



Ama Dablam Expedition - 28 Days

Trip Facts

Destination	Nepal
Duration	28 Days
Group Size	2-12
Trip Code	N/A
Grade	Very Strenuous
Activity	Expedition in Nepal
Region	Everest Region
Max. Altitude	AmaDablam (6,856m/22,494ft)
Nature of Trek	Tea House/Camping Trekking/Climbing
Activity per Day	N/A
Accommodation	N/A
Start / End Point	Kathmandu/ Kathmandu
Meals Included	All meals during the trek/Expedition
Best Season	Mar, Apri, May, Sep, Oct,& Nov
Transportation	N/A

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

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About the Trip

Mount Ama Dablam(6,856m/22,494ft) is a majestic mountain, located at the south of Mt. Everest and Mt. Lhotse in the Khumbu region. It is a steep pyramid of ice with vertical walls and sharp exposed ridges. Mount Ama Dablam forms a lasting impression on many trekkers as it is the most stunning mountain along the popular trekking route to Everest Base Camp. There is no doubt that the spectacular Ama Dablam is one of the world's most impressive mountain peaks standing at the center of the Khumbu valley in Nepal. Mount Ama Dablam is an overwhelming, ice-coated granite pyramid which dominates the sky above the trekking trail of Everest Base Camp. Due to its unique, sharply pointed soaring shape, ascending this sheer peak is the ultimate dream of many climbers worldwide. They aspire to conquer it

and stand on the incredible summit with a close panoramic views of magnificent Mt. Everest, Lhotse, Cho Oyu, and Makalu!

- ✔ 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?

- ✔ Airport and Hotel transfers in Kathmandu with Private Transportation
- ✔ Flight ticket Kathmandu– Lukla – Kathmandu (domestic) and surface transportation along with airport departure taxes
- ✔ Amadablam summiters climbing Sherpa/guides (1 Sherpa: 2 climber's ratio)
- ✔ EPI Gas burner for high climb, Gamow Bag (life saving device in case of altitude sickness) on a sharing basis with expedition members. Portable Altitude Chamber (PAC). Group gears and supplies like ropes, ice screws, snow bars.
- ✔ AmaDablam expedition peak climbing permit, Sagarmatha National Park entry permits, Garbage Deposit and all government and local taxes
- ✔ All meals during the trek and climb- nutritious breakfast, lunch and dinner. Experienced and qualified cook and kitchen helper at Base Camp and Advanced Camps. Kitchen and Dining equipment for all camps. Catering to extra dietary requirements. Food, fuel, fresh vegetables, fruits, and meat at camps during the expedition. High altitude food and fuel.
- ✔ Cost of Government license holder Discovery World Trekking's experienced and qualified Sherpa climbing leaders, Expedition Manager, Liaison Officer, Porter's, Cooks, Kitchen Helper, Daily Nepali staff's wages, equipment and other costs and allowance. Costs related to tents, lodging, meals, salary, transportation, flights, and their insurances including helicopter rescue provision and other necessary equipment's are also included.
- ✔ Mountain Hardwear high altitude tents while climbing the AmaDablam expedition Emergency Oxygen with regulator and mask and other necessary medical equipment's. All necessary climbing hardware group equipment.
- ✔ Satellite Phone and Walkie-Talkie in case of emergency
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Farewell Dinner

What is Excluded?

- ⊖ International airfare and airport tax.
- ⊖ Medical and personal high risk insurance
- ⊖ Nepal entry visa fees
- ⊖ Personal equipment and climbing gears.

- ☐ Applicable permit fees and custom charge for Sat phone, communication equipment and commercial filming while on AmaDablam expedition.
- ☐ International flight airfare
- ☐ Excess baggage charges
- ☐ Accommodation and meals (breakfast, meal and dinner) in Kathmandu
- ☐ Extra night accommodation in Kathmandu due to early arrival, late departure, early return from trekking.
- ☐ Personal expense such as shopping, snacks for trek, beverages, laundry, telephone call, extra porters etc.
- ☐ Travel insurance
- ☐ Tips for guide and porters
- ☐ Additional costs or delays cause by out of management control for example, landscape, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes etc.
- ☐ Personal clothing and gear

Overview

Ama Dablam Expedition has been gaining tremendous popularity among mountaineering enthusiasts. Climbing one of the world's prominent peak, **Mt. AmaDablam (6,856m/22,494ft)** is the epitome of adventurous mountaineering experience and we assure you 32 days of soulful journey. Our journey begins from our **flight to Lukla (9,000 ft./2740m)** approximately 40 minutes'. Lukla is the gateway to AmaDablam and is based at the foot of Khumbu "Himal" /mountain; from where we will resume the trek to AmaDablam base camp. In between we will come across amazing historical locations like **Monjo, at an altitude of 8380 ft, (2610 m)**. It is one of the UNESCO World Heritage Site since 1979. **Namche Bajar 11,042 ft. (3440 m)**, a prosperous market town and a historic trading hub, which allows you to oversee the sights of glorious mountain peaks throughout the valley. Namche Bazaar - to this date - hasn't forgotten its ancient culture and royal hospitality.

