



## Ama-Dablam (6856m)



### Introduction

Ama Dablam 6,856m (22,494ft) world's one of the most impressive peak to climb. Due to its unique, sharply pointed soaring shape Ama Dalam also known as (Matterhorn of Nepal Himalayas) Climbing Ama dablam offers the most superb, technical climbing experience in the Himalayas. ascending this sheer peak is the ultimate dream of climbers. Located the heart of Everest's Khumbu region, it lies directly above Tengboche Monastery on the well-worn path to Everest Base Camp. Admired by thousands of Climbers and trekkers every year. From the summit it offer the impeccable summit panoramic views of the Mt. Everest, Lhotse, Cho Oyu, Makalu and many more Himalayan peaks. If you have good previous climbing experience and wish to participate fully as a team member of an expertly led expedition. Then Ama Dablam expeditions provide the ultimate challenge to the world's most technical peak climb.

The standard and most popular ascent to Ama Dablam is via South-Western Ridge, the same route followed by Gill (NZ) Ward (UK), and Bishop (USA) in the first ascent of the Ama Dablam 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 (A sharp ridge) and bergschrund (A gap or crevasse at the edge) between ice cliffs, and scale the summit.

### Facts

- Altitude: 6856m<
- Duration: 27 days
- Grade: Moderate to Adventurous
- Group: 2 - 15
- Country: Nepal
- Start/Ends: Kathmandu (Capital of Nepal)
- Accomodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Trip Preparation Day. Included meals:Breakfast
- **Day 3** : Fly to Lukla (2,800m/9,184ft) then trek to Phakding (2,652m/8,700ft): 40 min flight, 3 hours trek. Included meals:Breakfast Lunch Dinner
- **Day 4** : Phakding to Namche Bazaar (3,440m/11,283ft): 5-6 hours. Included meals:Breakfast Lunch Dinner
- **Day 5** : Namche Bazaar (3,440 m/11,283 ft): acclimatization. Included meals:Breakfast Lunch Dinner
- **Day 6** : Namche Bazaar to Debuche. Included meals:Breakfast Lunch Dinner
- **Day 7** : Debuche to Pheriche (4,300m/14,107ft): 5-6 hours. Included meals:Breakfast Lunch Dinner
- **Day 8** : Acclimatization. Included meals:Breakfast Lunch Dinner
- **Day 9** : Pheriche to Ama Dablam Base Camp (4,470m/15000 ft): 5-6 hours. Included meals:Breakfast Lunch Dinner
- **Day 10** : Acclimatization and Pre-climb training at Ama Dablam Base Camp. Included meals:Breakfast Lunch Dinner
- **Day 11 - 22** : Ascending and Descending of Ama Dablam (6856m/22488ft). Included meals:Breakfast Lunch Dinner
- **Day 23** : Trek to Phortse. Included meals:Breakfast Lunch Dinner
- **Day 24** : Phortse explore Lunge Peak 5212m. Pleasant evening. Included meals:Breakfast Lunch Dinner
- **Day 25** : Phortse to Lukla. Included meals:Breakfast Lunch Dinner
- **Day 26** : Fly back to Kathmandu Leisure day and farewell dinner in Kathmandu. Included meals:Breakfast,Dinner
- **Day 27** : Final Departure back to hometown. Included meals:Breakfast

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Bungee jumping in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

