

Ama Dablam Expedition

URL: <https://himalaya-discovery.com/trip/ama-dablam-expedition/>

Destination Nepal	Activity Climbing and Expedition	Start / End Point Kathmandu / Kathmandu
Duration 31	Accommodation Lodge Nepal lodges, also known as teahouses, are basic yet cozy accommodations found along trekking routes.	Region Everest
Max. Altitude 6856m	Nature Of Trek Trekking and Peak Climbing	Best Season Spring (March, April, May, June) Autumn (September, October, November).
Activity Per Day 5 - 7 hours	Group Size 2 - 8	Transportation Domestic Flight
BLD Breakfast, Lunch, Dinner	Challenging	

Main Highlights

- Summit the stunning Ama Dablam.
- You will see Everest, Lhotse, and Makalu the whole way.
- You will be alpine climbing with some technical sections – rock, snow, and ice.
- Summit at 6,812 meters.
- This is a challenging high-altitude adventure.
- Adventure through the Khumbu Valley and Sherpa villages.
- The difficult sections will include the Yellow Tower and Mushroom Ridge.
- You will experience breathtaking views of the Himalayas during base camp life.

Trip Overview

Ama Dablam 6,856 meters (22,494ft) is one of the most stunning peaks in the Himalaya and one of the most impressive mountains in the world.

It is located the heart of [Everest's Khumbu region](#), it lies directly above Tengboche Monastery on the well-worn path to [Everest Base Camp](#) and is admired by thousands of trekkers and climbers every year.

Ama Dablam Expedition offers a superb, technical climbing experience in a magnificent setting, with numerous cultural and scenic diversions.

Like the [Matterhorn in the Swiss Alps](#), Ama Dablam epitomizes all that is grand about the mountains. It's striking features have become a familiar figure to the public through its adoption as the logo of 'Perpetual', an international assurance company, and numerous posters and books throughout the world.

Such impressive beauty has made Ama Dablam a highly coveted prize for climbers. Since its first ascent in 1961 by an Anglo-American-New Zealand team, it has been climbed frequently and by many different routes.

Our route for **Ama Dablam Expedition** will be by the original line of ascent, the South West Ridge. This gives a fine and varied climb, sustained at a reasonable level of difficulty and with good camp platforms at strategic points.

The climbing provides interest on rock, snow and ice and although of a fairly technical nature, in normal conditions it is never very difficult. Apart from one short section, the climb is objectively very safe.

If you have the necessary experience and wish to participate fully as a team member of an expertly led expedition to one of the world's most impressive mountains, this could be the trip for you.

Experience Required for Ama Dablam Expedition

Previous mountaineering experience is required for the Ama Dablam Expedition. Climbers should have climbed a peak over 6000 meters and have form and technical ability on snow and ice.

Climbers are strongly encouraged to use crampons, ice axes and fixed ropes in steep, exposed situations for safety.

Climbers should also have some basic climbing skills with rope (knot tying) and abseiling (descent management) and crevasse rescue awareness (as a group developing a collective awareness).

Ama Dablam is not only a technical climb. It requires mental toughness (about 50-60% of the climb) and physical endurance in order to manage rapid weather changes and challenging situations or days.

Having high-quality climbing experience of climbing at 6000 meters is important but the most important core skill set is high-altitude climbing experience on technical mountains.

The best pre-climbing preparation and experience on similarly technical, bespoke expedition peaks will significantly increase your safe and successful ascent at Ama Dablam.

- With some experience on snow and ice, you must be experienced in climbing in all weather conditions.
- You have to be able to climb on your back with an alpine bag.

- Experience with conditions of high altitude and camping is ideal.
- Past [climbing](#) experience of 7000-meter peak climbing highly recommended.
- You must be in excellent physical health and have trained for this trip with a rigorous training program for at least half a year before the expedition.

For more information about fitness levels, please contact us for further discussion. This is the most important thing you can do to prepare for your expedition.

