



## AMA DABLAM EXPEDITION 29 Days (6812M)

### Details

The normal route to Mount Ama Dablam is from its southwest ridge. Most beginner mountaineers begin their climb through Ama Dablam Mountain (6812m), Ama Dablam is a small snow-covered peak of 6812m in the Everest region. This southwest ridge is the normal and most popular route to mount the mountain. Ama Dablam This mountain is considered the most technical and difficult to climb.

Mountaineers must cross difficult icy rocks and steep snow climbing their climbing route.

Mountaineers usually have to launch 3 high camps on Mount Ama Dablam Mountain 6812m.

To reach the first camp of the base camp, the climbers have to pass the most difficult and the difficult crossing the difficult furrows; And then turn north while climbing through the rocky soil and through the rock. We are at camp one now. From Camp I - you have to cross the rocky bowl and climb the ridge via the fixed lines at Camp II. From Camp II after crossing severe rocks and a ridge that lead you to a camp 2.

**Ama Dablam Expedition**The climbing route of Camp II is mainly with steep mixed paths of rock, ice and snow. The path leads to the snow climb slope, then passes through the steep snow and ice tunnel then finally along the snow ridge to go to Camp III, From here to the summit, it climbs steeply over the snow and the ice to the right of a huge suspended Glacier. From the top of Mount Ama Dablam, very charming landscapes of Mount Everest (8848m), Lhotse (8516m), the peak of the island, Makalu (8463m), Khumbu Himalayan and the rest of the mountains surrounded by snow can be considered.

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Fitness Level:	:	
Group Size:	:	2 to 12 people
Max-Altitude:	:	6812m
Duration:	:	29 Days
Walking Days:	:	11 Days
Activity:	:	Expedition
Best Period:	:	MAR   APR   MAY   SEP   OCT   NOV

## Details Itinerary

### DAY 1 : ARRIVAL IN KATHMANDU (1365M)

After landing at the Kathmandu airport, Discovery Mountain Trek will take you to the hotel. We then check-in at the hotel, freshen up and take a rest. In the evening you will have details briefing for your trek.

### DAY 2 : FLY LUKLA- TREK-PAHKDING(2610M) 35M FLIGHT 3/5H TREK.

We take an early morning flight to Lukla which is where all Everest treks begin. We meet the rest of our team in Lukla and start trekking from there. We walk on a trail that gradually descends to Cheplung village from where we get a glimpse of Mt. Khumbila, a sacred mountain which has never been climbed. From here, we gradually descend until Phakding

### DAY 3 : PHAKDING – NAMCHE (3440M) 5/6H TREK

Our trail passes through a pine forest and we continue our walk on the trail that goes north up the Benkar valley. We cross Dudh Koshi River and pass Chumoa and Monjo villages before reaching the entrance of the Everest National Park. Then after crossing a suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. We ascend on a steep trail and reach Namche Bazaar which is probably the biggest town in the Everest region.

#### **DAY 4 : ACCLIMATIZATION DAY – NAMCHE**

We can tour Namche Bazaar which is the primary town of the Everest or Khumbu region and has government offices, ATMs, internet cafes, shops, restaurants, and a colorful market. We can hike-up to Sagarmatha National Park and enjoy the sunrise over the Himalayas including Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and so on. If we are interested in a day hike, we can trek to Khumjung village. Today we also visit the Hillary School and a monastery which houses a yeti scalp!

#### **DAY 5 : NAMCHE – DEBOCHE (3820M) 5/6H TREK**

The trek until Phunki is an easy walk. From here we ascend towards Tengboche village which houses the very famous Tengboche monastery which is the biggest monastery of the Everest region. It is located within the Sagarmatha National Park which is a UNESCO World Heritage Site. The monastery is blessed with panoramic views of the Himalayas, including Mt. Everest, Nuptse, Lhotse, Ama Dablam and Thamserku. The Tengboche Monastery opens at 3:00pm, so if we reach there by 3 o'clock we can observe a Buddhist religious ceremony. After all descends pass through rhododendron trees until deboche.

