



# Rapid Everest, Lhotse, and Ama Dablam Expedition - 41 Days

## AN INTRODUCTION TO THE MOUNTAINS

### **Mt Everest (8848.86m/29032ft)**

Popular as Sagarmatha, the head of the sky, Mt. Everest is the world's tallest peak in North-eastern Nepal. Lying in the Mahalangur Mountain range, it is on the border between Nepal and Tibet. Concerning its topographical location, it sits in 27°59'17" Latitude and 86°55'31" Longitude.

On 29th May 1953, Tenzing Norgay Sherpa first climbed it from Nepal and Sir Edmund Hillary from New Zealand through the south face. Since then, hundreds of climbers have followed their steps and summited it achieving uncountable world records in the history of Mountaineering.

### **FAQS for Everest Expedition**

### **Lhotse 8,516m/27,940 ft)**

Mount Lhotse, the world's 4th highest mountain lies near Mount Everest and is connected with the South Col. With Everest to the north and Nuptse to the west, Lhotse forms the apex of the massive horseshoe-shaped arc of the Everest massif.

Despite the tremendous vertical relief of its South and Northeast Faces, it is the least prominent of the eight-thousanders due to the great height of the South Col between it and Everest. The exact meaning of Lhotse in the Tibetan language is 'South Peak'. Apart from the main summit of Lhotse at 8,516m, there are two other smaller peaks namely Lhotse Middle (East) at 8,414m and Lhotse Shar at 8,383m.

The main summit of Mt. Lhotse is on the border between Tibet (China) and the Khumbu region of Nepal. The main summit of Lhotse was first climbed on 18 May 1956, by the Swiss team of Ernst Reiss and Fritz Luchsinger, members of the Swiss Mount Everest/Lhotse Expedition.

### **Mount Ama Dablam**

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Ama Dablam is a mountain in the eastern Himalayan range of Koshi Province, Nepal. The main peak is 6,812 meters (22,349 ft), and the lower western peak is 6,170 meters (20,243 ft). Ama Dablam 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 is thought of as the Dablam, the traditional double-pendant containing pictures of the gods, worn by Sherpa women.



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Ama Dablam is the third most popular Himalayan peak permitted for expedition. It belongs to the Mahalangur sub-range of the Nepalese Himalayas. For several days, Ama Dablam dominates the eastern sky for anyone trekking to Mount Everest Base Camp.

It has been described as the most beautiful mountain in the world, its silhouette is the logo of a global insurance company, and the 6,812m peak was once described by Edmund Hillary as being “unclimbable”.

## ABOUT THIS TRIP

Everest, Lhotse, and Ama Dablam climbing is one of the most thrilling and adventurous journeys, including 1st, 4th, and most technical mountain climbing experiences. Designed for true mountaineers, this package allows you to explore almost everything in the Everest region.

This Expedition is designed for those who are willing to make double 8000ers and a technical mountain at once, which carries out high elevations including ascents of Mt. Everest and Mt. Lhotse and Ama Dablam. These two 8000m share the same route of Khumbu icefall till S-Col (7890m), thus climbers can make another added rise after climbing the first one and you will achieve 6812m before attempting.

This expedition is one the most popular package among adrenaline junkies who love the thrills of the mountain slopes; by combining these expeditions, you will save big in this combined expedition, as the individual costs of these 8,000-meter mountain expeditions are significantly high.



