

# AMA DABLAM EXPEDITION 2023

22 DAYS SPECIAL  
PROGRAM VIA LOBUCHE

---

**Start Date: 10th Oct 2023**  
**Group Size: 2 to 12 pax**

Price on inquiry

*Thamserku*  
expedition  
[www.thamserkuexpedition.com](http://www.thamserkuexpedition.com)

# THE HIGHLIGHTS



- Mesmerizing a panoramic views of several peaks including Everest, Makalu and Cho-Oyu from the summit
- 6 nights stay at Yeti Mountain Home
- 7 days back and forth trek to Ama Dablam base camp on full board
- Lobuche Peak Climbing (6,119m)
- Benefits of couple of days logistic arrangement at base camp
- Safe climb and descend with the assistance of an experienced climbing crew
- Stunning Helicopter ride in the High Himalayas.
- A Pooja ceremony and technical climbing skill training
- Steep climb on Yellow Tower and traversing
- A certificate of reaching the summit





## THE OVERVIEW

Mount Ama Dablam popularly known as the 'Matterhorn of the Himalaya' is a beautiful mountain, located almost due south of Mt. Everest and Mt. Lhotse in the Khumbu region. It is an ice-coated steep pyramid of ice with vertical walls and sharp, exposed ridges.

Mount Ama Dablam forms a lasting impression on many trekkers in Nepal, as it is perhaps the most stunning mountain along the popular trekking route to Everest Base Camp. The first ascent of Mount Ama Dablam was made in 1961 by the New Zealand and American expeditions team via South-West Ridge.

Our expedition can also be from the south-west route, a technical climb with three camps above base camp. The

ascent usually is completed in less than four weeks. The climbing on this route involves pure rock climbing on exquisite granite followed by mixed snow and rock climbing. The last section to the summit involves ice climbing followed by a long steep snow slope. After a strenuous climb, you reach the top at the elevation of 6812 meters, mesmerizing panoramic views of Mt. Everest, Makalu, Cho-Oyu and many other peaks.

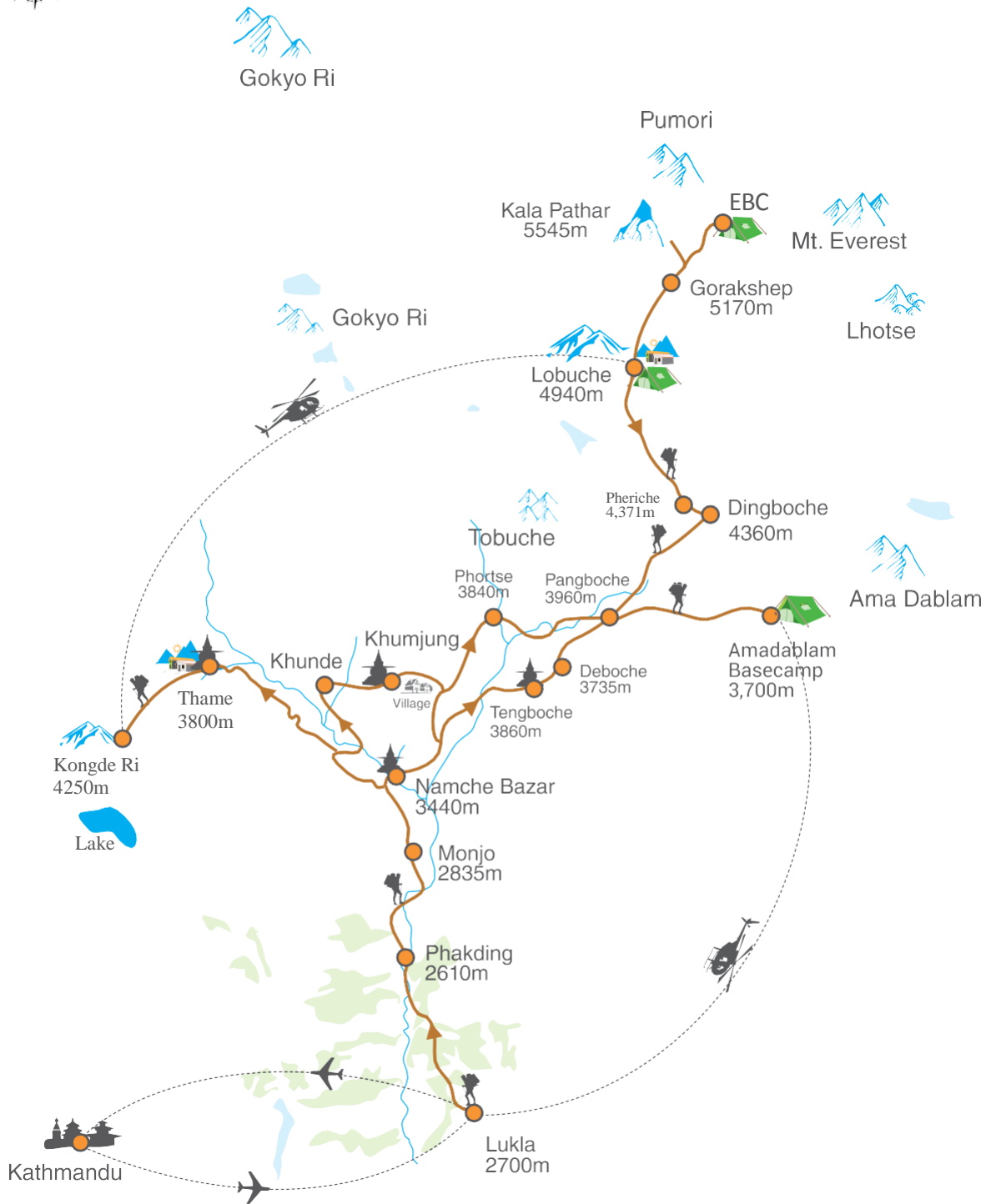
You will have the full assistance of our highly professional climbing guides who has previous experience of climbing the mountain plus they have skills and techniques to tackle every hurdle during the climb. With their support, you are one step closer to the summit.

