Climb Ama Dablam in Winter 2026: Guided Expedition, Nepal

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

COUNTRY
Nepal

ACTIVITY
Peak Climbing

ACCOMMODATION
Hotel/Lodge/Tent

WALKING
4-6 hrs

MAX ALTITUDE
6,812
m

DURATION
21
Days

DIFFICULTY
Challenging
Difficult

BEST SEASON
Winter

Overview

The **Ama Dablam Expedition (6,812m)** is one of the world's most iconic alpine climbing adventures and is widely regarded as the finest technical expedition in the Himalayas. Known as the **"Matterhorn of the Himalayas,"** Ama Dablam is celebrated for its striking pyramid-shaped summit, exposed ridgelines, and rewarding technical ascent via the classic Southwest Ridge. Combining breathtaking scenery with exhilarating climbing, this expedition is the perfect objective for experienced mountaineers looking to challenge themselves in Nepal's legendary Everest region.

Your journey begins with a spectacular mountain flight to **Lukla**, followed by a scenic trek through the heart of the **Khumbu Valley**, passing traditional Sherpa villages, ancient monasteries, and the stunning landscapes of **Sagarmatha National Park**. The carefully designed itinerary provides ample time for acclimatization before reaching **Ama Dablam Base Camp**, where the climbing phase begins. The ascent follows the classic route through three high camps before a final summit push, rewarding climbers with unforgettable panoramic views of **Mount Everest, Lhotse, Makalu, Nuptse, Baruntse, and countless Himalayan peaks**.

At **14 Peaks Expedition**, we combine world-class expedition logistics with uncompromising safety standards to deliver a premium climbing experience. With a **1:1 climbing Sherpa-to-member ratio**, experienced high-altitude guides, professionally managed Base Camp facilities, comprehensive safety support, and meticulous expedition planning, every aspect of your climb is designed to maximize both your safety and your summit success. Whether you are preparing for future **7,000m and 8,000m expeditions** or pursuing one of the Himalayas' most prestigious summits, the **Ama Dablam Expedition with 14 Peaks Expedition** promises an unforgettable mountaineering experience in the heart of Nepal.

Services

INCLUDES

- **1. Arrival & Departure Services** – Private vehicle transfers between the airport and hotel.
- **2. Accommodation & Meals** – Hotel Accommodation in Kathmandu: 4 nights in a 5-star hotel, single room on a B&B plan. Welcome Dinner: Dinner at a tourist-standard restaurant in Kathmandu with office staff. Food and Lodging: 3 daily meals (breakfast, lunch, dinner, including tea and coffee) and accommodation at hotel/lodge during the trek and at Base Camp. Fresh vegetables, meat, fruits, and soft drinks will be provided, with a well-managed Base Camp setup.

- **3. Logistics & Transportation** – Cargo Clearance: Assistance with cargo clearance in Nepal's customs (clearance costs extra). Member Transportation: Domestic flights from Ramechhap to Lukla and return. Member Luggage: Up to 60 kg per member for personal baggage, carried by porters or yaks. Expedition Equipment Transportation: Transport of all necessary expedition equipment from Kathmandu to Lukla by air cargo and to Base Camp by porters/yaks. Return via the same route. Porters: Porters for each member to and from Base Camp as needed.
- **4. Permits & Fees** – Expedition Permits: Expedition royalty and permit fees for Mt. Ama Dablam, including Sagarmatha National Park and Pasang Lhamu Rural Municipality entry permits. Liaison Officer: Government Liaison Officer with full equipment, salary, and accommodation. Garbage Management: Stool shipment transfer and garbage deposit fees.
- **5. Insurance & Medical Support** – Insurance: Medical and emergency rescue insurance for all Nepalese staff during the trek and expedition. Medical Kits: Comprehensive medical kit for members and staff.
- **6. Base Camp & High Altitude Services** – Base Camp Tent: Individual box tent for each member at Base Camp. Base Camp Equipment: Single tent, foam mattress, pillow, dining tent, kitchen tent, communication tent, toilet tent, shower tent, staff tents, store tent, tables, chairs, and necessary cooking gear. Base Camp Staff: Experienced Base Camp cook and kitchen helpers. Staff Salary and Allowance: Daily wages, salary, equipment, food, and clothing for all Nepalese staff and porters. Heater: Heater in dining and other necessary tents at Base Camp. Solar/Generator/Light: Solar panel and generator for lights, battery charging, laptops, and electronic devices at Base Camp. Training: Training on oxygen mask regulators, ice wall climbing, and gear at Base Camp by Sherpa guides.
- **7. Climbing & High-Altitude Services** – High Altitude Climbing Sherpa: One veteran, government-licensed climbing Sherpa per member throughout the climb from Base Camp to summit and back. Assistance: Climbing Sherpa to assist with gear transport to high camps. Climbing Sherpa Salary and Allowance: Salary, equipment, food, and clothing for climbing Sherpas. High Altitude Tent: Shared tents at high camps (2 members per tent). High Camp Services: High-altitude tents, cooking EPI gas, cooking pots, high-altitude food for members and crew at Camps 1, 2, and 3. Group climbing gear, fixed and dynamic ropes as required. Rope Fixing Team: Experienced Sherpas to fix ropes and routes.
- **8. Oxygen & Communication** – Oxygen Bottles (O2): Oxygen bottles in stock at Base Camp for emergencies (additional charge). Oxygen Mask & Regulator: One set of summit oxygen masks available at Base Camp for emergencies. Satellite Phone: Satellite phone for emergency communication carried by Sherpa, available to members (additional charge). Walkie-Talkie: Communication devices from Base Camp to mountain and vice versa. Permit: Walkie-talkie permits for all members and staff.
- **9. Weather & Certification** – Weather Forecast: Regular weather forecasts from Meteotest, Bern (Switzerland). Certificate: Ama Dablam climbing certificate issued by MoCTCA upon successful ascent.
- **10. Equipment & Miscellaneous** – Map: Trekking and climbing maps. Duffle Bag: One 14 Peaks Expedition duffle bag (150L).

