Ama Dablam Expedition

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**38 Days**
DIFFICULTY	**Challenging**
MAX ALTITUDE	**6812m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 9,090 per person**

Trip overview

The Ama Dablam Expedition is one of the most iconic and technically respected mountaineering adventures in the Himalayas. Located in the Everest region of Nepal, Ama Dablam is famous for its perfectly shaped pyramid structure and its dramatic southwest ridge, which is considered one of the most beautiful climbing routes in the world.

The expedition begins with a scenic flight from Kathmandu to Lukla, followed by a trek through the classic Khumbu Valley. The route passes through famous Sherpa settlements such as Namche Bazaar, Tengboche, and Pangboche, offering a rich combination of natural beauty and Himalayan culture. After reaching Base Camp, climbers establish acclimatization rotations through higher camps before making summit attempts.

Ama Dablam is a technical alpine-style climb involving rock, snow, and ice climbing at high altitude. The route requires strong physical fitness, mental endurance, and prior mountaineering experience. The upper sections, especially near Camp II and the summit ridge, are steep, exposed, and technically demanding. From the summit, climbers are rewarded with one of the most spectacular panoramas in the Himalayas, including Everest, Lhotse, Makalu, and Cho Oyu.

Geography and Landscape

Ama Dablam is located in the Khumbu region within the protected area of Sagarmatha National Park, one of the most famous and visually stunning mountain regions in the world.

The lower part of the journey features lush alpine forests, rhododendron-covered hills, and traditional Sherpa villages. As climbers move higher toward Pangboche and Base Camp, the terrain becomes more rugged, with wide glacial valleys and towering Himalayan peaks dominating the skyline.

Above Base Camp, the environment shifts into a high-altitude alpine zone characterized by steep rock walls, snow slopes, and exposed ridgelines. The southwest ridge of Ama Dablam is particularly famous for its dramatic exposure, requiring careful climbing and strong rope techniques. The surrounding landscape offers constant views of Everest, Lhotse, Nuptse, and other iconic peaks, making every stage of the climb visually extraordinary.

The mountain itself rises sharply from the valley floor, creating a dramatic and aesthetic climbing

environment that is both challenging and inspiring. Its unique shape and technical route make it one of the most photographed peaks in the Himalayas.

Sherpa Guide & Support

The Ama Dablam Expedition is led by highly experienced Sherpa climbing guides who provide full technical, logistical, and safety support throughout the journey. Their expertise is essential due to the mountain's steep terrain and exposed climbing sections.

Sherpa guides are responsible for route fixing, rope installation, and leading climbers through technical rock and ice sections. They provide hands-on instruction in the use of essential climbing equipment such as crampons, ice axes, ascenders, harnesses, and fixed rope systems. Their experience ensures climbers move safely through exposed ridges and difficult passages.

Acclimatization is carefully managed through staged rotations between Base Camp and higher camps. Guides continuously monitor climbers' health, oxygen levels, and overall condition to reduce altitude risks. Weather analysis and summit planning are also handled by the expedition team to identify safe climbing windows.

In addition to climbing support, Sherpa teams manage Base Camp logistics, including tents, kitchen operations, communication systems, and emergency coordination. If required, helicopter evacuation support is available from lower sections of the route.

With strong Sherpa leadership, Ama Dablam becomes a well-organized and professionally guided technical expedition.

Highlights

- Summit Ama Dablam (6,812m), one of the most iconic Himalayan peaks.
- Technical alpine climbing with fixed ropes on steep snow, ice, and rock sections.
- Stunning panoramic views of Everest, Lhotse, Makalu, and surrounding peaks.
- Classic expedition in the heart of the Khumbu Valley near Everest Base Camp route.
- Professional Sherpa support for safety, route fixing, and summit guidance.
- Strong acclimatization through trekking and rotation at higher camps.
- Considered one of the most beautiful and prestigious climbing peaks in the world.
- Ideal preparation peak for higher 7,000m–8,000m expeditions.

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Walk: Arrival Day / 1–2 Hours Transfer · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Arrival at Tribhuvan International Airport. Meet expedition team and transfer to hotel. Rest and recovery after international flight. Evening briefing covers Ama Dablam route overview, technical difficulty, exposure risks, and safety systems used during steep alpine climbing.

Day 2 : Full Gear Inspection & Permit Processing (1,400m)

Altitude: 1,400m

Walk: 6–8 Hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Complete technical equipment check including mountaineering boots, crampons, helmet, harness, ice axe, ascenders, carabiners, ropes, and down suit (-30°C). All gear is checked for compatibility with fixed rope systems. Missing equipment is arranged. Climbing permit and national park documents are processed.

