



# **Ama Dablam Expedition**



## Overview

Ama Dablam (6,812m) means "Mother and her Necklace" is best seen from Tengboche. It extends to the left to include a west ridge with a peak of 6135m elevation, which resembles Ama Dablam greatly. This breath-taking mountain is famous due to its strange, distinctive shape as well as its visibility from any point along Imja Khola. 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. This expedition offers a superb, technical climbing experience in a magnificent setting with numerous cultural and scenic diversions.

The normal route to climb mount Ama Dablam is from its South West ridge. Most of the mountaineering beginners start their climbing through this mountain. Our previous expedition to this peak made base camp at 4770 meters, camp 1 at 5800 meters, camp 2 at 6075 meters, camp 3 at 6400 meters and then summit with great success. The trek to base camp is one of the most stunning, with acclimatization days.

Required number of participants: no minimum, maximum 10.

The start dates refer to the arrival date in Kathmandu and the end date refers to the earliest you can book for your return flight home. When departing from Europe allow for an overnight flight to Kathmandu, but on the return it is possible to depart in the morning and arrive on the same day.

Private trips are welcomed if the scheduled dates do not fit. We have our own office and guesthouse ready and waiting for any dates you may prefer.

## Package

Includes	Excludes
<ul style="list-style-type: none"><li>• 4 nights accommodation in Kathmandu with Bed &amp; Breakfast</li><li>• Permit fee of Ama Dablam 6812 m</li><li>• Food for trekking and expedition period</li><li>• Expedition crew: base camp guide, cook, cook helper</li><li>• Porters or yak porter Lukla-base camp &amp; base camp-Lukla</li><li>• Kathmandu -Lukla - Kathmandu flights with cargo 50 kg per member</li><li>• Equipment allowance, daily allowance for liaison officer, expedition crew insurance for nepalese expedition crew</li><li>• 1 tent for 2 persons for Ama Dablam Expedition</li><li>• Mat, dining tent, Toilet tent, Mess tent, Store tent, table and chairs trekking for the expedition</li><li>• Local transportation in Kathmandu (Airport-hotel-airport)</li><li>• Emergency oxygen, mask and regulator</li><li>• Garbage deposit</li><li>• Fare well dinner</li></ul>	<ul style="list-style-type: none"><li>• International flights to and from Kathmandu</li><li>• Personal equipment for climbing &amp; trekking</li><li>• Personal &amp; medical Insurance of expedition</li><li>• Gas &amp; stove above base camp</li><li>• Lunch &amp; dinner in Kathmandu</li><li>• Emergency rescue evacuation by helicopter in case needed</li><li>• Walkie Talkie permit &amp; personal satellite phone permit</li><li>• Oxygen &amp; mask regulator</li><li>• Personal expenses</li><li>• Bar bills &amp; beverage</li><li>• We also recommend offering a tip at the end of your trip to your guide and porters, as tips are not included in the package price. During your trek briefing, you will be wisely advised on this matter and on the average amount to offer.</li></ul>

## Broad Itinerary

Our expedition to Ama Dablam blends a wide range of expertise and resources in order to provide a high level of support for this expedition.

An expedition of this type is difficult to determine with regards to time frames, but we generally come to an agreement regarding specific heights and sleeping at certain camps. This allows our participants to stay at the camp and to acclimatize to the altitude.

As this is a one-month expedition, a rough outline of our itinerary will take the following form:

We start our trek from Lukla and make our way up to Namche Bazaar, the Sherpa Capital, where you will have time to visit the monasteries and come in interaction with the local people of the village. It is also the chance for you to get acclimatized to the altitude.

Then we ascend to higher altitudes to reach Tyangboche and Pangboche, spending one day in Pangboche for acclimatization. Finally, on the ninth day of our expedition, we climb to the Ama Dablam base camp and then prepare ourselves to conquer the peak within a ten-day period.

A few days spent back at Ama Dablam base camp helping to clear out the camp is followed by a trek back to Lukla and a flight to Kathmandu. Some people choose to charter a helicopter, which is fine but we feel that it is important to help the Sherpas clear the mountain.

## Itinerary

### **Day 1 - 3 – 1400 m**

Arrival in Kathmandu. Obtain expedition permit and finalize equipment in Kathmandu.

### **Day 4 – 2640 m**

Fly to Lukla then trek to Phakding.

### **Day 5 – 3446 m**

Trek to Namche Bazaar.

### **Day 6 – 3446 m**

Altitude acclimatization in Namche Bazaar.

### **Day 7 – 3800 m**

Trek to Tyangboche.

### **Day 8 – 3900 m**

Trek to Pangboche for acclimatization.

### **Day 9 – 4600 m**

Trek to Ama Dablam base camp.

### **Day 10 – 4600 m**

Prepare your climbing to Ama Dablam.

### **Day 11 - 21 – 6812 m**

Climbing period for Mount Ama Dablam.

### **Day 22 – 4600 m**

Heading back down to the base camp. Clearing up your base camp and trek down to Tyangboche.

### **Day 23 – 3440 m**

Tyangboche to Namche Bazaar.

### **Day 24 – 2886 m**

Namche Bazaar to Lukla 5 to 6 hrs.

### **Day 25 - 26 – 1400 m**

Fly back to Kathmandu. Free day in Kathmandu. Sightseeing in Kathmandu. Departure from Kathmandu.

## Fitness

This is arduous expedition, which cannot be under estimated. The effect of tiredness will be felt due to the strenuous previous days of climbing. On the other hand, you will have very well adjusted to the altitude in excess of all the subsequent ascents. You need to have a very good cardiac rhythm while doing low intense fitness. A strong muscular condition is required for your legs, hips, core and back.

