



Ama Dablam & Lobuche Expedition 2026

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

14 Peaks Exclusive

ACCOMMODATION

Hotgel | Lodge | Tent

WALKING

4 - 6 hrs

MAX ALTITUDE

6,812
m

DURATION

25
Days

DIFFICULTY

Challenging
Difficult

BEST SEASON

Spring, Autumn

Overview

Two iconic summits. One exceptional Himalayan journey.

Experience the Khumbu in its most refined form with an exclusive ascent of **Lobuche Peak (6,119m)** and **Ama Dablam (6,812m)**. Designed for experienced mountaineers, this expedition combines technical Himalayan climbing with exceptional service, thoughtful acclimatization, and seamless expedition logistics.

Begin with Lobuche Peak, an ideal high-altitude ascent to prepare for the greater challenge ahead. Then progress toward the striking slopes of Ama Dablam, where steep ice, exposed rock, fixed ropes, and dramatic ridgelines create one of the Himalayas' most rewarding technical climbs.

Beyond the summits, discover the elegance of the Khumbu—Sherpa villages, ancient monasteries, pristine valleys, and extraordinary views of Everest and the surrounding Himalayan giants.

With **expert high-altitude Sherpa leadership, carefully arranged accommodation, premium expedition support, comprehensive logistics, and dedicated safety coordination**, every detail is managed so you can remain focused on the mountain.

Lobuche prepares you. Ama Dablam defines the journey.

Services

INCLUDES

- **1. Airport Transfers** – Private vehicle transfers between the airport and hotel.
- **2. Hotel Accommodation** – 4 nights in a 5-star hotel in Kathmandu, single room on B&B basis.
- **3. Welcome Dinner** – One welcome dinner at a tourist standard restaurant in Kathmandu with expedition team.
- **4. Permits** – Expedition royalty for Mt. Ama Dablam and Lobuche East, including National Park Area and Rural Municipality entry permits and fees.
- **5. Liaison Officer** – Government Liaison officer with full equipment, salary, and accommodation for the expedition team.
- **6. Garbage Management** – Stool shipment transfer and garbage deposit fees.
- **7. Staff Insurance** – Medical and emergency rescue insurance for all Nepalese staff during the trek and expedition.

- **8. Member Transportation** – Domestic flights from Kathmandu to Lukla and return as per itinerary.
- **9. Expedition Equipment Transport** – All necessary expedition equipment transported from Kathmandu to Lukla by Plane, and Base Camp by porters. Return via the same route. Up to 30 kg per member for personal baggage.
- **10. Food and Lodging** – 3 meals a day (breakfast, lunch, dinner, tea, and coffee) and accommodation at hotel/lodge during the trek and at Base Camp, including fresh vegetables, meat, fruits, and soft drinks. Well-managed Base Camp setup.
- **11. Support Staff Services** – Dedicated porters for each member to and from Base Camp, an experienced cook and kitchen team at Base Camp, and full support for all staff, including salaries, and equipment.
- **12. Base Camp Services** – Each member will have an individual box tent at Base Camp, equipped with foam mattresses and a pillow. The camp includes dining, kitchen, communication, toilet, shower, and store tents, along with tables, chairs, and all necessary cooking gears. Heaters will be provided in dining and other essential tents, and power supply will be ensured through solar panels and generators for lighting, charging, and electronic devices.
- **13. Training** – Climbing technique, and gear training at Base Camp by Sherpa guide.
- **14. High Altitude Climbing Sherpa** – One experienced, government-licensed climbing Sherpa for summits support each member throughout the climb from Base Camp to the summit and back.
- **15. Sherpa Salary and Allowance** – Salary, equipment, food, and clothing for climbing Sherpas.
- **16. Oxygen Bottles** – 1 bottles of Oxygen will be available for emergency use (additional cost applied if used) to each member during the climb and others are available at Base Camp for emergencies with additional cost.
- **17. Oxygen Mask & Regulator** – One set of summit oxygen masks at Base Camp for emergencies.
- **18. High Camp Services** – High altitude tent, necessary cooking EPI gas, cooking pots, high-altitude food for members, Sherpa, and crew at Camps 1, 2, and 3 and Lobuche high camp, group climbing gear, and fixed and dynamic ropes.
- **19. Communication and Permits** – A satellite phone for emergency communication, carried by the Sherpa, will be available for members (additional charges apply). Walkietalkies will be provided for communication between Base Camp and the mountain, along with all necessary permits for members and staff.
- **20. Weather Forecast** – Regular weather forecast reports from Meteotest, Bern (Switzerland).
- **21. 14 Peaks Merch** – Two 14 Peaks Expedition duffle bag (150L and 120L), T-Shirt, Cap, Beanie and Buff mask.
- **22. Medical Kits** – Comprehensive medical kit for members and staff carried by Sherpa team.
- **23. Certificate** – Mt. Ama Dablam summit certificate issued by MoCTCA upon successful ascent and Lobuche East summit certificate issued by NMA.

