

## **Ama Dablam Expedition with Lobuche Peak Climbing and EBC Trek - 25 Days**

Ama Dablam Expedition with Lobuche Peak Climbing and Everest Base Camp Trek is a combined journey that includes trekking to Everest Base Camp, the foot of the tallest peak of the world – Mt Everest (8848.86m), climbing to Lobuche Peak (6119 m) and expedition to Mt. Ama Dablam (6812m).

You will trek to the Everest Base Camp passing numerous Sherpa settlements, cultural and historical monuments, and lush green hills to alpine vegetation. This single journey will give you the experience of the entire Khumbu region and you will taste every mountaineering activity.

The journey begins with a short flight to Lukla from Kathmandu and we begin our trekking from there. After spending around nine days on the way, we will reach Everest Base Camp. Then climbing Kalapatthar for sunrise over Mt. Everest, and trek back to Lobuche village, we plan for climbing Lobuche East Peak. Climbing it, we trek back to Ama Dablam Base Camp and get prepared for Ama Dablam Expedition. Climbing this mountain, we trek back to Lukla before flying back to Kathmandu for your final departure.



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## PRICE INCLUDES

### Transportation

- All the ground transfers (hotel and airport transfers) via private vehicle
- Kathmandu - Lukla - Kathmandu via domestic flight

### Accommodation and Food

- Two nights in Kathmandu in a 3-star category hotel (Twin Sharing)
- Seventeen nights in the best available local lodge/ teahouse during the trek (Twin Sharing including contingency days)
- Five nights at a tented camp during the climb (If you used contingency days in higher camps, include those nights as well)
- All standard meals [Breakfast, Lunch, and Dinner] throughout the trek and climb
- Available seasonal fruits throughout the trek/climb
- Breakfast in a hotel in Kathmandu
- Farewell Dinner in Kathmandu

### Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, flight, and other necessary gear equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, flight, and other necessary gear equipment.
- A porter for two trekkers/climbers including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment
- A well-experienced climbing guide during the climbing and expedition including his accommodation, transportation, food, salary, transportation, and insurance

### Permits and Taxes

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entry Permit
- Lobuche Peak Climbing Permit
- Ama Dablam Expedition Climbing Permit
- All other government, local taxes, and official expenses

### Additional

- A Gortex (100% Waterproof) Duffle bag to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- A Trekking map covering the entire Everest Region, an Outward Adventure t-shirt,



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- Outward Adventure Appreciation Medal after the successful climb (in Kathmandu)
- A First Aid Medicine bag in each group (carried by the trekking/climbing leader)

## PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, 01 USD per KG extra, can pay directly to the airline.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottled water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery recharge fee, extra porters, etc.
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides and porters (Tips are expected and appreciated)
- Climbing Bonus for your climbing/expedition guide (after the successful climb only)



## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu [1,338 m/4,390 ft]

Welcome to Kathmandu!

As you descend to the Tribhuvan International Airport in Kathmandu, a randomly scattered myriad of houses among the lush paddy fields appear mesmerizing to the eyes.

One of our airport representatives will be waiting for your arrival at the exit point of the airport. He will welcome you with a beautiful smile and Namaste, and then accompany you towards your hotel, where you may ease up your jet-lagged body.

### Day 2: Fly Kathmandu to Lukla [2,840m/9,316ft] and trek to Phakding [2,610m/8,561ft] - 35 minutes flight and 3 to 4 hours trek

Today is the day! Early in the morning, we will receive you at your hotel. From there, we will travel to the airport. At the airport, we will board a domestic flight to Lukla.

The scenic flight is short and adventurous. You can see the bird's eye view of the Himalayas. The flight lands in Lukla. At Lukla, we will meet the rest of our trekking team including the porters. Our actual trek begins at Lukla when we set off to Phakding. The trek is scenic and exhibits rich culture and geological variations.