Benefits of Ama Dablam Expedition in Spring or Autumn Package

- This is a fully guided expedition, meaning that all the climbing will be done with an expert's advice.
- You will be supported by a superior team of Sherpa climbers looking out for your safety and your success.
- International and domestic airport pick-ups and drop-offs.
- All climbing gear, including an oximeter (to monitor blood oxygen levels) and a medical kit (for emergencies).
- Accommodation in teahouses and tents (which are comfortable) and good food to regain energy after climbing days.
- Steady weather patterns with considerable daytime with clear skies and moderate temperature, and stunning views of the Himalayas, in both spring and autumn months.
- Participate in local culture and local festivals - particularly in the autumn.
- Longer light hours are available in spring, with an opportunity to do extra trekking and to adjust to altitude and terrain.

Is the Everest Expedition In Spring Safe?

The Ama Dablam Expedition is usually done during spring and autumn, seasons with the most predictable weather and the safest protocols. Climbers, at these times of the year, have the opportunity for stable weather, blue skies, and temperate temperatures; thus, the team can attempt to mitigate extreme risks of cold and storms.

Climbing equipment and technology, weather predictions, and more experienced Sherpa guides have improved climbers' safety.

However, climbers have to accept the risks of climbing, including unstable snow and ice, avalanche hazards, altitude sickness, Acute Mountain Sickness (AMS), and hypothermia. Therefore, climbers must be careful, experienced, and prepared.

While the Ama Dablam Expedition spring and autumn safety protocols have improved, climbers must still inspect their equipment before using it and maintain vigilance.

Similarly, they must be mentally ready to deal with challenges at any moment due to technical terrains and environmental impacts that surround the mountain and may immediately put them and/or groups into crisis due to an altitude that is comparatively high.

How Fit Should I Be For Ama Dablam Expedition in 2025, 2026?

Climbers are advised to maintain a fitness level of 4.5-5 for Ama Dablam in 2025 or 2026. Ama Dablam will require top physical condition, endurance, and climbing experience. Climbers should have endurance overall for long and demanding days carrying loads at altitude and also must have the technical climbing skills to climb very steep snow, ice, and rock.

While on the mountain, there will be continuous exposure, fixed ropes, and extreme weather, especially above Camp II.

As a climber to be prepared for such a challenging expedition, climbers should train and develop a cardio base, strength, endurance, mental toughness, and altitude training for climbing prior to the expedition.

Ama Dablam should not be taken lightly by novice climbers; climbers must be near peak physical condition and confident in their technical mountaineering skills in relation to safety and performance.

Why Choose Himalaya Discovery for Ama Dablam Expedition?

Himalaya Discovery is proud to present the Ama Dablam Expedition, our stunning mountain expedition for experienced mountaineers.

Himalaya's model for success is based on professionalism, local knowledge, and a level of safety recognized internationally. This Ama Dablam Expedition is for those who wish to have adventure and personal accomplishment, with a personal challenge, on one of the most stunningly beautiful peaks in the world.

We provide experienced certified climbing guides, quality climbing equipment, space, and personal service to ensure a safe, secure, and wonderful experience.

Our professional staff is available 24/7, we can provide dual currency pricing, and we only participate in eco tourism, treating the mountains and communities we visit with the utmost respect.

Choose Himalaya Discovery because we want your Ama Dablam Expedition to not be just a climb, but rather to be a life changing experience connected to safety, culture, and the best hospitality of the Himalayas.

Ama Dablam Climbing Best Acclimated Itinerary

The acclimatization plan is the most important factor when it comes to safely succeeding on an Ama Dablam expedition. All expeditions should have a good acclimatization plan, but it is especially crucial when traveling to altitude.

The itinerary includes lots of climbing on top of the mountain, several times, with return trips back, down to base camp, or to camps higher up (particularly camp 1 and camp 3).

By moving to higher points but returning to base camp, you are allowing the body to acclimatize in a higher elevation environment with lower risks of altitude sickness; this is known as "climb high, sleep

low.”

Base Camp is designed to allow climbers to rest and have all the comforts of recovery.

The itinerary allows for training days, as well as acclimatization days, for climbers to get accustomed to the altitude of the Ama Dablam Expedition, both physically and mentally.

