Ama Dablam Base Camp Trek

Facts

Destination: Nepal

Trip Difficulty: Moderate

Trip Style: Hiking

Transport: Private Bus or Car & Airplane

Food: Breakfast+Lunch+Dinner

Accommodation: 3-Star Hotel + Teahouses + Lodges

Group Size: 1-15

Max Elevation: 4600m

Ama Dablam Base Camp Overview

Ama Dablam Base Camp is a beautiful trekking spot in the Everest region of Nepal (https://www.nepalhikingtrek.com/everest-trekking) . At an altitude of approximately 4,570 meters (14,993 feet) above sea level. This base camp is at the foot of the great Ama Dablam peak, with 6,812 meters (22,349 feet) in height. The name “Ama Dablam” means Mother’s Necklace in Sherpa language, which was inspired by the mountain’s shape that represents a mother protecting her child.

The journey is not just to get to the base camp but also to experience the quiet Sherpa villages, Buddhist culture, rhododendron forests, and to see the amazing mountain views, which will take your breath away.

From the airport in Kathmandu, which is the start of the journey, we board a small plane to Lukla. To get to the base camp, most trekkers use the Everest Base Camp trail (https://www.nepalhikingtrek.com/everest-base-camp-trek) up to Pangboche, then we go off

trail to the east. The trail is very scenic, moderately challenging, and demands decent physical fitness. Since this path isn't as commercial as the Everest Base Camp, it has a very peaceful and raw feel.

The main attractions are panoramic views of Everest, Ama Dablam, Thamserku, and other peaks. Also, we visit Tengboche Monastery and remote Sherpa villages. We stay in teahouses for meals, which feature mainly Nepali and Tibetan-style foods. There are shared rooms in simple teahouses. There may also be a risk of altitude sickness at over 3,000 meters, so it is necessary to have rest days and drink enough water.

This is a 9-day itinerary that allows for altitude acclimatization. Trekkers do it in a combined trip with Everest Base Camp (https://www.nepalhikingtrek.com/everest-base-camp-trek) , Gokyo Lakes (https://www.nepalhikingtrek.com/gokyo-lake-trekking) , or the Three Passes Trek (https://www.nepalhikingtrek.com/everest-three-passes-trekking) . This is the choice for people who want a true Himalayan experience with fewer crowds.

Highlights

- Walk through the traditional Sherpa villages, which include Pangboche, known for its culture and old monasteries.
- Up close views of Ama Dablam, one of the most beautiful mountains in the world.
- Walk through forests of rhododendron, juniper, and pine, which are at their most colorful in spring.
- Enjoy off-the-beaten trails that see less foot traffic as compared to the Everest Base Camp (EBC) route.
- Observe the diverse wildlife like musk deer, Himalayan thar, and colorful pheasants as you go.
- Visit Pangboche Monastery, the oldest in the Everest region, holding deep spiritual

significance.

- Reach the base camp at Ama Dablam, which offers views of Everest, Lhotse, and other snowcapped peaks.

Day to Day Itinerary

Day 01: Arrival

Day 02: Fly from Kathmandu to Lukla (2,840m / 9,317ft) and trek to Phakding (2,610m / 8,563ft)

Day 03: Trek from Phakding to Namche Bazaar (3,440m / 11,286ft)

Day 04: Hike to Everest View Hotel & Back to Namche

Day 05: Trek from Namche to Pangboche (3,930m / 12,894ft)

Day 06: Trek to Ama Dablam Base Camp (4,600m / 15,092ft) and back to Pangboche

Day 07: Trek from Pangboche to Namche Bazaar (3,440m / 11,286ft)

Day 08: Trek from Namche Bazaar to Lukla (2,860m / 9,383ft)

Day 09: Fly from Lukla to Kathmandu (1,350m / 4,429ft)

Day 10: Departure

Cost Includes

The cost of the Ama Dablam differs as per the size of the group, choice of hotel, client's interest in service, and corrections in our itinerary. We have different types of treks for the Everest Region, such as Everest Base Camp (https://www.nepalhikingtrek.com/everest-base-camp-trek) , Everest Gokyo Cho la Pass Trek (https://www.nepalhikingtrek.com/everest-gokyo-cho-la-pass-trek) , Gokyo Lake Trek (https://www.nepalhikingtrek.com/gokyo-lake-trekking) , Everest Three Passes Trek (https://www.nepalhikingtrek.com/everest-three-passes-trekking) , etc. Contact us for more information or different customized packages (https://www.nepalhikingtrek.com/customize-trip)

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Accommodation

- Two nights' Twin-sharing/double accommodation with breakfast at a 3-star category hotel in Kathmandu: two nights before the trek and one night after the trek. (Hotel category upgrade & private room accommodation can be organized at an extra cost)
- Best available twin-sharing guesthouse accommodation during the trek for 8 nights in the Everest Region.

Meals & Drinking Water

- Full board standard meals during the trek (Breakfasts, Lunches, and Dinners) including one hot drink.
- Seasonal fruits in the evening on a trek.
- Cultural dinner at Nepali Restaurant after trekking.

Transportation

- Kathmandu International and Domestic airport pick-up and drop-off on a private vehicle as per your arrival date and time.
- Round-trip Flight ticket between Kathmandu and Lukla (March to May and September to November) and Manthali and Lukla(December to February and June to August).
- Transport between Kathmandu and Manthali by shared tourist vehicle.

Guide and Staff

- Experienced, first-aid trained, government licensed, English speaking, and locally recruited Nepal Hiking Treks' trekking guide for 9 days (2 guides for group sizes of more than 7 people).

- Porter to carry your luggage during the trek (1 porter for every 2 clients, carries 26 kgs and not included for solo trekker)
- Wages, accommodation, meals, gear, insurance, and medications for all staff.

Trek Permits

- Sagarmatha (Everest) National Park Permit Fee.
- Pasang Lhamu Rural Municipality fee.
- Trekkers' Information Management System (TIMS) card.

NHT benefits

- First aid /kit bag with oxygen meters, trekking map.
- Trip completion certificate by Nepal Hiking Trek.

Administrative & Taxes

- Domestic Airport tax.
- All our administrative expenses and government taxes.

Cost Excludes

- International flight fare and Nepal Entry Visa fee.
- Travel insurance for both medical and high-altitude emergency evacuation coverage.
- Snacks and any beverages including bottled and boiled water.
- Tips and gratitude to the trekking staff and driver.
- Personal trekking gear and equipment, as well as personal expenses.
- Extra night hotel in the city (if needed).
- Any other expenses that are not mentioned in the Price Includes section.