

Amadablam (6812m) Expedition



Trip Grade: Strenuous
Duration: 29 Nights/30 Days
Max. Altitude: 6812M

Destination: Nepal
Region: 7000m Peaks
Activity: Climbing & Expedition
Theme: Lodge & Tented

WhatsApp
+977 984107075
Email us at:
info@trekkingexperts.com

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Overview

Mount Ama Dablam (6812m) is one of beautiful mountain located in Khumbu region of Nepal. Because of its looks, Mount Amadablam is considered as one of very beautiful mountain in the world. It is a steep pyramid of ice with vertical walls and sharp exposed ridges. Mount Amadablam is located in world heritage Sagarmatha National Park; near the world highest peak Mount Everest. Mount Ama Dablam beautiful mountain which can be seen from the popular trekking route to Everest Base Camp. Due to its unique, sharply pointed soaring shape, ascending this sheer peak is the ultimate dream of many climbers worldwide. They aspire to conquer it and stand on the incredible summit with close panoramic views of magnificent Mt. Everest, Lhotse, Cho Oyu, and Makalu. Trekking Experts offers Amadablam Expedition to climb the stunning peak.

Amadablam Expedition with Trekking Experts begins from a scenic flight to Tenzing-Hillary Lukla airport. Trip to Mount Amadablam brings you in Sagarmatha National Park first and trekking through popular Sherpa villages like Lukla, Phakding, Monjo, Namche, Khumjung, Tenboche and Pangboche. During trip to base camp you can enjoy the beautiful scenery of great mountains such as Everest, Lhotse, Nuptse, Amadablam and many other peaks all along the way and trekking through beautiful rhododendron and pine forest. This trip offers the opportunities to see the Khumbu mountain ranges, around Sagarmatha National Park, a world heritage site, the life style of the Sherpa people, Himalayan flora and fauna and also will get an opportunity to embark on an epic journey that our mountain legends Sir Edmund Hillary and Tenzing Norgay Sherpa set off on in 1953. Also, you'll witness the highest altitude hotel in the world, The Everest Hotel, highest altitude airport in the world and highest place where still people live there. From the top of Mount Amadablam, you'll witness the rare opportunity to views360-degree panoramic views of 8000 meter mountains including Mount Everest. Trekking Experts' team of Sherpas will provide you with all the required support for climbing.

Highlights

- Climb one of the world's prominent peak, Mt. Ama Dablam(6812m)**
- A close view of magnificent mountains like Mount Everest, Lhotse, Nuptse, Makalu and many snowcapped mountains**
- Explore the culture and lifestyles of the local Sherpa people**
- Trekking in UNESCO World Heritage Site; Sagarmatha National Park**
- Expedition lead by experienced and professional Sherpas guides**
- Namche Bazaar; famous Sherpa hometown**

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll have free time to explore Kathmandu. Dinner will be booked at the hotel.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

Day 02: Kathmandu (alt. 1310m)

Today is free day for preparation of Amadablam Expedition. You'll have free time to check climbing gears or explore around Kathmandu while the leader will attend the Department of Tourism for a formal briefing. The day will also be for finalizing official procedure and other necessary arrangements. If you explore the fascinating city of Kathmandu, you can visit Kathmandu's World Heritage Sites. You make a guided tour to some of UNESCO World Heritage Sites in the Kathmandu valley: Kathmandu Durbar Square, Pashupatinath, Swayambhu, and Boudhnath. You will be also briefed on the nature of expedition, equipments and team composition. You can also make your last minute buying of personal items if anything missed.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

Day 03: Kathmandu - Phakding (alt. 2640m)

Early morning you'll transfer to airport and you'll make an early start to take a spectacular, short mountain flight to Lukla, the start points for our trek. During the flight you'll see scenic views of Langtang, Jugal ranges, Rolwaling Himal, Gaurisankar and Menlumtse before getting your first glimpse of Everest.

