



Global Treks & Expedition P. Ltd.

**Chakshibari Marg 591, Thamel
Kathmandu, Nepal**

Ama Dablam Expedition Brief Itinerary

Day 01 : Flight from Kathmandu to Lukla, Trek to Phakding (2,650 meters)

Take a scenic flight to Lukla (Tenzing Hilary airport) from Kathmandu (Tribhuvan International airport). The trek starts after reaching Lukla, passing through lush forests and charming villages before reaching Phakding.

Day 02 : Trek Phakding to Namche (3,440 meters)

Continue the trek, crossing suspension bridges and ascending steep trails to reach Namche Bazaar, the bustling gateway to the Everest region. The Namche Bazar offers iconic traditions and cultures of local Sherpa people.

Day 03 : Acclimatization day in Namche Bazar

The participants of this trek are required to have a acclimatization day in Namche. The altitude gets higher from this day to the mount Ama Dablam. The altitude sickness would make adverse effect on the participants' health without the acclimatization.

Day 04 : Trek Namche to Tengboche (3,860 meters)

The trek begins with the sunrise in the mountains. Trek goes through rhododendron forests and hillside trails to Tengboche, which is famous for its monastery and stunning mountain vistas. The paranormal Everest Region will take the heart of everyone.

Day 05 : Trek Tengboche to Pangboche/ Base Camp (4,6000 meters)

Ascend towards Ama Dablam Base Camp, passing through Pangboche and Dingboche villages. The destination of this day is determined with your pace of walking. If the participant walks fast, reach to the Ama Dablam Base Camp. If the pace is slow, participant will stay at Pangboche overnight.

Day 06 : Pangboche to Base Camp (4600M)

If the participant reaches to Base Camp on Day5, this day will have time for acclimatizing and preparing for the summit push. If the participant is unable to reach to Base Camp on Day5, this day is considered as half day trek and half day rest. Which will be fruitful while climbing Ama Dablam.

Day 07 to Day 15 : Climbing Period

+9779851002579, +977-1-4701585
info@globaltreksnepal.com, globaltreksnepal15@gmail.com



Summit

Push; Ascend to Camp 1 (5,700 meters) and Camp 2 (6,150 meters), spending nights acclimatizing and fixing ropes. Summit day involves a technical climb, traversing icy ridges, and reaching the summit of Ama Dablam (6,812 meters).

Day 16 : Trek back to Namche (3,440 meters)

After

summit of Ama Dablam, The participants has to ascend to Namche Bazar to get back to Kathmandu. The divine beauty of Everest region will create a good impact on that participant while ascending to Namche Bazar.

Day 17 : Trek Namche to Lukla

On this day, the participant has to descend to Lukla from Namche. The celebration of the successful expedition with the team is on the way on this day.

Day 18 & 19 : Reserve day for the weather

The

flight must wait to have clear weather in Everest region. This says you can relax and get connected through your social medias. The local foods of Sherpa is another thing to explore while in Nepal.

Day 20 : Flight back from Lukla to Kathmandu

Take a flight back to Kathmandu from Lukla, and enjoy a day of rest and relaxation in the city. Please note that this itinerary is customizable and subject to change depending on weather conditions, team strength, and other factors. It is essential to have experienced guides and support staff to ensure safety and success throughout the expedition.

Cost include

- Expedition climbing Permit.
- Experiences climbing Sherpa
- All transportation expedition purposes.
- Liaison Officer Charge.
- Expedition Guide and Cook, kitchen boys.
- All kitchen equipment.
- High altitude tents for high camps.
- Private tent at base camp with mattress.
- Dining Tents, kitchen tents, toilet tent
- The necessary number of porters
- All staff insurance.
- All staff salary and porters wages.
- All meals for members and staff during the expedition.
- EPI gas with burner for high camp.
- Oxygen cylinder and Mask regulator for medical proposed at BC
- First Aid Kit
- Communication:
- Walky talky set
- Power supply: solar panel for recharging purposes (camera, light in dining tents)

Cost Exclude

- High-risk medical insurance
- Visa& visa extension fees
- Emergency rescue evacuation if needed.
- Personal climbing equipment
- Summit bonus (\$500-per climbing sherpa)
- Tips for your expedition staff (Tips are Expected)
- Alcohol beverages & telephone calls, mineral wate