



Trip: Mt. Amadablam Expedition

Url: <https://www.megaadventuresintl.com/trip/mt-amadablam-expedition/>

## Overview

Mega Adventures International offers Amadablam (6,812m, 22,349 ft.) Expedition in affordable cost with high quality services. Our experience climbing guide and staffs will tremendously support you for the successful summit of Mt. Amadablam. Ama Dablam is taken as one of the most technical and spectacular mountains to climb in the alps of Nepal Himalaya. Ama Dablam 6812 is situated in Khumbu Region in Mahalangur Himalayan Range of Nepal. Normally, most of the mountains are names with some specific region. Ama means mother and Dablam mean pearl necklace. The main peak regarded as Ama and the hanging glacier is Dablam the combination gives the name Amadablam – pearl necklace on mother's neck. This is one of the impressive mountains in Khumbu Valley where any trekkers and mountaineers fall in love with its beauty which makes it a photogenic mountain as well.

### Amadablam Expedition History

Amadablam was first climbed on 13 March 1961 by Mike Gill (NZ), Barry Bishop (USA), Mike Ward (UK) and Wally Romanes (NZ) via the Southwest Ridge. They were well-acclimatized to altitude, having wintered over at 5800 meters near the base of the peak as part of the Silver Hut Scientific Expedition of 1960-61, led by Sir Edmund Hillary.

**Arrival City** Kathmandu

**Departure City** Kathmandu

**Price Per Person**

\$6,500.00

**Duration** 35

days

**Trekking Days** 18

days

**Difficulty** Easy-Medium

**Max Elevation** 6119m/20075ft

**Best Season** March, April, May, September, October, & November

**Means of Transport** Car/Haice/Flight

**Trip Route**

Lukla- Namche- Dingboche- EBC- Lobuche High Camp- Summit- Pangboche- Amadablam Base Camp- Summit

### Includes

- All necessary airport arrival departure as per the itinerary.
- Hotel in Kathmandu for 5 nights including breakfast.
- Transportation for, full day sightseeing in Kathmandu.
- Entry fee during sight seeing in Kathmandu.
- Professional English speaking tour guide and his/her salary.
- Flight fare from Kathmandu – Lukla- Kathmandu for members.
- Flight fare from Kathmandu- Lukla- Kathmandu for guides.
- Everest National Park entrance fees.
- Tea house trek including food and accommodation in Tents.
- Climbing Guide, porters and necessary staffs during the trek.
- Amadablam Climbing Royalty Fee
- Lobuche Peak climbing Permit fee.
- Food, Tents and Kitchen equipment for the climbing period.

- Boiled water, tea, and coffee.
- Group climbing equipment such as rope, ice screws, snow pickets, etc..
- Climbing Guide, his equipment allowance, and salary.
- Additional porters for carrying climbing gears.
- Salary and Insurance for all Nepali staffs.
- Farewell dinner.
- Insurance for Nepali staffs.
- First aid kit.
- Liaison Officers fee

### Excludes

- Meals in Kathmandu (except welcome and farewell dinner).
- Entrance tickets during city tour.
- Beverages and alcoholic drinks on trek.
- Summit Bonus and Tips for Climbing Sherpa and staffs
- Personal climbing equipment.
- All personal expenses.
- Personal medical and evacuation insurance.
- All other additional charges for additional services.

## Itinerary

- Days 01: Arrival in Kathmandu  
Mega Adventures representative will be at airport to pick up you to the Hotel. Short briefing at hotel. You will have welcome dinner in the evening.
- Days 02: City tour of Boudha, Pashupati, Patan and Swoyambhu  
In the morning after having breakfast we begin tour around Kathmandu with professional English speaking guide. During the day you will cover some of the historical and religious, world heritage sites;  
**Swoyambhunath** –“the Self Existing One’. The oldest Buddhist stupa of Nepal situated in the small hill, from where you can see the nice view of Kathmandu valley. Historian believes that it is the oldest history of Kathmandu. No sooner you enter the periphery of Swoyambhunath you will see the monks, chanting religious words and monkeys chattering and hanging around the different temple and trees. It is also known as monkey temple, especially given by the tourist.  
**Bouddha nath Stupa:** the ancient stupa of Boudhnath is one of the biggest Buddhist stupa of Nepal, situated in the northern part of Kathmandu valley, which is one of the trading routes of Nepal with Tibet in ancient time. Tibetan merchants used to take rest and offers praying in this place during their trading time. Later when Tibetan refugees enter Nepal in 1950s, most of them decided to stay around the same

place. Even now most of the monk in Boudhanath is from Tibet. Around the stupa you can see some

Buddhist painting school of traditional paints "Thanka".