It is quite surprising that the high-altitude trek begins with a descending trail. The trail from Lukla descends to the Dudh Koshi river. Today is a short day trek. We walk slowly and the trail continues along the side of Dudh Koshi valley. The trail now ascends to Ghat and then to Phakding.

### Day 3: Trek Phakding to Namche Bazaar [3,440m/11,284ft] - 6 to 7 hours trek

With the break of day, we will commence our trek on the trail progressing across Dudhkoshi River via a long suspension bridge. Thereafter, the trail makes its way beyond the enchanting woodland of rhododendron and fir to Monjo.

Shortly, we will arrive at the entry point of the Sagarmatha National Park (a UNESCO world heritage site since 1979 A.D.), where we are required to show our trekking permits. Succeeding the check of the permits, we move along the trekking trail to Jorsale. On the way, we catch the sight of beautiful Mani walls. Finally, we now ascend 600m uphill to Namche Bazaar (3,440m), the Sherpa capital of the Khumbu region.

Generally, the initial sight of Mt. Everest (8,848.86m), Nuptse (7,861m), and Lhotse (8,414m) can be spotted upon arriving at Toap Hill. Surrounded on three sides by mountain ranges; the Sherpa settlement of Namche Bazaar opens out towards Dudh Koshi River, and functions as a center of commercial as well as administrative activity of the entire region.

### Day 4: Namche Bazaar: Acclimatization Day [3,440m/11,284ft]



Once we arrive at Namche Bazaar, we will have a day off for acclimatization. In the next two days, we will ascend above 4000m, so this time is especially important for your body to adjust to the altitude in addition to reducing the risk of altitude sickness.

While it is a rest day, we may take a short hike to the hills above Namche Bazaar, toward the settlement of Syangboche. Here, we will visit the Everest View Hotel — one of the world's highest luxury hotels. From the hotel's sundeck, we can savor panoramic views of Ama Dablam, Thamserku, Mount Everest, Nuptse, Kwange, Kangtega, Lhotse, Taboche, and Khumbila.

On our way back to Namche Bazaar from our hike, there will be an opportunity to enjoy the Everest Photo Gallery and Sherpa Culture Museum.

#### **Day 5: Trek Namche Bazaar to Tengboche [3,860m/12,661ft] - 5 to 6 hours trek**

We will continue the trek to Tengboche today. The uniform and easy trail lead us towards the view of Mount Everest, descending deep into the Dudh Koshi Valley at Pungki Thanka. From this point, it ascends the right flank of the Dudh Koshi valley to the Tengboche Monastery (3860m). The village of Tengboche is considered the spiritual center of the Khumbu.

The climb is lengthy but is more than adequately compensated by gorgeous views of Mount Ama Dablam and on a clear day, views of Mount Everest and its surrounding peaks as well.

The views of the mountain peaks from Tengboche's ridges are out of this world. The village is also surrounded by rhododendron and pine forests and we can catch glimpses of the Danphe bird as well in the woods.

#### **Day 6: Trek Tengboche to Dingboche [4,410m/14,469ft] - 5 to 6 hours trek**

The morning views of the mountains from Tengboche village are spectacular. From Tengboche, we head towards the north to cross a small suspension bridge over the Dudh Kosi river. We follow the trail to Orsho. From Orsho, we walk over the descending path. Walking through the forests of Birch, Conifer, and rhododendrons is an amazing experience. During the trek, we walk past several chortens and long mani walls. The small Sherpa villages along the trails are beautiful.

The trek offers astounding vistas of Mt. Tawache, Ama Dablam, Pokalde, Kongma-Tse, and Nuptse. Rejoicing the splendid walk, we will finally reach Dingboche. Dingboche is the last permanent settlement that you will see on the trail. There are temporary settlements in places above Dingboche. At Dingboche, we will see terraced fields of barley, potatoes, and buckwheats.

