

# Climb Ama Dablam: Spring Expedition 2026

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

## GROUP SIZE

**5**

People

## Expedition Overview

Embark on an exhilarating 24-day journey to summit the iconic Mt. Ama Dablam (6,812m), often referred to as the “Matterhorn of the Himalayas.” Located in Nepal’s Mahalangur range, this stunning peak is renowned for its distinct pyramid shape and challenging Southwestern ridge route, first conquered in 1961.

The expedition begins with a thrilling flight from Kathmandu to Lukla, followed by a trek through the scenic trails of the Khumbu region. Each day involves 5-6 hours of trekking, allowing ample time to acclimatize before reaching Ama Dablam Base Camp. Climbers will experience a combination of hotel, lodge, and tent accommodations, ensuring comfort and safety throughout the journey.

This technical climb involves setting up three high camps above the base camp, with progressively more thrilling challenges as you ascend. With a maximum elevation of 6,812 meters (22,349 feet), the expedition offers unparalleled views of Everest, Lhotse, and the surrounding peaks, making it an unforgettable adventure for experienced climbers.

The expedition is guided on a 1:1 ratio (one guide per climber), ensuring personalized attention and top-notch safety standards. While prior trekking experience is not mandatory, basic mountaineering skills and the ability to trek at high altitudes (4,000m to 5,600m) are essential.

The cost for the Ama Dablam Expedition is \$8,500 per person, covering expert guidance, logistics, and comprehensive support to make your climb a success. Join us this Spring 2025 to summit one of the Himalayas’ most iconic peaks and create memories that will last a lifetime.

## 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.

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu (1,400m)	D	Hotel	Upon arrival in Kathmandu, our team will greet you and transfer you to your hotel. Take the day to rest and settle in after your journey.
2	Rest & Preparation in Kathmandu	B	Hotel	Relax, explore the vibrant streets of Kathmandu, visit historical sites, and complete any last-minute shopping for your expedition. A team briefing will be conducted.
3	Fly from Kathmandu to Lukla and Trek to Phakding (2,800m)	B/L/D	Lodge	Take a scenic flight from Kathmandu to Lukla and while returning Lukla to Ramechhap. From Lukla, begin your trek to Phakding, passing through beautiful landscapes and small villages.

Days	Program	Meals	Accommodation	Description
4	Trek from Phakding to Namche Bazaar (3,440m)	B/L/D	Lodge	Continue trekking through the Dudh Koshi Valley to Namche Bazaar, the gateway to the Everest region. This day involves a significant elevation gain and offers stunning views.
5	Acclimatization at Namche Bazaar	B/L/D	Lodge	Spend the day in Namche Bazaar to acclimatize. You have the option to hike to the Everest View Hotel for panoramic views of the Himalayas.
6	Trek from Namche Bazaar to Dibuche (3,760m)	B/L/D	Lodge	Trek from Namche Bazaar to Dibuche, passing through lush forests and enjoying views of Ama Dablam and other peaks.
7	Trek from Dibuche to Pangboche (3,985m)	B/L/D	Lodge	Continue your trek to Pangboche, a traditional Sherpa village, where you can visit the Pangboche Monastery.
8	Trek from Pangboche to Ama Dablam Base Camp (4,450m)	B/L/D	Tent	Trek to Ama Dablam Base Camp, where you will set up camp and prepare for the climb ahead.
9	Basecamp Preparation and Rest Day	Full Board	Tent	Take a rest day at base camp to acclimatize and prepare your gear and equipment for the climb.
10-20	Rotation Climbs	Full Board	Tent	Spend these days acclimatizing and preparing for the summit push. This involves climbing to Camp I and Camp II, then returning to base camp. These rotations help your body adjust to the altitude.
21-25	Summit Push	Full Board	Tent	Begin the final summit push. Climb from base camp to Camp I, then Camp II, and finally make the push to the summit of Ama Dablam (6,812m). After reaching the summit, return to base camp.
26	Trek from Base Camp to Namche Bazaar (3,440m)	B/L/D	Lodge	After the summit, trek back down to Namche Bazaar, retracing your steps and enjoying the descent.
27	Trek from Namche Bazaar to Lukla	B/L/D	Lodge	Continue your descent, trekking from Namche Bazaar back to Lukla. This will be your final night in the mountains.
28	Fly from Lukla to Kathmandu	B/L/D	Hotel	Take a flight from Lukla back to Kathmandu. Upon arrival, transfer to your hotel and enjoy a well-deserved rest.
29	Contingency Day in Kathmandu	B	Hotel	Relax and unwind in Kathmandu. Reflect on the expedition and explore more of the city. Farewell get-together.
30	Departure	B	-	Transfer to the international airport for your final departure. Bid farewell to Nepal, taking with you memories of an unforgettable adventure.

# Trekking Gear List

## Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate

## Medicine / First Aid Kits

Paracetamole

## Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

## Lower Body

Trowser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

## Foot Wear

Summit Boot - 8000m   Sport Shoes

## Hand

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

## Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter

## Eating & Drinking

Water bottle   Thermos

## Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

## Miscellaneous

Trekking Pole   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