



Head Office

Chhetrapati, Thamel, Kathmandu, Nepal

[+977 9851069558](tel:+9779851069558)

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/people/myeveresttrip)

Ama Dablam Expedition

- Duration: 30 Days Days
- Max Altitude: 6,812 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights

1. Climb to the base camp of Ama Dablam on a short and easy trek
2. Easy, cheap, and culturally rich trekking experience for beginners and expert hikers
3. Parallel views of the world's tallest mountain from 4200m above the sea level
4. Explore the rich cultural heritage of the Sherpa people
5. Wander in the world's best trekking place, i.e., the Sagarmatha region
6. Authentic mountain climbing experience along with the thrill of hiking
7. Witness rear flora and fauna in Sagarmatha National Park

Overview

Mount Ama-Dablam Expedition is the challenging climbing over the Ama Dablam mountain. The high mountain peaks of Nepal make some best tours in the world. And without a doubt, trekking to the mountains of the Khumbu region is a true thrill. [Ama Dablam Expedition](#) will bestow you with a lifetime of memory.

Ama - Dablam Expedition

Ama Dablam is the 'Matterhorn of the Himalayas' and stands tall and proud at 6812m. The fantastic mountain, considered one of Nepal's most beautiful peaks, stands in the middle of the Khumbu Valley. The peak is unique in itself because of the sharply pointed shape and ascending peak. Summiting this peak is a dream come true for many climbers. They strive to conquer it and stand on the summit with views of Mt. Everest (8848m), Lhotse (8516m), Cho Oyu (8201m), Makalu (8481m), and other peaks. The expedition to the Amadablam Peak (6,812) is demanding and presents challenges and breathtaking views. Ama Dablam Expedition needs to have good climbing skills to be capable of joining this expedition climb Ama Dablam.

With the southwest face representing the sacred ornament box of Sherpa women called Dablam, this is the most visually striking peak in the world. Spending a night in the base camp of such a prolific mountain is the best day of our life.



Ama Dablam Expedition

Ama Dablam Expedition Guide

The 30-day Ama Dablam base camp trek is a rewarding climb. You will explore the exotic Kathmandu city before flying into the remote mountain town of Lukla. Every [expedition to Everest Base Camp](#) begins from Lukla. First, we walk to the village of Phakding and then to the famous village of Namche. We stop at this spectacular village for a day. Then, we went to Pangboche before getting to Ama Dablam base camp. You can climb to Camp II from the Base Camp and reach the Ama Dablam summit the next day. Here, the best views of Mount Lhotse, Mount Makalu, [Mount Cho Oyu](#), and [Mount Everest](#) smile at us. The unique Buddhist culture and the lifestyle of the mountain people will keep you delighted. These people practice their century-old traditions in the rawest form and live peacefully within the mountain. This trek is the perfect blend of adventure, culture, and nature. At the same time, the well-built trekking region of Ama Dablam is also well-developed, serving you with luxury and comfort. If you want a relaxing holiday with some thrill, this Ama Dablam hike is just for you.

MyEverestTrip has successfully run expeditions of Ama Dablam expedition in various parts of the Himalayas with a highly qualified team of experts and high-altitude climbers. We provide international equipment and guide you throughout the trip to minimize mishaps. Once you connect with us, we are responsible for taking care of you throughout the journey.

Day 01

Arrive at Kathmandu airport (1345m), O/N at 3 Star Hotel, Meals Provided: Dinner

Our representatives will warmly greet you at the airport. You will then be transferred to your hotel. Feel free to enjoy the rest of the day!

Day 02

Pre-trip meeting & sightseeing around Kathmandu valley, O/N at 3 Star Hotel, Meals provided: Breakfast, Lunch, and Dinner

On this day, you will be taken to different world heritage sites listed by UNESCO to explore more about the culture and architecture of Kathmandu. You will also be given detailed information about the plans, precautions, and trials.

Day 03

Official formalities in Kathmandu, O/N at 3 Star Hotel. Meals provided: Breakfast, Lunch, and Dinner

Today is when you will be taken to our main office so that we can sign on different formalities before we head on the trek. Feel free to stroll around the city during your spare time.

Day 04

Final preparation day in Kathmandu, O/N at 3 Star Hotel; Meals provided: Breakfast, Lunch, and Dinner

Today will be the final day in Kathmandu. We will check your clothes and trekking instruments before we head toward the trip.

Day 05

Fly to Lukla (2804 m) & trek to Phakding (2610 m) 3 Hrs. O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner

We will fly to the most dangerous airport in the world, Lukla, which will take about 40 minutes, and then descend slowly, bypassing the village of Chauri Kharka and through the small forest. We walk on a trail alongside the Dudh Koshi River to arrive at Phakding.

