

Trip Name : Amadablam Expedition

Trip Cost	US \$4775
Starting Point	Fly in KTM-Lukla
Ending Point	Fly out Lukla-KTM
Type	TeaHouse/Camping Trek
Grade	Difficult
Duration	31 Days
Daily Walk	5-7 hours
People in Group	Minimum 4 and Maximum 12
Best Time	April to May and September to November
Max. Elevation	6812 mt.

Trip Details:

Mount Ama Dablam (6,812m/22,350ft) is located in the famous Khumbu region of East Nepal just above the Tengboche monastery on the way to Everest Base Camp. Mt. Ama Dablam expedition is technically demanding and has it all ice, rock and the great base camp in a meadow with a stream. From the summit, five out of six highest peaks in the world are clearly visible namely Mt. Lhotse, Mt. Lhotse Shar, Mt. Makalu, Mt. Cho Oyu and Mt. Everest. The first ascent of Mt. Ama Dablam was made in 1961 by Barry Bishop, Mike Gill, Mike Ward and Wally Romanes and by many different routes since then. South West Ridge is an acceptable challenge for the ambitious and experienced mountaineers. Our expedition will be made through the conventional South West Ridge which involves pure rock and ice climbing. This expedition provides a superb, technical climbing experience with numerous cultural and scenic highlights of the region. It is also known as the Mother and Pearl Necklace, the pearl depicted by the permanent hanging glacier. It is probably considered as one of the most attractive mountains in the world and dominates the view to the east during the trek to Everest Base Camp. Mt. Ama Dablam is a technical climb, which includes ropes, ice axe, ice screws and jumars.

Note:

- Island Peak climbing can be associated to get prepared for the Amadablam expedition.

High Altitude Warning:

Safety is our major concern during all expeditions and our guides are aware of such situations how they should be dealt with. However, there are dangers involved in climbing 6000m, 7000m and 8000m peaks that cannot be avoided. The extreme altitude, weather conditions, cold and other mountaineering hazards ensure high altitude climbing has unavoidable risks at the best of times, members of our expeditions need to be aware of these dangers and accept that they are an integral part of high altitude mountaineering.

Catering Arrangements:

Food on the trek is excellent. Breakfast includes porridge and cereal followed by eggs (fried, boiled poached or omelet's) and either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice and may include chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is usually fresh/tinned fruit and tea. The evening meal starts with soup accompanied by popadoms or dipping bread. The main meal varies from local style– Daal-bhat (rice and lentils with an onion and vegetable sauce), western style burgers, chips, pasta, desserts include apple pie, cake, custard etc.

Weather Conditions:

The Post and Pre monsoon conditions experienced from October into mid – December/April-May are usually

very fair, dry and stable. Daytime temperatures are pleasantly warm in the valleys (20-30C) whilst cool to very cold (especially with wind chill). Night time temperatures are cold to very cold (possibly as low as minus 30C) and you should make sure you have a very warm sleeping bag (-30C), an expedition weight down jacket and good quality down mitts.

Expedition Support:

An experienced Trekking Encounters leader will head the expedition. We employ a long established loyal team of Sherpa staff who are supported by an equally professional team of cooks, with excellent facilities and hygiene creating a very comfortable Base Camp. All our expeditions are supported by satellite phone, walkie-talkie, support oxygen (when required) and comprehensive first aid medical kit.

Equipment:

A detailed equipment list is provided on booking. Specialist items such as a four season sleeping bag and down jacket are required to be arranged before the expedition starts. We only use branded expedition tents and gears manufactured in Europe.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- International/domestic arrival/departure transfers
- A City Hotel in Kathmandu with breakfast
- Guided sightseeing in Kathmandu
- Permit fees for Mt. Amadablam and Sagarmatha National Park
- Three meals a day (B/L/D) served at teahouse/lodge and at our own kitchen
- Accommodations in the mountains at teahouse/lodge/tents
- Experienced Climbing Sherpa Guides
- An experienced Cook and kitchen crew for camping period
- Necessary porters to transport all the logistics to/from Base Camp
- Necessary climbing equipment including Top quality high mountain Tents, Fixed and Main ropes, Ice-screws, Safety ropes, Jumars, Karabiners, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Lukla-Kathmandu regular flights
- Satellite phone support for entire expeditions, walkie-talkies and oxygen cylinders for emergency
- Emergency co-operation service and first aid kit box
- A certificate by Ministry of Tourism on successful summit of expedition

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal climbing equipment such as Plastic Boots, Ice-axe, Gaiters, Crampons, Harness, etc.
- Insurance for accidental, medical and evacuation

- Additional oxygen cylinders
- Tips to the staff
- Meals in Kathmandu and entrance fees to the monuments during city tour
- Costs associated with the expedition finishing earlier
- Costs associated with you leaving the expedition earlier
- Refundable Garbage Deposit
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Arrival in Kathmandu, transfer to a hotel.

Day 02 : Kathmandu sightseeing to the World Heritage Sites.

Day 03 : Team briefing and equipment preparation.

Day 04 : Fly Kathmandu to Lukla (2,840m/9,318ft) and trek to Phakding (2,610m/8,563ft).

Day 05 : Trek Phakding to Namche Bazaar (3,446m/11,306ft).

Day 06 : Rest and acclimatisation day in Namche Bazaar.

Day 07 : Trek Namche Bazaar to Tengboche (3,867m/12,687ft).

Day 08 : Trek Tengboche to Pheriche (4,252m/13,950ft).

Day 09 : Rest and acclimatisation day in Pheriche.

Day 10 : Climbing period (Day 10-25). Overnight in camps. Ama Dablam Summit (6,812m/22,350ft).

Day 26 : Return trek Amadablam Base Camp to Tengboche.

Day 27 : Return trek Tengboche to Namche Bazaar.

Day 28 : Return trek Namche Bazaar to Lukla.

Day 29 : Fly Lukla to Kathmandu (35 minutes), hotel.

Day 30 : Farewell day.

Day 31 : Fly out Kathmandu.