Day 3 : Final Expedition Preparation in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 5–7 Hours · Stay: Tea House · Visit: Nepal · Meals: Breakfast Lunch Dinner

Final briefing session with guide and Sherpa team. Topics include rope fixing strategy, camp structure, emergency evacuation procedures, weather forecasting system, and communication protocols. Medical check and insurance verification completed.

Day 4 : Flight to Lukla (2,860m) – Trek to Phakding (2,610m)

Altitude: 1,400m – 2,860m – 2,610m

Walk: 3–4 Hours Trek + 35-Minute Flight · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Scenic mountain flight to Lukla followed by a gentle trek through Sherpa villages, suspension bridges, and forested trails. First night in Khumbu region begins natural acclimatization.

Day 5 : Trek to Namche Bazaar (3,440m)

Altitude: 2,610m – 3,440m

Walk: 6–7 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Steep ascent through Sagarmatha National Park. Cross Hillary Suspension Bridge and climb steadily to Namche Bazaar, the main Sherpa trading hub and acclimatization center.

Day 6 : Acclimatization Day in Namche Bazaar (3,440m)

Altitude: 3,440m – 3,880m

Walk: 3–5 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Short acclimatization hike to Everest View Hotel (3,880m) or nearby ridges. First panoramic views of Everest, Lhotse, Nuptse, and Ama Dablam massif.

Day 7 : Trek to Tengboche (3,860m)

Altitude: 3,440m – 3,860m

Walk: 5–6 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trek through rhododendron forests and alpine ridges. Visit Tengboche Monastery, a spiritual landmark with dramatic mountain scenery.

Day 8 : Trek to Dingboche (4,410m)

Altitude: 3,860m – 4,410m

Walk: 5–6 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trail enters high alpine zone with reduced vegetation. Temperature drops significantly and altitude effects begin to increase.

Day 9 : Acclimatization Day in Dingboche (4,410m)

Altitude: 4,410m – 5,100m

Walk: 4–5 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Hike to Nangkartshang Peak (5,100m). This climb helps prepare the body for extreme altitude and improves oxygen efficiency.

Day 10 : Dingboche – Ama Dablam Base Camp (4,600m)

Altitude: 4,410m – 4,600m

Walk: 5–6 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trek across moraine terrain to Ama Dablam Base Camp, located below the southwest face. Camp setup begins immediately with expedition infrastructure.

Day 11–12 : Base Camp Establishment & Orientation (4,600m)

Altitude: 4,600m

Walk: 2 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Full Base Camp setup including sleeping tents, dining tent, kitchen, communication system, and gear storage. Climbers receive detailed briefing on Ama Dablam's steep climbing sections, including Yellow Tower and Mushroom Ridge.

Day 13-14 : Technical Climbing Training at Base Camp (4,600m)

Altitude: 4,600m

Walk: 2 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Training includes:

- Fixed rope climbing techniques (jumaring)
- Abseiling (rappelling) skills
- Rock climbing on mixed terrain
- Ice axe and crampon movement on steep slopes
- Anchor and belay system training
- Exposure management techniques

This training is critical due to the highly technical nature of Ama Dablam.

Day 15 : Base Camp – Camp I (5,700m)

Altitude: 4,600m – 5,700m

Walk: 6–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Climb steep grassy slopes and rocky sections using fixed ropes. Camp I is located on a narrow ridge with significant exposure on both sides.

Day 16 : Camp I Acclimatization (5,700m)

Altitude: 5,700m

Walk: 3–5 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Short technical climbs around Camp I. Focus on rope efficiency, balance, and movement on exposed terrain.

Day 17 : Camp I – Base Camp (4,600m)

Altitude: 5,700m – 4,600m

Walk: 4–6 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Controlled descent for recovery and oxygen restoration.

Day 18 : Base Camp Rest Day (4,600m)

Altitude: 4,600m

Walk: Full Day · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Full recovery, hydration, nutrition optimization, and medical monitoring.

Day 19 : Base Camp – Camp I (5,700m)

Altitude: 4,600m – 5,700m

Walk: 6–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Re-ascent through steep terrain, improving speed and efficiency.

Day 20 : Camp I – Camp II (5,900m)

Altitude: 5,700m – 5,900m

Walk: 5–7 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Technical ascent through mixed rock and ice sections. Camp II is located below the Mushroom Ridge and is more exposed to wind and cold conditions.

