



# Ama Dablam Base Camp - 13 Days



## Trip Facts

|                   |  |
|-------------------|--|
| Destination       | Nepal  |
| Duration          | 13 Days  |
| Group Size        | 2-30   |
| Trip Code         | DWT13  |
| Grade             | Challenging  |
| Activity          | Everest Treks  |
| Region            | Everest Region   |
| Max. Altitude     | Kala Patthar 5,555m  |
| Nature of Trek    | Lodge to Lodge Trekking  |
| Activity per Day  | Approximately 4-6 hrs walking  |
| Accommodation     | Hotel/Lodge/ Tea House during the trek                               |
| Start / End Point | Kathmandu / Kathmandu  |
| Meals Included    | All Meals (Breakfast, Lunch & Dinner) during the trek                |
| Best Season       | Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec                        |
| Transportation    | Domestic flight (KTM-Lukla-KTM) and private vehicle (Transportation) |

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

If you are a seeker of adventure among the mountains, this trek is undoubtedly the one for you. An alternative trek in the Everest region, we witness the immense beauty...

Discovery World Trekking would like to recommend all our valuable clients to arrive in Kathmandu a day before our '13

Days Ama Dablam Base Camp with Kongma La Pass Trek '. Make sure to attend our official briefing a day before the trek. The primary motive for the meeting is to give you proper guidance and vital information about the trek. Secondly, we recheck all the equipment for your comfortable journey. We ensure that you have all the supplies needed for the trek. This pre-meeting will give a clear idea about the necessary supplies and challenges you may face during the trek. It will be a kind of motivational seminar for you to be outfitted and energized about the trek. Additionally, it is recommended to put a margin of 1 or 2 days extra. The flight from Kathmandu to Lukla or from Lukla to Kathmandu is unpredictable and might be canceled or delayed due to bad weather.

## About the Trip

If you are a seeker of adventure among the mountains, this trek is undoubtedly the one for you. An alternative trek in the Everest region, we witness the immense beauty of the Himalayas as we pass through the famous Kongma La Pass to the base of Mount Ama Dablam. Ama Dablam has notable importance to the Sherpas of the region. Known popularly as 'Matterhorn' among westerners, Ama Dablam means 'Mother's Necklace'. The long moraines on each side of the peak, are shaped like the arms of a mother "Ama" shielding her child. The glacier portrays a necklace "Dablam", the traditional double pendant with pictures of god worn by Sherpa women. This trek offers us a moment to experience the up-close view of this intricate mountain. For daredevils who seek an unforgettable view of the Himalayan range of the Khumbu region as we walk past landslide trails and glaciers, this is one of the best options in the Everest region.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

### Highlights

- 🗨️ Exquisiteness of one of the world's prominent peak, Mt. AmaDablam(6,856m/22,494ft).
- 🗨️ A close view of magnificent mountains! Lhotse (27,883 ft./8,498 m), Everest (29,035 ft./8,848m), AmaDablam (22,487 ft./6,854 m), and Makalu (27,838 ft./8,485 m)
- 🗨️ Explore the culture and lifestyles of the local Sherpa people
- 🗨️ UNESCO World Heritage Site; Sagarmatha National Park
- 🗨️ Breath-taking views of the Himalayas to the warm hospitality of Nepalese people, our itinerary will satisfy your quench for adventure as well as serenity.
- 🗨️ We are an Expert, Honest and Affordable team of diligent, hardworking and warm Sherpas! Feel free to message, call, and interact with us! We boast quick response time!
- 🗨️ Sherpas's will guide you and be with you from day 1 (moment you touch down Tribhuvan International Airport, Nepal) for the expedition.
- 🗨️ Our professional Sherpas are specialized in varied situations of altitude sickness, rescue operations and vouch for your Health and Safety!

### What is Included?

- ✔ Pick up & drop off from airport to hotel and vice versa in private vehicle.
- ✔ Domestic flights (Kathmandu – Lukla – Kathmandu) tickets and airport departure taxes
- ✔ Five nights at Lukla, Phakding and Namche (3 N), room with private attached bathroom, Seven nights in standard room Deboche,Dingboche, Chhukung 2N),Lobuche,Pangbohe (2N), (Generally twin Sharing room) - 12 Nights
- ✔ All standard meals (13 Lunches, 12 Dinners and 13 Breakfasts) during the trek.
- ✔ Government license holder English speaking Discovery World Trekking experienced and qualified trek leader,(12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage. (2 trekkers:1 porter "9 kg per trekker max limit")
- ✔ Coverage of Guides and Porters, their meals, insurance, salary, lodging, transportation, flight and other necessary equipment.

- ✔ Water purification tablets for safe drinking water
- ✔ Sagarmatha National Park entry permit fee
- ✔ Khumbu Pashang Lhamu Rural Municipality fees.
- ✔ Provide pulse oximeter for the blood oxygen saturation level monitor to high altitude. It is an important indicator to recognize early signs of impending altitude sickness and other potential health risks.
- ✔ Medical Kit.
- ✔ Duffle bag for porters.
- ✔ The arrangement of sleeping bags and down jackets if you do not have your own.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day.
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking appreciation of certificate after the successful trek.
- ✔ Farewell dinner at the end of the trek.

