,856m

**Accommodation:** Hotel/Tea house/Lodge/Camp

**Meals:** All meals included during the trekking

**Religious:** Buddhism

**Ethnic People:** Sherpa

**Transportation:** Flight/Tourist bus/Private vehicle

**Group Size:** 01-10 Pax

## Highlights

- A thrilling adventure to the summit of Ama Dablam (6,856m)
- Journey through vibrant hamlets and picturesque towns learning about the Sherpa culture and way of life
- Enjoy the natural beauty and the biodiversity of the Sagarmatha National Park
- Explore lifestyle at the world's highest altitude
- Observe Himalayan panorama of mountains like Mt. Everest (8848m), Lhotse (8516m), and Cho Oyu (8201m) among others.

## Overview

What separates the snowy summit of Ama Dablam (6,856m) amongst the majestic Himalayas of the Everest region is perhaps its striking figure. Like a mother protecting her child, the majestic ridgeline of the mountain area spreads on each side while the hanging glacier takes the shape of a necklace worn by a traditional Sherpa woman. This is also where the name Ama Dablam comes from. "Ama" means "mother" and "Dablam" signifies the necklace worn by Sherpa woman. As such, the Ama Dablam Expedition by the Himalaya Land Treks is a guided climbing Himalayan venture to the top of one of the most iconic mountains in the world.

Surrounded by the majestic summits of Lhotse (8,516m), Changtse (7,543m), and Nuptse (7,861m) amongst others, the majestic Himalaya stands out from others much due to its striking outlook and natural beauty. Offering mesmerizing Himalayan beauty from the get-go, the climb, although arduous, is satisfying in every right which is what also makes Ama Dablam (6,856m) one of the most coveted Himalayas around the Everest Region.

With the majestic Himalayas adorning the horizon, we continue our journey heading to Debuche and then to Pheriche where we take a day off to acclimatize. Travelling to the Ama Dablam Base Camp (4,570m), we take another day off to indulge in some light pre-climb training and acclimatize. In the next 15 days, we attempt to climb the majestic summit of Ama Dablam (6,856m) conquering the Himalayas and then descending back again to the Base Camp.

## Major Attractions Of Ama Dablam Expedition

### Adventurous Lukla

Flight Taking a day off to prepare for our Himalayan adventure, we begin our Ama Dablam Expedition journey making the thrilling flight to Lukla. Flying over the lush green valleys and snow-clad mountains, the journey touches down at the Lukla airstrip before heading off to the Phakding. Lukla airport is situated at an altitude of 2,846m and is also known as the world's

most adventurous and dangerous airport.

## **Ethnic Sherpa Community**

With the majestic Himalayas adorning the horizon, we continue our journey heading towards ethnic Sherpa villages. You cross through various beautiful Sherpa villages such as Namche Bazaar, Pheriche, Debuche etc. Here you can explore the unique culture and tradition of the Sherpa people. The peak climbing trek is also an opportunity to explore the unique lifestyle, culture, tradition, festivals and history of people residing in this altitude of cold.

## **Sagarmatha national park**

Through the lush green forests, the next stretch of the journey takes us through the Sagarmatha National Park. Sagarmatha National Park is blessed with majestic mountains, deep valleys, and glaciers. Seven mountain peaks above 7000m, other than Mount Everest can be visualized from Sagarmatha National Park. The national park is home to many endangered species such as Red Panda, Musk Deer, Snow leopard, etc. This UNESCO enlisted world heritage site covers an area of 1,148 km<sup>2</sup>. The trek route to Ama Dablam takes you through this biodiversity-rich national park.

## **Best Time To Do Ama Dablam Expedition**

The best time to go for Ama Dablam Peak climbing trek is during the spring (Mar-Jun) and autumn (Sep-Nov). The weather conditions play a great role in the trips to the Everest region. Since the weather can vary and worsen in a matter of minutes, the flight to/from Lukla is often subject to delays and cancellations. So, it is best if your trips incorporate a couple of buffer days when travelling for Ama Dablam Expedition or around the Everest region.

## **Alternate Packages**

If you find Ama Dablam expedition longer and difficult you can check out other short and easy peak climbing packages through the following link, [Mt. Island Peak Climbing](#), [Mera Peak Climbing](#)

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, [Mt. Yala Peak Climbing](#), [Mt. Singu Chuli Climbing](#), [Mera Amphu Lapcha Island Peak Trek](#), [Mount Chulu East Climbing](#), and [Mt. Nirekha Peak Climbing](#).

For normal trekking packages like [Everest Base Camp Trek](#) or [Annapurna base camp trek](#), you can check from [trekking in Nepal](#).