While some climbers may elect to short their itinerary, we strongly urge climbers to stick to the full itinerary to properly acclimatize and maximize your chances of being successful in a safe manner.

The time allocated for acclimatization is a key component if you are actually going to ascend the technical features of Ama Dablam.

Ama Dablam Expedition Cost 2025 and 2026

Costs of the Ama Dablam Expedition will, for the most part, range from \$5000 to \$10,000 per person.

This will be the average cost, and many Amadablam climbing variables will affect cost variance, including the size of the group, permits provided for that group season, accommodation, the number of Sherpas accompanying the trip, and the level of service provided.

A handful of operators tend to provide package prices usually starting in the area of \$4850.

While the combined specified costs for full-climb trips provided by the operators providing inclusive full-service climbs with experienced guides and backup staff may cost from \$6500-\$10,000.

This is a general outline of Ama Dablam Expedition price estimations:

- Ama Dablam Expedition price estimation 2025: \$7,000 – \$10,000 per person
- Ama Dablam Expedition price estimation 2026: \$7,000 – \$10,000 per person

Important: All base costs will vary based on variations in itinerary, number of acclimatization days, and additional services (personal Sherpa or renting gear, etc.). So, be sure to verify all of this with your operator before you book.

Itinerary

The Ama Dablam Expedition itinerary has been constructed with the understanding gained from our experiences as local guides who know the treacherous high-altitude environment of the Everest region well.

An expedition to Ama Dablam Itinerary represents the ideal combination of technical climbing challenges, absolutely astonishing landscapes, and most importantly, proximity to one of the world's iconic mountains – Ama Dablam.

Our itinerary has a balanced combination of acclimatization days, preparatory climbing days, and summit days that will maximize the climbers' safety and opportunities to summit.

Day 01: Arrive in Kathmandu.

Upon your arrival in the Kathmandu airport after completing your custom formalities Visa, etc. pick up your luggage and look for our airport representative from Himalaya Discovery Adventures, who will display your name on the board at the arrival gate.

You will be greeted by our representative and transferred to the hotel by private tourist vehicle. Overnight at hotel in Kathmandu.

Highest Altitude:

1400m

Meals:

Breakfast

Accommodations:

Hotel

Day 02: Free in Kathmandu for sightseeing and pre trip briefing and gear check.

Upon your arrival in the Kathmandu airport after completing your custom formalities Visa, etc. pick up your luggage and look for our airport representative from Himalaya Discovery Adventures, who will display your name on the board at the arrival gate.

You will be greeted by our representative and transferred to the hotel by private tourist vehicle. Overnight at hotel in Kathmandu.

Trek Distance:

Free Day

Highest Altitude:

1,400 meters

Meals:

Breakfast

Accommodations:

Hotel

Day 03: Official formalities in Kathmandu and Final Preparation day.

Formal briefing in the Ministry of Tourism. Today, the expedition leader will also check everyone's equipment. The last opportunity to buy anything missing, overnight at hotel.

Highest Altitude:

1,400 meters

Meals:

Breakfast

Accommodations:

Hotel

Day 04: Flight to Tenzing and Hillary Airport in Lukla and trek to Phakding.

An early morning start takes us to (TIA) Airport in Kathmandu for the 35 minute scenic flight to Tenzing and Hillary Airport at Lukla at 2804 meters. On arrival at the airport guide will brief you and introduce our porters before we begin our trek towards Phakding.

After landing we have time to discover the village while our staff sort and load our trekking equipment.

Then we begin our trek by descending towards the Dudh Kosi River where we join the main trail to Namche Bazaar, located just above Chaurikharka (2713 meters).

The walking is easy and after passing through the small village of Ghat (2550 meters) it is a short walk to Phakding, It is important to take these first few days slowly to enable your body to acclimatize and to enjoy the passing scenery and culture. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
Approx. 8 km trek and ~1383 hrs km aerial distance		2886m

Flight Hours:	Meals:	Accomodations:
35-40 minutes	Breakfast-Lunch-Dinner	Teahouse

Day 05: Trek to Namche Bazaar.

We continue trekking along the banks of the Dudh Kosi, crossing this majestic river many times on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply with breathtaking views.