EXCLUDES

- **1. Travel & Entry Costs** – International Airfare: Flights to and from Kathmandu. Nepal Entry Visa Fee: 30 USD for 15 days 50 USD for 30 days 125 USD for 90 days

- **2. Accommodation & Meals** – Meals in Kathmandu: Lunch and dinner during the stay in Kathmandu, including early return from trekking or expedition. Extra Nights in Kathmandu: Additional accommodation costs for early arrival, late departure, early return, or domestic flight cancellations.
- **3. Insurance & Medical** – Insurance Policy: Comprehensive insurance covering medical, high-altitude evacuation, trip cancellation, interruption, rescue, air evacuation, medical treatment, and repatriation. A copy of the insurance policy is required before arrival.
- **4. Personal Expenses** – Personal Expenses: Costs for telephone calls, internet, toiletries, battery recharge, hot showers, laundry, soft drinks, beers, and alcoholic beverages (soft drinks provided at Base Camp). Personal Climbing Equipment: Personal clothing, packing items, bags, medical kit, and all personal trekking/climbing gear. Toiletries: Personal hygiene items such as soaps, shampoos, toilet and tissue papers, and toothpaste.
- **5. Additional Fees & Services** – Filming Fees: Permits for special filming, cameras, and drones. Internet Service: Not included during the trek. Summit Bonus: Minimum 800 USD for the climbing Sherpa. Tips: Minimum 350 USD for Base Camp and high camp staff. 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	05 December 2026	Arrival in Kathmandu | 1,400m	1400m	B	Hotel	Arrive in Kathmandu, check into your hotel, and join the welcome get-together to meet fellow climbers and expedition leaders.
2	06 December 2026	Rest & Expedition Preparation | 1,400m	1400m	B	Hotel	Relax, explore Kathmandu, visit historical sites, and complete any last-minute shopping for your expedition.
3	07 December 2026	Kathmandu to Lukla & Trek to Phakding | 2,610m	2,610m	B/L/D	Lodge	Take a scenic flight from Kathmandu to Lukla, followed by a short trek through the Khumbu Valley to Phakding.
4	08 December 2026	Phakding to Namche Bazaar | 3,440m	3,440m	B/L/D	Lodge	
5	09 December 2026	Acclimatization at Namche Bazaar | 3,440m	3,440m	B/L/D	Lodge	Spend the day acclimatizing at Namche Bazaar. Hike to Hotel Everest View and return to Namche for an overnight stay.
6	10 December 2026	Namche Bazaar to Pangboche | 3,950m	3,950m	B/L/D	Lodge	Continue through the Khumbu Valley toward Pangboche with spectacular views of Ama Dablam and surrounding peaks.
7	11 December 2026	Pangboche to Ama Dablam Base Camp | 4,600m	4,600m	B/L/D	Tent	Trek from Pangboche to Ama Dablam Base Camp and settle into the expedition camp.
8-10	12-14 December 2026	Base Camp Rest, Puja & Preparation | 4,600m	4,600m	B/L/D	Tent	Rest and acclimatize at Base Camp, participate in the traditional Puja ceremony, and prepare climbing equipment.

