

# AMA DABLAM EXPEDITION 2023

25 DAYS REGULAR PROGRAM

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Start Date: 10th Oct to 3rd Nov 2023

Group Size: 2 to 12 pax

US\$ 5,999  
per person / tax inclusive



*Thamserku*  
www.thamserkuexpedition.com



# THE HIGHLIGHTS



- Mesmerizing a panoramic views of several peaks including Everest, Makalu and Cho-Oyu from the summit
- 7 days back and forth trek to Ama Dablam base camp on full board
- Benefits of 14 days logistic arrangement at base camp and rotations to Camp I & II
- Safe climb and descend with the assistance of an experienced climbing crew
- 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.

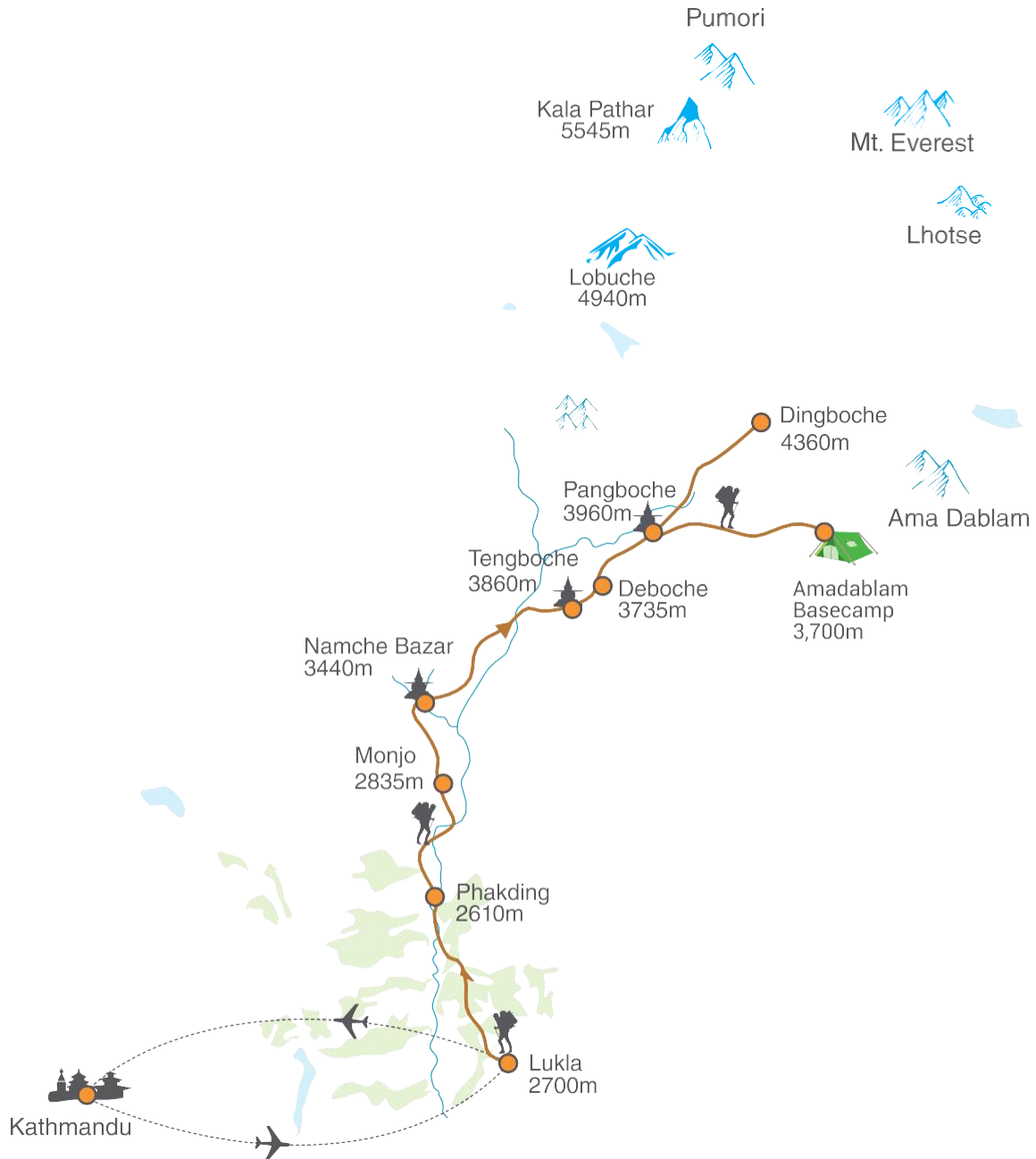
# AMA DABLAM EXPEDITION

(6,812M/22,349FT)

## 25 DAYS REGULAR PROGRAM

Day	Program	Accommodation	Meals
Day 1	Arrive in Kathmandu	Gokarna FR	B
Day 2	In Kathmandu	Gokarna FR	BD
Day 3	Fly to Lukla, Trek to Phakding (2,651m): 3-4 hours of trek	Local Lodge	BLD
Day 4	Phakding to Namche Bazaar (3,438m): 5-6 hours	Local Lodge	BLD
Day 5	Acclimatization Day at Namche Bazaar (3,440m)	Local Lodge	BLD
Day 6	Namche Bazaar to Debuche (3,820m): 5-6 hours	Local Lodge	BLD
Day 7	Debuche to Ama Dablam Basecamp (3,700m): 4-5 hours	Camping	BLD
Day 8 – 20	At Base camp Climbing Period	Camping	BLD
Day 21	Trek from Base camp to Namche	Local Lodge	BLD
Day 22	Trek to Lukla	Local Lodge	BLD
Day 23	Early morning flight to Kathmandu	Gokarna FR	B
Day 24	Free day in Kathmandu for official documentation	Gokarna FR	BD
Day 25	Final Departure		





# DETAILED ITINERARY

## Day 01: Arrive in Kathmandu

You will be met at the airport and taken to the hotel to relax.

## Day 02: In Kathmandu

Free day in Kathmandu for equipment preparation, attend government briefing and arrangement of documentation needed for the expedition.



