



Ama Dablam Expedition

Trip Facts

Trekking Days	30 Days
Maximum Altitude	6812 m
Group Size	2 to 14 People
Transportation	Flight & Private Transport
Accommodation	Best available
Best Season	Spring & Autumn
Meals	Breakfast/Lunch/Dinner
Tour Type	Expedition

Overview

Ama Dablam Expedition is one of the most technical and challenging climbing adventures as Ama Dablam mountain stands as a legend of a steep and indomitable peak. Popularly known as the ‘Matterhorn of the Himalaya’, the overwhelming, ice-coated granite pyramid of Ama Dablam (6,856m/22,494ft) dominates the sky above the trekker’s trail to the Everest Base Camp. The 30-day Ama Dablam Expedition begins in Kathmandu with sightseeing of the UNESCO World Heritage Sites. Next, we fly to Lukla and begin trekking. We trek in the beautiful Everest trail before beginning our summit of Ama Dablam. The standard ascent to Ama Dablam is made via the South-Western Ridge, the same route followed by Ward (UK), Bishop (USA), and Gill (NZ) in the first ascent of the

mountain in 1961. The route offers a varied and sustained climb with a reasonable level of Difficulty. Three high camps are set up at strategic points. The climb is moderate up to Camp



1, then it gets challenging up along the narrow granite ridge. Negotiating pitches of steep ice and snow slopes, the route gets more technical from Camp 2. From Camp 3, skirt around the hanging glacier or the Dablam, cross snow arête(a sharp ridge), and bergschrund (a gap or crevasse at the edge) between ice cliffs, and scale the summit. After scaling the summit, we return back to base camp.

Details Day Itinerary

Day 1

Arrival at Kathmandu (1,350m).

On arrival at the Tribhuvan International Airport in Kathmandu and formal completion of your custom and immigration processes, one of our representatives from Unique Sherpa Trek and Expedition will be there to greet you at the arrival exit and escort you to your pre-determined hotel. You may relax in your hotel room for the rest of the time or you may stroll around the streets of Thamel. In the evening, there will be a welcome dinner hosted at an excellent Nepali restaurant where you can enjoy authentic Nepalese cuisine along with a cultural program. Overnight in Kathmandu.

Day 2

Preparation your equipment for expedition at Kathmandu (1,350m).

After breakfast in our hotel, we may wander around nearby areas and do some shopping for our adventurous trip the following day. In the afternoon, we will visit the (Unique sherpa trek) office for a pre-trip discussion and meet our trekking guide as well as other participants. You will also be briefed on the nature of the expedition, equipment, and team composition. Later, we will go back to our hotel and have a peaceful sleep overnight in Kathmandu.



Day 3

Fly to Lukla and trek to Phakding.

After breakfast, we drive to the airport for our flight to Lukla. After flying above the breathtaking lush hills and snowcapped mountains, we reach Tenzing-Hillary Airport at Lukla. This is one of the most beautiful air routes in the world culminating in a landing on a hillside surrounded by high mountains. At Lukla, we meet the rest of our staff members and begin our trek to Phakding. To assist in acclimatization, we only have a short hike today. Overnight in Phakding.

Day 4

Phakding to Namche bazar.

We begin trekking after breakfast. Our trail passes through pine forests and we also walk alongside the DudhKoshi River. After walking for around an hour, we begin to see Mt. Thamserku (6,608m) on our right. We continue our trek through lush pine, fir, and juniper forests, cross a few suspension bridges, and reach Namche Bazaar. The small town is the main trading center of the Everest region. Overnight in Namche Bazaar.

Day 5

Acclimatization over namche bazar.

This is the day set aside for acclimatization. Health experts recommend that we stay active and move around even during the rest day instead of being idle. There are a few options set aside for this day. We can either stroll around Namche's quaint villages or come in contact with the Sherpa people and their rich culture, or we can hike up to the Everest View Hotel and enjoy an up-close view of the mighty Everest.

While in the Namche village or upon returning from the hike to the Everest View Hotel, trekkers may also visit the local museum containing exhibits displaying the area's native flora and fauna as well as the history of the Mount Everest region. For trekkers who want



to hike for a little longer, a hike to Khumjung village (5-6 hours) may also be an option. While in the village we can visit the Edmund Hillary School and Khumjung Monastery (a monastery famous for housing the head of the Yeti!). Overnight in Namche Bazaar.

Day 6

Namche bazar to Tyangboche.

We trek further along the Everest route pass through beautiful villages and cross the DudhKoshi River while also enjoying magnificent views of the Himalayan peaks like Everest, Lhotse, Nuptse, and Ama Dablam along the way. After ascending on a steep trail, we reach the Tengboche Monastery and spend some time there. Later, we descend to Debuche to spend the night.

Day 7

Tyangboche to Ama doblam base camp.

We hike to another village called Tyangboche on our way to Pheriche. Pangboche is a scenic village surrounded by Everest to its north, Ama Dablam, Thamserku, and Kangtaiga to the east, the Kongde range to the south, and the ImjaTse River flowing through the wide fertile valley. From here, we continue further up towards Pheriche, another beautiful village for an overnight stay. and on the same day, we will reach Ama Dablam Base Camp.

Day 8

Acclimatization and climbing traing by climbing guide in Ama doblam base camp.

Today have to walk 3-4 hours for hiking over camp 1. it is really stunning views from camp 1. and see the way to climb for your destination like reach the top of the Amadoblom. after



a 1-hour break back to base camp from the top of your hike our staff make ready hot tea/coffee and some hot soup for you. after took some meals, to enjoy your tired body.