#### **DAY 6 : DEBOCHE – DINGBOCHE (4350M) 5/6H TREK**

Our trail descends and passes through lush forests of birch, conifer and rhododendron trees. While trekking we can admire good views of Mt. Everest, Lhotse, and Ama Dablam. We walk downhill to Deboche and cross the Imja River to reach Pangboche. We choose the upper Pangboche trail and admire the Himalayan vista and the Pangboche Monastery. We continue our walk to the Imja Valley and Lobuche River before ascending to Dingboche. It is a picturesque village with beautiful barley, potato and buckwheat fields complete with grazing animals dotted along those fields.

#### **DAY 7 : DINGBOCHE - (DAY ACCLIMATIZE )**

This day is set aside just for acclimation. This will help chances to go higher. Today, we climb a lot above the village of Deboche because it is well suited to give us a good hiking experience. After a climb to the top of the hill, we are rewarded with great views of the Himalayas, and back to Deboche.

#### **DAY 8 : DINGBOCHE – AMA DABLAM BASE CAMP (4570M) 5/6H TREK.**

We start today's hike by going up to Pangboche and crossing the Dudh Koshi River. Then we will climb a path that will take us to the Ama Dablam base camp. The base camp is a large and open meadow at the foot of Ama Dablam.

#### **DAY 9 : CLIMBING TRAINING AT AMA DABLAM BASE CAMP**

Our guides will provide training on advanced climbing techniques and the best ways to use for climbing such as the ice ax, climbing boots, crampons, harness, elevator etc. The training will also include the use of ropes to go up and down. The training will reinforce our confidence and our climbing abilities, thus increasing our chances of a summit.

### **DAY 10- 24 : CLIMBING PERIODS AT AMA DABLAM BASE CAMP**

From Ama Dablam base camp, we head to Camp 1 (5700m) along the standard road. Generally, one night is spent at camp 1 for acclimatization and before returning to base camp for final preparation to climb the summit. There are three camps above the base camp before reaching the summit. Climbing from base camp to Camp 1 is technically difficult. From Camp 1, we follow existing landlines and set new ropes where necessary for both ascent and descent. The rise of Camp 2 and Camp 3 is composed of mixed rock, snow and ice, which is loose in some places. The rise of Camp 3 at the top is relatively less technical. After the summit, we return to base camp.

### **DAY 25 : AMA DABLAM BASE CAMP – TENGBOCHE (3440M) 6/7H TREK**

Descent in 2h walk to pangboche (3910m), along the Imja Khola we cross then by a suspension bridge before going back to Tengboche (3860m) and its many monastery, built at the foot of the impressive Thamserku (6608m) and Kangtega (6685m). On the way, visit the monastery of Tengboche. The lodges are rudimentary in Tengboche; they belong to the monks, more preoccupied with spiritual comfort than material and the night has tengbuche.

### **DAY 26 : TENGBOCHE – NAMCHE (3440M) 5/6H TREK**

We meet at Namche Bazaar the balcony trail between Tengboche and Namche offers magnificent views of the Everest Valley.

### **DAY 27 : NAMCHE – LUKLA (2840M) 7/8H TREK.**

It is mostly a downhill trek on a trail alongside the Dudh Koshi River. We cross several suspension bridges, pass by several monasteries and villages before reaching Lukla, after reaching Lukla we spend rest of the day taking rest and today we will celebrate our last day at Lukla with our staff.

### **DAY 28 : FLY BACK TO KATHMANDU**

We catch an early morning flight to Kathmandu after our long mountain journey. After reaching in Kathmandu transfer to hotel and Afternoon we start our visit to two of the most historical and spiritual attractions in Kathmandu, the sacred Hindu temple of Pashupatinath, and Buddhist shrine (Bouddhanath), which is also one of the largest stupas in the world. There will be a farewell dinner in the evening to celebrate the successful completion of our journey

### **DAY 29 : FINAL DEPARTURE**

Our adventure in Nepal ends today. Discovery Mountain Trek drop you at airport a few hours before the scheduled flight.

