



Email: navigationtraveltrek@gmail.com

Phone: 061-457693

AMA DABLAM BASE CAMP TREK

Overview

Ama Dablam (6856m) is one of the most beautiful and favored peaks of the world, alongside the Khan Tengri and Matterhorn. This less popular trek path is ideal for adventure seekers because it runs across steep rocky slopes that are frequently covered in snow and ice. The Ama Dablam base camp walk immerses you in Sherpa land and the Sherpa culture. You will hike on the Everest Base Camp trail for a few days, then after Thyangboche, you will head towards the east. The herds on the trail are gone, and you can now admire the beautiful mountains that surround you. Following your visit to the Ama Dablam base camp, you will climb to the villages of Khumjung and Khunde. Here you can visit the Sherpa monastery of Khumjung, the Edmund Hillary school and many more.

This Ama Dablam trek has it all. Culture, adventure, and world-class mountain panoramas are all available. We developed this trek for travelers who wish to see the best of the Everest region while shortening their trekking days. This is the most common way to get started trekking in the Everest region. This walk winds through the Sherpa people's famous Buddhist communities and temples while providing amazing views of some of the world's highest peaks. The days spent trekking above Namche Bazaar are the highlights of our trip. We venture beyond the official pathways beneath Ama-Dablam's stunning peaks. We discover a beautiful 360-degree mountain view from our spectacular vantage position, ending in the iconic peak of Everest looming above the Nuptse-Lhotse wall. A visit to the Sherpa villages of Khunde and Khumjung, where we will see some of Sir Edmund Hillary's projects created through the Himalayan Trust, adds another depth to our walk. Without a doubt, this Ama Dablam Trek in the Everest region provides breathtaking views of Mount Everest as well as the unique landscape from its base camp. The pristine lake at the base camp, surrounded by Himalayan peaks, is unrivalled. Though the base camp of the magnificent AmaDablam peak is on the path of the Everest base camp climb, few trekkers are aware of it and have visited it.

Itinerary

Day 1: Flight from Kathmandu to Lukla and start trek to Phakding.

Our Everest 3 Passes Trek begins with 50 min. local flight from Kathmandu to Lukla. It is a beautiful flight with spectacular views of the Eastern Himalayas. When we arrive in Lukla, we are delighted with views of massive peaks around the village, providing a preview of what is to come. Our group gathers and begins a 3-hour hike to Phakding. Phakding is the beginning point for many Everest region treks, and the Phakding market is filled with stores selling gear and souvenirs, as well as cafes, restaurants, and other amenities. You are free to explore Phakding after you arrive. Rimishung Monastery should not be missed.

Destination: Phakding

Altitude Gain: 2652

Duration: 4

Accommodation: Lodge

Day 2: Trek from Phakding to Namche Bazar.

We begin the journey soon after having breakfast in Phakding. After crossing the Dudh Koshi River, we register our permit number and group details at the National Park office at Monju, the entrance to the Sagarmatha National Park. The Hillary Suspension Bridge will then take us to Namche Bazaar.

Destination: Namche Bazaar

Altitude Gain: 3440

Duration: 8

Accommodation: Lodge

Day 3: Rest Day to acclimatize at Namche Bazaar.

This is the day to rest at Namche Bazaar, the center of the Khumbu region. It's also a day for our bodies to adjust to the altitude. Even though we are staying in Namche, we must be active and move around. There are banks, ATMs, and Cyber Cafes, and you can also visit the Sherpa museum or the local community.

Destination: Namche Bazaar

Altitude Gain: 3440

Duration: 3

Accommodation: Lodge

Day 4: Trek from Namche Bazaar to Tengboche.

After a brief climb out of Namche, we contour on a trail high above the Imja Khosi this morning. We see Mount Everest, Lhotse, Thamserku, and Ama Dablam (6,812m). Ama Dablam means “Mother’s Necklace” because the ridges on each side resemble a mother’s arms protecting her child. The Dablam is a hanging glacier and the traditional pendant worn by Sherpa women. The majestic Ama Dablam is without a doubt one of the most stunning mountains in the world. We pass the two lodges at Kenjuma before making the steep slope to Phunke-Tenga. After that, we hiked for about two hours uphill through the forest to Tengboche. Tengboche monastery has a magnificent setting and a lovely edifice. Every day at 3 p.m., the monks pray, and it is a unique experience to see this event.

Destination: Tengboche

Altitude Gain: 3865

Duration: 7

Accommodation: Lodge

Day 5: Trek from Tengboche to Pangboche.

We descend through the pine forest from Tengboche to Deboche and then down to the Imja Khola. We cross the gorge on a bridge and then continue on the route on the other side. A beautiful view of Ama Dablam awaits ahead. As we ascend to the town of Pangboche, we cross chortens and mani walls. It takes roughly 2 to 3 hours to hike to Pangboche. Today’s trek is shorter to aid acclimatization as we approach 4,000 meters. We take our time ascending to avoid altitude sickness. We went to the oldest monastery in Khumbu, which is located among ancient juniper trees.

Destination: Pangboche

Altitude Gain: 3985

Duration: 3

Accommodation: Lodge

Day 6: Trek from Pangboche to Ama Dablam Base Camp.

