



Ama Dablam Base Camp Trek 14 days

EVEREST REGION

14 Days
DURATION

Moderate
DIFFICULTY

USD \$1,550
FROM (PER PERSON)

QUICK FACTS

Duration	14 days	Trip Difficulty	Moderate
Activities	Trekking	Accommodation	Tea house /Guest house
Meals	Breakfast ,lunch and dinner	Max Elevation	4,600 meters (15,085 feet
Group Size	2-20	Best Time	Autumn (September to November) and spring (March to May)

TRIP HIGHLIGHTS

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OVERVIEW

Trekking to Ama Dablam Base Camp is a fantastic adventure! Typically, a 14-day itinerary for this trek would include a few days of acclimatization and exploration, ensuring you enjoy the journey while adjusting to the altitude. Are you an adventure seeker? Do you love to meander around the verdant hills of Nepal? If you a seeker of both, then this trek is definitely the suitable one for you. Ama Dablam is an alternative trek in the Everest region. The trekking enthusiast witnesses the unmatched beauty of the mountains as we pass through the famous Kongma La Pass to the base of Mount Ama Dablam. Amadablam has significant importance to the local Sherpas of the region. The majestic mountain is known as ‘Matterhorn’ among western trekkers that refers to ‘Mother’s Necklace’. The long glacial deposit in each side of the peak arane shaped like the arms of the mother also known as “Ama” shielding her child. The icy mass depicts an accessory "Dablam", the conventional twofold pendant with pictures of god worn by Sherpa ladies. This trek offers us a minute to meet a very close perspective on this perplexing mountain. For adrenaline junkies who look for an extraordinary perspective on the Himalayan scope of the Khumbu area as we stroll past avalanche trails and ice sheets, this is probably the best alternative in the Everest region.

DAY-BY-DAY ITINERARY

DAY 1 Arrival in kathmandu nepal and transfer to hotel

You will be invited and got on your landing by our agent at the Tribhuvan International Airport, Kathmandu. Later on, you will be moved to your inn. Look into the room and invest some loosening up energy until we meet sooner or later at night for the outing instructions. You will be educated about the instructions time on your landing in the inn.

DAY 2 Flight to Lukla (2,850m/9,350 ft)

It takes 40 minutes, and then start to trek to Phakding (2,650 m/8,562 ft) the total trekking distance (6.2km/3.85 miles) that takes around 3 to 4 hours Ama Dablam Base Camp trek begins from a beautiful trip to Lukla from Kathmandu. We stroll from Chaurikharka towns for around 3 hours to reach Phakding. As we plan for our next strolls with this short and ameliorating climb, we adjust with the diminishing air too. Phakding, being the beginning stage for all Everest locale treks, incorporates everything from apparatus and hotel to pool and eateries. We can utilize our extra time to investigate the magnificent valley of Phakding. Likewise, there are very celebrated neighborhood cloisters (Rimishung Monastery) that can be secured. Medium-term at the most ideal cabin/lodging Included standard suppers

DAY 3 Walking starts from Phakding and ends in Namche Bazaar (3,440m/11,285 ft)- the total walking Distance is (7.4km/4.6 miles)

Meals: Breakfast

A warm cup of tea on a chilled morning, we start our day in the midst of nature. We start our real climb from today, so we stroll as ahead of schedule as would be prudent. Proceeding with the northern bank of Dudh Koshi River, we will cross a few suspension extensions decorated with supplication banners. The enthusiastic and dynamic shade of the petition signals up and down the trail will make it surprisingly energizing. Following a couple of long periods of strolling, we reach Monjo Village from where the Sagarmatha National Park begins. We get our licenses enrolled there and finish the trail a thick wilderness. An intense trip anticipates from here through the thick backwoods, where we gradually observe the substance of Mount Everest. As the mountains rise, the way turns out to be all the more energizing, making it simple to walk. Medium-term at the most ideal cabin/inn Included standard suppers (Breakfast + Lunch + Dinner)

DAY 4 Respite time and Acclimatization at Namche Bazaar

Meals: Breakfast

We take an acclimatization break at Namche Bazaar to adapt up to the diminishing air. Namche Bazaar, otherwise called the entryway to Everest, offers a wide-scope of miracles. From inns and eateries to trinkets and endowments shops, Namche has nearly everything accessible as that of in the city zones. Regardless of this day being a rest day, it is profoundly prescribed not to sit inactively. The general principle of acclimatizing is to “High climb, and rest low”. We have a discretionary yet recommended climb to the Khumjung and visit Sagarmatha National Park guest focus. We can likewise visit the Hillary school and old religious communities while in transit to Khumjung. As we climb up to Khumjung, we experience a popular cloister that houses a ‘Sasquatch scalp’. Besides, we likewise visit the world’s most noteworthy arranged air terminal, Syangboche Airport, and visit up to Everest View Hotel for a stupendous perspective on the Everest. A wonderful and noteworthy day, we can close the day with sustenances from the world popular bread kitchens of Namche Bazar. Medium-term at the most ideal cabin/lodging Included standard suppers (Breakfast + Lunch + Dinner)