Namche Bazaar known as the Gateway to Everest which is home to many quality restaurants, hotels, lodges, shops, Money exchange, internet cafe and a bakery. Namche is one of the biggest villages along the whole Everest trail.

Trek Distance:	Trek Duration	Highest Altitude:
Approx. 10-11 km	5 hrs	3441m
Meals:	Accomodations:	
Breakfast-Lunch-Dinner	Teahouse	

Day 06: Namche Bazaar Acclimatization day.

We will spend a day here in order to acclimatize and adjust to the thinning of the air. As well as a short trek where a museum is celebrating the traditional customs of the Sherpa people.

Today, we hike up the Syangboche Airport around Everest View Hotel. From this point, we can see rewarding views of the Himalayas with a stunning sunrise and sunset over the panorama of Khumbu peak.

Trek Distance:	Trek Duration	Highest Altitude:
Approx. 3-5 km	2-4 hours	3,880 meters
Meals:	Accomodations:	
Breakfast-Lunch-Dinner	Teahouse	

Day 07: Trek to Tengboche.

The trek continues along the rushing glacial waters of the Dudh Kosi with magnificent views of the mountains. We trek to an altitude of 3860 meters today.

On reaching Tengboche you will see the local monastery. Inside the monastery are incredibly ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas.

The group will be taken to observe a prayer ceremony either in the evening or morning depending on how the days trekking went.

Trek Distance:	Trek Duration	Highest Altitude:
Approx. 9.5 km	5 hrs	3,860 meters
Meals:	Accommodations:	
Breakfast-Lunch-Dinner	Teahouse	

Day 08: Trek to Pangboche.

From Tengboche, the trail drops to Debuche, crosses another exciting suspension bridge on the Imja Khola, and climbs to Pangboche amongst thousands of mani stones.

Our uphill trek continues, taking us to the quaint traditional Sherpa village of Pangboche with its exquisite views of Lhotse, Island Peak, and Ama Dablam. We take our time so we avoid getting affected by the altitude.

Trek Distance:	Trek Duration	Highest Altitude:
Approx. 6 km	4 - 5 hrs	3990m
Meals:	Accommodations:	
Breakfast-Lunch-Dinner	Teahouse	

Day 09: Trek to Ama Dablam Base Camp.

Base camp is located in an idyllic spot from which the majority of the route is visible. At an altitude of about 4,600 m, it provides a comfortable escape from the rigors of the climb. Our porters deposit their loads and leave us here for the next three weeks, with only our Sirdar, Sherpas and culinary staff remaining.

Trek Distance:	Trek Duration	Highest Altitude:
Approx. 7-8 km	5 hrs	4600m
Meals:	Accommodations:	
Breakfast-Lunch-Dinner	Tented Camp	

Day 10: Today is a rest day and acclimatization.

Training Day - Fixed Lines / Traverse / Summarizing the techniques

Highest Altitude:

4,600 meters

Meals:

Breakfast-Lunch-Dinner

Accommodations:

Tented camp

Day 11-26: Climbing period of Ama Dablam.

We do not provide a prescriptive day-to-day itinerary for the climb, as this will be decided by the expedition leader and member. They will take a flexible approach based on their own experience.

Typically, the team will spend a few days at base camp organizing food, practicing rope skills and acclimatizing before moving above base camp. It is normal to 'tag' or spend at least one night in camp 1 (5,700 meters) as part of any acclimatization schedule, before returning to base camp, resting and preparing for a summit push.

Ama Dablam Climb via South West Ridge

After base camp 4,600meters old grassy moraine ridges are followed roughly eastwards to a broad saddle 5,150meters from where we can see the Mingbo La. From the saddle we ascend easily northwards until the ground steepens at the start of a large boulder field. It is possible to place an Advanced Base Camp at 5,400meters below the boulder field. The route continues in a northwards direction around the base of the boulder field, and then follow cairns upwards towards the toe of the SW ridge. Camp 1 should now be visible just below Pt. 5,705meters. At the end of the boulder field, slabs are crossed and then a short gully ascended, which allows access to the ridge proper in a very exposed position. Easy scrambling on the east side of the ridge leads quickly to Camp. There are four or five tent platforms.