Today is the big day and the climax of the expedition as you walk to Ama Dablam Base Camp. This is an opportunity to get off the main track and explore a quieter region of the Khumbu. We cross Imja Khola on a suspension bridge below Pangboche. We take an uphill path through juniper and heather. The mountain vistas constitute a 360-degree panoramic. Ama Dablam Base Camp is located at 4,600 meters in a yak pasture beneath

the mountain's west flank. The top of Ama Dablam is 2,300 meters above us, and from here we get a feeling of the mountain's tremendous size. The climbing route follows the southwest ridge. Base Camp has spectacular views of Kangtega (6,783m), Thamserku (6,618m), and Taboche (6,542m). After spending some time at Ama Dablam Base Camp, you will return to Pangboche by the same trail.

Destination: Ama Dablam Base Camp

Altitude Gain: 4600

Duration: 5

Accommodation: Lodge

Day 7: Trek from Ama Dablam base camp to Khumjung village.

Today we start the descent, and for diversity, we take a different route through Phortse village. You follow a lovely high trek over the Ijma Drengkha River from Pangboche. This trail follows the valley's contours. We have spectacular views of the Himalayas with Tengboche sitting on its ridge. After approximately two to three hours, you come around a corner and see the remote village of Phortse below. We climbed a hard trek through birch and rhododendron forest from Phortse to the Dudh Koshi. After crossing the river through a bridge, we begin a gradual ascent on a switchback track. At an elevation of 3,963 meters, we arrive at the Mong La pass. We descend on a small path from here to the Khumjung trail. The late Sir Edmund Hillary's Himalayan Trust built the first school in the nearby community of Khunde. Khumbu Yul Lha (5,761m), a Sherpa holy mountain, stands above both of these towns.

Destination: Khumjung village

Altitude Gain: 3970

Duration: 7

Accommodation: Lodge

Day 8: Trek from Khumjung to Thame.

We descend around the steep incline from Khunde to Phurte, then down to Samsing. Thame Valley receives fewer hikers because it is located distant from the main Everest Base Camp trail. We take a stroll through juniper, miniature rhododendrons, and open pastures. We're following an ancient Tibetan trading route. The path descends to a bridge with roaring water below before reaching Thame. Large murals of Guru Padmasambhava can be found on the rock. The path then ascends to the lovely village of Thame, which is framed by snow-capped peaks. An impressive monastery over 600 years old is located

above the village.

Destination: Thame

Altitude Gain: 3750

Duration: 7

Accommodation: Lodge

Day 9: Trek from Thame to Monjo.

We gradually return to town as we make our way down the valley to Namche Bazaar. Remember to turn around and take one more look at the snow-capped peaks as we depart the heart of the Everest Region. We left our footprints to capture memories and images of this once-in-a-lifetime event.

Destination: Monjo

Altitude Gain: 2610

Duration: 6

Accommodation: Lodge

Day 10: Trek from Monjo to Lukla.

We continue our journey down the trail from Monjo, following the Dudh Koshi valley. This follows the same route as our ascent, so the villages we pass through will be familiar. We begin the climb of the final hill of the trek to Lukla at Chaurikharka. When we arrive at Lodge, we can spend our final evening with the guides and other assistants.

Destination: Lukla

Altitude Gain: 2840

Duration: 5

Accommodation: Lodge

Day 11: Fly back from Lukla to Kathmandu.

A flight from Lukla to Kathmandu in the early morning. The flight and landing are both spectacular scenes. The remainder of the day might be spent sightseeing or relaxing. Your trekking concludes with an adventurous flight. Enjoy the sights and bid farewell to the mountains and the hills. After you board in flight from Lukla to Pokhara, you will fly again with a sight of the highest mountains. You will recognize most of them through your window. Thank you and have a safe trip home.

Destination: Kathmandu

Altitude Gain: 1400

Duration: 1

Includes

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner).
- Accommodations in Tea House/Lodge during the Trekking.
- Pokhara-Kathmandu – Lukla – Kathmandu flight costs (includes tax and government fees).
- Trekking Guide, assistant trekking guide for groups with 12 or more trekkers and a porter (Sharing by two clients) with Insurance, food, and accommodations.
- Sagarmatha National Park Entry Permit and Khumbu Rural Municipality Permit.
- Experienced and licensed Sherpa Climbing Guide fee.
- Snacks (cookies) and seasonal fresh fruits every day
- Rescue operation arrangement in case of complicated health conditions (funded by travel insurance).
- Proper First aid kit.
- A TIMS card (Trekking Information Management System) is like a permit.
- All government, local taxes, and official expenses.
- Company's duffel bag will also be provided. (If needed)
- All essential official fees.

Excludes

- International flight cost.
- Your travel insurance.
- Excess baggage charge (weight limit 9 kg per person).
- On arrival visa fees at Tribhuvan International Airport (30 days- USD 50).
- All accommodations and meals in Kathmandu, before and after the trek.
- Extra night accommodations in Kathmandu due to early arrival, late departure, or early return from the trek.
- Personal expenses (shopping, snacks, boiled water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc.
- Tips for the Guide and Porter(expected).
- Travel insurance that covers emergency high-altitude Heli – rescue and evacuation and health care costs (compulsory).

- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, government policy changes.