A Himalayan journey is a tricky affair. While making sure every one of us enjoys the journey thoroughly, it is also necessary to make sure we do it safely which needs a planned itinerary and well-trained personnel. We, here at Himalaya Land Treks, have been doing so for over a decade and we assure you of a lovely adventure through the Himalayas.



## Day to Day Itinerary

### Day 1: Arrival in Kathmandu (1,300m/4265ft)

**Accommodation:** Overnight at 3 star Hotel

Touching down at Tribhuvan International Airport, you will be welcomed by our Himalaya Land Treks' representative who will guide you directly to the hotel. Freshening up from the day's journey, you will be further introduced to other members of the staff. Following a short briefing session, the day comes to a close and you are free to head down to the local region.

### Day 2: Trip Preparation Day

**Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast

Scaling the majestic Himalayas means lots of preparation beforehand. Today, we take a day off at Kathmandu making sure that we are ready for our Himalayan adventure. Gathering all the required permits, we also head down to the local regions to purchase all the equipment required for the trip. We will also discuss the trip itinerary in detail making sure everyone understands the action plan for this trip.

### Day 3: Fly from Kathmandu to Lukla (2,840m/9318ft) 40 min flight then trek from Lukla to Phakding (2,610m/8563ft), 3-4 hours trek

**Walking hr:** 3-4 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

An early start to the day, we begin our journey with a scenic flight heading to the picturesque town of Lukla. Reaching Lukla, we take a brief rest before beginning our trek heading towards the hamlet of Phakding. The journey is a pleasant one as we make our way through the lush green forests heading past Chheplung and Nachipang to join the Dudh Koshi River. Past Ghat, the journey reaches its final ascent reaching Phakding.

### Day 4: Trek from Phakding to Namche Bazaar (3,440m/11286ft): 5-6 hours

**Walking hr:** 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Exiting Phakding, the trail steadily climbs through the banks of Dudh Koshi River heading towards Thulo Gumela beyond which we reach the picturesque town of Bengkar. Crossing Monjo, we reach Jorsalle which marks our entry into the Sagarmatha National Park. Following

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the stunning Dudh Koshi River while the majestic Kusum Khangkaru (6,367m), we set off on our final ascent to Namche Bazaar.

## **Day 5: Namche Bazaar (3,440 m/11286ft): acclimatization**

**Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

One of the pleasant days of the journey, today we take some time off at Namche to let our bodies adjust with the rising altitudes. Taking the opportunity we make our way down to the town enjoying the local culture and way of life. One of the densely populated towns around the Everest trail you can gather anything you need at the local market here. For our acclimatization hike, we make our way to the stunning Everest View Hotel which like its name suggests boasts stunning views of the Everest Himalayan Range including the majestic Mt. Everest (8,848m). Overnight at Namche.

## **Day 6: Trek from Namche Bazaar to Debuche (3,820m/12533ft)**

**Walking hr:** 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Exiting the hamlet of Namche, the hilly trail once again climb through the lush green forests heading past a series of Chortens to reach the hamlet of Sanasa. Following the classic EBC trekking route, the trail takes us to Phunki Tenga. Reaching Tengboche, we make a brief stop heading towards the Dawa Choling Monastery. Blessed with stunning Himalayan views including Ama Dablam (6,856m), Lhotse (8,516m), and Changtse (7,543m), we make our way to Debuche.

## **Day 7: Trek from Debuche to Pheriche (4,240m): 5-6 hours**

**Walking hr:** 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Exiting Debuche, the trail climbs past the tree line heading through the Himalayan wilderness to reach Milingo. Dropping down to the banks of Imja River, the trail ascends towards Pangboche before heading to Shomare and Orsho. Leaving the traditional EBC trekking route, the journey heads towards the quaint hamlet of Pheriche for the night.

## **Day 8: Acclimatization**

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**Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The second of our acclimatization days today, we take another day off at Pheriche to let our bodies adapt to the growing altitudes. One of the smaller hamlets around the region, Pheriche provides a perfect opportunity to learn more about the Sherpa culture and way of life. For our acclimatization hike, we ascend the nearby hill all while enjoying sublime views of the Himalayas. Overnight at Pheriche.

## **Day 9: Trek from Pheriche to Ama Dablam Base Camp (4570m/14993ft): 5-6 hours**

**Walking hr:** 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Exiting the hamlet of Pheriche, we make our way towards the Ama Dablam Base Camp. The journey heads through complete solitude save the occasional summer settlements along the way. Ascending through the snowy trail, the journey boasts stunning views of the Everest Range with the snowy summits of Nuptse (7,861m), Changtse (7,543m), Lhotse (8,516m), Ama Dablam (6,856m) and the Mt. Everest (8,848m) keeping us constant company.