From Camp 1 we continue our round the snowy bowl (possible alternative site for Camp 1) until below two rock fingers. The east side of the ridge is followed, climbing easy mixed ground until a short pitch of severe standard leads to the ridge proper. The ridge is narrow in places, turning difficulties on the east side, until the second tension traverse leads to two pitches of Very Severe standard. The route continues on the crest of the ridge for a short distance until we are forced via an awkward step onto the west side of the ridge. The crest of the ridge is regained and easy ground followed to the start of a traverse on the east face, which leads to the Yellow Tower. This 15meter pitch, which is just below Camp 2, is one of the hardest pitches on the climb at HVS (5.8) standard. A short section of ridge now leads to Camp Two 5,900meters. Camp Two has very limited tent space (3 or 4 tents platforms) and is extremely exposed. It is sometimes only used as an equipment dump with expeditions choosing to go from Camp I to Camp III in a single push.

From Camp Two, the climb skirts a red rock bluff on the east and after a step down, follows the snow ridge direct to an awkward traverse eastwards which leads to a gully between the Grey Tower and the lower rock buttress. We climb the gully until a very exposed traverse line is reached on the west side of the ridge. A short snow slope is ascended to the start of the Mushroom Ridge. This is followed and typically involves negotiating some steep snow sections, until Camp III 6,300meters is reached .

The route climbs the snow and ice slope directly above Camp III and to the right hand side of the Dablam. We continue to skirt the Dablam on the right side and then move westwards to gain a small snowfield

below the Burgschrund. The Burgschrund is crossed and then the climb heads directly to the obvious ice crest. This is followed in a magnificent position to the summit.

Trek Duration

Varies daily, typically 4-8 hours
per day

Highest Altitude:

6,812 meters

Meals:

Breakfast-Lunch-Dinner

Accommodations:

Tented Camps

Day 27: Trek back to Namche Bazar.

We descend to Namche bazar. If we are lucky, it will be market time in Namche. Regardless, there is always fabulous food to be found, including real espresso, yak steaks and chocolate cake with frosting!

This market is where lowland porters bearing supplies meet the highland Sherpa and Tibetan people who have journeyed over high passes from many miles away to trade food and supplies for their home or village. Enjoy and celebrate your expedition.

Trek Distance:

Approx. 12 km

Trek Duration

6 hrs

Highest Altitude:

3441m

Meals:

Breakfast-Lunch-Dinner

Accommodations:

Guest house

Day 28: Trek to Lukla.

Finally, we return to Lukla where the trek began, which will seem like a lifetime ago. Enjoying time to reflect on the trek as a group and the personal achievement of all those who took part. Also giving you time to explore the town.

Trek Distance:

Approx. 20 km

Trek Duration

6 hrs

Highest Altitude:

2808m

Meals:

Breakfast-Lunch-Dinner

Accommodations:

Guest house

Day 29: Flight from Lukla to Kathmandu in the morning.

Enjoying your last glimpse of the mountains you have recently visited for one last time on the 35 minute Scenic flight back to Kathmandu.

On arrival in Kathmandu we are met and transferred back to hotel.

Trek Distance:

Approx. 135 kilometers Flying

Highest Altitude:

1,400 meters

Meals:

Breakfast

Accommodations:

Hotel

Day 30: Free day in Kathmandu. We will arrange farewell dinner for the team.

This is also a buffer day in case our Lukla flight is delayed. If we fly out of Lukla on time we have a full day to relax and enjoy the various delights of Kathmandu.

In the evening celebrate the expedition and as a farewell party to thank the Sherpas and the team member for their support and friendship during the expedition with the hope of seeing you all again for next expedition!.

Highest Altitude:

1,400 meters

Meals:

Breakfast

Accommodations:

Hotel

Day 31: Fly home.

This is also a buffer day in case our Lukla flight is delayed. If we fly out of Lukla on time we have a full day to relax and enjoy the various delights of Kathmandu.

In the evening celebrate the expedition and as a farewell party to thank the Sherpas and the team member for their support and friendship during the expedition with the hope of seeing you all again for next expedition!.