EXCLUDES

- **1. Airfare** – International flight to and from Kathmandu.
- **2. Personal Climbing Equipment** – Personal clothing, packing items, bags, medical kit, and all personal trekking/climbing gear.
- **3. Nepal Entry Visa Fee** – 30 USD for 15 days 50 USD for 30 days 125 USD for 90 days

- **4. Filming Fees** – Permits for special filming, cameras, and drones.
- **5. Meals in Kathmandu** – Lunch and dinner during the stay in Kathmandu, including early return from trekking or expedition.
- **6. Internet Service** – Not included
- **7. Extra Nights in Kathmandu** – Additional accommodation costs for early arrival, late departure, early return, or domestic flight cancellations.
- **8. Summit Bonus** – Minimum 1000 USD(Ama Dablam) and minimum 300 USD (Lobuche East) for the climbing Sherpa Guide.
- **9. Insurance Policy** – Comprehensive personal insurance covering medical, high-altitude evacuation, rescue, air evacuation, medical treatment. A copy of the insurance policy is required before departure from Kathmandu.
- **10. Tips** – Minimum 350 USD for basecamp and high camp staff.
- **11. Extra Services** – Any other services or activities not mentioned in the itinerary or “Cost Includes” section.

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	—	Arrival in Kathmandu & transfer to hotel	1,400 m	B	Hotel	
2	—	Rest & Expedition Preparation	1,400 m	B	Hotel	
3	—	Kathmandu to Lukla & Trek to Phakding	2,610 m	B L D	Lodge	
4	—	Phakding to Namche Bazaar	3,440 m	B L D	Lodge	
5	—	Acclimatization at Namche Bazaar	3,800 m	B L D	Lodge	
6	—	Namche Bazaar to Deboche	3,800 m	B L D	Lodge	
7	—	Deboche to Dingboche	4,410 m	B L D	Lodge	
8	—	Rest and Acclimatization at Dingboche	4,410 m	B L D	Lodge	
9	—	Trek Dingboche to Lobuche I	4,900 m	B L D	Lodge	
10	—	Trek Lobuche to Lobuche High Camp	5,400 m	B L D	Tent	
11	—	Summit Lobuche Peak & descend to Dingboche	6,119 m	B L D	Lodge	
12	—	Rest & recovery at Dingboche	4,410 m	B L D	Lodge	
13	—	Trek Dingboche to Ama Dablam Base Camp	4,600 m	B L D	Tent	
14 - 15	—	Rest, acclimatization & recovery at Base Camp	4,600 m	B L D	Tent	
16	—	Base Camp to Camp I	5,700 m	B L D	Tent	
17	—	Camp I to Camp II	6,000 m	B L D	Tent	
18	—	Camp II to Camp III	6,300 m	B L D	Tent	
19	—	Summit Ama Dablam & descend to Camp II	6,812 m	B L D	Tent	
20	—	Camp II to Ama Dablam Base Camp	4,600 m	B L D	Tent	
21	—	Trek Ama Dablam Base Camp to Namche Bazaar	3,440 m	B L D	Lodge	
22	—	Trek Namche Bazaar to Lukla	2,840 m	B L D	Lodge	
23	—	Lukla to Kathmandu	1,400 m	B	Hotel	
24	—	Rest & Shopping in Kathmandu	1,400 m	B	Hotel	
24	—	Final Departure	-	-	-	

Gear List

Use the interactive checklist at: https://checklist-14peaks.pages.dev/6000m_checklist