# AMA DABLAM EXPEDITION

(6,812M/22,349FT)

## 22 Days Special Program via Lobuche Peak

Day	Program	Accommodation	Meals
1	Arrival Kathmandu (1,400m)	Gokarana F. Resort	BB
2	Hotel In Kathmandu	Gokarana F. Resort	BB
3	Fly to Lukla - Trek to Phakding (2,800m)	YMH	BLD
4	Trek Phakding to Namche (3,440m)	YMH	BLD
5	Trek to Thame (3,800m)	YMH	BLD
6	Acclimatization day in Thame	YMH	BLD
7	Trek to Kongde (4,250m)	YMH	BLD
8	Hike to Kongde Lake and rest day	YMH	BLD
9	Helicopter flight to Lobuche (4,900m)	Lodge	BLD
10	Trek to Lobuche High Camp (5,400m)	Camp	BLD
11	Summit Lobuche East Peak (6,119m) and to Lobuche	Lodge	BLD
12	Trek to Pheriche (4,371m)	Lodge	BLD
13	Trek to Amadablam Base Camp (4,576m)	Camp	BLD
14-19	At Base Camp, Climbing period - 6 days	Camp	BLD
20	Helicopter fly to Lukla and by regular flight to Kathmandu	Gokarna Forest Resort	BB
21	In Kathmandu	Gokarna Forest Resort	BB
22	Final departure transfer to Airport		





# DETAILED ITINERARY

## Day 01: Arrival Kathmandu (1400m)

You will be met at the Tribhuvan International Airport and taken to the Gokarna Forest Resort to relax. The resort is built inside the Gokarna Forest which once used to be the hunting grounds for the royal families of Nepal. It is a pristine forest where you feel relaxed.

## Day 02: Stay in Kathmandu.

We will set this day aside for us to help you get some last minute supplies or finalize any official documentation needed for the expedition. You will be briefed about the expedition by our team members as well.

## Day 03: Fly to Lukla, Trek to Phakding (2800m)



We will fly to Lukla early in the morning depending on the flight time, we will either have breakfast at the resort or upon arrival in Lukla. You will be taking the 40 minutes long domestic flight from Kathmandu Airport to Lukla landing on a narrow runway high above the Dudh Koshi River. Porters and support staff will be waiting at the airport to help you start your trek to Phakding. Trekking to Phakding will be easy since it is mostly downhill through pastoral lands, picturesque villages, and quaint farms. You will overnight stay at the Yeti Mountain Home.