## Day 03: Fly to Lukla (30 minutes), Trek to Phakding (2,651m): 3-4 hours of trek

The first flight to Lukla takes place very early in the morning. Depending on the time, you will have your breakfast either in the hotel or upon arrival in Lukla. You will be transferred to the domestic terminal of Kathmandu Airport from where you take your flight to Lukla which is about 40 minutes landing on the narrow, runway high above the Dudh Koshi River. Your porters and support staff will be waiting at the airport to help you with your luggage to start your trek to Phakding. The trek to Phakding is an easy walk for the first day with a mostly downhill. The trek will take you through pastoral lands through several small villages and farms. Approximately after 3 hours, we reach Phakding where we spend our overnight in the tea houses that are run by Sherpas.



## Day 04: Phakding to Namche Bazaar (3,438m): 5-6 hours

After breakfast, your guide will brief you about the day. An easy walk today to Monjo will take you through the pine trees and glimpses of distant snow-capped peaks. You will encounter impressive waterfalls and yaks along the way taking necessary foods and other essentials for the trekkers as well as the locals. You will pass through the checkpoint before reaching Monjo where the officials check your permits. Your guide will sort out the paper works while you can stroll around for a bit. After this you officially enter the Sagarmatha National Park and a little way up the trail, you arrive in Monjo where you will stop for lunch. After lunch, you start your trek through the wooded valley on a good trail crossing the river through the high suspension bridge. Right after the bridge is the upward climb towards Namche. An hour and a half long ascent to Namche - famous among the locals as "Namche Ko Ukalo" meaning the uphill of Namche. It is all uphill till you reach Namche, and about an hour before reaching Namche your hard work will be rewarded by your first view of Everest. Your guide will walk you to the lodge you will be staying overnight.