Highest Altitude:

1,400 m

Meals:

Breakfast

Day 31: Fly to home.

Today is rest and relax throughout the day or say goodbye to Nepal. Enjoy your final moments in Kathmandu with a city stroll or souvenir shopping.

Enjoy your last moments in Kathmandu with breakfast in a café, a city stroll, and/or souvenir shopping.

A representative will meet you at your hotel and drive you to the airport for your return flight home. It's good to be at the airport at least 2 and half hours prior to departure.

Highest Altitude:

1400m

Meals:

Breakfast

Price Includes

- Airport transfers pick-up and drop-off.
- 2-nights hotel accommodation in Kathmandu with breakfast.
- Guided city tour in Kathmandu by private car/van/bus.
- Full board meal during the trek and camping at base camp, prepared by our cook with hot tea & coffee, hot milk, hot chocolate.
- All base camp and Advance base camp camping gears (We will provide fully water proof dining tents, kitchen gears, dining table, chairs, toilet tents, shower tent at the base camp and advance base camp)
- High quality tents for all camps.
- Insurance for all Nepali staff and porters including helicopter rescue provision.
- Boiled and purified drinking water for the trek and at base camp.
- Expedition permits
- Liaison officer and his round trip flight, insurance, wages, expedition equipments etc.
- High altitude climbing food, fuel, Gas above base camp (you are also advised to bring some high altitude food yourselves)
- Guide, cook, porters, helpers up to base camp
- Climbing Sherpas (2 member = 1 Sherpa Ratio on climbing day)
- A well stocked first aid and medical kit sufficient to counter any possible mountaineering ailments, from headache to serious injury.
- Oxygen equipment for medical use only.
- A portable hyperbaric chamber (Gamow bag)
- Emergency communications on the mountain and satellite communications link for helicopter evacuation.
- Sightseeing / Monument entrance fees in Kathmandu.
- Welcome and farewell dinner for members in Kathmandu.
- Power supply at Base Camp for charging electronics (solar and generator backup)
- Airfare both ways Kathmandu - Lukla - Kathmandu including airport departure tax at both airport.
- All the transportation from / to Kathmandu.
- All our government taxes and vat.

Price Excludes

- International airfare and Nepal visa.
- Travel insurance which covers emergency Rescue and Evacuation.
- Personal trekking and climbing equipment.
- Any others expenses which are not mentioned on service Include section.

- Garbage Deposit USD 2000.00 (sharing from climbing group). It is refundable; however, it will not be refundable if the climbers fail to take back their garbage to Namche Bazar and Kathmandu.
- Excess baggage charges.
- Sherpa tip pool (see below).
- Internet and sat phone.
- Costs incurred as a result of delays or events beyond the control of Himalaya Discovery Adventures.
- Single Supplementary USD 300 per person (Includes single hotel room in Kathmandu, single room / tent on trek, single tent at Base Camp).

Extra Things to Do on Your Ama Dablam Expedition

Whether you're beginning the Ama Dablam Expedition or you've already done the expedition, you can add more activities to explore more about the local culture and Himalayan surroundings.

It offers an opportunity to fully experience the peaceful mountain environment and the local communities with their warm, friendly people.

- [Trishuli River Rafting](#)
- [Heli Sightseeing](#)
- [Kathmandu Food Tour](#)
- [Paragliding in Nepal \(Pokhara\)](#)
- [Ultra-Light Flight](#)
- [Kathmandu Day Tour](#)
- Bardia Jungle Safari
- [Chitwan Jungle Safari](#)
- [Bungee Jumping](#)

Sleeping Bag Rental

You can rent a very good four-season sleeping bag for your expedition for about USD 30. If you lose or damage it, you will be charged a liability fee of USD 165.

Personal Porter Services

If you want to make your expedition a little easier and more comfortable you can consider using a personal porter service for about USD 20 per day. A porter can carry up to 25kg of your gear.

You can share the porter with up to two clients, and it makes for a fun, more relaxed trekking pace, to be able to witness otherworldly, amazing sunrises all while receiving the porter's local knowledge and commentary about the cultures of the region.