## ✖ What is Excluded?

- ⊖ International flight airfare
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.
- ⊖ Personal expense (shopping, snacks, boil bottle water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc
- ⊖ Personal clothing and gear
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes etc.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

## 🔍 Overview

**Ama Dablam Base Camp** via **Kongma La Pass trek** is a strenuous yet rewarding trek in the Everest region. Less crowded as compared to the classic Everest Base Camp trek and other Everest region treks, this route is designed especially for adventure enthusiasts. As we walk through steep snow, ice, and rocky slopes to reach the base camp, the view from the top is exemplary. Accompanied by the world's highest peaks, this trail traverses through the famous Buddhist village and monasteries of Sherpa people.

We start our journey to Ama Dablam Base Camp with a 40-minutes flight from **Kathmandu to Lukla**. Flying in between the clouds and the mountains, we head off to Phakding(2,650m) with a blissful start. We walk past the dense forest of Sagarmatha National Park with pine forests, rhododendron flowers, and plenty of wildlife. We reach Namche Bazaar(3,440m) and halt for two nights to adjust to the thin air. Namche Bazaar, known as the gateway to Everest, has trekkers from all around the world, as of which, there is everything available from bakeries to gears for the trek. Passing through the monastery on the top of the hill, Tengboche Monastery, we reach Deboche(3,820m). Passing by many Stupas, mani walls, and small villages, we head to Dingboche(4,360m). The trek route intensifies as we move further to Chukkung(4,730m). As the elevation increases, we halt here for another night to acclimatize with the altitude. We traverse the most famous pass in the Everest region, **Kongma La Pass(5,535m/18,159ft)**. This strenuous trail is extremely rewarding with glaciers, lakes, and a panoramic view of the Himalayas. Getting closer to our destination, we walk from Lobuche to Pangboche(3,985m). Gathering all the strength, we walk the final ascent towards **Ama Dablam Base Camp(4,600m/15,091ft)**. From the base camp, we can enjoy remarkable panoramic mountain views, including the distinctive summit of **Everest towering above the Nuptse-Lhotse wall**. The mountains and the base camp presents us with an unconditional way to indulge in nature.

From the base camp, we can see awesome snow-capped peaks such as Mt Lhotse (8,416m), Ama Dablam (6,812m), Island Peak (6,189m), Lhotse Shar (8,400m), Pumori (7,165m), Lobuche Peak (6,135m), Thamserku (6,618m), Kongde Peak (4,618m) and Tawoche Peak (6,542m). After accomplishing our destination, we head back to Namche Bazaar

from Pangboche. We head straight back to Lukla from where we take a flight back to Kathmandu. Enjoying the final glimpse of the Himalayas on our flight back, we conclude our trek to Ama Dablam Base Camp.

This trek is for adventurous trekkers with good physical health, with enough time to acclimatize in high altitudes. A less crowded trekking route, this package is for everyone who wants to reach the foothills of Ama Dablam with an added spice of thrilling experience.

In addition to this trek, we offer other exquisite trekking routes for our valuable clients. There are other thrilling or easy trekking routes for trekkers who want to explore the diverse trails - [12 days Everest Base Camp Trek](#) or [10 days Everest Base Camp Trek](#), [15 Days Everest Base Camp and Gokyo Lake Trekking](#), [17 Days Everest High Three Passes Trekking](#) and many more to choose from.

## Day to Day Itinerary

### Day 1

#### Flight to Lukla (2,850m/9,350 ft) Trek to Phakding (2,650 m/8,562 ft )

##### Itinerary Facts

|                         |                 |
|-------------------------|-----------------|
| <b>Trek Distance</b>    | 6.2km/3.8 miles |
| <b>Flight Hours</b>     | 40 Mints        |
| <b>Highest Altitude</b> | 2,850m/9,350 ft |
| <b>Trek Duration</b>    | 3 hours         |

Ama Dablam Base Camp trek starts from a scenic flight to Lukla from Kathmandu. We walk from Chaurikharka villages for approximately 3 hours to reach Phakding. As we prepare for our next walks with this short and comforting hike, we acclimatize with the thinning air as well. Phakding, being the starting point for all Everest region treks, includes everything from gear and lodging to pool and restaurants. We can use our spare time to explore the majestic valley of Phakding. Also, there are quite famous local monasteries (Rimishung Monastery) that can be covered.