Upon arrival at Lukla airport you'll meet trekking crew and you'll spend a few minutes sorting out bags etc before setting off through this winding village to the trek start proper at the Khumbu 'gateway'. It's gently downhill on pitched stone trails through low rhododendron forest, small 'garden' farms and old and new hamlets to the banks of the foaming DudhKoshi River. There will be plenty of short stops to meet the locals, take photographs and just soak up the scenery and the clear mountain air as we meander along, the undulating trail glimpsing views of 6000m snow-capped peaks high above. Passing the enormous Mani stone at ThadoKoshi we meander up through the many Chortens and prayer wheels of Sano and along to our destination of Phakding in time for a late lunch.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 3 Hours Walk **Altitude:** 2640 meters

Day 04: Phakding - Namche (alt. 3440 m)

After breakfast at lodge, you'll start trekking through a beautiful pine forest that leads you along the DudhKoshi River and Hillary Suspension Bridge to reach to Monjo and starting point of Sagarmatha National Park. Here you'll stop at check post of TIMS & National Park permit. The trail passes through the DudhKoshi, Bhotekoshi River, Jorsalle village, Large Dovan and cross one of the highest bridge over the DudhKosi River of Everest region and reach to Chautara from where we can see the first glimpse of the Mt. Everest. Further walking about one hour steep up we reach to Namche bazaar (market).

Namche Bazaar is known as 'hearth of Khumbu' which is one of the trading points for Sherpa people. It is also ideal market for visitors to purchase traditional crafts. Every Saturday there would be local street market, do not miss if you are there on Saturday.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5 Hours Walk **Altitude:** 3440 meter

Day 05: Namche (alt. 3440m)

Today is the schedule for acclimatization and explore around Namche Bazaar. After breakfast you'll head toward Syangboche airport. Syangboche airport is known as world highest altitude airport. First of all, in the morning you'll visit Sherpa Culture Museum and Everest photo Gallery, which is just 15-minute walking distance from Namche Bazaar. From the museum you can have the spectacular picturesque Mountain View and take some photographs. Then start trekking to Everest view hotel passing through Syangboche Airport which takes about 2 hours. You will climb further to reach Mt. Everest View Hotel for great panoramic views of Mt. Everest, Lhotse, Ama Dablam, Tawache, Kusum Kangkaru, Thamserku, Kongde and many more. Enjoy the spectacular view of mountains including Mt. Everest from the nearest destination then trek back to Namche Bazar.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 3 Hours Walk **Altitude:** 3440 meter

Day 06: Namche-Tengboche (alt. 3860m)

As always after breakfast at the lodge, you'll have a gentle walk through the forest with magnificent view of mountains. The great view of the mighty peaks of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and

Kongde peak with view of the eastern snow capped mountains. The trail leads uphill through the forested path and the hardly walk to get to Tengboche. One of the most beautiful place in the Himalaya and the first thing that comes to your eye is the big Monastery, then the large field with campsites and teahouses, lodges beneath the towering majestic beautiful peak Ama Dablam. You'll have the chance to look around the monastery and the interesting visitor centre there and good view of the Everest/Lhotse massif but is also the classic viewpoint for Ama Dablam. Then will check-in at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5 Hours Walk **Altitude:** 3860 meter

Day 07: Tengboche- Amadablam Base Camp (alt. 4450m)

After breakfast at lodge, you'll descend down from Tengboche, winding through the rhododendron forest to Deboche and crossing a bridge over the raging Imja Khola River. Then you'll trek to Pangboche (3930m) from there you'll head towards right facing Mount Amadablam. As you trek further from Pangboche you'll reach Ama Dablam base camp. Once you reach at base camp of Amadablam, you'll get to see its stunning peaks along with its hanging glacier. The panoramic views of the surrounding mountains are mesmerizing. Upon arrival, your climbing crews will set up camps there. In the evening, you'll meet your climbing guides/ HA Sherpas who will brief about the climbing details and next day's program.

