

# Ama Dablam Expedition

**Ama Dablam Peak Expedition** is a bit challenging climbing than other peaks. Ama Dablam is a mountain in the Himalaya range of eastern part of Khumbu region in Nepal. The main peak which height is 6,812 meters (22,349 ft), the lower western part of peak is 6,170 meters (20,243 ft). Ama Dablam means "Mother's necklace"; the long ridges on each side like the arms of a mother (ama) protecting her child, and the hanging glacier thought of as the Dablam, the traditional double-pendant containing pictures of the gods, worn by Sherpa women. For several days, Ama Dablam dominates the eastern sky for anyone trekking to Mount Everest Base Camp.

Ama Dablam is the third most popular Himalayan peak for permitted expeditions. The most popular route by far is the Southwest Ridge (right skyline in the photo). Climbers typically set up three camps along the ridge with camp 3 just below and to the right of the hanging glacier, the Dablam. Any ice that calves off the glacier typically goes left, away from the camp. However, a 2006 avalanche proved that this is not always the case. A climbing permit and a liaison officer are required when attempting Ama Dablam. As with Mt. Everest, the best climbing months are April–May (before the monsoon) and September–October.

Duration: 31 days

Price: \$3500

Rating: 5 Star

Group Size: Minimum 02 pax

Grade: Challenging or Tough

Destination: Nepal

Activity: Expedition in Nepal

## **Accommodation:**

Kathmandu - Bed and Breakfast

Ama Dablam Expedition - Camping Tent - Lunch, Dinner and Breakfast provide on the way.

## **Vital Information**

Kathmandu City Tour - Pashupatinath Temple and Boudhanath Stupa

Ama Dablam Peak Expedition - Lukla Flight, Trekking Namche, Pangboche, EBC and Ama Dablam Expedition

## **Itinerary:**

### Day 01

#### Kathmandu Arrival

Our representative picks you up at airport and transfer to Hotel.

### Day 02

#### Half Day City Tour in Kathmandu

Visit Pashupatinath Temple and Boudhanath Stupa. Then preparation for expedition.

### Day 03

#### Kathmandu to Lukla Flight and trek to Monjo

Morning fly to Lukla and slowly walk to Monjo.

### Day 04-08

#### Walk to Pangboche via Namche Bazaar

You have five days to slowly walk to Pangboche (4,000m), which is the village nearest to base camp. The trek takes you through Namche Bazaar and Thyangboche, with its famous monastery. The team may choose to trek beyond Pangboche to Pheriche (4,300m), or alternatively, to base themselves at Pangboche for a couple of nights and trek to c4,300m above the village before moving to base camp.

### Day 09

#### Trek to Base Camp (4,570m)

It is a 3.5 hour walk to base camp from Pangboche. Base camp is a large open grassy area, where you will be accommodated in twin-sharing tents.

### Day 10 - 11

#### Organize food and fixed rope practice

You will have a couple of days to get organized. There will be a fixed rope session and the team will walk to 5,000m on the ridge above base camp.

## Day 12 - 18

### Acclimatization to Camp 2 (5,900m)

En route to the summit you will utilize camps at 5,300m (ABC), 5,700m (Camp 1), 5,900m (Camp 2) and 6,300m (Camp 3). Most climbers choose to climb as far as Camp 2 as part of their acclimatization, prior to a summit attempt. Initially, you will walk to ABC, sleep there, and then carry a light load to Camp 1 before returning to BC. On your second rotation you will sleep at Camp 1, with the aim of climbing along the ridge to Camp 2. Some teams have a final rotation, where they sleep at Camp 2.

## Day 19 - 24

### Summit Climbing

The route from BC to ABC is simple walking, unless there is ice and snow on the scree. ABC is located on a large plateau and not all teams use this, as water needs to be portered to it. The height gain from BC to Camp 1 is nearly 1,200m, so it is a good idea to split this initially by using an ABC. Above ABC is the infamous talus field, which must be traversed to reach the fixed ropes that lead up slabs to Camp 1. Camp 1 to Camp 2 is typically 70% on rock in dryish conditions, with sections of British Grade 'Severe'. It culminates in a 15m vertical section to reach the top of the 'Yellow Tower', just short of Camp 2 (this is normally jumared, using a foot loop). Camp 2 to Camp 3 is mixed rock, snow and ice, which is loose in places, with the hardest part being below the Grey Tower. Above Camp 3 snow and ice on the summit slopes is as steep as 50°.

## Day 25 - 28

### Trek to Lukla

After completing the Summit expedition, slowly trek down to Lukla.

## Day 29

### Fly back to Kathmandu

This day; morning flight you back to Kathmandu and free time.

## Day 30

### Rest day in Kathmandu

This day is your own leisure for rest or shopping.

Day 31

Final departure day

We will see you off at hotel for your onward destination; transfer to international airport.