DAY 5 The walking starts from Namche Bazaar and ends in Deboche (3,820m/12,533ft) - The total walking Distance (9km/5.40 miles) which takes 5 hours to complete

Meals: Breakfast

Today, we trek to Deboche, going through a few tough and downhill strolls. With an unbelievable perspective on the Himalayas and irregular spotting of creatures and feathered creatures, we cross the way without figuring it out. As we cross the Dudh Koshi stream, we watch different greeneries and faunas. We reach Phunki Tenga, where we can see the all-encompassing scene of the town. Given the beautiful perspective on the mountains like Everest(8,848m), Ama Dablam(6,812m), Lhotse(8,516), Nuptse(7,861), Thamserku(6,623m), the trail prompts Tengboche Monastery. Otherwise called 'Religious community on the highest point of the slope', we will extricate up there for some time. After a tedious walk, we unwind with the harmony offered by the sound of supplication and the serene feeling of the spot. We end at Deboche and get ready for the following day with great sustenance and adequate rest. Medium-term at the most ideal cabin/inn Included standard suppers (Breakfast + Lunch + Dinner)

DAY 6 The walking starts from Deboche and ends in Dingboche (4,360m/14,290ft)-Walking Distance (11km/7.40 miles) - which takes 7-8 hours

Meals: Breakfast

We head to our goal through a little town of Pangboche(3,985m). Going by numerous Stupas, mani dividers and little towns, this way uncovered a supernatural perspective on the Himalayas. We will observe the very close perspective on Ama Dablam(6,812m) from here. The trek winds up lighter as we enter the Imja Valley following the Lobuche River. We drop to the stream and climb a lofty tough towards Dingboche(4,360m). The course is very testing because of higher rises and the diminishing degree of oxygen. As we get a brought down degree of oxygen, we get worn out rapidly while climbing tough. Dingboche, otherwise called the late spring valley, involves a lovely plan of the fields encased by stone dividers securing yields like grain, buckwheat, and potatoes. The view from Dingboche is amazing with the Himalayas covering the whole valley. Beyond question, this is an incredible spot to overlook all your work weights and different issues. Medium-term at the most ideal cabin/inn Included standard suppers (Breakfast + Lunch + Dinner)

DAY 7 The walking starts from Dingboche and ends in Chhukung (4,730m/15,580 ft)- Walking Distance (11km/7.40 miles) which takes 7-8 hrs

Meals: Breakfast

We start this day right on time with perfect air and dim blue sky. As the sun rises gradually from behind the mountains, we witness an intensified marvel of the scene. A couple of hundred meters up from Dingboche, we get a stunning perspective on the whole valley. With a drop in the degree of oxygen, it is somewhat hard to climb tough, yet the trail is fairly simple. We run over a Buddhist Stupa, with supplication banners extending crosswise over to another, on our approach to Chhukung. On the off chance that we figure out how to climb early, we may observe an exceptional view with the sun backdrop illumination the stupa and banners, shaping a warm, brilliant radiance around them. With an agreeable walk, we reach Chhukung, where we go through two evenings to adjust with the diminishing air. Medium-term at the most ideal cabin/inn Included standard suppers (Breakfast + Lunch + Dinner)

DAY 8 The walking starts from Chhukung and ends in Lobuche via Kongma La (5,535m/18,159ft) which takes 7-8 hrs

Meals: Breakfast

Chukkung town is a container of miracles. With a fabulous view, waterways, icy masses, and frigid mountains, Chukkung Village is additionally an elective course for Everest base camp trekkers who went for acclimatization. One thing to remember once we reach Chukkung is to see the day off ice establishment in the mountains. We alternatively climb up to Chukkung Ri. We profoundly suggest the climb as it offers uncommon perspectives on Mount Lhotse(8,516m), Island Peak(6,189m), Ama Dablam(6,812m), Makalu(8,463m), and others. As a rest day, we don't stay inert, yet walk around the town and climb tough and downhill. Keeping the standard of trekking in higher elevation, we "Climb high, sleep low". A mix of unprecedented scene and individuals, Chukkung will demonstrate to be an incredible spot to remain for modifying with the expanding height and loosen up our center body. Medium-term at the most ideal cabin/inn Included standard suppers (Breakfast + Lunch + Dinner)