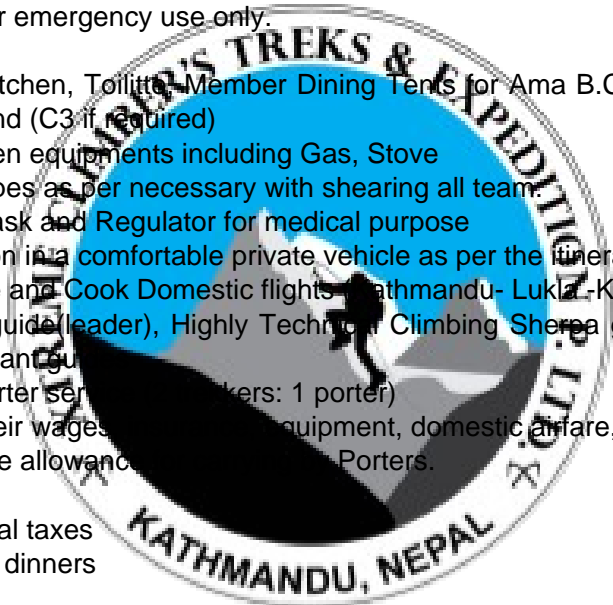
- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Flight Kathmandu-Lukla-Kathmandu
- Ama Dablam Climbing Permit
- Entire Necessary Trekking and National park fee and permit.
- Garbage Deposit
- Government approved L.O for Ama Dablam Climbing (Fully paid and ensured).
- Cargo required for the Expedition from KTM-LKL-KTM .
- Tea-house accommodation during the trek as per Itinerary.
- Full Board Tented accommodation at Ama B.C before and after back from Mountain as per itinerary.
- All meals (breakfast, lunch and dinner) during the trek and climbing period as per itinerary
- Solar Panel for Light and battery charging in Base Camp.
- Thuraya SAT Phone for emergency use only.
- Radio Walkie Talkie
- Required necessary Kitchen, Toilette, Member Dining Tents for Ama B.C and High Qualities VE-25 North Face Tents for Ama B.C.
- Entire necessary Kitchen equipment's including Gas, Stove
- All ground transportation in a comfortable private vehicle as per the itinerary
- Cook Domestic flights (Kathmandu- Lukla -Kathmandu)



- Necessary Yak and Porter service (2 trekkers: 1 porter)
- Staff costs including their wages, insurance, equipment, domestic airfare, food and accommodation
- 30.kg personal baggage allowance for carrying by Porters.
- Medical kit bag.
- All government and local taxes
- Welcome and Farewell dinners

## Base Camp Service Includes

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Flight Kathmandu-Lukla-Kathmandu
- Ama Dablam Climbing Permit
- Entire Necessary Trekking and National park fee and permit.
- Garbage Deposit
- Government approved L.O for Ama Dablam Climbing (Fully paid and ensured).
- Cargo required for the Expedition from KTM-LKL-KTM .
- Teahouse accommodation during the trek.
- Tented accommodation during the climbing .
- All meals (breakfast, lunch and dinner) during the trek and climbing period as per itinerary
- High Altitude food for members and climbing sherpa guide during climbing.
- Solar Panel for Light and battery charging in Base Camp.
- Thuraya SAT Phone for emergency use only.
- Radio Walkie Talkie
- Required necessary Kitchen, Toilette, Member Dining Tents for Ama B.C and High Qualities VE-25 North Face Tents for Ama B.C, C1, C2 and (C3 if required)
- Entire necessary Kitchen equipments including Gas, Stove
- Fixed and dynamic Ropes as per necessary with shearing all team.
- Emergency Oxygen Mask and Regulator for medical purpose
- All ground transportation in a comfortable private vehicle as per the itinerary
- Climbing Sherpa Guide and Cook Domestic flights (Kathmandu- Lukla -Kathmandu)
- Experienced trekking guide(leader), Highly Technical Climbing Sherpa guide (Many times Everest and Ama Dablam summiteers) and assistant guide
- Necessary Yak and Porter service (2 trekkers: 1 porter)
- Staff costs including their wages, insurance, equipment, domestic airfare, food and accommodation
- 30.kg personal baggage allowance for carrying by Porters.
- Medical kit bag.
- All government and local taxes
- Welcome and Farewell dinners



## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.



2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) or login to [xtremeclimbers.com](#) for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Nepalese visa fee (bring accurate USD cash and two passport photographs)
- International airfare to and from Kathmandu
- Excess baggage charges (if you have more than 15 kg luggage, cargo charge is around \$1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary)
- High Altitude food for members and climbing sherpa guide during climbing.
- Climbing Sherpa Guide
- Travel and Heli rescue insurance
- Summit Bonus ( USD. 700.00. Minimum ).
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Personal climbing equipment.
- Personal climbing guide (if requested we can arrange)
- Optional trips and sightseeing if extended
- Tips for guides and porters
- Services not listed in the 'What Is Included' section.