Personal assessment of fitness can be very subjective. Therefore, for this expedition you need to feel comfortable hiking for at least 5 to 6 hours over rough steep terrain with about 10 kg on your back. In addition, being able to repeat this process all over again the next morning without any difficulty. Clearly, the best practice for this trip is training in a way that best reflects the demands of the trip. It is highly recommended to undertake some long walks of 5h or more on rocky steep hills with a 10 kg pack.

If you cannot spare time doing these walks to adjust your cardiac rhythm, then we suggest you do half an hour or more every week of running, swimming, cycling, rowing and other.

During the expedition, not only the physical condition plays a role, but as well the mental preparation, by which you feel determinant and ready to accomplish such challenge while enjoying it at the same time.

This trip is suitable for people who have an absolute love for the mountains and love overcoming challenges like those. If you have any doubt to whether or not this trip corresponds to you, please do not hesitate to ask us and we will enquire you on your decision.

## Kit List

### *Example Personal Kit List*

#### **Feet**

- One Sports high altitude boots for above Camp 2
- Berghaus GTX Alpine boots for up to Camp 2
- Base Camp boots (Canadian backcountry, fleece lined)
- Casual Shoes (Merrell)
- Grivel crampons 12 point with extension bar for One Sports
- Black Diamond 12 point crampons for GTX boots
- Socks (5 pairs, 2 thick for high altitude & 3 hiking) (Smartwool)
- Spare shoe insoles and Gaiters

#### **Hands**

- 2 pairs windstopper gloves (Berghaus)
- 1 pair summit down mitts (Rab)
- 1 pair lightweight down mitts (Berghaus)
- 2 pair liner glove
- 1 pair guide gloves

#### **Head**

- Neoprene facemask, Balaclava
- White sunhat with neck cover
- Spare pair of glasses and Julbo glacier glasses
- Prescriptive sunglasses
- 1 peak hat, 3 x Buffs
- 3 woolly hats (varying thicknesses)
- Petzl climbing helmet
- Adidas Goggles with prescriptive lens inserts, 100% UV space lens and orange lens
- Adidas Climacool sunglasses with prescriptive lens inserts and space lens and orange lens

#### **Skin**

- Extreme SPF40 Sunscreen
- Dermatone high altit. suncream
- SPF25 lipcream, Lipsalve (Calmex)
- Moisturising creams: Shea butter

#### **Base Layer**

- 4 Thin thermals tops (Merino wool & Uniqlo)
- 1 Thin thermal bottoms (Berghaus)
- Powerstretch suit (Mountain Hardwear)
- Thermal underwear x 4 pairs (Uniqlo, Merino wool, Berghaus)
- Thick thermal tops x 2 (Berghaus)

#### **Mid layer**

- Fleece trousers (Berghaus)
- Fleece tops x 4 (Berghaus)
- Windstopper salopettes (TNF)
- Fleece Monkey jacket (MHW)

#### **Outer layer**

- Windsuit; Summit down jacket & trousers (Rab)
- Lightweight down jacket
- Down suit Windproof trousers & jacket (Berghaus pacelite)

#### **Bags**

- Extrem 90 litre rucksack (Berghaus)
- Extrem 45 litre daysack (Berghaus)
- **Rucksack ~60 L**
- 100 litre TNF bag
- **80 Litre Duffle bag**
- Many stuff sacks
- Ortlieb drybags

### ***Climbing***

- Walking Axe (Grivel & Petzl Icewalker); Hammer Axe
- Harness (alpine bod)
- 10 ice screws
- Cows tail with jumar and safety karabiner
- **Harness set: 8 Finger, zumar, carabiner (3 lock and 2 normal) 5 piece**

### ***Camping***

- Rab Summit down sleeping bag (above BC)
- Ajungilak synthetic sleeping bag (BC)
- 1L metal flask; 1.5L water bottle with Nalgene cover (Bradley Alpinist)
- 2 x 1L Nalgene water bottles with down bottle cover and neoprene cover
- Rucksack cover
- Petzl Duobelt headtorch with remote battery back
- Petzl halogen headtorch (AA batteries)

### ***Health***

- Supergreens plant extract
- Acai berry powder
- Berocca Vitamin C

### ***Emergency***

- Avalanche probe
- Emergency and Space blanket

### ***Cameras***

- Canon EOS, charger, hand bracket, light, GoPro HD
- Sennheiser microphone

### **each, Silling 5 meters**

- 2 man ropes, 30m x 8mm dynamic
- Descender (figure of 8)
- 3 screwgate karabiners
- 3 long slings, 4 short slings
- Suunto Explorer (altimeter, barometer)
- GPS Garmin Explorer
- Black Diamond mini headtorch
- Walking poles (Leki Makalu)
- 1 Full length Thermarest
- 2 closed cell sleeping mats
- Thermos food flask
- Thermal mug (Bradley Alpinist)
- Titanium spork
- Towel; Leatherman
- Box of repair kits
- Loupe & Alarm clock
- Pee bottle (2L)
- Pharmaton for fatigue
- Intra biological extract
- Pulse Barryvox avalanche transceivers x 2
- Canon IXUS digital camera + AC charger unit + DC lead + data lead

## **Learn More**

This expedition is strenuous and needs a high level of fitness and motivation. We recommend that you have good previous experience of wild camping in cold conditions, altitudes above 5000m and the use of walking with an axe and crampons. Previous experience of using ropes for climbing or mountaineering is an advantage, but not essential as training will be given during the trip.