Day 21 : Camp II Overnight (5,900m)

Altitude: 5,900m

Walk: Full Night · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

First high-altitude night near 6,000m. Climbers experience significant oxygen reduction and cold exposure.

Day 22 : Camp II – Base Camp (4,600m)

Altitude: 5,900m – 4,600m

Walk: 6–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Careful descent through technical sections for full recovery.

Day 23-24 : Base Camp Rest & Weather Monitoring (4,600m)

Altitude: 4,600m

Walk: 2 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Recovery phase with detailed weather forecasting and summit planning. Expedition leader evaluates route stability and wind conditions.

Day 25 : Base Camp – Camp I (5,700m)

Altitude: 4,600m – 5,700m

Walk: 6–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final acclimatization cycle begins.

Day 26 : Camp I – Camp II – Camp III (6,200m)

Altitude: 5,700m – 6,200m

Walk: 7–9 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Long technical climb through steep rock bands and icy ridges. Camp III is located on a highly exposed ridge section.

Day 27 : Camp III Acclimatization (6,200m)

Altitude: 6,200m

Walk: 3–5 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Summit route rehearsal. Rope systems tested. Oxygen use strategy discussed if required.

Day 28 : Camp III – Base Camp (4,600m)

Altitude: 6,200m – 4,600m

Walk: 6–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final descent to Base Camp for recovery.

Day 29 : Rest Day & Weather Window (4,600m)

Altitude: 4,600m

Walk: Full Day · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final weather confirmation and summit go/no-go decision.

Day 30 : Final Summit Briefing (4,600m)

Altitude: 4,600m

Walk: 3–5 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Full summit logistics briefing. Climbers prepare:

- Ropes and carabiners
- Ice tools and crampons
- Emergency kits
- High-energy food and hydration

Sherpa team coordinates final rope fixing strategy.

Day 31 : Base Camp – Camp II – Camp III (6,200m)

Altitude: 4,600m – 6,200m

Walk: 8–10 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Summit push begins. Climbers ascend through all high camps in a continuous rotation.

Day 32 : SUMMIT DAY – Ama Dablam Summit (6,812m)

Altitude: 6,200m – 6,812m

Walk: 10–14 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Midnight ascent begins. Climbers pass through steep snow slopes, exposed rock sections, and fixed rope ridges. Final summit ridge is highly exposed but offers breathtaking views of Everest, Lhotse, Makalu, and Cho Oyu. After a short summit celebration, immediate descent begins for safety.

Day 33 : Camp III – Base Camp (4,600m)

Altitude: 6,200m – 4,600m

Walk: 6–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Careful descent through technical terrain.

Day 34 : Base Camp – Namche Bazaar (3,440m)

Altitude: 4,600m – 3,440m

Walk: 6–7 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trek down through Khumbu Valley.

Day 35 : Namche – Lukla (2,860m)

Altitude: 3,440m – 2,860m

Walk: 6–7 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final trekking day to airstrip.

Day 36 : Flight Lukla – Kathmandu (1,400m)

Altitude: 2,860m – 1,400m

Walk: 35-Minute Flight + Transfers · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Return flight to Kathmandu. Hotel transfer.

Day 37 : Rest in Kathmandu (1,400m)

Altitude: 1,400m

Walk: Full Day · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Recovery, gear return, and expedition debrief.

Day 38 : Departure

Visit: Nepal · Meals: Breakfast

Airport transfer for international flight.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Full Gear Inspection & Permit Processing · 1,400 m · day 21°C / night 11°C
- Day 3 · Final Expedition Preparation in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 4 · Flight to Lukla – Trek to Phakding · 1,400 m · day 21°C / night 11°C
- Day 5 · Trek to Namche Bazaar · 2,610 m · day 15°C / night 3°C
- Day 6 · Acclimatization Day in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 7 · Trek to Tengboche · 3,440 m · day 11°C / night -2°C
- Day 8 · Trek to Dingboche · 3,860 m · day 8°C / night -5°C
- Day 9 · Acclimatization Day in Dingboche · 4,410 m · day 6°C / night -8°C
- Day 10 · Dingboche – Ama Dablam Base Camp · 4,410 m · day 6°C / night -8°C
- Day 11 · Base Camp Establishment & Orientation · 4,600 m · day 5°C / night -10°C
- Day 13 · Technical Climbing Training at Base Camp · 4,600 m · day 5°C / night -10°C
- Day 15 · Base Camp – Camp I · 4,600 m · day 5°C / night -10°C
- Day 16 · Camp I Acclimatization · 5,700 m · day -1°C / night -17°C
- Day 17 · Camp I – Base Camp · 5,700 m · day -1°C / night -17°C
- Day 18 · Base Camp Rest Day · 4,600 m · day 5°C / night -10°C
- Day 19 · Base Camp – Camp I · 4,600 m · day 5°C / night -10°C
- Day 20 · Camp I – Camp II · 5,700 m · day -1°C / night -17°C
- Day 21 · Camp II Overnight · 5,900 m · day -2°C / night -18°C
- Day 22 · Camp II – Base Camp · 5,900 m · day -2°C / night -18°C

