

Amadablam Expedition with Gokyo Lakes and Lobuche Peak Climbing - 26 Days

Amadablam Expedition with Gokyo Lakes and Lobuche Peak Climbing is combined trekking, peak climbing and expedition that takes us to almost every part of the Khumbu region. Trekkers will get every taste of Khumbu and Gokyo valley throughout the journey. Climbers will not get much difficulty as they get plenty of chances to walk in the high elevations and mountain passes such as Cho La.

Mt Ama Dablam

Mount Ama Dablam is a beautiful mountain in the eastern Himalayan range in the Solukhumbu district of Province no. 1, Nepal. There are major two peaks; the main Ama Dablam (6,812 m/22,349 ft) and the lower western peak (6,170m/20,243 ft). Ama Dablam literally 'means Mother's Necklace' where the long ridges on each side seem as the arms of Ama (mother) protecting her child, and the hanging glacier thought as the Dablam, the pendant containing pictures of the gods, worn by Sherpa women.

Ama Dablam covers the eastern sky for those who travel towards Everest Base Camp. Due to its soaring ridges and steep faces, Ama Dablam is sometimes referred to as the 'Matterhorn of the Himalayas' and it is also featured in one rupee banknote of Nepal.

Classified as one of the technical mountains, Ama Dablam was first climbed on 13 March 1961 by Mike Gill (NZ), Barry Bishop (USA), Mike Ward (UK), and Wally Romanes (NZ) via the Southwest Ridge. They were well-acclimatized to altitude, having wintered over at 5800 meters near the base of the peak as part of the 1960–61 Silver Hut expedition, led by Sir Edmund Hillary. After this hundreds of people have summited the peak of this mountain and the number of adventurers wishing to climb it is increasing in increasing way each year.

Gokyo Lakes

Gokyo Lakes are the pristine freshwater lakes inside Sagarmatha National Park, that sit at the altitude of 4,700–5,000 m (15,400–16,400 ft) above sea level. The name Gokyo Lakes was taken from Gokyo Ri peak (5484 m) which lies just above the lakes. Popular as the world's highest freshwater lake system, Gokyo Lakes comprise 19 lakes altogether and among them, six are the main lakes of which Thonak Lake is the largest. The lakes are designated in a Ramsar Site in September 2007 that covers wetlands of 7,770 ha (30.0 sq mi) area in total.

The teahouses for the visitors who wish to explore Gokyo Lakes and Gokyo Ri, wish to pass Chola and take the long adventure of Everest High Passes lie on the eastern shore of Gokyo Cho, also called Dudh Pokhari, the main lake of the entire lakes system. Other lakes Gyazumpa Cho, Thonak Cho, Tanjung Cho, and Ngojumba Cho lie nearby the main lake. Trekkers wishing to explore those lakes take the alternative hike of Gokyo Ri of their second day in Gokyo Valley.



Gokyo valley is a peaceful, fresh, and glacial valley that offers panoramic views of different mountain peaks, glaciers, and lakes.

Lobuche Peak

Lobuche also spelled Lobuje, is one of the mountain peaks that sits nearby the Khumbu glacier and just above the settlement of Lobuche. There are two main peaks; Lobuche east and Lobuche West. Lobuche East is kept under a trekking peak and Lobuche West is classified as an expedition peak. As the easier, trekking peak, the East peak is climbed far more frequently than the West peak. As there is a long, deeply notched ridge, though a steep drop and considerable between two peaks, climbing both peaks at a time is impossible.

Upon reaching the top of Lobuche, trekkers get the jewel of the Himalayas which offers perhaps the best summit view in the world. Magnificent sceneries of Mt. Everest, Lhotse, Nuptse, Makalu, Pumori, Ama Dablam, Cho Oyu, Thamserku, and many other peaks are visible vividly from the top. This is the best climbing practice before high mountain peaks such as Ama Dablam, Manaslu, and Everest.

Trekking Route

Our journey to Ama Dablam via Gokyo Lakes and Lobuche Peak Climbing begins with a wonderful flight to Lukla from Kathmandu. Following the classic route to Everest Base Camp, we hike to Namche Bazaar.