We will also see the stone walls surrounding the fields. These walls protect the crops from icy winds and grazing animals. The views of Ama Dablam rising over the array of terraced fields, it's splendid!

#### **Day 7: Dingboche: Second Acclimatization Day [4,410m/14,465ft]**



Because of the altitude, there is another rest and acclimatization day to help your body adjust. However, we will still take a short hike to a nearby hill to keep feeling active and ready for the remainder of the trek.

While it is a steep ascent from Dingboche to the summit of Nagarjun Hill (located at 5,100 meters), the peak offers beautiful views of Ama Dablam, Lobuche, Lhotse, Nuptse, Cholatse, and Kangtega. After a brief break at the summit, we will descend back to Dingboche to get some rest. If you are feeling healthy and want further activities, we may choose to explore the village on another short tour.

### **Day 8: Trek Dingboche to Lobuche [4,910m/16,105ft] - 5 to 6 hours trek**

Leaving behind Dingboche, we move upwards towards a valley, from the top of which we can see great views of Amadablam at the east and other Himalayas surrounding from all directions. A gradual walk through mostly flat surfaces takes us to the stunning site of Dhugla across a metal bridge.

Dughla is basically a lunch site where we have our Lunch and again ascend steeply towards Lobuche via Chukpo Lari where there are memorials built in the name of those who lost their lives climbing Everest.

Making our way further through rocky trails, we finally arrive at Lobuche, which is also our final destination of the day. It will be an important day tomorrow as we will be heading odd towards Everest base camp. With all the excitement, we stay overnight at one of the local lodges in Lobuche.

### **Day 9: Trek from Lobuche to Gorakshep [5,181 m/16,994 ft] to Everest Base Camp [5,364 m/17,594 ft] and return to Gorakshep: 8-9 hours trek**

Following the narrow trail between the glacier and the mountain walls, we start our day. We can enjoy the view of Khumbu glacier from the edge of the glacial moraine.

The first part of the trek from Lobuche to Gorakshep is nice and easy. But the trek gets harder. The hard walk is worth the refreshing panorama of Everest, Nuptse, Pumori, and other peaks. The difficult climb ends, as we get closer to the moraine. Walking along the rugged and windy trails, we finally reach Gorakshep. It is the world's highest settlement at Gorak Shep.

After reaching Gorakshep, we will check into a lodge and eat lunch there. After Lunch, we start towards the Everest Base Camp. We walk over the rugged trail. The walk is quite hard. Be careful! Watch out for iced stones. Finally, we reach the Everest Base Camp.

At the Base Camp area, we will meet lots of Everest climbers during the expedition seasons. We can also get a beautiful view of the Khumbu glacier and Khumbu Icefall. After spending some time at the base camp, it's time to trek down to Gorakshep again. We will click some pictures with Everest on our background before being back to Gorakshep.

### **Day 10: Early Morning Hike to Kalapatthar [5,545 m/18,188 ft] and Back to Lobuche [4940m/16,207ft] – 7 to 8 hours trek**



We will get up early today for the race to Kala Patthar at 18,513 ft. It's one of the scenic spots in Khumbu and lies on the south ridge of Pumori. Although the trek from Gorakshep to Kala Patthar is just 1-2 hours, the hike still remains difficult with increasing altitude and unmarked trails.

They are steep with boulders and rocks with switchbacks before leveling off. After ending up at the windswept summit ridge, we'll get stunning glimpses of Kantega, Chumbu, Taboche, and Ama Dablam. Its unique geographical features with towering hills, glacial lakes, and surrounding snow peaks make the trek incredible. After relishing the astonishing scenery, we will descend the trail to Gorakshep and have our breakfast. Shortly afterward, we'll leave the village and head to Lobuche for our overnight stay.

### **Day 11: Trek Lobuche to Lobuche High Camp [5,400m/17,712ft] – 3 to 4 hours trek/climb**

From Lobuche, leaving the way back to Namche, we catch another way which takes us to Lobuche High Camp for the Lobuche expedition. It will be your first hike towards the mountain high camp and today you will be spending overnight at the tented camp.

