Ama Dablam Expedition



Trip Overview

Ama Dablam (6,812 m) is a technical Himalayan peak, considered one of the most beautiful mountains in the world. The expedition begins from Lukla, following the classic Everest region trail through Namche, Tengboche, and Dingboche. Acclimatization hikes and high camps prepare climbers for technical climbing on snow, ice, and rock. The ascent involves rope work, crevasse navigation, and steep alpine terrain. Panoramic views of Everest, Lhotse, Nuptse, and the surrounding peaks reward climbers. The descent returns along the same trail to Lukla. This strenuous expedition is suitable for experienced climbers seeking a technical ascent with challenging but unforgettable Himalayan scenery.

Total Trip Days: 28 DAYS

Region: Everest / Khumbu Region

Max Altitude: 6,812 m / 22,349 ft (Ama Dablam)

Activity: Tea House + Camping

Difficulty: Strenuous / Technical Alpine (AD+/D: rock, mixed & snow; fixed

ropes)

Itinerary

Day 1:

Meet on arrival at Tribhuvan International Airport and transfer to hotel. Rest, gear sorting. Overnight at hotel.

Day 2:

Expedition briefing, equipment inspection, final permit formalities (expedition/climbing & Sagarmatha NP). Optional half-day heritage tour. Overnight at hotel.

Day 3:

Meet Sherpa team at Lukla (2,860 m). Easy first day down the Dudh Koshi to Phakding. Lodge overnight.

Day 4:

Multiple suspension bridges; enter Sagarmatha NP at Monjo. Long climb to Namche with first Everest/Lhotse views. Lodge overnight.

Day 5:

Acclimatization hike to Everest View Hotel/Khumjung–Khunde (3,780–3,880 m). Visit Sherpa museum/NP center. Lodge overnight.

Day 6:

Traversing balcony trail with Ama Dablam front and center; descend to Phunki Tenga then climb to Tengboche Monastery. Lodge overnight.

Day 7:

Cross the Imja Khola, pass Deboche. Pangboche is the last sizeable Sherpa village on the Ama approach. Lodge overnight.

Day 8:

Climb the grassy ridge to Base Camp on a broad meadow with grand views of Ama Dablam’s SW ridge. Establish Base Camp. Camping overnight.

Day 9:

Team Puja at the chorten for safe passage. Fixed-rope and abseil refreshers (jumar transitions, descender use), comms & safety briefing. Camping overnight.

Day 10:

Recon/carry day through boulder fields and slabs; stash gear near C1 platforms. Descend to BC. Camping overnight.

Day 11:

Active rest, hydration, route brief for C1 sleep. Camping overnight.

Day 12:

Climb via moraines and easy slabs to terrace platforms at C1. Establish high camp routines. Camping at C1.

Day 13:

Classic rock scrambling (III–IV) on the SW ridge with fixed lines: Yellow Tower section preview. Tag C2, descend to C1. Camping at C1.

Day 14:

Return to BC for recovery, big meals, and monitoring SpO_2. Camping overnight.

Day 15:

Weather/health buffer; finalize summit push plan. Camping overnight.

Day 16:

Steady pace; hydrate, early to bed. Camping at C1.

Day 17:

Steeper mixed rock; fixed ropes through the Yellow Tower (~15–20 m vertical rock step). Establish **C2 (~5,900 m)** perched on an exposed ledge. Camping at C2.

Day 18:

Alpine start (1–2 am). Mixed ground above C2: Grey Tower, Mushroom Ridge, traverses beneath the Dablam serac band, then snow arête to the summit.

Majestic panorama: Everest, Lhotse, Nuptse, Makalu, Baruntse, Kangtega, Thamserku. Descend carefully to **C2** (or further to **C1**) if Camp at C2/C1.

Day 19:

Clear camps, descend fixed lines with strict rope discipline. Celebrate back at BC. Camping overnight.

Day 20:

Held for summit window flexibility or team recovery. Camping overnight.

Day 21:

Break down BC, finalize loads, tip high-altitude porters as appropriate. Camping overnight.

Day 22:

Drop back to tree line and thicker air. Lodge overnight.

Day 23:

Via Tengboche descent and Phunki Tenga climb; coffee and bakery at Namche. Lodge overnight.

Day 24:

Final Khumbu bridges and villages; celebration dinner with the team. Lodge overnight.

Day 25:

Transfer to hotel; hot shower and well-earned rest. Overnight at hotel.

Day 26:

Buffer for Lukla weather; if unused, enjoy optional city tour or spa day. Overnight at hotel.

