



Mt.. Ama Dablam (6812m), one of the most astonishing peaks in the world, falls in the Khumbu region of Nepal. An expedition to Ama Dablam is technically demanding as it is all icy and rocky. This expedition offers a superb and technical climbing experience. We will first make our way up to Island Peak to acclimatize to the environment at a higher altitude before climbing Ama Dablam. The usual way to get there is from its south-west ridge, which offers you a beautiful panorama view of the mountains around the Ama Dablam. We ascend to the Amadablam via the southwestern ridge which is the route followed by Bishop (US), Ward (UK), and Gill (NZ) in the first ascent of the mountain. This is considered a standard ascent to Amadablam. This route offers a diverse and sustained climb with a reasonable level of difficulty. We will set up three camps at strategic points. From the summit, out of the six highest peaks in the world, five highest peaks are visible, which are Mt Lhotse, Mt. Lhotse Shar, Mt. Makalu, Mt. Cho – Oyu, and Mt. Everest, and also a close view of Nuptse, Baruntse, and Pumori. Our climb will be moderate up to Camp -1, but then it gets more challenging up along the narrow granite ridge. Our climb will be more technical from Camp 2 and we skirt around the hanging glacier from Camp 3 to the Amadablam to scale the summit. The last section to the summit involves ice climbing, followed by a long, steep snow slope. Due to the technical nature of the route, it requires 3500 meters of fixed rope and three camps above the base camp. Normally, the climb is completed in less than four weeks. However, we do build in an extra few days in case of an unexpected change in the weather.

Trip Start: AUTUMN 2025

Trip Ends:

Duration: 30

Grade: Challenging

Altitude: 6812m

Destination:

Trip Style:

Transport:

Group Size: 1 - 10+

Best Time: Autumn and Spring

Itinerary

Day	Title	Description
1	<u>Arrival to Kathmandu (1520m) - Check-in to your Hotel.</u>	
2	<u>Expedition preparation and city tour and welcome dinner</u>	
3	<u>Expedition preparation</u>	
4	<u>Fly to Lukla (2842mm) and trek to Phakding [2610m.] 4 hours</u>	
5	<u>Trek to Namche (3444m) 6-7 hours</u>	
6	<u>Acclimatization (Explore Everest view lodge and Khumjung)</u>	
7	<u>Trek to Tengboche [3860m.] 6 – 7 hours</u>	
8	<u>Trek Pangbuche [4000m.] 3 hours. Short day trek (Explore upper Pangbuche Gumba and blessing from Lama.</u>	
9	<u>Trek to Ama Dablam Base Camp</u>	
10-24	<u>Ascent of Mt. Ama Dablam</u>	
25	<u>Trek back to Namche</u>	
26	<u>Trek back to Lukla</u>	
27	<u>Fly to Kathmandu</u>	
28	<u>Free day in Kathmandu and farewell dinner</u>	

Includes

All transportations including pick up & drop.

4 night's 4/5 star hotel in Kathmandu with bed & breakfast

One Welcome Dinner in tourist standard restaurant in Kathmandu with Office's Staffs.

International Air cargo clearance of Member Personal Luggage & Payment of Government taxes in Nepal. *before expedition.

Expedition Royalty and permit of Nepal Government, Restricted area Permit, national park, TIMS Card, Conservation area entry permits and fee.

1 Government Liaison officer with full equipment, salary and accommodation.

Stool Shipment Transfer & Garbage Deposit fees.

Medical & Emergency rescue Insurance for all involved Nepalese staffs during the trek and expedition.

Trekking and climbing map.

All kind of Land/air Transportation Kathmandu to Kathmandu

Necessary all equipment Transportation for all Members and Staffs from Kathmandu to Kathmandu (by Jeep) Up to 60 Kg per member for personal baggage during the trek carrying by porters.

3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tea house/Tent during the trek and Basecamp. Well-managed base camp set up for member & Staffs.

Porter per member up to Base camp & back

Experienced and well-trained Base camp Cook & kitchen Helpers as required.

All Nepalese staffs & porter's daily wages, salary, equipment, foods & clothing.

Each member will have individual tent in Base Camp.

At Base camp: best 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 for base camp in each Dining and other necessary camp.

Solar panel for battery charge and light at base camp. (Generator is only for backup power) we are not using generator because of the try to be responsible for environments.

1 veteran and Government Licensed Sherpa per member (1 Sherpa)

Climbing Sherpa Salary, Equipment, Food and Clothing.

Oxygen bottles members & high-altitude Sherpa with mask and regulator for each member and high-altitude Sherpa, which has to be return after expedition.

The team of experienced Sherpas will fix the route. (Extra charge is not applied to members).

High Altitude Tent, Necessary cooking gas, cooking pot for member, High food for member, Sherpa.

Group climbing gears, fixed and dynamic rope during the climbing period as required.

Satellite Phone for emergency communication carrying by Sherpa, also available for members with appropriate charge.

Walkie-talkie for communicating during the expedition.

Comprehensive Medical kit.

After summit each member & Sherpa will get climbing certificate issued by MoCTCA

Excludes

International flight airfare (from and to Kathmandu).

Nepali Visa fee US\$ 60 per person for 30 days (to be applied for 60 days (USD\$ 120)).

Lunch & dinner in during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).

Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition (due to any reason) than the scheduled itinerary.

Travel and high-altitude insurance, accident, helicopter medical & emergency evacuation.
*Mandatory

Medical and emergency rescue evacuation cost if required. (Rescue, Repatriation, Helicopter, Medication, Medical Tests and Hospitalization costs.)

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 serve all kinds of beverages for members in base camp).

Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking /Climbing Gears.

Special Filming, Camera and Drone permit fee.

Toiletries: Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.

Summit bonus for each climbing Sherpa- Minimum 1200 to 1500 USD. (For Full Board Service takers).

Tips: Tips for climbers & Basecamp Staffs.

Extra: Any other services or activities, which are not mentioned in the itinerary.

Any other item not listed in "Cost Includes"