## **Day 10: Acclimatization and Pre-climb training at Ama Dablam Base Camp**

**Accommodation:** Camp/Tent | **Meal:** Breakfast/Lunch/Dinner

The final of our acclimatization days, today, we take a day off at the Ama Dablam Base Camp to prepare to scale the mountain. In addition to enjoying the stunning Himalayan views, we indulge in some pre-climb training directly on the snowy slopes of Ama Dablam (6,856m). The day comes to a close early to make sure we are well rested for our strenuous mountain climb beginning from tomorrow.

## **Day 11: 11-25: Ascending and Descending of Ama Dablam (6856m/2493ft)**

**Accommodation:** Camp/Tent | **Meal:** Breakfast/Lunch/Dinner

For the next 15 days, we will take on the Mt. Ama Dablam (6,856m), ascending to its summit and then descending back to the base camp. In the course of our travels, we will stop at three major destinations. Camp 1 located at an altitude of 5,700m, Camp 2 at an altitude of 5,900m, and the final Camp 3 at an altitude of 6100m. While the journey from base camp to Camp 1 is



dependent on our technical ability, the next stretch of the journey from Camp 1 to Camp 2 involves maximum use of ropes. Through loose footings and large chunks of ice and rocks, we journey from Camp 2 to Camp 3 before heading towards the summit at an altitude of 6,856m. Enjoying the glorious Himalayan panorama as seen from the summit, we make our way back to the base camp following a similar route.

## **Day 12: Trek from Amadablam Base Camp to Namche (3440m/ 11286 Ft) |6-7 Hrs**

**Walking hr:** 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Heading through Pheriche, the trail follows the Imja Tse River over to Debuche. Reaching Tengboche further down the trail, the journey once again finds the Dudh Koshi River. The trail reaches Sanasa village and begins to head south. Hereon, you follow an easy trail to settle at Namche. Here, you can rest and enjoy the lavish welcome that Namche offers.

## **Day 13: Trek from Namche to Lukla (2840m/9318ft) |4-5 Hrs**

**Walking hr:** 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Day 27 see us journey back to the picturesque town of Lukla retracing our steps through the Everest region. The trek begins early as you descend along the Dudh Koshi River and exit the Sagarmatha National Park on the process. The trail heads south and passes a number of Sherpa villages while descending to Lukla crossing Phakding en route.

## **Day 14: Fly back to Kathmandu (1300m/4265ft) |35 mins**

**Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast

An early start to the day, we make our way back to Kathmandu, reliving the thrill of the stunning Lukla airstrip once more. With one final glance at the majestic Himalayas, we head over to the lush green valley touching down at the capital city. Reaching Kathmandu, we make our way directly to the hotel which brings our Himalayan adventure to a close. For the rest of the day, you are free to head down to the local regions enjoying the pleasant evening back at the hotel.

## Day 15: Leisure day in Kathmandu | Farewell Dinner

**Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast/Farewell Dinner

The final day of our journey and it's a free day in Kathmandu. You can take this opportunity to make your way over to the stunning heritages spread around the city. If you are up for exploration make sure to head down to the local markets where you get to enjoy local delicacies as well as local products which make up for perfect souvenirs back home. You will participate on a Farewell Dinner hosted by the Himalaya Land Treks at the end of the day.

## Day 16: Final Departure

**Meal:** Breakfast

The final day of our trip and our representatives will once again drop you back to Tribhuvan International Airport just in time for your flight back home. We hope you had a lovely time with us and we look forward to seeing you again.

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## Trip Cost Includes

- Airport picks up and drops off, upon arrival and departure.
- Pre trek meeting.
- 3-star Hotel in Kathmandu for 3 nights.
- City entrance fees in Kathmandu.
- Full day city tour in Kathmandu by a private vehicle.
- Kathmandu-Lukla-Kathmandu flight tickets.
- All necessary paperwork and trekking permits (National Park Permit, TIMS).
- Trekking equipment: down-filled sleeping bag, walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry
  - luggage (2 trekkers: 1 porter).
- Professional Sherpa climbing guide
- A porter and his entire expenses
- Good quality tents and kitchen utensils for camping.
- Climbing permit

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- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Full meals: Breakfast, Lunch & Dinner on your choice.
- Supplementary snacks: energy bar and cookies.
- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation.
- All accommodation during the trek (Soft, comfort, private room with shared toilet).
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.
- Farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.

## Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- The cost incurred during the tour around the city.
- Cost for additional trips.
- Hot showers, Wi-Fi & battery charging on a trek.
- Travel insurance (for helicopter evacuation if needed whilst on trekking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.
- Personal climbing equipment.
- Tip for guide and porter.

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