Accommodation: Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5-6 Hours Walk **Altitude:** 4450 meter

Day 08: Amadablam Base Camp (alt. 4450m)

Based on base camp, your guides will provide training on peak climbing techniques and the proper ways of using climbing gear such as the ice axe, climbing boots, crampons, harness, ascender, etc. The training will also include using ropes to go up and down. We strongly believe that the training experience will boost your confidence and climbing skills to increase the chances of scaling the summit as well as to fully enjoy the experience. At base camp our expertise and experiences of our BC manager and staffs have enabled us to establish the finest base camp. We ensure you have the maximum comfort level, revitalizing and hygienic meals, at base camp we provide the best quality tent structure, full fledge communication centre, and fresh and hygienic foods.

Accommodation: Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** N/A **Altitude:** 4450 meter

Day 09: Climb up to 5900m and return to Base Camp (alt. 4450m)

After breakfast, today you'll climb upto 5900 meter as training, practice and acclimatization. Trekking Experts' climbing guide/HA Sherpa will lead you there and will teach you some basic climbing techniques. During these days, you'll spend and explore around base camp to get used to with local climate, acclimatization. For this you'll sometimes hike to icefall, you'll training of climbing at ice etc.

Accommodation: Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** N/A **Altitude:** 4450 meter

Day 10: Base Camp (alt. 4450m)

After first day climbing up to 5900 meter, then you'll have idea about the climbing ideas. And depending on your climbing skills and fitness, we shall plan for next day's program. However today you'll next and prepare next day climb to Camp I.

Accommodation: Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** N/A **Altitude:** 4450 meter

Day 11: Climb to Camp I (alt. 5900m)

After breakfast at base camp, today you'll climb to Camp I. We shall set up camps at Camp I.

Accommodation: Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** N/A **Altitude:** 5900 meter

Day 12: Climb Camp I to Camp II (6100m) and return to base camp (alt. 4450m)

After spending one night at camp I (at 5700 meter elevation), you'll head towards Camp II. And then return to base camp.

Accommodation: Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** N/A **Altitude:** 4450 meter

Day 13/14: Base Camp (alt. 4450m)

After reaching to Camp II, now you'll rest at base camp.

Accommodation: Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** N/A **Altitude:** 4450 meter

Day 15/23: Summit Amadablam (6812m) and back to Base Camp (alt. 4450m)

During these days, depending on the weather and participant's preparedness, you'll attempt Mount Amada-

blam and back to Base camp. During the final attempt you'll climb via Camp I, Camp II and summit.
Accommodation: Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** N/A **Altitude:** 4450 meter

Day 24: Clean Up & Close Base Camp (alt. 4450m)

After summit, we shall clean up base camp and pack up all base camp equipments, wastes/garbage.

Accommodation: Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** N/A **Altitude:** 4450 meter

Day 25: Base Camp-Tengboche (alt. 3860m)

From base camp, now you'll trek down to Pangboche. After lunch at Pangboche you'll trek to Tengboche where you can rest & enjoy at lodge in Tengboche.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5 Hours Walk **Altitude:** 3860 meter

Day 26: Tengboche-Monjo (alt. 2850m)

After breakfast at Tengboche, you'll trek to Monjo today. It is the same way you already had trekked. The trail follows FunkiTrenga, Namche and then to Monjo.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 6-7 Hours Walk **Altitude:** 2850 meters

Day 27: Monjo-Lukla (alt. 2840m)

After breakfast at lodge, today you'll do your final day trekking to Lukla. You'll trek to Lukla following Jorsale, Phakding, Chheplung and finally to Lukla. Upon arrival at Lukla, you'll check-in at lodge and you'll have free time to explore around Lukla. In the evening you can celebrate your successful trip with your trekking crew (guide and porters).

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5 Hours Walk **Altitude:** 2840 meters

Day 28: Lukla – Kathmandu (alt. 1310m)

Depending on your flight time, you'll walk to Lukla after breakfast. Then you'll take short flight to Kathmandu which takes about 35 minutes to reach Kathmandu. Upon arrival at Kathmandu, you'll transfer to hotel. And then you'll have free to relax at hotel or explore around Kathmandu valley.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meter

Day 29: Kathmandu (alt. 1310m)

Today is fully free to relax, take shower and chill with beers. And it will be celebration party of successful summit of Mount Amadablam, one of you as the tour leader need to visit Department of Tourism for formal de-briefing. In the evening, Trekking Experts will organize a farewell dinner at typical Nepali restaurant with culture performances.