## Day 05: Acclimatization Day at Namche Bazaar (3,440m)

Being situated at high altitude, Namche Bazaar serves as an acclimatization stop for climbers to avoid altitude sickness. Namche Bazaar is the main centre of the Khumbu region and is facilitates with government offices, internet, ATM's, restaurants and



a colourful market. Our guides can take us to explore the real charm of Namche Bazaar. We can observe traditional Sherpa life and enjoy flora and fauna found that grow at this altitude.

#### Day 06: Namche Bazaar to Tengboche to Debuche (3,700m): 6-7 hours

Today we will walk to the biggest monastery of the Everest region located at Tengboche. It encloses within Sagarmatha National Park which is listed in a UNESCO world heritage site. The trek to Phunki will be easy, but afterwards ascending will become relatively harder. The panoramic view of the Himalayas from the monastery shows us a divine universe built under the same range. We can observe a Buddhist religious ceremony. After spending an hour to visit the monastery, we trek further down to Debuche



#### Day 07: Debuche to Ama Dablam Basecamp (3,700m): 4-5 hours

After breakfast, we trek for one and half hours to Pangboche. We spend a couple of hours to visit the oldest monastery build by the monk who travelled from Rongbuk Monastery in Tibet to Khumbu valley. After lunch at Pangboche, we head towards northeast towards the Imja Khola pulling out of the Everest Basecamp trail. After crossing the suspension bridge, we climb towards Amadablam on the narrow zigzag route to the Amadablam Basecamp. You are welcomed by our Base camp staffs who will be there for your assistance through the expedition.



#### Day 8 to Day 20: At Base camp Climbing Period

- Rest day – Puja – climbing training
- Rotation
  - Climb to camp I (spend overnight)
  - Touch Camp II or the Yellow Tower and descend to camp I
  - Descend back to the Base camp
- Rest and prepare for the summit push
- Reserve day at the base camp
- Summit push
  - Climb to camp I (overnight) – start at
  - Climb to Camp II (overnight) – start at
  - Climb to Camp III
  - Climb overnight at reach summit around 6-7 am and descend to Camp II
  - Descend to base camp
- Packing and clearing the Base camp after the summit

**Note** - Be advised that the mentioned activities during the climbing period are a tentative plan. 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 also your level of fitness. We advise you to book a Flexi flight and allow extra days in case if you need for the summit push.





#### Day 21 to Day 22: Trek from Base camp to Lukla

Back to Namche Bazaar is mainly downhill from Base camp, with a small uphill stretch.

From Namche, we'll get up early and descend back to Lukla. We will pass Monjo after a short walk and then to Phakding. We stay on the same trail and advance towards Cheplung and further to Lukla.



#### Day 23: Early morning flight to Kathmandu

We will enjoy our last views mountains while flying back to the Kathmandu from Lukla. After 25 minutes of flight, our representative will be waiting for you at the domestic airport to take you back to the hotel where you can enjoy your chilled beer and warm shower.

#### Day 24: Free day in Kathmandu for official documentation and collect the summit certificates

Free day in Kathmandu for official documentation, closing briefing by the government and collecting certificate if successfully reached in the summit. Farewell dinner and celebration at Piano Piano restaurant at Nomad Hotel.

#### Day 25: Final Departure

Depending on your flight time you will have your transfer arranged to the airport. The airport check-in is 3 hours before the departure time, and the hotel checkout time is noon. In case your flight is late evening please let us know if you require half day use of the hotel with a charge.

### Ama Dablam Extensions Programs

- Lobuche Peak (6119m) & Everest Basecamp via Gokyo
- Cholatse Peak (6440m) via Gokyo
- Mera Peak (6476m) and Amphu Laptsa Pass
- Island Peak (6160m)







## Price & Services

US\$ 5,999/Per Person  
(13% tax inclusive)

25 Days Regular Program

Group size: **2 to 12 Pax**

## WHAT'S INCLUDED?

### GOVERNMENT & RELATED CHARGES

- ✓ Amadablam 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 local lodge on full board
- ✓ 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, carabiners, ice axe, ice screw
- ✓ Porterage of 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



## 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)

## 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.







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