Now, leaving the way to EBC, we choose the Gokyo Valley trek route and continue the journey towards Dole, Machhermo, and ultimately to Gokyo valley. Exploring the entire valley and Gokyo Ri, we hike towards Chola and further to Lobuche peak. After climbing Lobuche peak, we trek to Ama Dablam to summiting it. After the successful expedition of Ama Dablam, we hike back to Namche and further to Lukla to end our trekking/climbing adventure. But your trip will be ended after the international departure from Kathmandu.

The route will be Kathmandu – Lukla – Namche Bazaar – Dole – Machhermo – Gokyo Valley – Thagnag – Cho La – Dzongla – Lobuche – Pheriche – Ama Dablam Base Camp – Namche Bazaar – Lukla – Kathmandu



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PRICE INCLUDES

Transportation

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

Accommodation and Food

- Four nights in Kathmandu in a 3-star category hotel (Twin Sharing)
- Fifteen nights in the best available local lodge/ teahouse during the trek (Twin Sharing)
- Five nights at a tented camp during the climb
- 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 climbing guide during the climbing including his accommodation, transportation, food, salary, transportation, and insurance

Permits and Taxes

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entry Permit
- Ama Dablam Expedition Climbing Permit
- Lobuche Peak 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,
- Outward Adventure Appreciation Certificate after the successful trek



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- A First Aid Medicine bag in each group (carried by trekking 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 bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge 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)





ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1338m/4390ft)

Welcome to Kathmandu!

As you descend to the Tribhuvan International Airport in Kathmandu, 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: Kathmandu: Sightseeing and Trek Preparation

Day 3: Fly to Lukla [2,860 m/9,384 ft] and trek to Phakding [2,610m/8,562ft]: 9 km/3-4 hours

We catch an early flight to Lukla which takes around 45 minutes to land there. Upon landing at there, we sit down for breakfast. We then start our trek enjoying the scenic beauty of the Buddhist monuments on the trail. After 3 hours of walk, we arrive in Phakding, have lunch there, explore around the surroundings and stay overnight in a lodge.

Day 4: Trek Phakding to Namche Bazaar [3,440 m/11,283 ft]: 12 km/5-6 hours

From Phakding, we begin upward hike for Namche Bazaar, a bustling city in the middle of Himalayan vistas. It is the gateway of Mt. Everest, the highest peak of the planet. It takes about 6-7 hours to reach Namche from Phakding.

Day 5: Namche Bazaar: Acclimatization Day (3,440m/11,284ft) - Hike to Everest View Hotel

This day is especially sectioned for acclimatization. We will hike to Syangboche Airport (3700m), supposed to be the highest airport in the world, then continue climbing to Everest View Hotel for great panoramic views of the Everest, Lhotse, Amadablam, Tawache etc. On the way back, we visit Sherpa Culture Museum and Everest Photo Gallery.

Acclimatizing is crucial while walking/trekking in the higher elevations. It helps us to be adjusted in the thinner air which prevents us from Acute Mountain Sickness.

Day 6: Trek Namche Bazaar to Dole (4,200 m/ 13,780 ft)

Leaving the way of Khumbu valley, we head towards Gokyo valley today. After leaving Namche Bazaar, we leave the main trail of the Everest Base Camp and follow the way of Gokyo Valley. Leaving behind the lustrous hills, pine backwoods we reach Dole viewing the astonishing sceneries of the mountain massifs.

Day 7: Trek Dole to Machhermo(4,470 m/ 14,663 ft)

Here we are in Himalayan valley. After a yummy breakfast, we head towards Machhemro. The mountains are clearer and clearer each moments. The mesmerizing first and last rays of the sun over the horizon seem panoramic. Viewing them, we reach at Machhemro and spend overnight there.

Day 8: Machhermo to Gokyo Valley (4800 m/15,744 ft)

We will reach at Gokyo valley today. It is a beautiful valley with numerous lake system (mainly there are five pristine lakes to visit). Upon reaching there, we get some rest and go out for visiting the lake sides.