## PRICE INCLUDES

- Everest, Lhotse and Ama Dablam expedition royalty fees
- Route fixing (SPCC and EOA) fees
- Garbage deposit and management fees
- Expedition Liaison officer wages and fees
- 1:1 Sherpa guide (Everest Summiter) to climber ratio
- Service of the Expedition manager at Everest base camp
- 9 bottles of oxygen (6 for you and 3 for your sherpa) with the use of the latest mask and regulator with an extra regulator and mask.
- Skill training clinic at the Everest base camp
- An expedition of Ama Dablam for acclimatization purposes
- Freshly prepared meals (Breakfast Lunch and Dinner) by our chef at the Everest base camp
- A wide variety of nutritious high-altitude mountain foods for higher camps
- Individual box tent, dining tent, kitchen tent, toilet tent, and other logistics
- Heater, Generator, Shower, and more for your comfort at the base camp
- High altitude tent for higher camps above base camp
- 5 nights of accommodation at a 5-star hotel in Kathmandu with full broad meals (Breakfast, Lunch, and Dinner)
- All Meals (Breakfast, Lunch, and Dinner) and accommodation during the trekking period and expedition period
- Satellite communication system
- Radio set for communication between camps
- Internal domestic airfare (Kathmandu-Lukla-Kathmandu)  
Staffs wages, allowances with their helicopter, and medical insurance
- Common climbing equipment (rope, Ice Screws, Snow bars, etc)
- Weather report during the entire expedition period
- Emergency medical supplies with a 24/7 on-call doctor during the entire expedition period.
- A waterproof duffel bag for each climber
- Everest, Lhotse and Ama Dablam Summit certificate from the Department of Tourism, Nepal
- Seasonal fruits throughout the trip

## PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb
- 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.



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- Summit Bonus for the Sherpa Guide ( \$2500) after the successful ascent.
- Tips for guides and porters (Tips are appreciated)



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## ITINERARY IN DETAIL

### Day 1: Kathmandu Arrival (1338m)

Upon your arrival at Tribhuvan International Airport, one of our office representatives (most probably myself Kipa otherwise my friend Krishna) will be awaiting you outside the airport terminal.

Then, we will move towards the hotel in Thamel for your overnight stay. You have nothing to do today. Just get rid of your jet lag and relax in your room. Otherwise, you can ramble around Thamel observing the lifestyles and other shops and more. Spend your first night at the hotel in Thamel.

### Day 2: Your Gears Check-up and Hire/Buy if needed

If you wish, we will take you to different religious, cultural, and historical shrines of Kathmandu Valley like Monkey Temple and a couple of others before checking your gear and equipment for the expedition.

If not, we will meet around 11 am and will check your gear and other equipment. If anything is lacking, we can hire or buy the gear and other equipment for the journey. We will be fully prepared today. We will pack everything and get ready for the big adventure.

### Day 3: Fly Kathmandu to Lukla and Trek to Phakding

Our actual journey begins today. Catching an early flight, we fly from Kathmandu to Lukla. Upon landing there, we get refreshed, and have some refreshment drinks.

Then we hand over our duffle bags to our porters and we begin our trek towards Phakding. Our first night will be at one of the best trekking lodges in Phakding.

### Day 4: Trek Phakding to Namche Bazaar

Leaving Phakding, we enter the Sagarmatha National Park and trek to Phakding via Hillary Suspension Bridge witnessing diverse flora and fauna inside the park.

Namche is called the gateway of the Everest and it opens the diverse ways to enter the Everest region.

### Day 5: Acclimatization Day at Namche Bazaar

We will hike to Everest View Hotel for the acclimatization hike. We will get the views of Everest and other panoramas sitting in the yard of Everest View Hotel.

Then having the views, and visiting a couple of other areas including museums and others, we will hike back to the hotel and spend overnight there. We will apply the theory of 'walk high sleep low' to be adjusted in the surrounding environment.

### Day 6: Trek Namche Bazaar to Pangboche

Leaving Tengboche, we will follow the classic Everest Base Camp Trek and will reach Pangboche. On the way, we will



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leave numerous Sherpa settlements including Phunki Tenga, Tengboche, and a couple of others.

We are close to the Himalayas now. We will see the crystal view of mountains including Aam Dablam; our first destination to go.

### **Day 7: Hike Pangboche to Ama Dablam Base Camp**

We have a very short hike today where we will cover only 4.7 kilometers to reach Ama Dablam Base Camp. Situated at 4570 m above the sea level, it is the beginning point of our expedition.

The entire route from Pangboche to Ama Dablam Base Camp features heavenly beauty and offers us the utmost excitement and thrills of trekking. Moving through this course, you will explore eternal peace in your mind that will bring complete rejuvenation of the body and the mind.

### **Day 8: Worshiping Ceremony at Ama Dablam Base Camp**

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. Now we will wait for our dinner and sound sleep.