Overnight at "Khumbu Travel lodge" room with attached bathroom



Included standard meals ( Breakfast + Lunch + Dinner )

### Day 2

#### Trek from Phakding to Namche Bazaar (3,440m/11,285 ft)

##### Itinerary Facts

|                         |                  |
|-------------------------|------------------|
| <b>Trek Distance</b>    | 7.4km/4.6 miles  |
| <b>Highest Altitude</b> | 3,440m/11,285 ft |
| <b>Trek Duration</b>    | 6 hours          |

A warm cup of tea on a chilled morning, we begin our day amidst nature. We start our actual hike from today, so we walk as early as possible. Continuing along the northern bank of Dudh Koshi River, we will cross several suspension bridges embellished with prayer flags. The lively and vibrant color of the prayer flags all along the trail will make it remarkably exciting. After a few hours of walking, we reach Monjo Village from where the Sagarmatha National Park starts. We get our permits registered there and follow the trail through a dense jungle. A tough climb awaits from here through the thick forest, where we slowly see the face of Mount Everest. As the mountains emerge, the path becomes more exciting, making it easy to walk.



Overnight at "Sakura Guest House" room with attached bathroom.



Included standard meals ( Breakfast + Lunch + Dinner )

### Day 3

#### Rest day and Acclimatization at Namche Bazaar

We take an acclimatization break at Namche Bazaar to cope up with the thinning air. Namche Bazaar, also known as the gateway to Everest, offers a wide range of wonders. From hotels and restaurants to souvenirs and gifts shops, Namche has almost everything available as that of in the city areas. Despite this day being a rest day, it is highly recommended not to sit idle. The general rule of acclimatizing is to "High hike, and sleep low". We have an optional yet suggested hike to the Khumjung and visit Sagarmatha National Park visitor center. We can also visit the Hillary school and old monasteries on the way to Khumjung. As we hike up to Khumjung, we encounter a famous monastery that houses a 'Yeti-scalp'. Furthermore, we also visit the world's highest-situated airport, Syangboche Airport, and tour up to Everest View Hotel for a spectacular view of the Everest. A pleasant and very significant day, we can conclude the day with foods from the world-famous bakeries of Namche Bazar.



Overnight at "Sakura Guest House" room with attached bathroom.



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 4

### Namche Bazaar to Deboche (3,820m/12,533ft)

#### Itinerary Facts

|                         |                 |
|-------------------------|-----------------|
| <b>Trek Distance</b>    | 9km/5.4 miles   |
| <b>Highest Altitude</b> | 3,820m/12,533ft |
| <b>Trek Duration</b>    | 5 hours         |

Today, we trek to Deboche, passing through several uphill and downhill walks. With a splendid view of the Himalayas and random spotting of animals and birds, we cross the path without even realizing it. As we cross the Dudh Koshi river, we observe diverse floras and faunas. We reach Phunki Tenga, where we can see the panoramic landscape of the village. Presented with a picturesque view of the mountains like Everest(8,848m), Ama Dablam(6,812m), Lhotse(8,516), Nuptse(7,861), Thamserku(6,623m), the trail leads to Tengboche Monastery. Also known as 'Monastery on the top of the hill', we will loosen up there for a while. After a tiresome walk, we relax with the peace offered by the sound of prayer and the peaceful ambiance of the place. We halt at Deboche and prepare for the next day with good food and sufficient rest.



Overnight at Paradise lodge



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 5

### Deboche to Dingboche (4,360m/14,290ft)

#### Itinerary Facts

|                         |                 |
|-------------------------|-----------------|
| <b>Trek Distance</b>    | 11km/7.40 miles |
| <b>Highest Altitude</b> | 4,360m/14,290ft |
| <b>Trek Duration</b>    | 7-8 hours       |

We head to our destination through the small village of Pangboche(3,985m). Passing by many Stupas, mani walls and small villages, this path exposes a magical view of the Himalayas. We will witness the up-close view of Ama Dablam(6,812m) from here. The trek becomes lighter as we enter the Imja Valley following the Lobuche River. We descend to the river and climb a steep uphill towards Dingboche(4,360m). The route is quite challenging due to higher elevations and the decreasing level of oxygen. As we get a lowered level of oxygen, we get tired very quickly while hiking uphill. Dingboche, also known as the summer valley, comprises a beautiful arrangement of the fields enclosed by stone walls protecting crops like barley, buckwheat, and potatoes. The view from Dingboche is impressive with the Himalayas covering the entire valley. Without a doubt, this is a great place to forget all your work pressures and other problems.



Overnight at "Hotel Good Luck"



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 6

### Dingboche to Chhukung (4,730m/15,580 ft)

#### Itinerary Facts

|                         |                  |
|-------------------------|------------------|
| <b>Trek Distance</b>    | 11km/7.40 miles  |
| <b>Highest Altitude</b> | 4,730m/15,580 ft |
| <b>Trek Duration</b>    | 7-8 hrs          |

We start this day early with pristine air and dark blue sky. As the sun rises slowly from behind the mountains, we witness an amplified beauty of the landscape. A few hundred meters up from Dingboche, we get a gorgeous view of the entire valley. With a drop in the level of oxygen, it is a bit difficult to hike uphill, but the trail is somewhat easy. We come across a Buddhist Stupa, with prayer flags stretching across to another one, on our way to Chhukung. If we manage to hike early, we may witness a remarkable view with the sun backlighting the stupa and flags, forming a warm, golden halo around them. With a comfortable walk, we reach Chhukung, where we spend two nights to acclimatize with the thinning

air.