- Day 23 · Base Camp Rest & Weather Monitoring · 4,600 m · day 5°C / night -10°C
- Day 25 · Base Camp – Camp I · 4,600 m · day 5°C / night -10°C
- Day 26 · Camp I – Camp II – Camp III · 5,700 m · day -1°C / night -17°C
- Day 27 · Camp III Acclimatization · 6,200 m · day -3°C / night -20°C
- Day 28 · Camp III – Base Camp · 6,200 m · day -3°C / night -20°C
- Day 29 · Rest Day & Weather Window · 4,600 m · day 5°C / night -10°C
- Day 30 · Final Summit Briefing · 4,600 m · day 5°C / night -10°C
- Day 31 · Base Camp – Camp II – Camp III · 4,600 m · day 5°C / night -10°C
- Day 32 · SUMMIT DAY – Ama Dablam Summit · 6,200 m · day -3°C / night -20°C
- Day 33 · Camp III – Base Camp · 6,200 m · day -3°C / night -20°C
- Day 34 · Base Camp – Namche Bazaar · 4,600 m · day 5°C / night -10°C
- Day 35 · Namche – Lukla · 3,440 m · day 11°C / night -2°C
- Day 36 · Flight Lukla – Kathmandu · 2,860 m · day 13°C / night 2°C
- Day 37 · Rest in Kathmandu · 1,400 m · day 21°C / night 11°C

What’s included

Accommodation

- 3 nights hotel accommodation in Kathmandu (3-star category or similar)
- Teahouse/lodge accommodation during the trekking section in Khumbu Valley (twin-sharing basis)
- Fully supported tented accommodation at Ama Dablam Base Camp and higher camps (as required)
- High-altitude expedition tents with sleeping mats at all camps above Base Camp

Meals

- Full-board meals (Breakfast, Lunch, Dinner) during trekking and climbing period
- Hygienic, energy-focused expedition meals prepared by experienced kitchen crew at Base Camp
- Hot drinks (tea/coffee) during meals at Base Camp
- Packed meals and high-energy snacks during summit rotation and climbing days

Transportation

- Airport pick-up and drop-off in Kathmandu
- Domestic flight: Kathmandu – Lukla – Kathmandu
- All required ground transportation as per itinerary
- Cargo transport of expedition equipment to Base Camp

Permits & Fees

- Ama Dablam Climbing Permit (Government of Nepal)
- Sagarmatha National Park Entry Permit
- Khumbu Rural Municipality Permit
- Expedition liaison officer and related government fees

Guide & Staff

- Licensed and experienced climbing Sherpa guides
- Trekking guide for approach phase
- Required porters for trekking section (as per group size ratio)
- Climbing Sherpa support for summit rotation and rope fixing
- Staff insurance, wages, food, and accommodation

Climbing Support & Safety

- Full fixed rope setup on climbing route (managed by Sherpa team)
- Basic climbing training (crampon, ice axe, rope techniques)
- Group safety equipment (rope, carabiners, rescue gear)
- First aid kit and oxygen monitoring system at Base Camp
- Emergency coordination and evacuation support assistance

Base Camp Services

- Fully equipped Base Camp setup (tents, dining tent, kitchen tent)
- Cooking gas, utensils, and food storage system
- Communication system (radio/satellite support where available)
- Mattress and sleeping arrangement at Base Camp

Expedition Logistics

- Expedition briefing and route orientation
- Weather monitoring support
- Oxygen saturation monitoring (pulse oximeter checks)
- Expedition coordination and management services

Not included

International Travel

- International flights to/from Nepal
- Nepal visa fee (USD 30–125 depending on duration)