Day 9: Gokyo Valley: Acclimatization Day – Hike Gokyo Ri [5357 m/17,570 ft]

It is another acclimatizing day in our trek / climb. After early meal, we head towards Gokyo Ri, a beautiful mountain top with the astonishing sceneries of the high mountain massifs, lakes of Gokyo valley and glacier. It will be a practice hike too for our upcoming mountain pass of Cho La.

Day 10: Trek Gokyo Valley to Thagnag (4,690 m/15,387 ft)

Leaving Gokyo valley, we head towards Khumbu valley. We shall reach the small village of Thagnag today. It is comparatively a short hike and we get plenty of rest for our Cho La Pass.

Day 11: Trek to Thagnag to Dzongla (4,855m) via Cho La Pass (5,420m)

One of the three high mountains passes of Everest region is Cho La pass which we are crossing today. After getting breakfast we follow the footsteps of our well trained trekking leader and head towards Cho La. Chola offers 360 degree panoramic views of the mountain peaks – Mt.



Everest, Lhotse, Makalu, Nuptse and many more. Crossing it, we descend to Zong La and spend overnight there.

Day 12: Trek Zong La to Lobuche Peak High Camp (4,950m/ 16240ft)

Leaving Zong La, we initially head towards the village of Lobuche today. After that, we further march to Lobuche Peak High Camp for overnight stay and prepare for final push.

Day 13: Early Morning Summit to Lobuche Peak (6119m/20,070 ft) and trek back to Pheriche (4250m/13943ft)

It is another big day. We will be well prepared for Lobuche peak expedition early. Our Sherpa leader will guide us and we shall follow every steps. Climbing some hours, we shall reach at the top of Lobuche Peak, another dreamed destination. Viewing the mesmerizing mountain peaks and deep valleys below, we head back to Lobuche high camp, base camp and further to Pheriche, a popular stop after Everest Base Camp Trek.

Day 14: Contingency day in case of bad weather

This is because, in case we could not summit previous morning due to the weather and climatic conditions. If everything is well, we shall head towards Amadablam Base Camp at the same day.

Day 15: Trek Pheriche to Ama Dablam Base Camp (4,600m/15,100 ft)

Initially we hike down for some hours and leave the main trail of Everest Base Camp Trek and head catch the way of Amadablam Base Camp. It is a 6-7 hours journey and we will have different experience of diverse villages, vistas and sceneries.

Day 16: Rest Day at Amadablam Base Camp - Worshipping Ceremony

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 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 for acclimatizing hike. We shall have an astonishing views of the surrounding peaks. Then, we will walk back down. We are just looking forward to dinner here tonight in camp.

Day 17: Climb Ama Dablam Camp I

Our real journey begins today. We will follow our well experienced leader and move upward for



Camp I. A gradual upward hiking will show the astonishing sceneries of the mountain vistas. Upon reaching Camp I, our guides and porters will fix tents and will make us comfortable for overnight stay.

Day 18: Ascend to Camp II

Our second day of the expedition begins walking upward to camp II. Preparing well before climbing, we follow our leader maintaining appropriate pace. Reaching the camp, we get rest and prepare well for another big day.

Day 19: Early night summit push (6,812m / 22,349ft) and back to Camp II (6,000m/19,685ft)

Our dream will come true today. We will step on the top of Mt. Ama Dablam beginning the journey early night. As the weather conditions generally remains unfavorable for walking after mid-day, we will summit early morning and will get back to Camp II.

Day 20: Contingency day at Camp II in case of bad weather

(In case of bad weather conditions while climbing. If everything is favorable and as expected, we will hike back to Base Camp today.)

Day 21: Descend to Base Camp

We will get back to Amadablam Base Camp today.

Day 22: Trek Ama Dablam Base Camp to Namche Bazaar (3,440 m/11,283 ft): 7 hours

Day 23: Trek Namche Bazaar to Lukla (2,860 m/9384 ft)

Day 24: Fly back to Kathmandu (1338m/4390ft)

Day 25: Rest day in Kathmandu and preparation of final Departure

Day 26: International Flight (Final Departure)

This very day marks the end of your adventures in the magical nation of Nepal. We hope that you are genuinely satisfied with our services and expertise. We expect to see you again and share many beautiful moments as we did during this escapade. One of the representatives from Altitude Adventure shifts you to airport at least three hours before your scheduled flight.