Ama Dablam Expedition

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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