Days	Date	Program	Altitude	Meals	Accommodation	Description
11	15 December 2026	Base Camp to Camp I | 5,700m	5,700m	B/L/D	Tent	Ascend from Base Camp to Camp I, gaining valuable experience on Ama Dablam's technical terrain.
12	16 December 2026	Camp I to Camp II & Return | 6,000m	6,000m	B/L/D	Tent	Climb toward Camp II for an acclimatization rotation before returning to Camp I.
13	17 December 2026	Camp I to Base Camp | 4,600m	4,600m	B/L/D	Tent	Descend from Camp I back to Ama Dablam Base Camp for recovery and rest.
14-15	18-19 December 2026	Rest & Contingency Day | 4,600m	4,600m	B/L/D	Tent	Rest and recover at Base Camp, with flexibility for changing weather and expedition conditions.
16	20 December 2026	Base Camp to Camp I | 5,700m	5,700m	B/L/D	Tent	Begin the final summit rotation by ascending from Base Camp to Camp I.
17	21 December 2026	Camp I to Camp II | 6,000m	6,000m	B/L/D	Tent	Continue the ascent to Camp II and prepare for the technical climbing ahead.
18	22 December 2026	Camp II to Camp III | 6,300m	6,300m	B/L/D	Tent	Ascend toward Camp III, navigating steep rock and ice terrain at high altitude.
19	23 December	Summit Ama Dablam & Descend to Camp II | 6,812m	6,812m	B/L/D	Tent	Make the summit push to Ama Dablam at 6,812m, followed by a descent toward Camp II.
20	24 December 2026	Camp II to Base Camp | 4,600m	4,600m	B/L/D	Tent	Descend from Camp II to Ama Dablam Base Camp for recovery following the summit attempt.
21	25 December 2026	Ama Dablam Base Camp to Namche | 3,440m	3,440m	B/L/D	Lodge	Leave Base Camp and trek back through the Khumbu Valley toward Namche Bazaar.
22	26 December 2026	Namche Bazaar to Lukla | 2,840m	2,840m	B/L/D	Lodge	Continue descending through the Khumbu Valley to Lukla.
23	27 December 2026	Lukla to Kathmandu | 1,400m	1,400m	B	Hotel	Fly from Lukla back to Kathmandu and transfer to your 5-star hotel.
24	28 December 2026	Rest & Shopping in Kathmandu | 1,400m	1,400m	B	Hotel	Enjoy a relaxed day in Kathmandu for recovery, shopping, and exploring the city.
25	29 December 2026	Final Departure	-	-	-	Transfer to the airport for your international departure, marking the conclusion of the Ama Dablam Expedition.

Gear List

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

Foot Wear

Trekking Shoes | Sport Shoes | Normal Socks | Camp Booties | Slippers | Summit Socks

Head

Snow Goggles (UV Protection) | Balaclava | Sun Cap | Desert Cap | Fleece Hat/Warm Hat | Neck Gaiter | Glacier Glasses (Polarized UV Protection)

Hand

Thin Fleece Gloves | Wind Stopper Gloves | Heavy Gloves(Guide) | Summit Gloves

Eating & Drinking

Water bottle | Thermos

Bag Packs

Rucksack 35L-50L | Duffle Bag | Dry Bags

Climbing Equipment

Trekking Pole | Climbing Boot -6000m | Crampons | ATC GUIDE | Unlock Carabiner | Jumar/Ascender | Locking Carabiner | Head Light | Climbing Helmet | Climbing Harness | Summit Down Suit | Tape Sling | Ice Tool/AXE

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

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 | Electrolyte tablets | Loperamide | Antacid Tablets | Omeprazole | Cetirizine | Ibuprofen 400mg | Oral Rehydration Salts (ORS) | 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 | Dry-Fit Tshirt | Light Down Jacket

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

Sun Stuff

Sunscreen | Lip Guard (SPF) | Moisturizer

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

FAQs

Do I need previous climbing experience?

Yes. You should have mountaineering and technical climbing experience, and feel comfortable with crampons, ice axe, harness, ascender, and fixed ropes.

When is the best time to climb Ama Dablam?

Spring and autumn — these seasons have the most favorable weather and climbing conditions.

How difficult is Ama Dablam?

It's a genuinely technical climb — steep rock and ice, exposed ridges, and fixed-rope sections. It's known as one of the more demanding non-8,000m peaks, so solid fitness and climbing skills matter.

How do we get to Base Camp?

You'll fly from Kathmandu to Lukla, then trek through the Khumbu Valley via Namche and Pangboche to reach Ama Dablam Base Camp.

Are climbing Sherpas provided?

Yes. Experienced climbing Sherpas support you through the rotation climbs and the summit attempt.

How does acclimatization work?
The itinerary includes acclimatization at Namche and Base Camp, followed by climbing rotations through Camp I, II, and III before the final summit push.

How do I book the Ama Dablam Expedition?
Just contact 14 Peaks Expedition — our team will guide you through availability, requirements, and booking.

Are fixed ropes and climbing training provided?
Yes. The climbing route uses fixed ropes on technical sections, and climbers receive guidance and preparation before attempting the higher camps and summit.

Is Ama Dablam suitable for beginners?
Ama Dablam is not recommended for complete beginners. Previous high-altitude and technical climbing experience is strongly recommended.

What is the climbing route on Ama Dablam?
The expedition follows the classic Southwest Ridge route, involving technical rock, snow, and ice climbing.