## Day 04: Trek from Phakding to Namche (3440m)

As we continue along the Dudhkoshi River, we will pass through pine forests and settlements until we reach Monjo. Monjo is also known as the 'Gateway to the Sagarmatha National Park'. The National Park is the highest one in the world and a UNESCO World Heritage Site! Your guide will assist you to ready and present all the permits needed to enter the national park here. After lunch, you trek through a wooded valley crossing a river on a high suspension bridge also called the 'Hillary Bridge'. Right after the bridge is the upward climb towards Namche where you will see Mount Thamserku (and our namesake). When you are about an hour away from Namche, you will have your first view of Nuptse, Lhotses and Everest. You will spend a night at the Yeti Mountain Home in Namche.



## Day 05: Trek to Thame(3,820m)

After a breakfast at Namche, begin your walk to Thame, which should take approximately 5 hours walk. You will pass through a beautiful pine forest and typical Sherpa homes. This trail forms part of the entry route



to Tibet, which passes at Nangpa La, near the 8,012m peak of Cho-Oyu, first climbed in 1954. It is also the historical route that the Sherpa people migrated from Eastern Tibet 800 years ago.

After descending down to the bridge and crossing Bhotekoshi River and a half an hour ascent up, you will then reach Thame Village. You will stay at the Yeti Mountain Home, your base for the next two nights.

## Day 06: Hike to Sunder Peak for Acclimatization

After breakfast at lodge, take a half an hour walk up to Thame Monastery. This monastery is located in the Khumbu region, 200 meters above the village. It is set on the southern slope of Sunder Mountain under a very high rocky cliff, noted for its rock formations, which are mentioned in five books on the history of the region. The monastery was built in the 14th century. From the monastery you will trek back to the lodge, arriving in time for lunch. After lunch you can also visit the home of two famous Sherpa the first Everest Summiteers Tenzing Norgay Sherpa and Kami Rita Sherpa who holds the record of highest times Everest Summiteers i.e. for 25 times until 2021. You will overnight stay at the Yeti Mountain Home.



## Day 07: Trek to Kongde(4,250m)

After breakfast you will trek about 6 hours through beautiful rhododendron, pine and bamboo forest. This route is the original Khumbu Sherpa route used before 1950 which we renovated later to view the Panoramic view of Mountain range of Khumbu region. Walking through pine and bamboo forest you will arrive in the glacier of Kongde Mountain with the fantastic view of Everest, Lhotse and Ama Dablam. Your lunch will be packed lunch served on the mid of the trail. You can enjoy the magnificent view of the majestic Mountain along with the landscapes of Khumbu Region. Your stay will be at the Yeti Mountain Home in Kongde. This YMH in Kongde is the highest altitude lodge in the world.



## Day 08: Acclimatization day

There is a beautiful lake after you hike for 2 hours uphill from the Lodge. It is situated at an altitude of approx 4,500m. After enjoying the beautiful view of lake and Mountains you will return back to Lodge for lunch. After the lunch you are free. You will over night stay at the Yeti Mountain Home at Kongde.



#### **Day 09: Helicopter flight to Lobuche (4,940m)**

Today you will take a helicopter ride to Lobuche Village. The ride will be short and sweet which means it will only take 10 minutes to reach Lobuche by a Helicopter. You will definitely enjoy the ride as you will get closer to the Mountains and witness the magnificent view of Everest, Lhotse, Amadablam and many other mountains of Khumbu region. Your climbing guide will check your all climbing equipment, you can take rest and prepare yourself for the lobuche peak climbing.

#### **Day 10: Lobuche to Lobuche high camp (5,400M) 3-4 hours**

Lobuche village is the last village before the summit, so your guide will check all your equipment before you move from here. After breakfast, your climbing guide will take you to the High Camp which is not very far from the Lobuche Village. The last part of the day is quite challenging due to narrow trails and you will even have to take the support of ropes. Depending upon the water condition, you will either tent at High Camp or Intermediate camp.

Your Climbing guide will brief you about the summit condition and make you prepare for the summit push. You will overnight stay in the tent at High Camp.