Day 06

Trek to Namche Bazaar (3441 m), 5 Hrs, O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner

We follow the trail through pine forests to Benkar (2700m), ascend to Chumoa and descend to Monjo Khola. Then, we trail until we reach Namche Bazaar, called Gateway to Everest.

Day 07

Namche Bazaar acclimatization day, O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner



Namche

We will stay here to get used to the environment and trek to a museum showcasing the Sherpa traditions. You will get sight of the beautiful Everest (8848m) and Amadablam (6812m)—the peak you are about to climb. We hike up to Syangboche Airport and explore Khumjung village (3800m), the most significant Sherpa settlement in the Khumbu region.

Day 08

Trek to Tengboche Monastery (3860 m), 5 hrs, O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner

We trek to Tengboche uphill until we pass Phunki Thenka to reach Kyanjuma. Later, we trek down to Monjo and towards the Dudh Koshi River till we reach Tengboche.

Day 09

Trek to Dingboche (4350 m), 6 hrs

O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner. We ascend to Dingboche to see the fantastic view of Everest (8848m), Lhotse (8526m), Nuptse (7861m), and Amadablam (6812m). We cross the Imja Khola and trek uphill to Pangboche Gumba, the oldest monastery in this region. We continue to walk to Shomare and then to Dingboche. As we walk, we can see the mighty Ama Dablam before us.

Day 10

Acclimatization day, O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner.

You will rest in this beautiful place of Chukhung valley. You can experience the Imja River directly flowing east amid stone walls and the valley. You can find a fantastic view of the mountain range surrounding the valley. You can take help from the porters to learn more about altitude sickness.

Day 11

Trek to Ama Dablam base camp (4600 m), 5 Hrs, O/N at the base camp, Meals provided: Breakfast, Lunch, and Dinner

We cross the trails and walk towards Dudh Koshi River. We ascend on a path that connects us to Ama Dablam Base Camp. The base camp is large and has open grassland at the foot of the base. You will also be given information and safety measures.

Day 12

Acclimatization day, O/N at the base camp, Meals provided: Breakfast, Lunch, and Dinner

Here we acclimatize and get training on peak climbing techniques, climbing gears, using ropes, and climbing skills, which can increase our chances of successful peak climbing. You will hike to get used to the altitude. You will also be given detailed information on safety measures.

Day 13-25

Climbing period of Ama Dablam (Ama Dablam climb via southwest ridge), O/N at the camp, Meals provided: Breakfast, Lunch, and Dinner

We move further up to Camp 1 (5700m) along the standard trails, acclimatize, and then return to base camp again. There are three camps above the base camp. The camps above Camp 1 are challenging, and we follow fixed trails. Camp 2 and Camp 3 are mostly icy and slippery. The climb from Camp 3 to the summit is less technical, and by day 25, we scale the peak and move back to the base camp.

Day 26

Trek back to Namche Bazaar (3441 m), 6 Hrs

O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner. After the fantastic summit, we trek back to Namche Bazaar. We will see the same villages and mountain ranges, but the feeling this time will be different. You will descend downhill and rest throughout the day.

Day 27

Trek to Lukla (2804 m), 6 Hrs

O/N at the tea house, Meals provided: Breakfast, Lunch, and Dinner We walked for about 6 hours to reach Lukla. This will be our last evening of the expedition, a good opportunity for a small gathering with the porters and the local people. We will review our journey.

Day 28

Morning flight back to Kathmandu, O/N at a 3-star hotel, Meals provided: Breakfast, Lunch, and Dinner. This morning, you will board a flight from Lukla to Kathmandu which will take about 40 minutes.

Day 29

Leisure day in Kathmandu and cultural dinner, O/N at a 3-star hotel, Meals provided: Breakfast, Lunch, and Dinner

After such a unique and strenuous trip, you will have a leisurely day to rest and relieve your body strains. Later, you will be taken to a cultural dinner at a restaurant.

Day 30

Transfer to the airport for flight departure

After breakfast, you will be taken to the airport. You will be taken 3 hours before the scheduled time when you will board a flight to your home country.

What To Expect?