Travel Documents

Valid Passport

Debit/Credit Card

PP Size Photos(4 Pieces)

Insurance Paper/Certificate

Emergency Contact Details

Medicine / First Aid Kits

Paracetamol 500 mg

Ibuprofen 400mg

Oral Rehydration Salts (ORS)

Loperamide

Electrolyte tablets

Cetirizine

Omeprazole

Antacid Tablets

Cough Lozenges

Lubricating Eye Drops

Antiseptic Wipes

Blister Plasters

Acetazolamide (Diamox) 250 mg

Dexamethasone 4 mg

Nifedipine 30mg

Aspirin 300mg

Ondansetron 4 mg

Upper Body

Thermal Base Layer

Fleece Jacket

Gore Tex Jacket

Warm Jacket

Wind Proof Jacket

Heavy Down Jacket

Cotton T-Shirt

Light Down Jacket

Dry-Fit Tshirt

Lower Body

Thermal Base Layer

Fleece Trouser

Gore Tex Pant

Heavy Weight Pant

Mid Weight Pant

Trekking Pant

Under Wear

Down Pant

Gaiters for Trekking Boots

Foot Wear

Summit Boot - 8000m

Normal Socks

Summit Socks

Trekking Shoes

Sport Shoes

Camp Booties

Slippers

Warm Climbing Socks

Liner Socks

Hand

Thin Fleece Gloves

Wind Stopper Gloves

Heavy Gloves(Guide)

Summit Gloves

Head

Glacier Glasses (Polarized UV Protection)

Sun Cap

Desert Cap

Fleece Hat/Warm Hat

Neck Gaiter

Snow Goggles (UV Protection)

Balaclava

Sun Stuff

Sunscreen

Lip Guard (SPF)

Moisturizer

Eating & Drinking

Water bottle

Thermos

Toiletries

Toothbrush

Towel

Wet Wipes

Toothbrush

Shampoo

Body Lotion

Sleeping Stuffs

Sleeping Bag

Down Sleeping Bag

Therm-a-Rest Mattress

Sleeping Bag Liner

Inflatable Pillow

Bag Packs

Rucksack 35L-50L

Duffle Bag

Dry Bags

Miscellaneous

Pocket Knife

Nail Cutter

Umbrella/Rain Coat

Hot Water Bag

Pee Bottle

Tenacious Tape Repair

Altimeter Watch

Satellite Phone(Optional)

GPS Tracker

Power Bank

Camera

Climbing Equipment

Climbing Boot -6000m

Trekking Pole

Ice Tool/AXE

Crampons

ATC GUIDE

Unlock Carabiner

Jumar/Ascender

Locking Carabiner

Head Light

Tape Sling

Summit Down Suit

Climbing Harness

Climbing Helmet

FAQs

Why climb Lobuche Peak before Ama Dablam?

Lobuche provides valuable acclimatization and high-altitude climbing experience before Ama Dablam. It allows climbers to adapt to altitude while building confidence with technical terrain

How difficult is the expedition?

The expedition is rated Expert / Technical. Ama Dablam involves steep ice, exposed rock, fixed ropes, and challenging ridgelines. Excellent fitness, prior high-altitude experience, and technical climbing ability are essential.

What experience do I need?

Previous experience on high-altitude peaks and technical climbing terrain is strongly recommended. Climbers should be comfortable using crampons, ice axes, harnesses, fixed ropes, and ascending steep terrain.

What can I expect from the Khumbu journey?

Beyond the climbs, you will experience the character of the Khumbu through traditional Sherpa villages, ancient monasteries, dramatic valleys, and panoramic views of Everest and the surrounding Himalayan range.

Why choose 14 Peaks for this expedition?

14 Peaks Expedition combines experienced high-altitude leadership with carefully managed logistics, personalized climber support, and a safety-focused approach—creating a seamless expedition experience from Kathmandu to the summit.

How can I book the expedition?

Choose your expedition dates, complete the booking process, and secure your place with the required deposit. Our team will then guide you through preparation, documentation, equipment, and pre-expedition arrangements.

What does the expedition experience include?

From accommodation, meals, permits, and transportation to expert Sherpa leadership, climbing support, acclimatization planning, and safety coordination, every essential detail is carefully managed.