### **Day 9: Trek to Advanced Base Camp and back to Base Camp**

Leaving Base Camp, we will trek Advance Base Camp, which was previously used to fill the gap between Camp I and Base Camp but these days we reach directly to Camp I from Base Camp.

On the way up, we shall maintain our own pace, hiking up slowly, we will take plenty of time as we are acclimatizing in the high elevation. Reaching there, we will capture the beautiful sceneries around and will hike back to Base Camp for an overnight stay.

### **Day 10: Trek/Climb Ama Dablam Base Camp to Camp I**

An expedition begins today. Our porters and other crews carry all those needed things and we also move upward for Camp I. We will follow our well-experienced leader (Kipa) and move upward for Camp I.

A gradual upward hike will show the astonishing scenery of the mountain vistas. Upon reaching Camp I, our guides and porters will fix tents and will make us comfortable to spend overnight.

### **Day 11: Climb Camp I to Camp II and back to Camp I for an Overnight Stay**

Leaving Camp I behind, we climb to Camp II. As the technical portion of the expedition begins from here, we will carefully climb from here onwards. Reaching there we spend around an hour or around. Then we climb back to Camp I for the overnight stay.

### **Day 12: Trek/Climb back to Base Camp**



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For the final Push, we climb back to Base Camp for the final preparations. We will follow the same way of ascent. By doing so, we can be adjusted to the thinner air/oxygenated lands.

### **Day 13: Rest Day at Base Camp**

It will be the rest day at Base Camp to collect energy for the final push. We will hike in the surrounding lands but will not rush. We will rest most of the day and will be ready for the summit.

### **Day 14: Trek/Climb to Camp I from Base Camp**

It will be easier and quicker to reach Camp I than the earlier attempt as we have already reached there and are adjusted to the environment there. We will follow every step of our veteran guide (Kipa).

Reaching there, we will get rest as our guides and other crew members will prepare for our food and accommodation.

### **Day 15: Trek/ Climb Camp II from Camp I**

After the first meal at our tented camp, we will ascend to Camp II. All the lodging and food items are already there for us. We will just reach there and have them.

We will climb carefully as some technical parts are there and Kipa will guide us in every step. Our overnight will be at a tented camp beside the rocks there.

### **Day 16: Summit Ama Dablam and back to Camp II**

It is a big day for us. Waking early morning, and having some food, we will ascend towards the Ama Dablam final summit. Gradually and slowly, we will take our steps towards the summit.

With the first rays of the sun or sometimes later, we will reach at the top of Ama Dablam (6812m). We will capture the moments and will have the astonishing sceneries of the mountains, and then will track back towards Camp II. In the late afternoon, we will reach Camp II and will spend overnight there.

### **Day 17: Contingency Day in case of bad weather**

This day is scheduled as a spare day as there might be some circumstances such as bad weather or exhaustion on previous days which can be covered today.

If any of those conditions are there, we will climb the peak today. If not, we will climb back to Base Camp and rest for another day.

### **Day 18: Trek/Climb back to Base Camp**

We will climb/trek back to base camp after completing the summit push. If arrived the previous day, we will rest here today and will get ready for another adventure.



## **Day 19: Trek Ama Dablam Base Camp to Pheriche**

Today, after breakfast, we will start trekking to Everest initially reaching Pheriche. On the way, we will leave a couple of Sherpa village settlements including Pangboche and others. Our overnight will be at one of the teahouses there.

## **Day 20: Trek Pheriche to Lobuche**

Today the Everest team moves up along the Khumbu Glacier to the village of Lobuche (4940m/16,207ft.), leaving just one more day of trekking to reach Everest Base Camp. We are approaching quite close to the mountains and the views of them get closer and closer in every step.

## **Day 21: Trek Lobuche to Everest Base Camp**

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 have 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.

## **Day 22: Puja Ceremony Day at Everest Base Camp**

Today, we organize a worshipping ceremony, do some climbing practices in ice seracs of the lower Khumbu Glacier to check our equipment review climbing and rescue techniques, and get fully prepared to climb almighty Mt. Everest. The worshipping ceremony is organized asking for a safe passage during our Everst and Lhotse expedition.