What's included

- Three nights of Hotel accommodations in Kathmandu on a B/B basis;
- Pick up and drop from Kathmandu airport to the airport. Surface transportation will be available as per the itinerary;
- Three meals a day (Breakfasts, Lunch, and Dinners with tea or coffee) during the trek and climbing period & night tent
- Trekking Permit (National Park entry fee)
- TIMS card (Trekking Information Management System) Permit
- Climbing permit and Domestic flights (KTM-Lukla-KTM) with all surcharges and airport taxes for guests and guide
- Necessary staff during the trekking and climbing period With Experience Guide and Porter. experienced
- Government license holder Climbing guide during the climbing period as per group size
- Group medical supplies (First Aid medical kit will be available)
- One tent will be open in the Base camp for two people on a shared basis;
- High-altitude food and all climbing crew will be available above the base camp.
- Necessary fixed and dynamic ropes will be available during the climbing period.
- The necessary kitchen crew will be available in the base camp
- Complete pre-departure information, flight ticket reconfirmation and extend visa service(if required)
- Farewell Dinner in Kathmandu before departure.

What's not included

- Lunch and dinner in Kathmandu.
- Emergency rescue evacuation if required.
- Personal accident insurance or Helicopter rescue.
- Airfare international flights
- Nepal entry visa fee, Visa issuance is accessible upon the arrival
- Any Alcoholic, hot and cold drinks, hot shower.
- Personal climbing equipment

- Icefall fees Garbage Deposit (Sharing with another member) if applicable.
- Travel Insurance

FAQs

General

How high is Ama Dablam peak?

Ama Dablam, the prettiest mountain globally, is at the height of 6,812 meters, about 20 kilometres from the mighty Everest itself. The Ama Dablam base camp is at a height of **4,600 meters (15,100 feet)**.

What is the best time for Ama Dablam climb?

March to May is the peak season for mountain climbing. Spring, with beautiful wildflower blooms and vibrant locals, makes a high season. The path is all colourful and green for your pleasant stay. Autumn is the perfect time for this rush. However, being a high season, it's harder to find accommodation. But since our guides and porters make all the arrangements, all you should be doing is a celebration.

Different seasons in the mountains offer an utterly different trekking experience. The breathtaking views of frozen waterfalls and rivers in winter are heavenly. However, Ama Dablam's climb in winter is not recommended. If you propose a winter trek, only go for a shorter trek on Everest with extra clothes and blankets. In Summer, the rain washes away the cloud, displaying clear views. The forests get thicker, and locals are busy on their farms. All we'd like for a monsoon trek is a flexible itinerary and boots with better grips. Trekking to Ama Dablam between June and July can be dangerous.

Is Ama Dablam a challenging climb?

It's technical. This means ropes, ice axes, crampons, ice screws, cams, and jumars. The rock climbing can be 5.7, and the ice, WF4. You need to have ice and rock climbing experience plus some high-altitude experience. My personal experience was challenging but not impossible. Climbing the rock and ice of Ama Dablam is challenging. So, it really helps if you have previous experience in high-altitude trekking.

Is an Ama Dablam climb dangerous?

Yes, Absolutely. Only attempt Ama Dablam once you get the proper experience of high-altitude treks. Also, prearrange the logistics for emergencies. 6 climbers were killed in November 2006 when part of the sizeable distinctive serac (the Dablam) collapsed, hitting Camp 3. The Dablam further collapsed in late 2008. As of 2012, teams continue to climb without serious incidents, but many choose to bypass Camp 3 and have a very long day from Camp 2 to the summit.

What permits do you need to climb Ama Dablam?

By Nepalese regulation, a high-elevation trek, i.e. above 6000M+, needs a special permit and a guide. To get a permit for Ama Dablam climbing, you should go through a local travel agency in Nepal like MyEverestTrip. We exceptionally recommend climbing the top with guides for climbers of all levels. An

endeavour of such nature requires strength, experience, equipment, and equipped and reliable climbing Sherpas.

Additional Information

Ama Dablam Climbing Routes

The month-long expedition starts from Kathmandu as we fly to Lukla. We gradually ascend uphill in Phakding. We enter the Sherpa capital, Namche Bazaar. We then reach the Khumbu Glacier, descend to Dingboche, and move towards Chukung Valley and Imja Tse base camp. After a night at the Ama Dablam base camp located at the southwest ridge, we attempt the summit. Ama Dablam consists of 3 campsites before reaching the peak. We move further up to Camp 1 (5700m) along the trails, acclimatize, and then return to base camp again. Camp 2 and Camp 3 are mostly icy and slippery. We gradually move up and adjust to the environment. The climb from Camp 3 to the summit is less technical, and after two weeks, we summit the peak and move back to the base camp. As we moved back to our accommodation, we could see the fantastic Chukung valley, the villages, and the range of the Himalayas Mt. Everest (8848m), Mt. Makalu (8481m), Mt. Lhotse (8516m), and many other mountains. The journey ends when we fly back to Kathmandu from Lukla.