Personal Climbing Equipment

- Mountaineering boots (double boots)
- Crampons, ice axe, helmet, harness, ascender
- Down suit (-30°C recommended)
- Sleeping bag (-30°C to -40°C)
- Personal climbing gloves, goggles, and technical clothing
- Personal backpack and trekking gear

Insurance (Mandatory)

- High-altitude travel insurance covering up to 7,000m
- Must include helicopter evacuation and medical emergency coverage
- Rescue, hospitalization, and accident coverage

Personal Expenses

- Drinks (soft drinks, bottled water, alcohol)
- Wi-Fi, hot showers, and charging fees during trek
- Snacks, chocolates, and personal food items
- Laundry and personal hygiene items

Kathmandu Expenses

- Extra hotel nights in Kathmandu due to early arrival or delays
- Lunch and dinner in Kathmandu (except included meals if specified)
- Personal shopping and equipment rental costs

Emergency & Unexpected Costs

- Helicopter evacuation (if required)
- Medical treatment or hospitalization costs
- Additional accommodation due to weather delays
- Extra porter or transport charges due to itinerary changes

Tips & Miscellaneous

- Tips for guides, Sherpas, cooks, and porters
- Any personal expenses not mentioned in “Cost Includes” section
- Damage or loss of personal equipment

Dates & prices

- 02 Mar 2027 – 08 Apr 2027 · USD 9,090 · Available
- 16 Mar 2027 – 22 Apr 2027 · USD 9,090 · Available
- 06 Apr 2027 – 13 May 2027 · USD 9,090 · Available
- 20 Apr 2027 – 27 May 2027 · USD 9,090 · Available
- 04 May 2027 – 10 Jun 2027 · USD 9,090 · Available

Best time to visit

Best months: March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What to bring — packing checklist

Climbing gear

- [ ] Mountaineering boots (double or insulated, crampon-compatible)
- [ ] Crampons, climbing harness, helmet
- [ ] Ice axe, jumar (ascender), descender / figure-8
- [ ] 2 locking and 2 non-locking carabiners, tape slings and prusik
- [ ] Glacier glasses (category 4) and ski goggles

Clothing

- [ ] Thermal base layers
- [ ] Fleece and softshell mid-layers
- [ ] Expedition down jacket and down or insulated trousers
- [ ] Hard-shell (Gore-Tex) jacket and trousers
- [ ] Liner, insulated and summit mittens
- [ ] Balaclava, warm hat, buff and sun hat

Trekking & camp

- [ ] Trekking boots and camp shoes
- [ ] Sleeping bag rated to –20 °C
- [ ] Daypack 35–45 L and a large duffel bag
- [ ] Trekking poles, thermos flask, pee bottle

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation during the Ama Dablam Expedition is carefully arranged to ensure comfort and proper acclimatization throughout the journey. In Kathmandu, climbers stay in a comfortable 3-star hotel with modern amenities before and after the expedition. During the trekking phase in the Everest region, accommodation is provided in well-managed teahouses along the route via Namche Bazaar, Tengboche, and Pangboche.

From Base Camp onward, the expedition transitions into a fully supported camping system. Base Camp and higher camps (Camp I, Camp II, and Camp III) are equipped with high-quality expedition tents, including sleeping tents, dining tents, kitchen tents, and toilet facilities. The camp setup is designed to provide safety, comfort, and efficiency in a high-altitude alpine environment.

Meals

The expedition includes full-board meals (Breakfast, Lunch, and Dinner) throughout both the trekking and climbing phases. At lower elevations, meals are provided in teahouses with a mix of Nepali, Asian, and international cuisine. At higher camps, a professional cook team prepares nutritious, high-calorie meals designed specifically for extreme altitude conditions.

The menu typically includes soups, pasta, rice dishes, vegetables, energy-rich carbohydrates, and hot beverages. During summit push, climbers are provided with packed meals and high-energy snacks to maintain endurance and hydration in harsh alpine conditions.

Difficulty and Fitness

Ama Dablam (6,812m) is considered one of the most technical trekking peaks in Nepal and requires strong mountaineering experience. It is not suitable for beginners. Climbers must possess excellent physical fitness, strong mental endurance, and prior experience on high-altitude technical peaks.

The route includes steep rock climbing, exposed ridges, mixed ice and snow terrain, and fixed rope sections. The final summit ridge is particularly exposed and requires careful movement and confidence at altitude. Proper acclimatization and climbing efficiency are essential for a successful ascent.

