

# Ama Dablam Expedition

## Trip Overview

Mount Ama Dablam stands stunning with its most impressive mountain peaks at the centre of the Khumbu valley in Nepal,. Ama Dablam Expedition is located in Solukhumbu district, Nepal. The mountain is known simply for its beauty and the pure exposure running high on its sides. Mount Ama Dablam was first climbed by Mike Gill, Barry Bishop, Mike Ward, and Wally Romanes in 1961 using its southwest ridge. The name of the mountain originated from the glacier lying on its Southwest face. The literal meaning of Mount Ama Dablam is “Mother’s Necklace.” Mount Ama Dablam and Mt. Matterhorn, in the Alps, look a lot like each other in shape.

Ama Dablam climbing is the third most popular mountain climbing in Nepal and is permitted for Ama Dablam expeditions in Nepal. Mount Ama Dablam peak is most adventurous peak in Nepal, but it is advisable that all climbers have a good understanding and practice of the skills of climbing on steep rock and hard, dense ice, although most parts of the climbing routes will have fixed ropes. The top of Ama Dablam Peak measures 6814m above sea level and is a technically difficult and extremely challenging Mountain in Nepal ice, rock, scrambling, breathtaking views, great approaches, and an amazingly situated base camp in a pasture with a stream. At the peak of Mt. Amadablam, one can also have some attractive views of some of the world’s famous 8000der mountain ranges, like Mount Everest 8848 m, Mount Lhotse 8516 m, Mount Makalu 8485m, Mount Cho Oyu 8201m, etc.

Ama Dablam Expedition is one of the best destinations in the Mahalangur Himal range, which is around 7000m peaks in the Nepal Himalaya. Climbing Himalaya for Mountaineering Info and Exploring Nepal Himalaya Peak, we would like to organize Ama Dablam Expedition itinerary as per our client’s requirement or in a fixed package arranged by us to provide different experiences.

We offer a Package for the Ama Dablam Expedition that covers logistics, Transportation, Accommodation, and a professional mountain guide—all of which are precisely what we need for climbing Ama Dablam Peak—at a reasonable price. The Ama Dablam Expedition costs offered here are reasonable in the sense that we make sure that you have the best of everything. We would like to explore the Himalaya and do professional Mountain climbing in Nepal. All climbers who want to be at the summit of their dream mountain, Mount Ama Dablam in Nepal, please feel free to connect with us at Climbing Himalaya to achieve their most awaited dream.

## Trip Highlights

- Extreme adventure of climbing.
- Scenic view of 8000der mountain
- Technical Mountain Climbing
- Sherpa Culture
- Diverse Fauna and Flora
- Buddhist culture and tradition
- View of many snow-covered mountain
- Monastery and Stupa

## Trip Itinerary

**Day01: Arrival at the airport, pick and transfer to the hotel.**

**Day02: Prepare the Ama Dablam Climbing Permit Hotel**

**Day03: Fly to Lukla 2840m and Trek to Phakding 2610m Tea House B/L/D**

**Day04: Trek to Namche 3440m Tea House B/L/D**

**Day05: Rest for altitude acclimatization, Tea House B/L/D**

**Day06: rek to Phorche, 3820m**

**Day07: Trek to Pangboche 3957m Tea House B/L/D**

**Day08: Ama Dablam Base camp 4566m Tent Camping B/L/D**

**Day09-22: Climbing Period of Ama Dablam Tent Camping**

**Day23: Trek to Namche 3440 m Tea House**

**Day24: Trek to Lukla 2840m Tea Hous**

**Day25: Flying Kathmandu and Driving to Hotel**

## **Cost Includes**

- Airport Pick Up
- Tween Sharing 3 star category 3 nights hotel in Kathmandu with Bed and breakfast
- Sagarmatha National Park, Local Government Tax
- Ama Dablam Climbing Permit
- Professional Mountain Guide between 2 clients and 1 guided climbing period,
- Kathmandu-Lukla-Kathmandu Round air fare
- Domestic airport departure taxes.
- Tea House Accommodation, Breakfast, Lunch, Dinner
- Base Camp camping Equipment, two men's tents, a dining tent, Kitchen Tent, Toilet Tent, Table & chairs etc.
- Breakfast, lunch, and dinner in climbing periods.
- Cook, Kitchen staff, and porters/mules.
- High food and Tent
- Accident and emergency rescue Insurance for Climbing guides, cooks, and staff.
- Group Climbing Equipment
- Base camp Charge
- Liaison officer

## **Cost Excludes**

- Personal Climbing Gear and equipment
- All activity wish is not mentioned in Itinerary.
- Lunch and Dinner in Kathmandu
- Extra night's accommodation in Kathmandu
- Excess baggage charges if you have more than 30 kg of luggage
- Personal Bill/Expenses

- Bar Bill and Drinking water during the Tea House Period
- Personal communications (Satellite phone, phone, fax, email)
- Personal Climbing Sherpa (must be arranged before the expedition)
- Sleeping bag -30
- Travel/rescue insurance
- Summit Bonus for climbing guides.
- Any rescue costs or costs of early departure from the expedition
- Helicopter or charter flight
- Tips for staff and guides