## **Day 23: Hike to Khumbu Icefall**

Khumbu Ice Fall is the steep part of Khumbu Glacier. It leads us to the upper camps of Everest i.e Camp I, II, III and further above. Camp I is located at the top of the Khumbu Ice Fall at the foot of Nuptse whereas Camp II is located on the lateral moraine of Khumbu.

We can view the Everest Expedition climbing route, Lhotse Expedition climbing route and Nuptse climbing route from the Everest Expedition camp II. Spending a night there, we will wait for the further above.

## **Day 24: Climb Icefall to Camp I (6400m /20996ft)**

Leaving Khumbu Icefall, we will ascend to Camp I today. Camp I is established on the top of Khumbu Glacier (Icefall) which is a flat level. It consists of heavy snow surrounded by mountains.

The weather remains warm during the day and the nights are chilly during the strong gust of winds flowing on the



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mountains. The glacial land between Camp I and Camp II is horizontal. There are large crevasses close to Camp I which are fixed with ladders.

We can hear the cracking sound of the ice from underneath the tents. Cam I is considered a resting and transition area before heading to Camp II.

### **Day 25: Climb Camp I to Camp II (6750m/22145ft)**

We have scheduled our day 25 as a climbing day to Camp II from Camp I. Camp II is established at the bottom of the Lhotse wall or the lateral moraine at the foot of the west edge.

It is safe to land and is a sheltered location having the spectacular sceneries of Mt. Lhotse. The Camp will be established with separate tents (individual), the kitchen, and dining tents. It is the major acclimatization camp and base for the acclimatization climb to Camp III.

### **Day 26: Rest Day at Camp II**

We are going to rest today as we are already in 6700 + elevation. We need to be adjusted in the thinner oxygenated area.

Throughout the day, we take some hikes around, rest and interact with fellow travelers, and so forth, and will sleep early as we have another big day ahead.

### **Day 27: Climb Camp II to Camp III (7100m /23292ft)**

We are heading to above 7000m thus the oxygen level drops rapidly at this elevation. In case of any inconvenience, there is supplementary oxygen. However, most climbers won't require supplementary oxygen till Camp IV.

Camp III of the Everest Expedition is attached to the Lhotse divider. It can be achieved with the help of a fixed rope. Camp III is a 30-degree snow slope with rocky exposed ledges on which our tents are balanced.

This point serves only as a short acclimatizing and resting spot. You cannot dawdle at this height and doing anything as simple as crawling into your tent and taking off your crampons can be overwhelmingly exhausting.

The views of the five highest peaks look astonishing.

### **Day 28: Climb Camp III to Camp IV (8400m 27560ft)**

Today we are heading towards the Ultimate Camp before the summit. Situated on the South Col, Camp IV is also the most dangerous section of the entire climb. It is just four hundred meters from the summit.

The winds are strong and violent here. The narrow southeast ridge is the best route to reach the summit. From this path, it is easy to reach the summit of Everest 8848.48m (29032 ft). In 1953, two mountain legendary Sir Edmund Hillary and Tenzing Norgay also used this route to climb Everest.

A Summit Push begins from this very point. It is mostly sheer with snow and rock sections. The entire route gets fixed



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with ropes for the safety of climbers. Supplemental oxygen is available as almost every climber gets affected by height and lessened findings due to lack of oxygen.

### **Day 29: SUMMIT EVEREST AND BACK TO LHOTSE CAMP IV**

It is the most important day of our entire journey. Leaving Camp IV, we head towards the top of Everest before midnight which helps us to reach the top with the first rays of the sun which looks astonishing.

We will encounter the Balcony, the Hillary Step, and the south summit before reaching the central panel. The entire route to the top is setup with fixed ropes while the route to the true summit is a moderate snow slope. This was the route used by Sir Edmund Hillary and Tenzing Sherpa back in 1953.

Upon reaching there, we will celebrate our victory and take pictures and capture each moment. After spending some time there, we gradually get back to Camp IV and have our lunch there. After resting for a couple of hours, we move towards Lhotse Camp IV. Here we can go without descending to Camp III of the Everest.

### **Day 30: Contingency Day in case of bad Weather**

A spare day is scheduled as if we could not push the summit the previous day. If everything is as per our itinerary, we either rest in camp IV of Lhotse or move ahead so we can have extra days to descend back to lower camps.