Accommodation: Three Star Hotel **Meals:** Breakfast & Dinner **Walking Hours:** N/A **Altitude:** 1310 meter

Day 30: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

Accommodation: N/A **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** N/A

What's Included

Transportations & Flights

- i) All airport/hotel/airport transfers by private air-conditioned vehicle
- ii) Kathmandu-Lukla and Lukla-Kathmandu by flight with 15-kg baggage free per person (\$ 1 per kg for excess baggage in flights)
- iii) 30 kg baggage per person for Lukla-BC and return

Meals & Accommodations

- i) 4 nights in Kathmandu at three star or similar three star-hotels on twin sharing basis with bed & breakfast
- ii) 7 nights in local lodges during the trekking on twin sharing basis in normal room (extra for attached toilet rooms during lodges) with full board (Breakfast, Lunch and Dinner)
- iii) 18 nights in tented camps during the trekking and high camps on twin sharing basis with full board (Breakfast, Lunch and Dinner)

- ✓ **Permits & Fees**
 - i) Everest National Park Fee
 - ii) Local Government Fee
 - iii) Amadablam Expedition Permit Fee
 - iv) Garbage Deposit Fee
 - v) Insurance for guide in order to obtain permit
 - vi) 1 Government Liaison Officer with his/her insurance, food allowance and flights
 - vii) Stool Shipment Transfer & Garbage Deposit fees

- ✓ **Guide & Supporting Crew at/till Base Camp**
 - i) 1 English speaking experienced trekking guide
 - ii) 1 expedition cooks and required kitchen helpers at base camp
 - iii) Required porter to carry personal baggage
 - iv) Required porter to carry camping equipment, food, fuel and climbing gears for Lukla-base camp and base camp to Lukla

- ✓ **Guide & Supporting Crew above base camp (in the mountain)**
 - i) 1 Professional high altitude climbing Sherpa with his climbing allowances, wages, food, accommodation and meals

- ✓ **Equipment till Base Camp**
 - i) 1 sleeping tent for every member
 - ii) 1 Foam mattress for every member
 - iii) Dining Tents and kitchen tent
 - iv) Store Tents
 - v) Required toilet tents
 - vi) Required Shower tents
 - vii) Required tables and chairs
 - viii) Required kitchen utensils with fuel
 - ix) Solar light for lighting purpose only
 - x) 2 pairs of walki-talkies
 - xi) Satellite Phone (Use and pay Euro 4 per unit call)
 - xii) Comprehensive First Aid Kit

- ✓ **Equipment & Services above Base Camp**
 - i) 2-men high altitude sleeping tent for sharing basis
 - ii) Required Coffel Set and Gas burner/Epi Stoves
 - iii) High Altitude food
- ✓ iv) Climbing Gear in the mountains such as fixed rope, main rope, snow bars, snow shovel, carabiners etc.
- v) Cooking set in the mountain such as Epi gases, gas burner, cooking pots etc for members and sherpas

What's not Included

- ✗ All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services
- ✗ Medical and travel insurances
- ✗ International airfare and taxes
- ✗ Nepal Visa fees
- ✗ Cargo Fee for domestic flights for baggage above 15kg and porter if baggage is above 30 kg
- ✗ Emergency helicopter rescue charges
- ✗ Main meals in Kathmandu (lunch and dinner)
- ✗ Tips for trekking/base camp crew: USD 100 for porters and USD 400 for base camp staff
- ✗ High Altitude Sherpa
- ✗ Summit Bonus USD 1000 per High Altitude Sherpa
- ✗ Carry Bonus for Altitude Sherpa
- ✗ Single Supplement (for using single room in Kathmandu and during lodge)
- ✗ Rope Fixing Fee
- ✗ All extra services except mentioned in the 'What's Included' section