Overnight at the best possible lodge/hotel



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 7

### Rest Day to Relax and Acclimatize at Chhukung

Chhukung village is a bucket of wonders. With a spectacular view, rivers, glaciers, and snowy mountains, Chhukung Village is also an alternative route for Everest base camp trekkers aimed at acclimatization. One thing to keep in mind once we reach Chhukung is to see the snow and ice foundation in the mountains. We optionally hike up to Chhukung Ri. We highly recommend the hike as it offers exceptional views of Mount Lhotse(8,516m), Island Peak(6,189m), Ama Dablam(6,812m), Makalu(8,463m), and others. As a rest day, we do not remain idle, but stroll around the village and hike uphill and downhill. Following the rule of trekking at a higher altitude, we "Hike high, sleep low". A blend of extraordinary landscape and people, Chhukung will prove to be a great place to stay for adjusting to the increasing elevation and relax our core body.



Overnight at the best possible lodge/hotel



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 8

### Trek from Chhukung to Lobuche via Kongma La (5,535m/18,159ft)

#### Itinerary Facts

**Highest Altitude** 5,535m/18,159ft

**Trek Duration** 7-8 hrs

We start our day as early as possible. We traverse through one of the most famous passes of the trek. Kongma La pass(5,535m) can be challenging with lots of heavy snow through the trail. As strenuous as the path becomes, the view enhances motivating us to accomplish our journey. Situated right behind Chhukung, we pass through a small stream that leads us to a landslide trail. Moving ahead of the steep trail, we come across a hill from where the view of Dingboche and Tengboche is exceptional. We hike onwards to reach a big lake with an enchanting view of the mountains surrounding it. The last yet the hardest part of reaching Kongma La pass is unquestionably worth it. We witness a panoramic view of the mountains and a distant view of Lobuche, where we will halt for the night. As we descend the trail, it gets tougher than ascending. We climb up the moraine and then walk past the Khumbu glacier for an hour to reach Lobuche. The view from Lobuche is alluring with Kala Patthar and Everest dazzling with the setting sun. The shimmering mountains will make us forget the entire difficulty we passed through today. After a long day, we relax amidst the mountains.



Overnight at "Mother Earth House"



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 9

### Lobuche to Pangboche (3,985m/13,075ft)

#### Itinerary Facts

**Trek Distance** 16km/10 miles

**Highest Altitude** 4,930m/16,175 ft

**Trek Duration** 6-7 hours

As we get closer to our destination, the excitement increases, and we get energized to walk. With alluring scenery, we start fresh and eager to step on the foothills of Mount Ama Dablam. The adventurous yet mind-bending trail, we move further as we hike to reach Pangboche. The walk is comfortable as compared to our previous day. We witness rivers and yaks grazing and bathing in the river. With snow-capped mountains surrounding us as we walk through the rugged trail, we relish the beauty of the trail. We halt at Pangboche and prepare for our final ascent to the base of Ama Dablam.



Overnight at the best possible lodge/hotel



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 10

### Pangboche to Ama Dablam base camp (5,120m /16,797 ft) then trek back to Pangboche

#### Itinerary Facts

**Trek Distance** 6 to 7 hrs

**Highest Altitude** 5,120m /16,797 ft

**Trek Duration** 6 to 7 hrs

The way from Pangboche to Ama Dablam Base Camp features divine beauty while offering us a thrilling yet exciting experience. As we get closer to Ama Dablam, we can dive into the details of the mountain and understand the reason behind calling it 'Mother's Necklace'. For trekking and expedition enthusiasts, the Ama Dablam base camp trekking is one of the most sought-after and enjoyed alternative to Everest Base Camp trek. We cross Imja Khola before starting with the ascent to Ama Dablam from Pangboche. Without even realizing the time, we reach the base camp. We explore the elegance of the place. The ravishing scenic beauty of Everest(8,848m), Amadablam(6,812m), Lhotse(8,516m), Kantega(6,782m), and other peaks will surely impress us. After spending good quality time enjoying the beauty of the snow-capped mountains, we head back to Pangboche. We conclude our hike to Ama Dablam with a heart filled with a fresh remembrance of the base camp. However, the trail back to our home awaits. We relax and get ready to head back after the successful completion of our trek.



Overnight at the best possible lodge/hotel



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 11

### Pangboche to Namche Bazaar (3,440m/11,285ft)

#### Itinerary Facts

**Trek Distance** 5.9km/3.6 miles

**Highest Altitude** 3,985m/13,075ft

**Trek Duration** 5-6 hrs

The trail from Pangboche to Namche Bazaar is mostly downhill, which may cause stress in our knees. We take the descend slow as we remember all our effort on the journey uphill. It will be no surprise wondering how we climbed all those steps. With the vibrant color of prayer flags and elegant Stupas, the tip of Mount Everest and the back of Mount Lhotse, this path is a package of exceptional beauty. We halt at Namche Bazaar for this day and enjoy the variety of cuisines. After all, we deserve something delicious for accomplishing this trek. Also, Namche is full of wonders we may have missed on our way up. We can visit the sites we skipped before and conclude the day with a fresh memory of Ama Dablam Base Camp.