All of this helps increase the overall experience.

Essential Information

This information section contains everything trekkers and climbers should understand prior to starting the Ama Dablam Expedition.

We will cover important things that climbers and trekkers will want to consider and know about. Each detail is important to consider to making proper preparations.

Regardless of whether you are an experienced mountaineer or a trekker heading to base camp, knowing this information will keep you safe, comfortable, and informed on your expedition.

The sooner you can know this information the easier and more rewarding your expedition will be, especially on one of the more iconic and technical peaks in the Himalayas.

Ama Dablam Expedition in Spring (March, April, May)

The spring months (March – May) are a good historically for the Ama Dablam Expedition; spring usually brings relatively stable weather and progressively warmer/almost nice temperatures.

Towards the end of May, Nepal will enter the monsoon season, which will bring more rainfall and, therefore, more dangerous conditions.

When it comes to optimal timing for the Ama Dablam Expedition, starting in late March or early April and finishing prior to the impending heavy rains of the monsoon season is always the safest method for maximizing safety and the chance of completing your expedition.

Why Choose the Ama Dablam Expedition in Spring?

- **Preferred Weather:** The spring season typically has stable weather with clear skies and less chance of high winds. At the same time, climbing is safer to do so with any potential risks being minimized.
- **Longer Days:** During the spring months, there are longer days, which means that the climbing time is longer, which means that there is less risk for climbers to end up in the dark or ominous weather.
- **Less Climbers:** In the spring season, there are, on average, 70% fewer climbers than in the fall season, which means you are not typically going to be waiting in any lines or feel overcrowded.
- **Enamoring Nature:** The landscape is filled with blooming rhododendrons, green leaves, and other beautiful, interesting subtropics, making it a more beautiful trek or climb that is enjoyable during the spring season.

Ama Dablam Expedition in Autumn (September, October, November)

Autumn (September – November) is the best time for an Ama Dablam Expedition, as weather and climbing conditions are usually very good. It's the post-monsoon season.

The season too brings the best temperatures and drier conditions for climbing. At Base Camp, daytime temperatures will be about 10-15° C (but may feel warmer in the sun), with nighttime temperatures dropping to around 0° C.

As the season progresses, it becomes colder, and there is also a possibility of snow, especially in November. Therefore, climbers should expect to encounter colder conditions at higher elevations.

Why Choose the Ama Dablam Expedition in Autumn?

- **Weather Conditions:** Fall has a more stable and extended presence of weather patterns, cleaner air, less moisture. Reliable weather decreases the percentage of hazards that are responsive to weather, such as avalanche hazards, while climbing. This means climbing is a little safer.
- **Temperature Benefits:** The temperatures during autumn are mild while climbing. The temperatures may be cooler high up, but the cooler temperatures lessen the chances of altitude sickness as compared to the warmer seasons.
- **Visibility benefits:** The crisp air, with clear skies during the autumn allows for the chance of spectacular views of the surrounding terrain/peaks, with good visibility and clarity while climbing. A clear sky also allows easier navigation and route finding while climbing.
- **Cultural Experience:** Autumn brings along some big festivals such as Dashain and Tihar, giving climbers a new experience of the region's rich cultural heritage.

Accommodation Services on Ama Dablam Expedition

Generally, an expedition to Ama Dablam may take about 4 to 5 weeks, and so you must have a comfortable place to sleep as an essential requirement so your climb is effective.

So your package has camps and lodges in great position for your expedition.

At Base Camp, you will have solid tents and sleeping bags, as well as other camp tents that include beds, along with eating tents for protection from the tough mountain conditions and toilets.

When you are trekking at lower altitudes, you will sleep in tea houses or lodges that are very simple and consist of a twin beds and solar lights, and typically a common washrooms for your stay.

These simple but warm lodges give you good sleep and good food from local people.

At higher camps, you will sleep in tents that contain basic supplies that will provide reasonable comfort for acclimatization.

The expedition team of guides and Sherpas provide you with all accommodations and food in good comfort so you can focus on your climb.

Meals on Everest Peak Climbing

Climbing Ama Dablam will challenge your physical endurance while demanding calories to keep energy levels acceptable as the altitude and cold set in.