**Pashupatinath Temple:** Pashupatinath the national deity of Nepal is one of the most significant Hindu

temples of Lord Shiva in the world, located on the banks of the Bagmati River in the eastern part of

Kathmandu. The word Pashupatinath is derived from three Sanskrit words: "pashu" means organism,

"pati" means protector, and "nath" means Lord. Hence in hindu mythology Pashupatinath means

protector and Lord of all living things. The bank of Bagmati River is the cremation centre of Hindu dead

body. Where you can see the cremation process of hindu people. Beside this you can see the color full

sadhu 'the holy devotee of Lord Shiva' around the periphery of temple.

After sightseeing, final preparation for trekking. Trekking guide will meet you and give the final

instruction for next day.

- Day 03: Final preparation / Briefing at the Ministry  
After breakfast briefing at the ministry about Amadablam mountain. After briefing, final preparation for  
Amadablam expedition & Lobuche Peak climbing via Everest Base Camp. Climbing guide will meet you  
and give the final instruction for next day.
- Days 04: Fly to Lukla trek to Phakding – 30 minutes flight and 2 Hours to 2:30 Hours walk  
Early in the morning you have to wake up for the flight to Lukla via twin otter. You can see panoramic  
Mountain View by aircraft. In Lukla we meet our Sherpa staff and Yaks for baggage and then begin our  
first day trekking to Phakding located near to the river Dudhkoshi (white like Milk).
- Days 05: Phakding to Namche – 6 Hours approx.  
We continue walking along the bank of Dudh Koshi River, passing small villages and many suspension  
bridges. We walk real uphill slowly to reach to Namche. Namche is the administrative center of Khumbu  
region. It is a marketplace for the people of Khumbu and also for trekkers to buy equipments. We stay  
overnight in Namche.
- Day 06: Namche – Acclimatization day- Hike to Khumjung (3780m/12401ft) and back down to

Namche.

This specific day help you adjust with the local climate. Hiking up to Khumjung and coming down back to

Namche will help you to adjust thin air and is helpful to avoid altitude sickness. Visit Namche Musum,

climb up to Everest view Lodge via syaboche airport. You will see magnificent view of Mt.

Amadablam, Mt. Everest, Mt, Lhotse and many more mountains. Slightly descend down to Khumjung

valley and visit Sir Edmund Hillary's school and hospital at Khumjung and walk down to Namche.

- Day 07: Trek to Tengboche (3860m/12664ft) – around 4-5 hours walking. Lunch@ Phunki Thenga.

After Breakfast start trek to Tengboche. Trail goes through slopy hill, crossing different mani walls,

hortens, pine and junipers trees. Recharge your energy in Phungi Thenga, and start slowly climbing up.

Continue ascent up to Tengboche inside the rhododendron forest. On the way you will feel as if you are

playing hide and seek game with different peaks.

- Day 08: Trek to Dingboche (4410m/14468ft). Around 4 hrs walking. Lunch @ Somare.

As usual trek start after your breakfast. First the trail gradually descent down to Deboche through the

forest of birches conifers and rhododendron. The continuing path inside the forest leads you to Imja

Khola, cross the steel bridge and continues walking up hill towards Pangboche Crossing different stupa

along the route. Take your lunch in Somare and continue waling to Dingboche. Dingboche the beautiful

village with magnificent views. You can see Island Peak, Makalu and another face Amadablam.

- Day 09: Acclimatization- Hike to Nagakarsang (5616m/18425ft) and back to Dingboche. Acclimatization in Dingboche is mandatory for every trekker as like in Namche. After breakfast, slowly

start to scale the Nagakarsang Hill. The view is magnificent form the hill. You can see different glacial

lake and some of the best view from Nagakarsang. You can also see the Makalu (8463m) fifth highest

mountain of the world. After hiking 2-3 hours you can back down to Dingboche. In the evening explore

the Dingboche village.

- Day 10: Trek to Lobuche(4910m/16108ft). Lunch @ Dukla- Around 5 hours walking.