Overnight at "Sakura Guest House "room with attached bathroom.



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 12

### Namche Bazaar to Lukla (2,850m/9,350 ft)

#### Itinerary Facts

**Trek Distance** 13.5km/8.3 miles

**Highest Altitude** 3,440m/11,285 ft

**Trek Duration** 6-7 hrs

With a final walk accompanied by the mighty Himalayas, we trek through small villages and narrow forests. We pass through the thrilling suspension bridges on our way back. We will finally reach Phakding after a gentle walk through Benkar. As we move ahead on to Lukla, we further reach a small village. At the intersection, we can take a left turn up

towards the trees. The route through the village leads down to the main trail connecting at the side stream before Toktok. The different perspectives in view will surely impress us. Eventually, we reach Lukla following the path where we stay overnight. Lukla is the starting and ending point of our trek, and it will, without doubt, make both the starting and ending wonderful.



Overnight at "Comfort Inn" room with attached bathroom.



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 13

### Fly back to Kathmandu

#### Itinerary Facts

**Flight Hours** 40 Mints

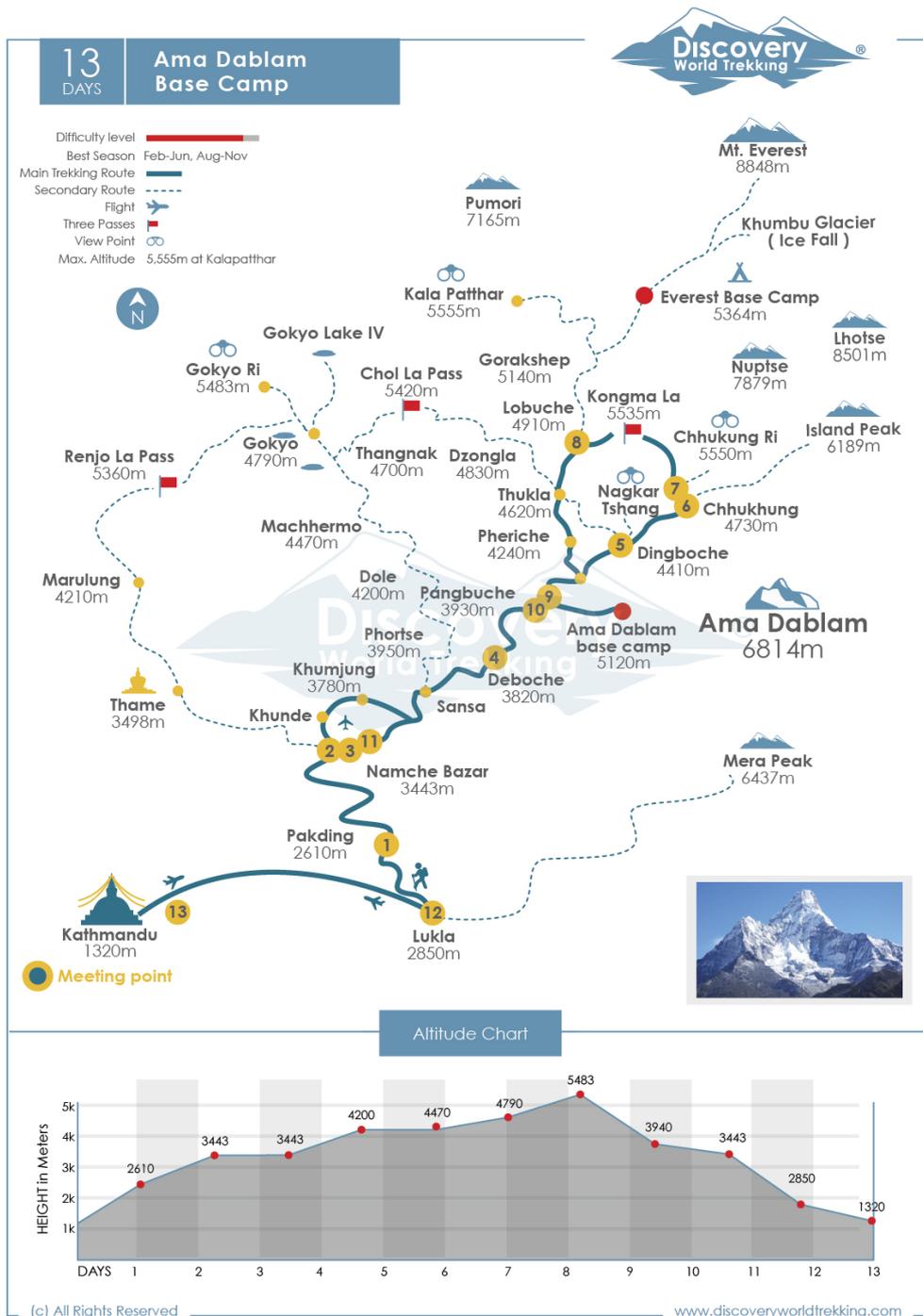
We leave for Kathmandu through a 40-minute scenic flight. With no more uphill or downhill to conquer, we enjoy the indulgence of phenomenal mountains on our way back. The way back from Lukla Airport, also known as the world's most extreme airport, is a remarkable one. With a heart filled with a pleasant memory of the place, we conclude our trek. We will escort you back to your hotel upon reaching Kathmandu. You can wander the alleys of Kathmandu on your own and end the day with good food and a little music. We can also manage a tour around the city as per your request. We will be glad to assist you in your journey anywhere in Nepal.