#### **Day 11: Lobuche Peak Summit (6119) and back to Lobuche village (4,940m)**

Your first goal of the trip will be accomplished today. Your breakfast will be quicker than earlier because today will be a longer day compared to any other day. Using your headlamps, you will follow your climbing guide on to the summit. Celebrate your victory on the summit. You will have a Photo session on the summit and quickly return back to Lobuche as the wind will start hitting you.



#### **Day 12: Lobuche to Pheriche (4,371m)**

Today is an easy descend down trek which will last for around 3 hours. After your successful climb on the Lobuche Peak, your body probably needs to rest therefore, we will do a short descend trek to Pheriche and take a good recovery rest at Pheriche. You might get some chill wind way back to Pheriche as this place is often windy. You will overnight stay at one of the lodges at Pheriche.

#### **Day 13: Pheriche to Amadablam Base Camp (4,576m)**



Easy descend down for couple of hours and you will reach a village named Pangboche. Pangboche is also considered as one of the oldest Sherpa settlement in the Khumbu region. After a pleasant break at the Pangboche, you will head down to the Imja Khola and after crossing the river by bridge, you will ascend up all the way to the Amadablam base camp.

Those climbers who have been here say that this is the best base camp of all the base camp they have visited before. Enjoy your beautiful moment here at the Amadablam Base Camp for couple of days.





#### **Day 14-19: Climbing Period (6 days)**

Climbing period at Amadablam Base Camp, preparation for Climbing technical Mount Amadablam (6812 M). Since you have acclimatized at the Lobuche Peak, our climbing period is reduced to 6 days as our guides will support you for the preparation of Amadablam summit. We will sleep in the tented camp.

**Note:** Be advised that the mentioned activities during the climbing period are tentative. The actual planning of the summit is made at the base camp by your climbing guide. The activities may change because of the unstable weather conditions in the Himalayas and your level of fitness.

#### **Day 20: Helicopter flight from Amadablam BC to Lukla and to Kathmandu by airplane.**

Today you will return back to Kathmandu by helicopter to Lukla and later by airplane.

Your guide will take you to Gokarna Forest Resort where you are free to take a shower and relax. At night, share your adventures with fellow travelers. Enjoy your time at Gokarna Forest Resort.

#### **Day 21: Gokarna Forest resort in Kathmandu**

We will reserve this day to get your climbing documentation and certification. There will also be a short briefing from government authorities. You will then be able to enjoy the sights and adventures Kathmandu has to offer as well.



#### **Day 22: Final Departure**

You will be transferred to the airport depending on your flight time. The airport check-in time is 3 hours prior to flight departure and the checkout time at the hotel is noon. If your flight is later in the evening, let us know if you would require additional use of the hotel room and we would be happy to accommodate you!







Price on inquiry

22 days Special Program via  
Lobuche Peak

Group size: **2 to 12 Pax**

## WHAT'S INCLUDED?

### GOVERNMENT & RELATED CHARGES

- ✓ Amadablam climbing royalty fee
- ✓ Lobuche Peak climbing royalty fee
- ✓ 1 X Government liaison officer with flight, accommodation, meals, and wages
- ✓ Sagarmatha National park fee
- ✓ Khumbu PasangLhamu Rural development fee
- ✓ Route fixing charge for Icefall and higher camps to the summit by SPCC & EOA
- ✓ Garbage deposit fees
- ✓ Weather forecast during rotations & Summit push

### SERVICE IN KATHMANDU

- ✓ International and domestic airport transfers
- ✓ 4 nights in a five-star Resort in Kathmandu with breakfast
- ✓ Return flight from Kathmandu to Lukla
- ✓ 2 X Thamserku Duffel bag per member (90L & 150L)

### SERVICE DURING TREKKING

- ✓ Accommodation: 6 nights in Yeti Mountain Home on full board and remaining 3 nights in local lodges on full board.
- ✓ Helicopter service.
- ✓ Hot water for drinking purposes
- ✓ Emergency medical Kit and oxygen during the trek
- ✓ Porters to carry trekking and expedition gears
- ✓ Assistance of Guide and Sherpa during the trek

### AMADABLAM BASECAMP SERVICE

- ✓ Single tent per member with comfortable mattress
- ✓ Tent for climbing and Kitchen crew on twin sharing
- ✓ Kitchen, Dining, Shower and toilet tent (communication tent for 8 pax above)
- ✓ Hot water for shower & laundry
- ✓ Solar panel/generator for light and battery charging
- ✓ Gas heater for the dining tent
- ✓ 3 meals a day, snacks and unlimited tea and coffee