Cost to Climb Ama Dablam

The 30-day Climb to Ama Dablam cost about \$4,500. With so many permits, gear, and workforce, mountain climbing isn't cheap. The cost includes a Sherpa guide, porter, food, accommodation, flight, and permit. YOu might need \$500 more for personal expenses and tips. Since this is not an actual mountain climb but a practice peak, the cost of the Ama Dablam climb is low compared to other mountain peaks above 8,000 meters.

Ama Dablam climb difficulty



There are a few objective risks from the base camp to Ama Dablam Camp 1 (5800M). Climbers should cross on rough stones after arriving at Camp 1. Straight after Camp 1, heading towards Camp 2, there is a fixed line. Climbers should carry their backpacks as a porter isn't accessible here. From here onwards, the climb begins to get harder and riskier. There are multiple hurdles before reaching Yellow Tower.

Ama Dablam Camp 2 (6100M) sits on the highest point of Yellow Tower, which is a straight 80 - 90 degrees vertical trip. It is a 60ft - 70ft of vertical movement at a 20000ft level that isn't easy. Camp 2 can house around 7 to 8 tents during the bustling season. It isn't easy to find an optimal spot.

Climb to Ama Dablam Camp 3 (6400M) is on the snow and ice that gather during spring. The Ama Dablam route goes from the rear of the tower, and climbers should cross on ice or rock chunks. After heading up, there are specific rockfall risks, mainly when other climbing groups are ahead. Rocks the size of a football (soccer) can fall, so additional consideration is required. The move-up is 70-80 degrees vertical to reach the solid edge. Most groups don't stop at Camp Three and go to the Ama Dablam summit.

Loads of new and old fixed ropes can be found, especially while moving to the summit. Showing up underneath the pyramid, the highest point lies over the Dablam slants. Climbing further up on 55 - 65 degree slants is a straightforward walk. You can submit in 10+ hours, assuming from camp 2. The summit of Ama Dablam is vast and expansive. On a sunny morning, Mt. Everest, Makalu 8463M, and Baruntse 7129M territories are seen.

Your ascension is half-done as of now. Abseiling down to camp three is direct. You must be back at Camp 2, where we plan our camp for the night.

Amadablam weather

The information on the weather of Ama Dablam is essential to planning an excellent trek to Nepal. Ama Dablam's climate determines the ease you experience while trekking in a region. Nepal experiences four kinds of different kinds of seasons in the high mountains. Each of these seasons has different temperatures, vegetation, and challenges. However, trekking in different Ama Dablam weather has its perks.

Winter (December to February): Winter is when the Himalayas cover themselves with a thick layer of snow, thus looking more beautiful than they ever did. The snowfalls commence in mid-January and last till December. The night temperature in the Ama Dablam trek can fall below -14 degrees Celcius, while days are also freezing (-1 degree Celcius). It's especially harsh in the mornings and nights. It snows for about three days, and the trail is full of snow in late January and February.

Spring (March to May): This is the peak season for the Amadablam trek. After a harsh winter, the temperature starts to rise. In April, the day temperature will be about 5 degrees, while the night can still be on the brink of freezing temperature. However, March still has snow in the higher path. By May-end, even the upper areas are pretty harmed. The Spring weather in the Ama Dablam trek is exceptionally stable, with no rain and snow.

Monsoon (June to September): The occasional rain in the Ama Dablam base camp is experienced. The monsoon begins in mid-June and continues until mid-July. Most of the rain pours in the evening and morning. Still,

the nights are warm, with temperatures above 3 degrees Celcius; the temperature is about 13 degrees during the daytime.

Autumn (September to November): Heat, clear sky, and better views of the Himal make Autumn a magical time. The rain stops after the monsoon, and nature is apparent. The temperature also remains above the melting point the night. Only in November, the night temperature in Ama Dablam falls below -2 degrees. The day is about 4 degrees.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map

Contact Us

Head Office

Saat Ghumti Marg 3, Kathmandu 44600, Nepal

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/people/myeveresttrip)

WhatsApp +9779851069558

Taiwan

Salik KC / 〇〇〇

Xinyi Road, Sec-2, Taipei City

Cell: [+886-909439712](tel:+886-909439712)

Romania, Germany, and Italy

[Deniela Schiopu](#)

WhatsApp +40721971479

United Kingdom (UK)

Eddy Cota

WhatsApp: +447521762520

My Everest Travels & Tours is a Government recognized and registered Travel Agency. Reg:
64831/066/067