Tent

**Breakfast**

Image not found or type unknown

# Route Map



## Trips Notes

### The beginning of the journey towards 13 Days Ama Dablam Base Camp with Kongma La Pass Trek

You will arrive in Nepal, Kathmandu at Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon arrival which is not included in the package. Then the next day, in the early morning we will take a domestic flight to Lukla, approximately 40 minutes.

Kathmandu to Lukla and Lukla to Kathmandu Flights included in package!

### Don't Worry; We'll Pick You Up!

When you are new to any place, it is hard to track the location or even book a cab. To avoid such dilemmas, Discovery World Trekking provides you with free pick up and drop service for any Ama Dablam Base Camp with Kongma La Pass Trek package regardless of the flight you take. We will receive you at the airport with a pamphlet of your name and our company name. With a warm-hearted welcome and either khada or a marigold garland, we will make you feel homely from day one. We will escort you safely and comfortably to your hotel.

### Accommodation Details During The Trek

The Ama Dablam Base Camp Trek 13 days trek with 12 nights lodge to lodge stay at a mountain where we use the best available lodge and select the best accommodation in Everest. Five nights at Lukla, Phakding and Namche (3 N), room with private attached bathroom, Seven nights in standard room Deboche, Dingboche, Chhukung (2 N), Lobuche, Pangbohe (2 N),( twin sharing room )

For solo trekker -a single private room with attached bathroom at Lukla, Namche, and Phakding, single private accommodation at Deboche, Dingboche, Chhukung, Lobuche, Pangbohe.

Two nights of Hotels in Kathmandu before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

### The Meals

The trek is over higher elevations near the world's highest peak, which means your body needs enough carbohydrate, protein, nutrition for the body to hike on such humongous Himalayan trails. The meal in this trek is very convenient, not like that in cities, but we make sure you get the entire supplements through your complete trek. We will be providing you with 13 Breakfasts, 13 Lunch and 12 Dinners throughout the trek. Some of the typical food menus are -

**Breakfasts-** Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelettes, Poached, Boiled), Pancakes, Muesli, Bread, Fruits and Vegetables, Hot drinks like tea and coffees, hot chocolates, etc.

**Lunch** – Typical Nepali dish (Dal, Bhat & Tarkari), Tibetan Bread, Various Soups items, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni, Tenduk, Spaghetti Noodles, Thukpa, Pasta, Vegetable curry, Potato items, Vegetable and Salad, Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Dessert items (Rice Pudding, Apple pie), etc.

**Dinners** - Dal, Bhat & Tarkari, Tibetan Bread, Various Soups items, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings) Macaroni, Tenduk, Spaghetti, Noodles, Thukpa, Pasta, Vegetable curry, Potato items, Vegetable and salad, Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Korean Noodles Ramen, Dessert items (Rice Pudding, Apple pie), Hard Drinks, etc. are available on the menu during the trek. These food items from the menu will usually be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional and local; Asian and western cuisine; almost everywhere but as we go up close, the menu list decreases.

We highly recommend consuming enough liquids, green tea, lemon tea, hot lemon, ginger tea, and garlic soup (must) at high altitude and fresh vegetables for health benefit. Though plenty of non-veg items will be available, we won't recommend any of them because the meat in such places may not be healthy during the trek. As suggested by experts, it is best to avoid alcohol, caffeinated drinks, hot chocolates, dairy and cheesy items in such high elevation treks.

All personal bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ lodges or in cafe except standard meals mentioned (including Breakfast, Lunch, Dinner with seasonal fruits) are excluded from the package.

## Best Time To Trek Ama Dablam

The weather is one of the most important factors to look at when deciding to trek to the Everest region cause no one is beyond nature. The live forecast of the Everest region can be gained here, yet it's very hard to predict the weather. People trek 12 months of the year up to the Everest region but certainly, there is ups and downs in every season. It is best suited to trek during the spring and the autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fades. The magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, the temperature is also exquisite with sunlight being warm and the environment after delving of the sun is not as cold as other months.

Though during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, a cold temperature that's what enthruses many trekkers.

### January to February

This time is the coldest, especially from early January to early February. This when there is heavy snowfall in the mountains and can result in extremely cold temperatures. Though the daytime may be warm and admirable with clear skies, the night time would be extremely cold but it's perfectly fine to trek in these months as discovery world trekking make sure of every possible safety during the trek but if you are allergic to extreme cold, you shouldn't be trekking at these months or else people trek 12 months of the year and leave their footprints around the world's highest peaks.