This 5 hours walking is one of the tough walking for trekkers. The route goes just above the town of

Pheriche. First half of the route is easy to walk. Cross small glacial stream and take your lunch in Dukla.

The trail is directly up from Dukla for about one hour but the magnificent view of Cholatse, Lobuche,

Pumori and Nuptse gives you more pleasure. At the top of the ridge you can see the memorials of

climbers who lose their life in mountains. Continue walking towards Lobuche, the perfect peak Pumori

(7165m) soars into view with whistling air, makes you feel cooler. When you are in lobuche you will feel

completely different.

- Day 11: Trek to Gorakshep (5140/16863ft) to Everest Base camp (5363m/17595ft) and back to Gorakshep.

Around 6 hours after breakfast start to walk towards Gorakshep the trail goes through the narrow gap

between the glacial moraine and the mountain wall. Gorakshep is the last point where tea house are

available. Put your luggage in Goreakshep, take your lunch and start to walk towards Everest Base

Camp. It took around 2 hours to reach Base camp. Spend few minutes in base camp and back to

Gorakshep.

- Day 12: Early in the morning climb Kalapathar (5550m/18208ft) and back Lobuche.

Early in the morning fill up your water bottle and process towards Kalapathar. The way is straight line up

above the Gorakshep along the grassy ridge. With the help of your torch light move continually towards

the summit. The more you go up the more you feel cooler. Views are fantastic and breathtaking from

the top. It takes around 2 hrs to reach the top. After spending few minutes at the top, the chilling

atmospheres push you back down to Gorakshep. Take your breakfast and process Lobuche.

- Day 13: Trek Lobuche to Lobuche peak High Camp (5200m/1760ft): Around 4 hours. After breakfast slowly start to trek towards Lobuche Peak Base Camp. Within 2 hours you will be in Base

Camp and continue trek to High Camp. Trial up to Base Camp is flat then Zigzagging ascent in moraine up

to high camp. Climbing guide will again re-check your gear and give you basic training about climbing,

how to use your climbing gear and so on. Overnight in tented Camp.

- Day 14: Summit (6119m/20075ft) and back to Base Camp: 12 hours walking  
Today is your Summit day. Start around 2:00 am in the morning. Your climber guide will give you wake up call, serve tea and some high food after then gear up and ready to move. Your guide will let you know form where you have to use your climbing gear. Within 6-7 hours you will be in Summit (depend on conditions). After spending half an hour in summit climbing down to Base Camp.
- Day 15: Trek down to Pangboche (4270m/14,009 ft.)
- Day 16: Trek to Ama Dablam Base Camp (4,570m /14,993 ft)
- Day 17 to 28: Climbing Period Ama Dablam
- Day 29: Clean up Base Camp
- Day 30: Trek to Pangboche
- Day 31: Trek to Namche
- Day 32: Trek to Lukla
- Days 33: Fly to Kathmandu 30 minutes flight  
Today we leave Lukla and fly to Kathmandu. Our staff will be at airport to pick up you to the hotel.
- Days 34: Rest Day  
It is our rest day in Kathmandu. You can walk around Thamel in the early evening. It is the main tourist attraction where you can have various options to buy. It seems restful to walk around Thamel. We will have farewell dinner at Typical Nepali restaurant.
- Days 35: Departure  
Final Departure to your country. Our staff will be at hotel to help you to the airport and give you Khada, for good luck.

## Testimonials

### They were reliable, timely, organized and above all fun!

My experience with **Mega Adventures** could not have been any better! When I arrived in Kathmandu, I was warmly received by a member of the staff who, after dropping my bags off at the hotel, kindly led me around the city. After spending a few days exploring that wonderful city and meeting my climbing guide, we flew out to Lukla to begin our trek. Our goal was to summit Island Peak with a stop at Everest base camp along the way for acclimatization. Throughout the trek, my guide and porter were incredibly supportive and engaging and taught me so much about the region and culture. Although we ultimately were unable to summit Island peak due to weather conditions (one of the greatest challenges of climbing) we did reach approximately 6,000m, the highest I had ever been. I was immensely satisfied with the climb. Though I have taken a mountaineering course previously and had the opportunity to climb many of the highest peaks in Washington State, I was new to the Himalayan Mountains. My guide taught me several new techniques to enhance safety while climbing and provided a safe, encouraging environment. I would highly recommend this guiding company, as they were reliable, timely, organized and above all fun!

– Natalie Vandeven, USA