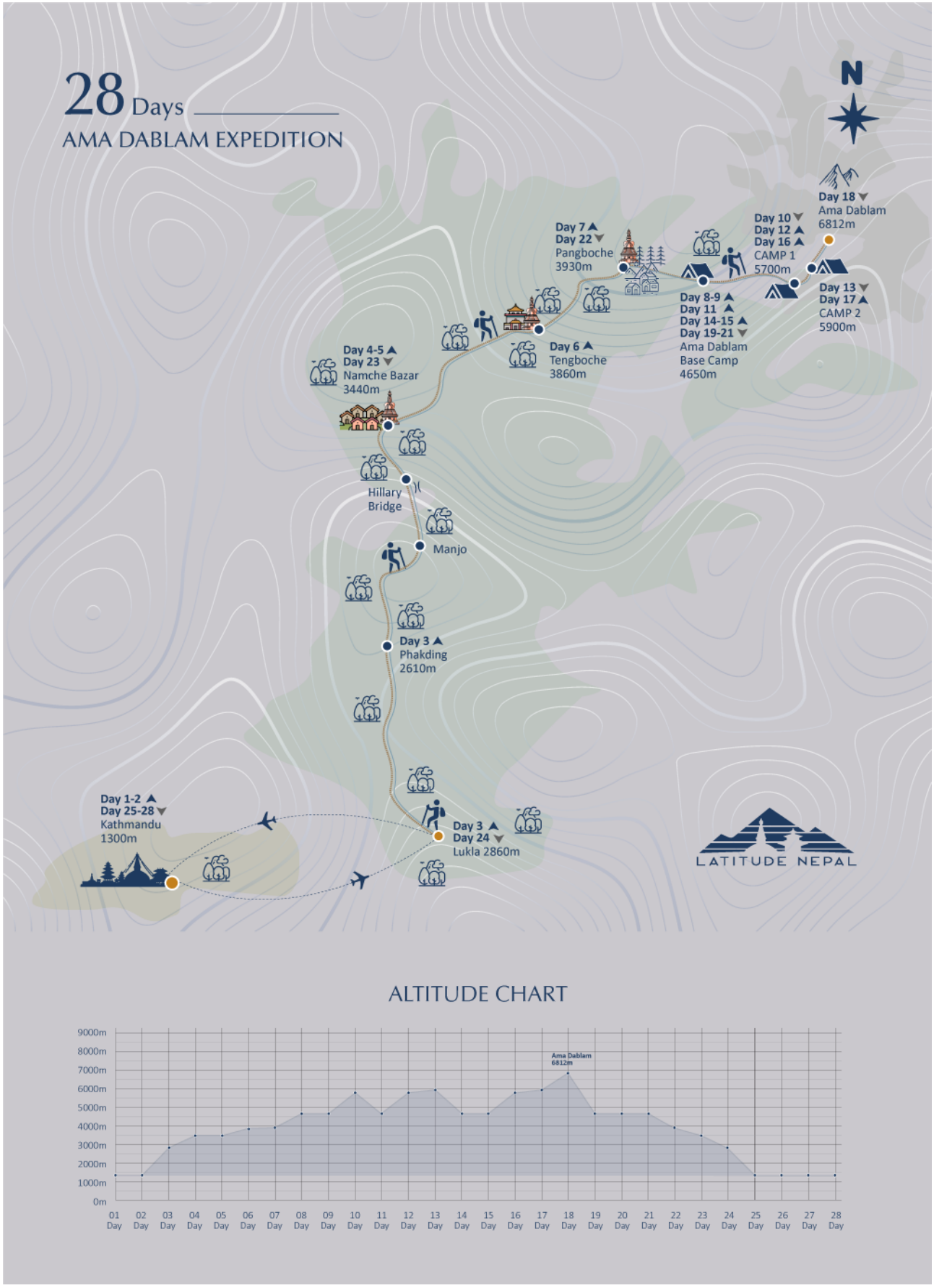
Day 27:

Equipment return, debrief, and farewell dinner. Overnight at hotel.

Day 28:

Assisted transfer to airport for your onward journey. Namaste!

Route Map


28 Days
AMA DABLAM EXPEDITION
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Day 18
Ama Dablam
6812m
Day 10
Day 12
Day 16
CAMP 1
5700m
Day 13
Day 17
CAMP 2
5900m
Day 7
Day 22
Pangboche
3930m
Day 8-9
Day 11
Day 14-15
Day 19-21
Ama Dablam
Base Camp
4650m
Day 6
Tengboche
3860m
Day 4-5
Day 23
Namche Bazar
3440m
Hillary
Bridge
Manjo
Day 3
Phakding
2610m
Day 1-2
Day 25-28
Kathmandu
1300m
Day 3
Day 24
Lukla 2860m
LATITUDE NEPAL
ALTITUDE CHART
9000m
8000m
7000m
6000m
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3000m
2000m
1000m
0m
Ama Dablam
6812m
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