**SERVICE AT HIGHER CAMP:  
CI, CII & CIII**

- ✓ North Face/Ozark/Red Fox on twin sharing for members and climbing crew
- ✓ High Altitude food for members and climbing crew
- ✓ Enough Epi gas, gas stove and cooking pot set for CI, CII, CIII and CIV
- ✓ 1 satellite phone for emergency and walkie-talkie for a member, Sherpa and basecamp
- ✓ Group safety equipment, i.e. extra rope, karabiners, ice axe, ice screw
- ✓ Porter for personal and group camping equipment
- ✓ Climbing Crew: Expedition Manager/ Climbing Guide and 1 personal Sherpa (1:1 ratio) for the summit
- ✓ One Cook and required number of kitchen helpers at the basecamp
- ✓ Equipment's, daily wages, carrying bonus and medical insurance for climbing crew/Sherpa
- ✓ Equipment's, daily wages, and medical insurance for Kitchen crew and porters

**WHAT'S NOT INCLUDED?**

- ✓ Summit bonus of US\$1000 for IFMGA/ Experience Guide Or US\$800 for normal climbing Sherpa once you make a summit attempt from Camp II or US\$400 if dropped from Camp II
- ✓ Tips for personal climbing Sherpa (\$500), Kitchen crew (\$300) & porters (\$10/day)
- ✓ Oxygen, mask & regulator
- ✓ Unexpected increment in the royalty fee/climbing permit
- ✓ International airfare and Nepal visa fee
- ✓ Lunch and dinner in Kathmandu
- ✓ Extra nights in Kathmandu
- ✓ Personal travel, medical and rescue insurance
- ✓ Medical evacuation charge if required
- ✓ Personal trekking and climbing gears
- ✓ Service besides mentioned in inclusions example - extra oxygen, Sherpa and porters
- ✓ Other personal nature expenses i.e. alcoholic beverages and self-ordered hot drinks during the trek

# THE ESSENTIALS

## Mountaineering Gears Checklist (7000m to 8848m)

### BODY WEAR

1. Down Suit - Recommended Absolute Zero Over suit by Mountain Hardwear, or Ulvetanna Suit by Berghaus, or The Himalayan Suit by The North Face, or the Expedition Suit by Rab.
2. Down Jacket and a pair of Down Salopettes - Recommended Absolute Zero Parka and Absolute Zero Pants by Mountain Hardwear, or by Rab. - not very bulky
3. Waterproof Jacket and Over trousers that goes over your alpine boot
4. Balaclava - Recommended The North Face A3543 Unisex Wool Balaclava or similar covering nose and face
5. Long sleeve Thermal shirt and Trousers - Recommended anti-sweat
6. Fleece Jacket and Trousers - Recommended Patagonia, or The North Face, or Mountain Hardwear

### HAND WEAR

1. Liner gloves - thin and warm
2. Down mitts - Recommended The North Face, or Marmot Expedition mitt, or Mountain Hardwear Absolute Zero Mittand.
3. Mountain Gloves - Recommended water & windproof
4. Gore-Tex Primaloft Glove - Recommended the North Face, or Mountain Hardwear.
5. Smartwool Mountaineering Socks (2 pairs - new)
6. Ultra-Soft Running / Hiking Socks (2 pairs - new)
7. Mountaineering boot Recommended La Sportiva Olympus Mons Evo or Millet Everest GTX
8. Alpine boot - Recommended La Sportiva Men's Nepal EVO GTX Boot or similar