You will consume more food than you are used to as fuel for the work ahead in the strenuous and demanding environment, and about half of your intake will be higher carbohydrate and fat foods.

On the way to Base Camp, you can expect traditional Nepali meals to include dal bhat (rice, lentil soup, and vegetables), which will provide essential carbohydrates and protein. The meals are very filling in the important area of calorie intake.

Breakfast will sometimes entail oatmeal, eggs, or pancakes, but for lunch and dinner there will be large portions of lots of pasta and rice, and plenty of snacks like nuts, cheese, and chocolate. That should keep you fueled for your trip.

Your appetite might diminish as you climb higher, but climbers must eat. You will be mostly consuming pre-packaged meals, protein bars, soups, and hot drinks like tea and cocoa, which your Sherpas have thoughtfully prepared with a lot of consideration for altitude, sometimes using bottled oxygen as a method to assist with altitude effects.

The flavor will be muted at high altitudes, with spices used to help flavor the food; eating should still be enjoyable. Please continue to make sure you stay hydrated with fluids and electrolyte mix.

These meals will provide you with the required energy to reach the summit of Ama Dablam.

Why Choose Sherpa Guides for the Ama Dablam Expedition?

Hiring a Sherpa will increase the likelihood of your safe summiting of Ama Dablam. Sherpas are strong, knowledgeable, and experienced with the mountains.

Sherpas are born in the himalayas and have taken countless ascents in the mountains, gives them the depth of experience necessary to navigate technical routes, steep ridgelines etc.

You'll have the Sherpa guides looking after the logistics part, carrying critical gear, and helping to set up the high camps, taking the load off your shoulders and saving you energy.

The Sherpas' ability to detect changing weather, avalanche risk, and changing altitude sickness could be lifesaving.

Trainings to Maintain the Fitness Level for the Ama Dablam Expedition

Being physically fit is incredibly important for your preparation for an expedition to Ama Dablam. The training components below will assist you in preparation:

Endurance Training

Climbing on Ama Dablam will include long and arduous days of climbing, so preparing your cardiovascular endurance either indoors or outdoors through hiking, running, cycling, or swimming is necessary.

Aim for 3-5 endurance training sessions each week and build your training gradually in intensity and duration to simulate the workload you will experience on the mountain.

Strength Training

You will be carrying gear on technical terrain, and you are going to rely on overall body strength.

It will be recommended that you build strength using your legs, core, and upper body through exercises like squats, lunges, deadlifts, planks, and pull-ups.

You should have a strength training sessions about 1 - 2 times a week with either resistance bands or weights.

High Altitude Preparation

Training at an elevation or with a simulating altitude mask can help your body acclimatize to thinner air.

You may want to spend some time at elevation above 3,000 meters, if practicable, prior to your expedition.

Flexibility & Balance

Add some yoga or mobility exercises to increase flexibility for balance and to help reduce injury when trekking on steep and uneven terrain.

Frequently Asked Questions

This FAQ section includes most of the frequently asked questions about the Ama Dablam Expedition. We have compiled a list of many of the usual questions that trekkers and climbers struggle with prior to, and during a trip.

We have compiled information that allows you to prepare for your trip and our thought has been to provide solid and helpful answers to any uncertainties you may have about the trip.

Important FAQs

How long does the expedition take?

Normally, the expedition is in the 25-32 day range, which includes travel to base camp, acclimatization rotations, a summit, and travel down.

Do I need technical climbing skills?

Yes. Ama Dablam does involve climbing on rock, ice, and mixed climbing, so the climbing party should have rope handling skills, as well as cramp-on experience and belaying skills.

Is it suitable for beginners?

Arguably not the best fit for the absolute beginner climber. Previous high-altitude experience and technical mountaineering skills are strongly recommended.

What route do most teams take?

Most will use the Southwest Ridge route as this is the standard route and the one most commonly used.

How difficult is the climb overall?

The technical climb is graded TD (Très Difficile), alpine grading, which caps out at 5.10 for rock climbing, and WI-3/4 for ice climbing.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal