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The Amadablam expedition offers the best technical climbing experience in the Himalayas. There is no doubt that colossal Amadablam is one of the most impressive peaks in the world. Due to its unique and pointed flight shape, The climb to this peak is every climber's dream. They strive to conquer it and be on an extraordinary height. It offers excellent panoramic mountain views such as Everest, Cho Oyu, Lhotse, Makalu, and many other Himalayan peaks. Suppose you have a good climbing experience and want to participate as a team member on a professionally led expedition without restriction. Then Ama Dablam expeditions represent the ultimate challenge for the most technical summit climbing in the world.

## Main Highlights

- v The most technical climbing expedition in the world
- v Full support expedition to the summit of the Ama Dablam
- v Expedition Support 1 climber: 1 Sherpa Guide
- v Additional oxygen for climbers and guides
- v Expedition climbing training at base camp
- v Full board food with tea, coffee, and drinking water when traveling
- v The hassle-free expedition, including climbing permits

Ama Dablam Expedition

The Ama Dablam Expedition is technical climbing in Nepal, located almost south of Everest and Lhotse in the Khumbu region. Ama Dablam 6,856 m is one of the most impressive peaks in the Himalayas. It is also one of the most remarkable mountains in the world. Ama Dablam means the mother's necklace, the long ridges on both sides like the loving mother's arms protecting her child. And the hanging glacier is considered "Dablam." As a result, the Amadablam Expedition offers a breathtaking view of the Himalayas, including Mount Everest 8848m, Lhotse, Makalu, Cho Oyu, and other mountains.

Ama Dablam's expedition, the Matterhorn of the Himalayas, has a lasting effect on many. It is perhaps the highest and most charming mountain alongside the famous trekking course to Everest base camp. Amabablam is a small snow-capped peak. However, the vertical walls and exposed sharp ridges make this mountain one of the most technical and challenging mountaineers' climbs. On March 13, 1961, Ama Dablam was climbing via Southwest Ridge by Mike Gill, Barry Bishop, Michael Gill, Mike Ward, and Wally Romanes. Sir Edmund Hillary led the climbing team.

The Ama Dablam Expedition is the third most famous peak in the Himalayas for permitted expeditions. By far, the most popular route is Southwest Ridge. It also offers a beautiful and varied ascent, which is kept at an appropriate level of difficulty and has suitable camping platforms at strategic points. Trekking in Khumbu will see some of the most famous mountains in the world. You fly from Kathmandu to Lukla and then go through the Namche Bazaar, Tyangboche Monastery, and Pangboche before setting up the Amdablam Base Camp.

The Mount Ama Dablam Expedition is one of the technically tricky expeditions in Nepal. Subsequently, climbers must have specific rock and ice climbing skills and be technically prepared. Mountaineers should get around: hard ice rocks and steep snow on their climbing path. The course ends on a slope, climbs onto the snow floor, and then leads through the vertical tunnel of snow and ice. Mount The Amadablam Expedition is the fantastic exhibition, a breathtaking version of the surroundings and topography, and the little-hidden discoveries and the path up and down the ridge, which makes climbing on this path an enticing experience.

## Itinerary

Day 01: Welcome to Kathmandu international airport(1,350 m)

Upon arrival at Tribhuvan International Airport in Kathmandu and formal completion of your customs and immigration processes, one of our representatives will pick you up and escort you to your reserved hotel. You can rest in your hotel room for the rest of the time or stroll through Thamel's streets.

Meals included: none

Day 02: Day of preparation for the trekking expedition

After having breakfast in your hotel, you can stroll through the nearby areas and shop for your adventure trip the next day. In the afternoon, visit our office for a discussion before the trip and meet your trekking guide and other participants. You will also get a briefing about the type of expedition, the team, and the group's composition. Later you return to your hotel and sleep peacefully.

Meals included: Breakfast

Day 03: Flight to Lukla (2,800 m) and walk to Phakding (2,652 m)

After taking breakfast at the hotel, you head to the airport to take your flight to Lukla. After flying over stunning lush hills and snowy mountains, you arrived at Tenzing-Hillary Airport in Lukla. It is one of the most beautiful flight routes globally, landing on a hill surrounded by high mountains. At Lukla, you meet up with the rest of our employees and start your trek to Phakding. To support acclimatization, you only have a less walk today.

Meals included: Breakfast, lunch, and dinner

Day 04: Trek from Phakding to Namche Bazaar (3,440 m): Walking duration 5-6 hours

After Breakfast at Phakding, You start walking through the pine forests along the Dudh Koshi River. After walking for about an hour, you see the Mount Thamserku on your right. You continue your trek through lush pine, fir, and juniper forests,

cross some suspension bridges and arrive at Namche Bazaar. The small town is the main commercial center of the Everest region. You will spend the night in the Namche Bazaar.

Meals included: Breakfast, lunch, and dinner

Day 05: acclimatization day in Namche Bazaar

It is the day of acclimatization. Health experts recommend staying active and moving during the day off, rather than being inactive. Some options are planned for this day. You can stroll through the picturesque villages of Namche or get in touch with the Sherpas people and their rich culture, or you can walk to the Everest View Hotel and enjoy the mighty Everest up close. While staying in the Namche village or after returning from the trek to Everest View Hotel, hikers can also visit the local museum, which contains exhibits that showcase the region's native flora and fauna as the history of the area from Mount Everest.

For hikers who want to hike a bit more, a hike to Khumjung Village may also be an option. When you are in the village, you can visit the Edmund Hillary School and the Khumjung Monastery. We will spend the night at the tea house in the Namche Bazaar.

Meals included: Breakfast, lunch, and dinner

Day 06: Trek to Debuche Namche Bazar

You continue walking on the Everest route, crossing beautiful villages, and crossing the Dudh Koshi River. At the same time, you enjoy a magnificent view of the Himalayan peaks such as Everest, Nuptse, Lhotse, and Ama Dablam. After climbing a steep trail, you arrived at the Tengboche monastery and spent time there. Later you go down to Debuche for an overnight stay.

Meals included: Breakfast, lunch, and dinner

Day 07: Trekking from Debuche to Pheriche (4,300 m): Walking duration 5-6 hours

On the way to Pheriche, you walk to another village called Pangboche. Pangboche is a beautiful village surrounded by Everest in the north side, Ama Dablam,

Thamserku, and Kangtaiga on the east side, the Kongde Mountains south, the Imja Tse River that flows through the vast and fertile valley. From here, you continue to Pheriche to spend the night.

Meals included: Breakfast, lunch, and dinner

Day 08: Another acclimatization day

This day is for acclimatization only. It will help minimize the likelihood that someone will be affected by acute mountain sickness. Today you climb a terrain above the village of Pheriche, as it is very suitable to offer you an excellent hiking experience in the cold. After climbing the top of the hill, a great view of the Himalayas will reward you.

Meals included: Breakfast, lunch, and dinner

Day 09: Trek from Pheriche to Ama Dablam base camp (4,570 m): Duration 5-6 hours

You start today's hike by returning to Pangboche and crossing the Dudh Koshi River. Next, you climb a path that takes you to Ama Dablam base camp. The base camp is a large open meadow at the foot of the mountain. You will spend the night at Ama Dablam base camp.

Meals included: Breakfast, lunch, and dinner

Day 10: Acclimatization and climbing training in the Ama Dablam base camp

Our guides will offer you training on climbing techniques and the best ways to use climbing equipment such as ice axes, crampons, climbing shoes, belts, lifts, etc. The training also includes the use of ropes to get on and off. The exercise increases your self-confidence and your climbing skills and thus your chances of a successful mountain summit. You will spend the night in the Ama Dablam base camp.

Meals included: Breakfast, lunch, and dinner

Day 11-25: Ama Dablam way up and descent (6856 m)

From the base camp Ama Dablam, you walk on the standard route to camp 1 at 5,700 m. In general, spend a night in Camp 1 to acclimatize and before returning to Base Camp to finally prepare for the summit. Before reaching the summit, there are three camps above the base camp. Climbing from base camp to camp 1 is technically demanding. From center 1, you follow the existing landline connections and build new ropes for ascending and descending if necessary. The ascent from field 2 to field 3 consists of mixed rock, snow, and ice, loose at specific points. Climbing from Camp 3 to the top is relatively less complicated. After you have reached the top, you return to the base camp.

Meals included: Breakfast, lunch, and dinner

Day 26-27: Trek down to Lukla

You hike back to Lukla through Tengboche, Namche Bazaar, then Phakding.

Meals included: Breakfast, lunch, and dinner

Day 28: Flight back to Kathmandu

After your long mountain tour, you fly to Kathmandu in the early morning. After arriving in Kathmandu, you can rest in your hotel room.

Meals included: Breakfast

Day 29: Free day in Kathmandu

It is a reservation day to take into account any delays in the flight from Lukla to Kathmandu. If the plane reaches Kathmandu as planned, you will spend the day enjoying the joys of Kathmandu. If there is a place you can visit during your stay in Kathmandu, you can do it today or buy souvenirs.

Meals included: Breakfast

Day 30: Drop to Kathmandu international Airport

Your adventure trip to Ama Dablam comes to an end today. Depending on the departure time, we will take you to the airport for about 3 hours before your scheduled flight.

Meals included: Breakfast

Important note

Your safety is of paramount importance when traveling with us. Please note that your leader is authorized to change or cancel parts of the itinerary if it is considered necessary for safety reasons. Every effort is made to adhere to the above itinerary. However, since this trip involves remote mountainous regions, we cannot guarantee that we will not deviate from it. Weather conditions, the health of a group member, unexpected natural disasters, etc. can contribute to the itinerary changes. The leader will try to ensure that the trip goes according to plan, but you should be ready to be flexible if necessary.

Included in the cost

- v Airport pickup and delivery in a private vehicle
- v Three-star accommodation in Kathmandu, including breakfast
- v Accommodation in a tea house lodge during the trek with full board meals
- v Accommodation in tents during the climbing
- v All meals while climbing and trekking
- v All ground transports in a comfortable private vehicle
- v Domestic flights ticket (Kathmandu Lukla-Kathmandu)
- v English speaking Trekking Guide, climbing guide, and assistants.
- v Staff salary, insurance, equipment, flight price, food, and accommodation.
- v All necessary trekking expedition documents for Amadablam
- v Good tents and kitchen for the camping

v Climbing equipment

v Medical equipment

v All government and local taxes

Not included in the cost

v Fee Visa fee for Nepal (bring exact cash in USD and two passport photos)

v International flight to and from Kathmandu

v Excess Baggage Fees (if you have more than 15 kg of luggage)

v Additional night stay in Kathmandu due to early arrivals and late departures

v altitude chamber or oxygen

v Lunch and dinner in Kathmandu

v Travel, health and rescue insurance

v Personal expenses like phone calls, internet, laundry, battery charging, etc

v Personal equipment for climbing

v Optional excursions and visits, if extended

v Tips for trekking and climbing guides and porters

#### Accommodation and food

You will stay in a 4-star hotel in Kathmandu, tea houses during the trek, and camp (tents). Most teahouse accommodations only have a shared bathroom. A foam mattress is provided for tent accommodation. In the climbing area, the sanitary facilities have the necessary natural protection. All accommodations are double sharing rooms. However, we offer a single room upon request and at an extra surcharge



During your trip, you can enjoy Nepali, Tibetan, Indian, and more continental cuisine. We provide breakfast during your stay in Kathmandu, while all meals (Breakfast, lunch, and dinner) are offered during the trek and the climbing. During the walk, we provide dinner and breakfast at the place where you spend the night. On the way, you will take your lunch to your next destination. We provide fresh and hygienic food during climbing.

#### Trekking and climbing guide and other staff arrangements

Experienced and professional mountaineers and guides lead your expeditions. You have climbed the mountain several times, with other crew members' support and all the logistics for the trip. Not only in terms of qualifications, but we also make sure that our managers can demonstrate proven success when climbing mountains at high altitudes. The number of guides depends on the team's size to maximize the chances of each climber reaching the top without compromising safety. Our expedition leaders are also experienced in treating altitude problems, including acute mountain sickness (AMS). Crew members are adept at building tents and campgrounds, trail snowmelt, cooking, and other daily necessities.

#### Travel insurance

Travel insurance for each itinerary of our company is a prerequisite for booking vacations. At a minimum, you must have emergency and repatriation insurance that must include the mountain rescue cost. Carefully review the terms and conditions of your insurers. In particular, you should ensure that the following are covered: 1) Activity (i.e., tourism, trekking or mountaineering) 2) Maximum altitude reached during trekking 3) Evacuation of the helicopter in an emergency. You should understand that you will bear the cost of the evacuation and return procedures. It is your responsibility to pay all costs associated with evacuation or medical treatment. You must be fully aware of travel insurance's effects and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company guide can initiate helicopter rescue operations (or other necessary operations) in medical emergencies without first seeking approval from your insurance company.

## Physical condition and experience requirements

The Ama Dablam Expedition is rated 5D in difficulty. It means that the technical problem includes very steep ice and climbing. Climbers should feel safe and comfortable when climbing or descending fixed ropes along the steep technical terrain. We also recommend that climbers already have experience in ice and ice climbing, significantly over 6,000 m. Climbing also requires a high level of physical and mental fitness. Since the climbing experience will be exhausting, climbers with previous experience must be in good physical shape.

## Acclimatization

The route of the Ama Dablam Expedition is planned with a high level of knowledge of AMS. Climbing too high up too quickly leads to an illness that is serious enough to cause death. As much higher altitude, the oxygen levels less in the air. At the height of more than 5000 m, there is 50% less oxygen than at sea level. Therefore, your body needs more time to adapt to an environment with less oxygen. During this trip, two separate days in Namche and Pheriche are reserved for acclimatization only. Besides, the gradual walk will get used to the altitude better. There is also a different day dedicated to an emergency if things do not go as planned.

Guests with known heart, lung, or blood disorders are advised to consult their doctor before traveling. Mild headaches, fever, loss of appetite, or stomach upset are symptoms of AMS. The company's travel routes were created with the most exceptional care for AMS. However, keep in mind that some travelers are more vulnerable than others.

## Trekking day

Since you are in a remote rural area, you will experience the early bedtime and early morning hours. A typical day of trekking begins around 6 or 7 a.m. enjoy a hearty breakfast and get started. Take your bag with the personal items you need for the day. Walk at your own pace, enjoy the scenery, chat with the locals, and take pictures. The lunch break depends on the terrain and is prepared by our catering team. Usually stops after about 3 hours of walking for lunch. The

lunchtime also helps with acclimatization. The goal would be to get to the next stop at sunset. After reaching the overnight point, the crew members arrange the tents. You can relax with a cup of tea or coffee or take a nice walk in the camp. Dinner would be ready around 7 p.m. Enjoy dinner and share the day's experiences with the team members.

### Climbing day

The climbing route can vary depending on the personal experience of the climber. A climbing day includes constant climbing for 3-4 hours in the morning. After lunch, rest there is a 2-3 hour climb in the afternoon. However, flexibility in the climbing route is required because people climb at their pace and respond individually to the stress of climbing. We ensure the proportion of climbers and Sherpa guides who focus on high-security measures so that each climber can progress at their own pace.

### Climbing plan

Reach camp one from Base camp 1 (4,570 m)

The Ama Dablam Base Camp is a broad grass plain at an altitude of 4,570 m. Camp 1 is 5,700 m high. Therefore, it is approximately 1000 meters on foot from base camp to camp 1. Climb along a moraines gravel slope. Then cross a rocky field on the southwest ridge. There is a stream with fresh water, so it is sometimes used as an advanced base camp. It takes 5 to 6 hours to reach Camp 1, which is on a steep rocky area. Generally, you'll spend a night in Camp 1 to acclimatize, and then return to base camp for final preparation for the summit.

From Camp 1 to Camp 2 (5950 m):

The climb from camp 1 to camp 2 is the most technical part of the expedition. Cross the new granite slabs and snow-covered spots. The hardest part is the rock tower, also called the yellow tower, just before camp 2. The ascent between camp 1 and the yellow tower is mainly class 3-4. Sherpas repair new strings if necessary. Camp 2 is a narrow, exposed area on a rock pillar. It is, therefore, better to find out whether there is already a group in camp 2. It takes 4-5 hours.

From Camp 2 to Camp 3 (6,400 m):

Camp 2 to Camp 3 involves climbing the steep ridge above the 70-degree couloirs. The stern rock face of the Gray Tower tests your endurance. Put on your crampons to climb a steep slope of rock and ice. Use your Jumar better as a backup for security. Cross snow and ice with bare boulders in the snowy, hanging spots on both sides: Mushroom Ridge connects the mixed terrain on the southwest ridge below the snow-covered field above the summit. From camp 2 to camp 3, it takes almost 3-4 hours.

From Camp 3 to the summit (6856 m):

Camp 3 is on a relatively flat snowfield just above the broad snow-covered Mushroom Ridge. The climb to the summit is icy and exposed. The route is mostly straight but comparatively less technical than before. The increase is about 3-4 hours of ascent and then about 3 hours of descent. Sherpas put on tight ropes. Continue on the steep snow slopes. Get on the almost vertical ice field. The summit looks fantastic on a bright and dry day. Admire the breathtaking views of Everest, Lhotse, and Makalu that unfold before your eyes. Spend the night in Camp 3 and return to base camp the next day.