DAY 9 Pangboche to Khumjung village

Meals: Breakfast

We start our day as right on time as could reasonably be expected. We navigate through one of the most well-known goes of the trek. Kongma La pass(5,535m) can be trying with heaps of overwhelming snow through the trail. As strenuous as the way turns into, the view upgrades spurring us to achieve our adventure. Arranged ideal behind Chukkung, we go through a little stream which leads us to an avalanche trail. Pushing forward of the precarious trail, we go over a slope from where the perspective on Dingboche and Tengboche is excellent. We climb onwards to arrive at a major lake with a captivating perspective on the mountains encompassing it. The last yet the hardest piece of coming to Kongma La pass is irrefutably justified, despite all the trouble. We witness an all-encompassing perspective on the mountains and a far off perspective on Lobuche, where we will end for the evening. As we drop the trail, it gets harder than rising. We move up the moraine and after that stroll past the Khumbu icy mass for an hour to reach Lobuche. The view from Lobuche is charming with Kala Patthar and Everest stunning with the setting sun. The shining mountains will cause us to overlook the whole trouble we went through today. In the wake of a difficult day, we unwind in the midst of the mountains. Medium-term at the most ideal cabin/inn Included standard suppers (Breakfast + Lunch + Dinner)

DAY 10 Walk from Pangboche to Ama Dablam base camp (5,120m) then trek back to Pangboche

Meals: Breakfast

The route from Pangboche to Ama Dablam Base Camp highlights divine magnificence while offering us with an exciting yet energizing knowledge. As we draw nearer to Ama Dablam, we can jump into the subtleties of the mountain and comprehend the explanation for calling it 'Mother's Necklace'. For trekking and campaign fans, the Ama Dablam base camp trekking is one of the most looked for after and delighted in option in contrast to Everest Base Camp trek. We cross Imja Khola before beginning with the climb to Ama Dablam from Pangboche. Without understanding the time, we arrive at the base camp. We investigate the class on the spot. The beguiling picturesque magnificence of Everest(8,848m), Amadablam(6,812m), Lhotse(8,516m), Kantega(6,782m) and different pinnacles will without a doubt intrigue us. In the wake of investing great quality energy getting a charge out of the magnificence of the snow-topped mountains, we head back to Pangboche. We finish up our climb to Ama Dablam with a heart loaded up with a crisp recognition of the base camp. In any case, the trail back to our home is standing by. We unwind and prepare to head back after the fruitful culmination of our trek. Medium-term at the most ideal cabin/inn Included standard suppers (Breakfast + Lunch + Dinner)

DAY 11 The walking starts from Namche Bazaar and ends in Lukla 2,850m/9,350 ft - Walking distance (13.5km/8.3 miles)- which takes 6-7 hrs

Meals: Breakfast

With the last walk joined by the relentless Himalayas, we trek through little towns and thin woodlands. We go through the exciting suspension that connects on our way back. We will, at last, reach Phakding after a delicate stroll through Benkar. As we push forward on to Lukla, we further arrive at a little town. At the convergence, we can take a left turn up towards the trees. The course through the town leads down to the fundamental trail interfacing along the edge stream before Toktok. The alternate point of view in view will unquestionably dazzle us. In the end, we reach Lukla following the way where we remain medium-term. Lukla is the beginning and closure purpose of our trek, and it will, without uncertainty, make both the beginning and consummation magnificent. Medium-term at the most ideal cabin/inn Included standard suppers (Breakfast + Lunch + Dinner)

DAY 12 Fly back to Kathmandu

We leave for Kathmandu through a 30 min of a grand flight. Without any tough or downhill to vanquish, we appreciate the extravagance of marvelous mountains on our way back. The path over from Lukla Airport, otherwise called the world’s most outrageous air terminal, is a striking one. With a heart loaded up with a lovely memory of the spot, we close our trek. We will accompany you back to your lodging after arriving at Kathmandu. You can meander the rear entryways of Kathmandu all alone and part of the arrangement great sustenance and a little music. We can likewise deal with a visit around the city according to your solicitation. We will be happy to help you with your adventure anyplace in Nepal.

DAY 13 Fly back to your beautiful country

Departure from kathmandu nepal to your beautiful country pure sherpa adventure will drop you airport to say bye bye and see you again

WHAT'S INCLUDED / NOT INCLUDED

Accommodation
+ Two nights’ accommodation with breakfast in Kathmandu (room with attached bathroom)
+ Accommodation during the trek
Meals & Dining
+ All meals during the trek (breakfasts, lunches, and dinners)
+ Farewell dinner in Kathmandu at the end of the trek
Guides & Porters
+ Government-licensed trekking guide
+ Porters for trekkers’ luggage (1 porter for every 2 trekkers)
+ Guide and porter expenses including meals, insurance, salary, lodging, transportation, and necessary equipment
Permits, Entry Fees & Taxes
+ Sagarmatha National Park entry fee (NPR 3,000)
+ Khumbu Municipality entry fee (NPR 2,000)
+ Trekkers’ Information Management System (TIMS) card fee (NPR 2,000)
+ All government and local taxes
Safety & Emergency Support
+ Rescue operation arrangements in case of complicated health conditions (costs covered by the traveler’s insurance)
Trekking Equipment
+ Pure Sherpa Adventure duffle bag