### CLIMBING EQUIPMENT'S

1. Climbing helmet - Recommended Black Diamond
2. Ski Goggles with UV protection and anti-fog system
3. Headlamp - Recommended Black Diamond & Petzl
4. Spare batteries - Recommended Energizer Ultimate Lithium batteries
5. Harness Set
  - a. Lightweight Harness - Recommended DMM Super Couloir, or Black Diamond Couloir Harness, or Mammut Ophira 3 Side climbing harness
  - b. Ascender (Jummer) - Recommended Petzl or Black Diamond
  - c. Abseiling device - Recommended Black Diamond ATC Guide Bley Device, or Petzl GRIGRI 2 Grey Belay, or Descent Device D14BG
  - d. Screwgate Carabiners (2 X large, 2 X small sizes) - Recommended Petzl or Black Diamond
  - e. Bent Gate Carabiners (2 medium sizes) - Recommended Petzl or Black Diamond
  - f. 6 mm rope - Recommended 2 meters UIAA tested
  - g. 6 mm rope - Recommended 5 meters UIAA tested
  - h. 1 X tape sling - Recommended 120 cm UIAA tested
6. Dynamic 8.9 mm rope (single rope) - Recommended 2 m UIAA tested
7. Classical Alpine ice-axe - Recommended (70-90 cm) Petzl, or Grivel Air Tech, or Black Diamond
8. Crampons that fits Mountaineering boots - Recommended Grivel G-12 New-Matic Crampons

## OTHER EQUIPMENT's

1. 55-65 Liter Rucksack - Recommended POD Black Ice, Crux AK47 (extendable) and Crux AK57
2. Base Camp Duffel - XXL
3. 2 X 5 season sleeping bag with compression bag - Recommended North Face and Mountain Hardwear
4. 2 X 5 season foam sleeping mat - Recommended 72 x 20 inches (20 x 5 x 5.5 inches folded) and weigh around 14 ounces
5. Swiss Army Knife with a multi-tools system or leathermen
6. 1-litre stainless steel thermos - that works in extreme weather condition

## EMERGENCY CONTACT

1. Dawa Sherpa (Expedition Manager):  
+977-9801333616
2. Anjan Rai (Clients Relation Manager):  
+977-9823338761
3. Office Hours only: Thamserku Office:  
+977-1-5909982



## RESPONSIBLE TRAVEL

We are a partner with Travelife – sustainability in Tourism. We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimize the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.

## OUR HIGH EQUIPMENT PARTNERS

High equipment partners that our clients will get 20% off with our privilege card.





## TREKKING GEARS CHECKLIST (2000m to 5000m)

### HEADWEAR

1. Sun Hat/Normal cap
2. Fleece or woollen hat
3. Earmuffs/Ear warmers (optional)
4. Sunglasses with UV protection
5. Buff Scarf / thin face mask

### HANDWEAR

1. Fleece or woollen thin gloves
2. Gore-Tex mitten gloves

### BODYWEAR

1. Gore-Tex Jacket
2. Gore-Tex Pant
3. Hiking pant
4. Fleece trouser and jacket or warm jumper - Recommended not thick but warm enough that fits inside the Gore-Tex pant
5. Anti-sweat T-shirt
6. Thermal inner trouser
7. Down jacket with hoodie

### FOOTWEAR

1. Trekking boots
2. Hollow Out Outdoor Slipper
3. Trekking socks (4-5 pair)
4. Snow Gaiter

### OTHER EQUIPMENT'S

1. Sleeping bag (comfort rated - 15 °C)
2. 30 Liter Rucksack with cover
3. Large size Duffel Bag with padlock
4. Headlamp with spare batteries
5. Water bottles 1 Liter
6. Thermos
7. Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

### WASHING KIT & TOILETRIES

1. Waterproof washing kit bag
2. Towel - medium size
3. Washing soap, towel, tooth pest, toothbrush etc.
4. Sun Lotion Enough +30SPF (including total bloc for lips, nose etc.)
5. Handwash & sanitizer
6. Toilet paper (you can buy this in the lodges)
7. Wet tissues

### OPTIONAL ITEMS

1. Trekking poles
2. Trainers or similar for use in the lodges
3. Shorts
4. Baselayer leggings
5. Gaiters
6. Sleeping bag liner
7. Pillowcase
8. Earplugs (particularly if you are not the one snoring)
9. Camera
10. Pen-knife (remember to pack sharp objects in hold baggage)
11. Repair kit - (e.g. needle, thread, duct tape)



## **THAMSERKU EXPEDITION (P) LTD**

PO Box 3124, Bashundhara, Kathmandu, Nepal

+977 (1) 5909981 / +977 (1) 5909982

[info@thamserkuexpedition.com](mailto:info@thamserkuexpedition.com)

[www.thamserkuexpedition.com](http://www.thamserkuexpedition.com)