**Temperature:** Temperature ranges from 15°C to -15°C.

### March to April

This is one of the best times of the season to hike in the Ama Dablam Base Camp. The weather is very favorable this month. Stunning views of the Himalaya ranges and glaciers will be seen. March being the beginning of the spring season, the weather starts to warm up during these months. During these months, all flora and fauna dormant throughout the winter back to life feeding and breeding in the sun-kissed temperatures. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed in their expedition at this time.

**Temperature:** Around 18 °C. At night, the average minimum temperatures drop down to around -12 °C.

### May to June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till mid-August. The season of spring and summer makes the trek much more enjoyable.

**Temperature-** Around 25°C at daylight and it drops down to around -5°C.

### July to August

The rainfall hits at its peak during this time, below 3500 meters. Due to heavy rainfall, Flights to Lukla may get canceled at the beginning or end of the trek but trekkers are seen in those months trekking towards Ama Dablam base camp, it's challenging but not impossible if you choose to trek in these months Discovery world trekking will take care of your safety at its fullest as it does in every month but as the way is not that favorable it's not highly recommended to trek in these months but the rainfall also provides spectacular views of the waterfall and avoid the crowds like other months.

**Temperature-** Around 27°C at daylight to 5°C

### September to October

This is also one of the perfect seasons for the EBC Trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the daytime and falls down to 5 degrees during the night-time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended, as it's the best time for the Ama Dablam Base Camp trek, usually from mid-September to end. The main festival of Nepal: Dashain and Tihar also attracts tourists in this season.

**Temperature-** Temperature goes up to 20 degrees in the day time and falls down to 5 degrees

### November to December

As winter slowly begins, snowfalls begin in the Himalayas region and it eventually gets tough to trek. Nights get colder. November is the busy season people all over the world come at these months, as it's the clearest month with sparkling

days and amazing views of humongous mountains. The daytime temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature starts to get cold and begins to snow like diamonds in the sky.

**Temperature-** Temperature goes up to 18 degrees in the day time and falls down to -10 degrees

The weather in the Himalayas is so unpredictable and the temperature may change quickly from day tonight.

### Acclimatization

Altitude sickness is commonly faced by many trekkers who try to rush their way to the Ama Dablam Base Camp. It is not a matter of ignorance and requires immediate treatment in such cases. To avoid such, in this trek, we will be acclimatizing in two places: Namche Bazaar and Chukung. This trek is relatively at ease compared to the Everest Base Camp 10 or 12 days' trek. At Namche Bazaar, trekkers can explore the famous Sherpa town and adjust to the thin air. We will also be having second-day acclimatization at Chukung where we will climb the ridge behind the village to take a look at the stunning views of the peaks. Our trekking leader and guide are well trained and experienced at high altitude, and they have extensive first aid training as well. Your health and safety are important to us, and we guarantee that it will be our very first priority. In case you have been rigorously affected, the only remedy would be to descend immediately. Also, your group leader has the definitive response to determine whether you can proceed with the trek based on your health conditions.

### Trip Grade: Fitness level, Medical, and Health During Ama Dablam trek

As challenging as it is, the Ama Dablam Base Camp Trek is an equally rewarding trek. On average, the walk per day will be around 5 to 7 hours, depending on the destination and the number of breaks we take. The trail is mostly uphill or steep descents, with rocky and stone-paved paths. It is not impossible to go to these treks for a regular person, but remaining fit and exercising well will make the trek more comfortable and enjoyable. Former trek experience or regular exercise and doing yoga is an advantage for the trekker. Besides, if you love trekking, you can make it happen anyways and conquer your dream. This trek, however, is not recommended for individuals with sensitive medical conditions like heart or lung disease. Since the majority of the trek involves moderate to strenuous climbing, it may prove to be dangerous for the health of such people. We recommend you to consult with your doctor before attempting to attain this trek. Also, we make sure to provide you with all the necessary medical kit supplies you may need in the trek.

### Trekking group/single

We organize a group as well as a private trek. The price of group discount is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

### A typical day on the trek

Every day will be rewarded with a unique experience of trekking, climbing enjoying the scenery, taking photos, and exploring the local villages. During the expedition, experienced friendly and qualified expert Sherpa will share information and historical facts about the places as they accompany us throughout the trek. The porters who carry our luggage will also accompany us. However, we will be carrying our own small backpack with the necessary items. The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the days walk around 7 AM to 8 AM, depending on the duration and nature of the days walk. After trekking for three to four hours, we will have lunch around midday on the route to the next destination, and we continue after about an hour of rest. The afternoon walk is generally shorter: about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will also have free time to explore nearby places. Dinner is served around 6 PM to 7 PM. Before going to bed, we will spend some quality time in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like monopoly, cards, and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

### Communication on trek

On the Ama Dablam Base Camp Trek, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety proposes. We'll communicate all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to Kathmandu's DWT office for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the

places have wifi service available with an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

### Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of hotels/lodges (both luxury & budget) can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) that can be changed to rupees here cause during the trek as only Nepalese currency is accepted.