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## **INCLUDED IN THE COST**

- Accommodation during the trek in lodge with all meals: breakfast, lunch, Dinner, Tea, Coffee
- Accommodation during camping: with all meals: Breakfast, Lunch, Dinner and Tea, Coffee
- An experienced, English-speaking and government-licensed trekking and Mountain Head guide
- Trek Staff costs including their salary, insurance, equipment, food and accommodation
- Tent, kitchen tent, kitchen equipment, Mattresses, Climbing rope, Ice screws and Snow bar
- All necessary paperwork and trekking permits National park kunbu pasang lhamu and TIMS
- Satellite phone use payable per minutes \$5 dollar, Wakie Talkie service with permit
- High Altitude Tent, EPI gas, Cooking pot, High food for member and Climbing Sherpa
- Cook, kitchen staff, assistant guide and other support staff whole on your Expedition
- Climbing gears, fixed rope and main rope during the climbing period as required
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- Discovery Mountain's down jacket (to be returned after your trip completion)
- Gamow bag, Oxygen, Musk and regulator for your safety and security
- Domestic flight & Excess baggage from Kathmandu – Lukla Kathmandu
- Government liaison officer his insurance, allowance, food and tent
- Personal equipment and insurance for climbing Sherpa and guide
- 3 -star hotel accommodation in Kathmandu with breakfast
- Expedition certificates issued from the Nepal Government
- All ground transportation according to our Program
- Energy Supplies: Dry fruits, Snickers, Mars, Bounty
- Solar panel for battery charge and light in dinning tent
- Medical kit (carried by your trekking assistant guide)
- Heater provided at base camp in the dinning tent
- Assistant guide 3 participants: 2 Mountain guide
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service 1 participants: 4 porters
- All government and local taxes
- Garbage deposit fee
- Expedition permit

## **NOT INCLUDED IN THE COST**

- Nepalese visa fee.
- International flights.
- Travel and rescue insurance.
- Tips for guide, porter and driver.
- Lunch and evening meals in Kathmandu.
- Summit Bonus for Climbing Sherpa and Climbing guide.
- Extra night accommodation in Kathmandu in the case of early return from the mountain.
- Personal expenses laundry, bar bills, battery recharge, mineral water, boiled water, shower.

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### **ADVICE FOR TIPPING**

- \$120 to \$170 for staff who stay at base camp.
- \$240 to \$300 for assistant Sherpa.
- \$500 to \$700 summit bonus for climbing Sherpa.

### **ACCOMMODATIONS**

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

### **MEALS**

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

### **PHYSICAL CONDITION REQUIREMENT**

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

### **BEST TIME TO TRAVEL**

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

### **GUIDE & STAFF ARRANGEMENT**

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an



objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

### **PORTER CARE**

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

### **ENVIRONMENTAL CONCERNS**

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

### **TRAVEL INSURANCE**

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

### **ACCLIMATIZATION**

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

### **EQUIPMENTS LIST**

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

### **SLEEPING**

- 1 sleeping bag: -30° or -40°
- Fleece sleeping bag liner (optional)

### **PERSONAL CLIMBING GEARS**

Crampons  
Full down jacket (Dangri)  
Mountain climbing boots  
Helmet  
Harness  
Ice Axe  
Carabiners  
Descender: Belay Device, Figure 8  
Ascender: Jumar  
Tape slings

### **FROM HEAD TO TOE**

- A cap or sunhat
- 3-pair of thermals
- Suitable shorts
- Walking trousers
- Thick walking socks
- Warm hat and scarf
- 2 pair of warm gloves: 1 thick and 1 thin
- long-sleeved thermal tops and full-length long johns
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Light weight waterproof over trousers
- A pair of high rise walking boots: best quality
- Thick down Jacket and down trousers for high altitude: Dangri
- A pair of sandals or equivalent casual shoes for cities, villages and evenings

### **DAY BAGS/ SHOULDER BAG**

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,



### **PRACTICAL ITEMS**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Water bottle 1 and half liter
- Hot bag
- Head light
- Female hygiene products
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

### **MEDICAL**

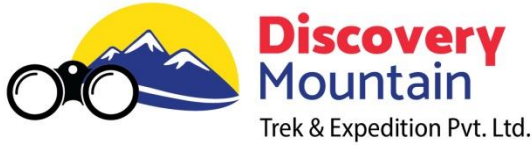
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter

### **TERMS AND CONDITIONS**

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

#### **Booking Terms**

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.



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### **Cancellation Policy**

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

### **RISK & RESPONSIBILITY**

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

### **IMPORTANT NOTE**

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.