Day 9

Rest day and enjoy the view at base camp.

This day is actually who difficult to stay at base camp like feeling altitude sick those kinds of people go back to 300meters downhill until Pangboche. and they will get well tomorrow again back to base camp join with all friends for the climb. who is very well those stay at base camp talk each-other friends play some game with a friends make your mood fresh?

Day 10

Pre-climbing day by climbing guide.

Our guides will provide training on peak climbing techniques and the best ways of using climbing gear such as the ice ax, climbing boots, crampons, harness, ascender, etc. The training will also include using ropes for climbing both up and down. The training will boost our confidence and climbing skills, thus increasing our chance of a successful summit of the mountain. Overnight in Ama Dablam Base Camp.

Day 11

15 days expedition periods for Mt. Amadoblam.

Day: 26 Amadoblam Base camp to Namche bazar.

Day: 27 Namche bazar to Lukla.

Day: 28 Lukla to fly back to Kathmandu.

Day:29 Leisureday at Kathmandu and farewel dinner

Day: 30 Final departure.



Gallery





Trip Cost Includes

- ❖ Airport pick-up and drop Transportation.
- ❖ 3-Night Hotel at Kathmandu (3 Start) Hotel.
- ❖ Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes.
- ❖ (100% Waterproof) Duffle bag to keep your personal belongings and things to be carried by the porter.
- ❖ 3 Time Meals with Tea/Coffee During Trek.
- ❖ Professional English-speaking Guide, Assistance Guide, and Potters (Size of the Groups) During the Trek.
- ❖ Permit, "Tims", National Parks Entry Fee.
- ❖ All wages and medical, Insurance, for the Guide and potters.
- ❖ First-aid Medical Kits for the Group and Staff.
- ❖ Fare-Well dinner in Kathmandu Before Departure.
- ❖ Helicopter stands by for rescue (nominally charge applies).
- ❖ Unique Sherpa trek & Expedition Appreciation Certificate after the successful trek.
- ❖ All taxes are imposed by the government of Nepal.

Trip Cost Excludes

- ❖ Nepal entry visa fee.
- ❖ Lunch and dinner in Kathmandu and also in case of early return than the scheduled itinerary.
- ❖ Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, extra, can pay directly to the airline.
- ❖ Tips for guides, porters, and divers.
- ❖ Any kind of meal During Your Stay in Kathmandu (Except Farewell Dinner).



- ❖ Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- ❖ Rescue, Medicine, Medical Test, Repatriation, Hospitalization Expenses for Climbs.
- ❖ Any Internet, Hot shower, Drinking Water, Alcohol, cold Drinks, Laundry.
- ❖ Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth.
- ❖ Insurance for Clients.
- ❖ International flight Tickets.
- ❖ Clothing, Packing Items or bag, personal, Medical Kits, and Personal Trekking Gear.
- ❖ any other items, not Included in the Above (Cost Includes) Section.

Terms & Conditions

Unique Sherpa Trek And Expedition :Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms: Booking your trip with Unique Sherpa Trek And Expedition accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 30% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.



Cancellation Policy: If any reason you have to cancel your trip, we Unique Sherpa Trek and expedition require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged.
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged.
- Cancellation more than 18 to 10 days before your departure date: 50% will charged.
- Cancellation more than 9 to 05 days before your departure date: 75% will charged.
- Cancellation less than 4 days before your departure date: 100% of the total will charged.

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

Physical Condition Requirement: Unique Sherpa Trek & Expedition can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

Risk & Responsibility: Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest,



cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

Travel Insurance: You must purchase comprehensive travel insurance package against medical, natural calamity, helicopter evacuation, personal accident, trip cancellation etc with worth of USD 100,000.00 minimum. However travel insurance is not mandatory for those travelers (s) who is intend cultural/city tours or short hike bellow 2500 meters of altitude.. This is strongly suggested to all our esteemed clients, which will greatly help you when there is a need for high altitude sickness or any other. If you have no idea we will help you to find this good one contact us.

Domestic flight Cancellation, delays and changes in the itinerary: The weather conditions especially in Nepal cannot predict perfectly, therefore, develop an alternative mentality in case of flight cancels and delays. Generally, all trekking route in Nepal are lies on remote areas so, we, Unique Sherpa Treks and Expedition advised you to make an extra reservation day to prepare with some delays and avoid frustrating consequences. In case of cancellation before trip or after trip the accommodation and food cost need to bear by yourself.

In case of incomplete treks or tour: No refund will be made to clients who drop out from the journey regardless of whatever portions remain unused in the itinerary. First of all, we never broke the trekking team in between until our last destination as per our itinerary given to you. If any Clients wants to make single trip or wants to depart with team or wants to make the trek by making own itinerary, on those condition we, Unique Sherpa Treks and Expedition do not accept the condition. In such case, the Clients him/her self-need to bear all the expenses during trek made by yourself and need to make your own risk.



Payment System Advance booking: You can directly transfer or deposit your amount to our company's official bank account number. We will be not responsible if you send your money in any private name like (people account) We will only response when you send your advance payment we will clear you with bank statement.

This is the bank detail:

Bank name: Nepal investment MEGA Bank Limited.

Account no: 13201050044295

SWIFT CODE: NIBLNPKT

Branch: Thamel: Kathmandu Nepal

Account name: Unique Sherpa Trek & Expedition Pvt. Ltd.



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Ama Dalma Expedition

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Thank You For Your Time