### Electricity and battery recharge, water on trekking

Throughout the lodges at Ama Dablam base camp, electricity for the camera and mobile battery recharge is available at an extra cost. Most of the lodges have hydroelectricity, and some of them have solar panels. Water during the trek: you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water purification pill will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

### Travel insurance

This trip grade is ranked the challenging difficult as it entails the risk of high altitude trekking, potential altitude sickness, and other unforeseen events including sudden climate changes. Travel insurance is a significant part of our booking condition for The Ama Dablam base camp trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitudes (up to 6000m) for trekking members. We can recommend insurance companies to help you but we don't directly get involved in the sale of an insurance policy. Members can be refused to be included in the trekking based on insufficient, improper or absence of travel insurance policy. Trekking members are kindly requested to send their detailed insurance information once they book for the trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help in arranging quick and effective rescue operations, transfer for emergency medical help. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

### Passport and visa

All foreigners except Indians require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan international airport. Visa can be extended at the central immigration office [www.immigration.gov.np](http://www.immigration.gov.np) The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of the visa fee is US \$50 for 30 days, which have to be paid in cash on arrival at Tribhuvan International Airport. Citizens of China and the SAARC countries will receive a free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive the visa on arrival and so you will have to contact your local Nepalese embassy.

### Money exchange

Nepali Rupees (NPR) is the local currency.

(1 USD = ~ Rs.100 NPR).

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel. The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal.

You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also

be fined. Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself.

There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about 4% or more depending upon the bank. During the trek, there are no banks and money exchange services so you should exchange your money in Kathmandu only, depending on how much personal expense you require as in the Himalayan region people only accept Nepalese Currency

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

### How Much Luggage can I take during Ama Dablam base camp trek?

The weight limit for your luggage is 9 kg per trekker, Porters will be assigned to carry your luggage, two people will be assigned with one porter, and combined luggage should not exceed more than 18kg. We never overload our porters. But you should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what are essentials, you can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be completely safe.

We'll recheck everything (Luggage, equipment, etc) in our briefing before we start our journey in our Office.

### Ama Dablam Base Camp Trek Safety

Discovery World Trekking guarantees our valuable client's safety, security, and satisfaction. Safety is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue, as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

## Equipment Checklist

### Equipment lists for Ama Dablam Base Camp Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings belongings are suggested that should be brought, although we understand that our clients have their own preference for clothing, we have listed some useful clothing during the trek. Porters will be carrying the main luggage, which should not exceed more than 18kg (one porter will carry two people's luggage, 9 kg for each). Equipment can be bought in Kathmandu at a reasonable price.

#### Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide-brimmed hat
-  Headlight with extra batteries

#### Face

- ☞ Sunscreen
- ☞ Sunglass with UV protection
- ☞ Face/body wipes
- ☞ Hands
- ☞ Light weight gloves
- ☞ Heavy weight winter gloves

## Body

- ☞ Hiking shirts
- ☞ Long sleeved shirt
- ☞ Hooded rain jacket
- ☞ Fleece jacket
- ☞ Light weight cotton pants
- ☞ T- Shirt (bring Light weight wool)
- ☞ Polypropylene underwear
- ☞ Down jacket (available in rent in Kathmandu)
- ☞ Sweater
- ☞ Water proof jacket and pants

## Footwear

- ☞ Hiking Boots
- ☞ Thick wool socks (Take an extra pair of thick light socks)

## Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not).
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 bag is best in the high altitude trekking)

## Toiletries

- ☞ Medium size drying towel
- ☞ Tooth brush
- ☞ Tooth paste
- ☞ Deodorant floss
- ☞ Bio degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

## Personal accessories

- ☞ Money
- ☞ Watch
- ☞ Cell phone
- ☞ Camera

## Extra items

- ☞ First aid kit
- ☞ Extra passport photos and photocopies of passport
- ☞ Notebook and pen
- ☞ Binoculars

## Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

| Departure Dates             | Price         |
|-----------------------------|---------------|
| 01 Mar, 2021 - 13 Mar, 2021 | \$1750 \$1125 |
| 03 Mar, 2021 - 15 Mar, 2021 | \$1750 \$1125 |
| 07 Mar, 2021 - 19 Mar, 2021 | \$1750 \$1125 |
| 10 Mar, 2021 - 22 Mar, 2021 | \$1750 \$1125 |
| 13 Mar, 2021 - 25 Mar, 2021 | \$1750 \$1125 |



## Discovery World Trekking

### Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

**Phone:** [+977 1 4252366](tel:+97714252366)

**Mobile:** [+9779840055491](tel:+9779840055491)

**E-Mail:** [info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)

**Skype:** discovery1120

**Phone:** [+977 1 4252366](tel:+97714252366)

**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

**[info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)**

Talk to an Expert

**[+9779840055491](tel:+9779840055491)**  