Here you will have your prior training practices for climbing.

Although prior training is not mandatory for this peak, we believe that some training experience will boost your confidence and climbing skills. This helps you to increase your chances to scale the summit and enjoy the experience fully and also helps us to be well prepared for our big adventure – Ama Dablam Expedition.

**Pre-Climb Training:** Our guides will provide you with training on peak climbing techniques after lunch. They teach you how to use climbing gears such as an ice axe, climbing boots, and crampons, harnesses, ascenders, etc., and how to go up and down using ropes.

### **Day 12: Climb Lobuche High Camp to Lobuche East Summit [6119m/20,070 ft] and back to Pheriche [4,371 m /14,340 ft] - 8 to 10 hours**

Waking early morning, we get ready for our adventure to Lobuche Peak. Beginning early, we reach the top of the peak at around 9 am. We enjoy the majestic views of the mountains Everest, Lhotse, Nuptse, Ama Dablam, Tawache, Cholatse, Pumori, Changri, and more and 360 panorama of the high massifs along with the deep valley from the top.

Taking several pictures of the peaks and ourselves, we climb back to high camp and further back to Pheriche. It is a total 8-10 hours journey where we will have some quick energy-giving food during the climb. Ultimately, we reach the small but very beautiful village of Pheriche and spend overnight there.

### **Day 13: Contingency Day (Due to Bad Weather, Acclimatization, Health Conditions, etc.)**

An extra day is scheduled for bad weather conditions, altitude problems, and so on. In case we could not summit yesterday, we climb today. Otherwise, we keep exploring the high camp and around or hike back to Lobuche and get rest.

### **Day 14: Trek Pheriche to Ama Dablam Base Camp [4,570m/14,994ft] – 8 to 9 hours**



Today, we hike to Ama Dablam Base Camp. From the Pangboche, we will leave the main trail of Everest Base Camp trek trail and catch the way to Ama Dablam Base Camp. On the way, we gradually leave the majestic mountain massifs and move towards the valley. Passing several ups and downs, spending around 6-7 hours, we reach Ama Dablam Base Camp, the base of Mt. Ama Dablam where numerous tented camps and local lodges are established, and spend overnight there dreaming of conquering it.

Here, we see climbing expeditions on our arrival at the base camp as Ama Dablam is one of the world's most beautiful mountains. It means "Mother's necklace"; the long ridges on each side are like the arms of a mother (Ama) protecting her child, and the hanging glacier thought of as the Dablam, the traditional double-pendant containing pictures of the gods, worn by Sherpa women.

(If we arrived earlier day, we keep exploring this base camp and do some acclimatization hikes)

#### **Day 15: Rest day and worshipping ceremony at Ama Dablam Base Camp [4,570m/14,994ft]**

We shall have our first full day here in Ama Dablam base camp, and we will do our puja ceremony in the morning. It is done to wish our expedition to be a success. We will have a Lama come up from Pangboche and conduct the ceremony.

After lunch, we will walk up on an acclimatization hike about 1,000 ft. above base camp. We shall have astonishing views of the surrounding peaks. Then, we will walk back down. We are just looking forward to dinner here tonight in camp.

#### **Day 16: Climb Base Camp to Ama Dablam Camp I [5,700m/18,700ft]: 5-6 hours**

Our climbing journey begins today. We will follow our well-experienced leader and move upward for Camp I. A gradual upward hike will show the astonishing scenery of the mountain vistas. Upon reaching Camp I, the tented camps will get prepared with the bits of help of the Sherpa leaders. We will sleep awaiting another big day.

#### **Day 17: Climb Camp I to Camp II [6,000m/19,685ft]: 4-5 hours**

Today we will ascend to Camp II which is 6000m on the ridge of the mountain. The clouds look below us and we feel that we are above the sky. From here astonishing views of the high mountain massifs are observed.

