

# Amadablam Expedition



## Trip Overview

Mount Amadablam(6812 Mtr) is one of the most beautiful peaks in the world one of the superior choices for mountaineers and the most impressive mountains in the world. It lies in the home of Mount Everest in the Khumbu region to the south of Mount Everest and Mount Lhotse. The expedition to Mount Amadablam offers a superb, technical climbing experience in a magnificent setting, with numerous cultural and scenic diversions. It was first submitted in 1961 since then every year it has been frequently climbed. The most popular route by far is the Southwest Ridge.

## Trip Itinerary

- Day 1 - Arrival to Kathmandu & Transfer to the Hotel (1,400 Mtr/4592 Ft)
- Day 2 - Rest in Kathmandu, Expedition briefing and preparation
- Day 3 - Flight to Lukla and trek to Phakding (2,800 Mtr/9184 Ft)
- Day 4 - Trek to Namche Bazaar (3,440Mtr/11283 Ft)
- Day 5 - Acclimatization at Namche Bazaar (rest day)

- Day 6 - Trek to Tyangboche (3,860 Mtr/12660 Ft)
- Day 7 - Trek to Dingboche(4410 Mtr/14464 Ft)
- Day 8 - Rest Day in Dingboche (4410 Mtr) and hike to Ngangkarsang Peak(5083 Mtr/16672 Ft)
- Day 9 - Trek to Chukkung (4750 Mtr/15580 Ft)
- Day 10 - Trek to Island Peak Base Camp (5150 Mtr/16892 Ft)
- Day 11 - Summit (6189 Mtr/20300 Ft) and Trek to Chukung (4750 Mtr/15580 Ft)
- Day 12 - Trek to Ama Dablam Basecamp (45000Mtr/14760 Ft)
- Day 13 - Check the all gears and Rest Day
- Day 14-25 - Climbing Period ( Ama Dablam Summit (6,812 Mtr/22343 Ft)
- Day 26 - rek to Namche bazar (3440 Mtr/11283 Ft)
- Day 27 - Trek to Lukla (2610 Mtr/8560 Ft)
- Day 28 - Flight back to Kathmandu and transfer to Hotel
- Day 29 - Rest day and free time for shopping & Relaxing
- Day 30 - Transfer to Airport for final departure for homeland

## **Cost Includes & Excludes**

### **Includes**

- Airport pick and drop to/from Airport
- Welcome dinner in Kathmandu
- 4 Nights accommodation in Five star hotel in Kathmandu in BB basis
- Flight Fare to/from Lukla
- Lodging and Fooding all nights during the trek and climbing period.
- Group equipment for climb cooking gear, fuel, stoves, ropes, all forms of rock, ice, and snow protection, radio communications, oxygen delivery system and oxygen cylinders, medical supplies, etc.
- High altitude sherpas,porters, liason officer,and all staffs
- All permit fees and government taxes.
- Sat phone available at Base Camp, but nominal charge for use
- High altitude tents for all members and climbing Sherpas. All food and fuel for Base Camp and higher camps during expedition. Services of cook and

kitchen boy at Base Camp. All kitchen tent, stores tent, dining tents, toilet tents, tables and chairs, and cooking utensils for Base Camp.

- Insurance for climbing Sherpas, cooks, Liaison Officer, and local porters. Equipment allowances and wages for climbing Sherpas, cooks, kitchen boys and Government Liaison Officer
- Base Camp single tent with mattress and pillow for each member, climbing Sherpa, BC staff and Liaison Officer.
- Solar panel at Base Camp for light and charging small electronics (eg. mobile phones, amateur digital cameras and handheld video cameras).
- Personal solar powered light at each tent per member at Base Camp.
- Transportation of food supply to Base Camp from Kathmandu (cargo to Lukla and then by porter to Base Camp).

## **Excludes**

- International airfare and Nepal Visa fee (bring accurate USD cash and two passport photographs)
- Personal gear, clothing and sleeping equipment (see gear list).
- Tips and Bonus for Staff and guide
- Insurance and Trip cancellation
- Beverages Alcoholic beverages and bottled drinks.
- Nepal entry visa Fee( can be obtained at the airport upon arrival)
- Lunch and dinner in Kathmandu.
- Personal insurance such as travel, accident, medical, emergency evacuation, and lost luggage.
- Personal solar pack for charging heavy electronics ( laptops, professional camera, batteries, etc. ).

## **Gears and equipment**

- Head Wear

Sun Hat

Warm Synthetic wool Hat

Head Band/buff/Face mask/balaclava

Head lamp and Spare Batteries

Nose guard

- Eye Wear

- Sun Glasses
  - Glacier glasses
  - Googles

- Hand Wear

- Lightweight Synthetic Gloves
  - Heavyweight Synthetic Gloves
  - Soft shell gloves
  - Hand Warmer
  - Mittens

- Body

- Fleece Jacket
  - Long Sleeved shirts
  - Short Sleeved Shirts
  - Wind Jacket
  - Down Suit
  - Down Jacket(Light Weight)
  - Down Jacket(Heavy Weight)
  - Soft shell Jacket
  - Hard shell Jacket

- Down Wear

- Trousers(Light Weight)
  - Trousers(Heavy Weight)
  - Wind Paints
  - Lightweight Underwear
  - Heavyweight Long underwear
  - Lightweight Nylon paints
  - Down Pants
  - Soft shell pants
  - Hard shell pants
  - Insulated synthetic pants

- Foot Wear

Light weight synthetic socks  
Climbing socks  
Climbing boots  
Trekking boots/Light hiking boots  
Running Shoes  
Insulated Camp boots(for Basecamp)  
Gaiters

- Accessories

Sunscreen and Lip Balms  
Personal First Aid Kit  
Dairy and Writing Material  
Camera with spare batteries  
Pocket knife  
Sun Glass  
Personal Toilet Equipment  
Water Bottles  
Hand sanitizers  
Small Towels/Soap/Shampoo

- Climbing Gear

Down Suits  
Helmet  
Harness  
Carabiners(Regular)  
Carabiners(Locker)  
Descender  
Ascender  
Ice Axe  
Crampons  
Helmet  
Water Bottle  
Duffol Bag  
Trekking Back Pack(40 Ltr)  
Climbing Back Pack (50 Ltr)  
Sleeping Bag(-40) for higher camps  
Sleeping Bag(-20) for Basecamp  
Thermarest  
Thermos  
Trekking Poles  
Pee Bottle