### **Day 31: Summit Lhotse (27,940 ft/8,516 m) and back to Camp IV**

Today, we are going to achieve another victory over the world's fourth-tallest peak. Lhotse lies just south of Mount Everest, to which it is joined by a ridge at an elevation of about 25,000 feet (7,600 meters). It is sometimes considered part of the Everest massif.

As in Everest, we start the journey before midnight and move upward to reach with the first rays of the sun. After accomplishing this, we gradually climb back with the help of ropes to the Camp IV for the overnight stay.

### **Day 32: Contingency Day in case of bad Weather Conditions or other Circumstances**

As the weather in the Himalayas is always unpredictable, the scheduled itinerary can be missed and we have to rush for another day. Thus, we have a spare day for achieving this.

The same case is applied here as well. If we could not achieve Lhotse the day before, we will achieve it today. If everything goes as per our wish/plan, we will descend back to lower camps reducing the journeys of later days.

### **Day 33: Climb Back to Camp II from Lhotse Camp IV**

Yeah, We achieved everything but we still need to be careful as we have some challenges while climbing back to lower camps. With the help of ropes, we will descend to Camp III (the same camp III we used before as will join the Everest route nearby it.)

### **Day 34: Climb Back to Everest Base Camp**

Today, from Camp II, we get back to Camp I and further back to Base Camp with the great pleasure of success. Your



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dream has come true and we can celebrate your success now. We will collect all of our things in the higher camps and will descend to Everest Base Camp. Overnight will be at Everest Base Camp.

### **Day 35: Rest Day at Everest Base Camp (Will pack Gears and Equipment there)**

We will take a rest throughout the day at the base camp today. Here, our crew members including Sherpa, Porter and others collect all the gears and will manage everything and get ready for descending back to Lukla and further to Kathmandu.

### **Day 36: Trek Back to Pheriche from Everest Base Camp**

We will descend to the village of Pheriche. The trek will be naturally faster as we will be trekking downhill. We will have an elevation change of almost 1000m. Such a considerable elevation change would not have been possible if we were acceding. Overnight will be at one of the teahouses there.

### **Day 37: Trek Pheriche to Namche Bazaar**

We will be descending an incredible 20 km on the trek from Pheriche to Namche Bazaar. The most extended trek of our journey is effortless because we will be descending mostly.

As we go downhill, the oxygen levels increase, and we will be able to breathe more naturally, and altitude sickness will gradually disappear.

We will pass through many landmarks like the Tengboche monastery and others to reach Namche Bazaar. A hot shower and wifi await us at Namche. And overnight will be at one of the teahouses there.

### **Day 38: Trek Back to Lukla from Namche Bazaar**

The trail descends steeply downward, so we need to walk very cautiously as our shaky legs continuously battle the rocky terrain. After crossing several suspension bridges over the fast-flowing Dudh Koshi River and its tributaries, the trail becomes more leveled and natural to Lukla.

After we arrive in Lukla, we stretch those sore legs and recall the experience of the last couple of weeks in the Himalayas. Overnight will be at one of the teahouses in Lukla.

### **Day 39: Fly Back to Kathmandu from Lukla**

We catch an early morning flight to Kathmandu after our long mountain journey (if the flight is diverted to Manthali, will fly there and will drive from there to Kathmandu). After reaching Kathmandu, we can take a rest, or wander around the city of Thamel and its surroundings.

### **Day 40: Rest Day in Kathmandu**



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There will be a farewell dinner in the evening to celebrate the successful completion of our journey. Today, we can explore Kathmandu city; its historical and cultural shrines with our city guide which is included in the package, or do some souvenir shopping.

Our guides will help us with both souvenir shopping and sightseeing. Overnight will be at one of the standard hotels in Kathmandu. In the evening, we will be invited to one of the cultural restaurants at Thamel for the farewell dinner.

### **Day 41: Final Departure/International Flight**

Your adventure in Nepal comes to an end today! There is nothing to do but share our photos via email and share our feelings and experiences.

You will be dropped off at the Tribhuwan International Airport (TIA) by a representative from Outward Adventure Treks and Expedition, approximately 3 hours before your scheduled flight back home.

Have a Safe Journey back to home!!!