During our climb, we follow our leader maintaining an appropriate pace. Reaching the camp, we get to rest, acclimatize ourselves and await our final push to Ama Dablam.

#### **Day 18: Early night summit push [6,812m / 22,349ft] and back to Camp II [6,000m/19,685ft]: 8-9 hours**

Our biggest dream is coming true this day. Awaking early in the morning, and having a quick meal prepared by our leaders, and other crews, we begin our journey to 6,812m, the top of Ama Dablam. The route is a bit technical so we follow every step of our climbing Sherpas and reach the top of it.

Standing at the top of the mountain we will have the picturesque mountains of the Khumbu region including Everest, Lhotse, Nuptse, Makalu, and many others. Capturing each moment in our cameras, we gradually make our way back to



Camp II. Today we spend our overnight there and wait a night to be back at Base Camp.

**Day 19: Contingency Day (Due to Bad Weather, Acclimatization, Health Conditions etc.)**

In case you could not push the summit on the previous day due to the bad weather and other conditions, we will ascend to the top today. Otherwise, we hike back to Base Camp and get rest.

**Day 20: Second Contingency Day (Due to Bad Weather, Acclimatization, Health Conditions etc.)**

As the weather conditions in the mountains are always unpredictable we have scheduled another acclimatization day. This makes you more confident, helps to acclimatize yourself to the mountain atmosphere, and the chances of summiting the peak increase significantly.

(If we succeed on the previous days, we get rest around the base camp and take some hikes to view the mountains)

**Day 21: Trek back to Ama Dablam Base Camp [4,570m/14,994ft]: 4-5 hours**

Today, from Camp II, we get back to Camp I and further back to Base Camp with the great pleasure of success. Your dream has come true and we are able to celebrate your success now. Overnight will be at Base Camp.

**Day 22: Trek Ama Dablam Base Camp to Namche Bazaar [3,440 m/11,283 ft]: 7-8 hours**

We slowly return to civilization as we venture down the valley and return to Namche Bazaar. We hike back to Pangboche and join to main Everest Base Camp trek route and continue our journey towards Namche Bazaar.

The final push for Namche Bazaar will see us climbing the trail through the coniferous and rhododendron forests. On the last few hours of the trek, we'll cross the suspension bridge over the Dudh Koshi River and the river valley above. Finally, after hiking for nearly 6-7 hours, we'll reach Namche Bazaar.

**Day 23: Trek Namche Bazaar to Lukla [2,860 m/9384 ft]: 7-8 hours**

The day begins with a steep descent of rock terrain from Namche Bazaar. This part of the trail can be challenging, especially for those who are not used to walking downhill. There are also several high-suspension bridges to cross.

Until you reach Phakding, there will be one last opportunity to enjoy the sight of the now-distant Himalayas. But once the trail turns back uphill, you will pass several Buddhist monasteries, mani walls, and Chortens before arriving in Lukla, where the trek concludes.

That evening, you will be able to celebrate your accomplishment with your guide and other local team members. This is a great time to thank them for their help in making your Ama Dablam Expedition with Lobuche Peak and EBC a success.

**Day 24: Fly back to Kathmandu [1338m/4390ft]: 35 Minutes Flight**

We fly back to Kathmandu today. It is just 35 minutes morning flight from Lukla to Kathmandu. But on busy days, the flight to and from Lukla are rescheduled from Manthali Airport. If so, we fly back to Manthali and drive for 4-5 hours to reach Kathmandu.

In the evening, you will be invited to one of the cultural restaurants for a farewell dinner organized by Outward Adventure



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Treks and Expedition. We will share our experiences there.

### **Day 25: International Flight [Final Departure]**

With a lot of memories of the Himalayas, you will leave Nepal today. One of our airport representatives will leave you at the airport at least three hours before your scheduled flight. See you on the next adventure.

Have a safe journey.