Permits

The following permits are required for the expedition:

- Ama Dablam Climbing Permit
- Sagarmatha National Park Entry Permit
- Khumbu Rural Municipality Permit

All necessary permits and administrative arrangements are handled by the expedition operator before departure.

Best Time to Climb

The best seasons for Ama Dablam Expedition are:

Spring (April–May)

- Stable weather conditions
- Moderate temperatures
- High summit success rate
- Excellent climbing conditions

Autumn (October–November)

- Clear skies and excellent visibility
- Stable Himalayan weather patterns
- Ideal conditions for technical climbing

Winter and monsoon seasons are generally not recommended due to extreme cold, snowfall, and unstable weather conditions.

Transportation

The expedition begins with a scenic flight from Kathmandu to Lukla, the gateway to the Everest region. From Lukla, the trail passes through famous Sherpa villages including Namche Bazaar, Tengboche, and Pangboche before reaching Ama Dablam Base Camp.

All logistics, including domestic flights and ground transportation, are organized by the expedition team. Flight schedules may be affected by weather conditions in the Himalayan region.

Safety and Altitude

Ama Dablam is a highly technical expedition that requires strict safety protocols. The itinerary is carefully designed with gradual acclimatization rotations between camps to reduce altitude-related risks.

Experienced climbing guides manage route fixing, rope installation, and safety systems throughout the mountain. Regular health monitoring is conducted using pulse oximeters, and climbers are closely observed for signs of altitude sickness. Emergency evacuation plans, including helicopter rescue support, are available if required.

Travel and High Altitude Insurance

Comprehensive travel insurance is mandatory for all climbers. The insurance must cover:

- High-altitude climbing up to at least 7,000 meters
- Emergency helicopter evacuation
- Medical treatment and emergency rescue operations
- Trip cancellation and interruption coverage

Proper insurance ensures safety and financial protection in extreme mountain conditions.

Additional information

Extra Information

Climbing Training and Preparation

Before the summit rotation, climbers receive detailed technical training from experienced Sherpa guides. This includes:

- Fixed rope climbing techniques
- Use of ascenders (jumars)
- Crampon and ice axe techniques
- Rock climbing on exposed terrain
- Abseiling (rappelling) procedures
- Glacier travel and rope team movement
- High-altitude safety and risk management

This preparation is essential for safely navigating Ama Dablam’s technical sections.

Climbing Equipment

Climbers must carry professional-grade alpine equipment suitable for extreme altitude and technical terrain, including:

- Double-layer mountaineering boots
- Crampons and technical ice axe
- Climbing harness and helmet
- Ascender (Jumar), carabiners, and slings
- Insulated down suit and layering system
- Sleeping bag rated to -20°C to -30°C

- Glacier goggles and UV-protection sunglasses
- Headlamp with spare batteries
- Personal medical and hygiene kit

High-quality gear is essential for safety and performance at altitude.

Why Choose Ama Dablam?

Ama Dablam is widely regarded as one of the most prestigious climbing peaks in the Himalayas. It offers a perfect balance of technical difficulty, aesthetic beauty, and high-altitude challenge.

Key reasons to choose this expedition include:

- One of the most beautiful mountains in the world
- Highly technical and rewarding alpine climbing experience
- Classic Himalayan expedition structure with multiple camps
- Stunning views of Everest, Lhotse, Makalu, and surrounding peaks
- Advanced fixed rope climbing on exposed ridges
- Strong Sherpa expedition support system
- Excellent training ground for 7,000m and 8,000m peaks

Ama Dablam Expedition is a true mountaineering achievement, offering climbers a world-class alpine challenge in the heart of the Everest region.

Frequently asked questions

How difficult is the Ama Dablam Expedition?

The Ama Dablam Expedition is graded Moderate — suitable for most active travellers. You should be comfortable with long days at altitude; previous use of crampons and ropes helps, and our climbing Sherpas run pre-climb training at base camp. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Ama Dablam Expedition?

For the Everest & Khumbu region the best months are March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What permits do I need for the Ama Dablam Expedition?

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality permit, plus the Department of Tourism expedition permit and royalty. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Ama Dablam Expedition?

Hotels in Kathmandu, teahouses on the approach and a fully equipped base camp with individual tents, dining and shower tents, heating, solar power and satellite communication. High camps use mountain tents set up by our climbing Sherpas.

Can I book the Ama Dablam Expedition as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Ama Dablam Expedition?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Ama Dablam Expedition?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/ama-dablam-expedition/

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