Mountaineers usually have to pitch 3 high camps on their way to mount AmaDablam. The standard ascent to AmaDablam is made via the South-Western Ridge, the same route followed by Ward (UK), Bishop (USA) and Gill (NZ) in the first ascent of the mountain in 1961. The route offers a varied and sustained climb with a reasonable level of difficulty. Three high camps are set up at strategic points. The climb is moderate up to Camp I, then it gets challenging up along the narrow granite ridge. To reach the first camp from base camp, climbers pass the toughest saddle ridges; and then turn north, climbing up through rocky ground and boulders before they reach Camp I. Negotiating pitches of steep ice and snow slopes, the route gets more technical from Camp II. The climbing route from Camp II is mostly steep with mixed alleyways of rock, ice and snow. The route leads to a slope climb to snow ground and then passes through steep snow and ice tunnel, along the snow ridge to reach Camp III. From the third camp, our mountaineers will skirt around the hanging glacier - a sharp ridge and a gap or crevasse at the edge between the ice cliffs, and scale the summit. From the top of mount AmaDablam very charming sceneries of **Lhotse (27,883 ft/8,498 m)**, **Everest (29,035 ft./8,850 m)** and **Makalu (27,838 ft./8,485 m)**, Khumbu Himalayan and the rest of the snowcapped mountains can be envisioned. After scaling the summit, we return back to the base camp. Standing at the world's one of the most prominent peak, is a glorious experience indeed, but it doesn't come easy! Thin Air, excessive wind, gale, harsh weather conditions, rapid climate change, high altitude and vivid situations are some of the variables that shape the experience of scaling Mt. AmaDablam. But, fear not! Let us support you to make your Mt. AmaDablam dream come true! Join the ultimate challenge!

Our expert team of Sherpas will provide you with all the required support, including your acclimatization need. We do an extensive research on weather forecast and use latest gadgets and technologies for climbing and communication. Focusing on team work we aim to have more mountaineers reach the summit. We are renowned for our best quality service in the highest altitude and this includes preparation of nutritious meals too. Along with our regular AmaDablam expeditions, in the coming years, we will be offering customized and tailored programs too.

We vouch for your Health and Safety! Our motive is to provide you with a life time experience that oozes of satisfaction and happiness. We will fill your heart with stories of adventure and kindness that you would love to share with your near and dear ones back home! We are here to serve the mountaineering enthusiasts for a long-long time and your satisfaction and gratification is what we aim for.

Day to Day Itinerary

Day 1

Arrival at Tribhuvan International Airport (TIA), in the capital – (4,593 ft./1400 m) Kathmandu of Nepal.

You are heartily welcome to the Himalayan kingdom of Nepal. Upon arrival at (TIA) and after clearing customs and immigration, you will be welcomed, greeted by our personal representative at the arrival zone (we assure you that our complete team roster at Discovery World Trekking (DWT) is professionally certified and is registered with the government). Then, you can relax and experience a hassle free transfer with our private transportation to your own selected hotel in Kathmandu, centrally and conveniently located in the Thamel area of Kathmandu. We will check in and stay the night at the hotel. Thamel is well known as an exciting tourist hub and has a full range of restaurants and cuisines, gears and souvenir shops, pubs, nightspots and tourist facilities. After resting and refreshing at the hotel, in the evening, we will be meeting and discussing/taking part in the orientation program. After that you are free to explore your vibrant surroundings. Our friendly staffs are always available to provide advice or assistance.

Day 2

Pre-trip meeting

We look forward to a pleasant day in Kathmandu experiencing the ancient history and tradition and we will also thoroughly inspect the expedition gears that we would need and use during the expedition.

Day 3

flight to Lukla(9,000 ft./2740m)approximately 40 minutes'

We will drive to the airport early morning to take our flight to Lukla. After final administration requirements, we'll fly via Twin Otter/Let L-410/ Cessna/ Dornier to Tenzing and Hillary Airport in Lukla (9,000 ft./2740m) approximately 40 minutes' flight. The scenic 40 minutes' flight to Lukla offers the panorama of the peaks like Langtang and the Annapurna Himalayan Ranges. Lukla is the gateway to Ama Dablam and is based at the foot of Khumbu "Himal" /mountain; from where we will resume the trek to mount Ama Dablam. We will trek 200m downhill to Thado Koshi River and cross a suspension bridge where the view of Mt. Kusum Kangru looks amazing.

Continuing our trek, we will cross a small Buddhist village called Ghat which will lead us to Phakding (2,650m/8,690 ft)-3 hours. Phakding is a small village in the Khumbu region itself. It lies in the Dudh Kosi river valley just north of Lukla and south of Monjo, at an altitude of 8380 ft, (2610 m). It is one of the UNESCO World Heritage Site since 1979. The trail starting at Lukla to Phakding is often the main stopping point for trekkers on their way to Mount Ama Dablam as well as Mount Everest.



Overnight at the lodge in Phakding.



Includes meals (B+L+D).

Day 4

Trek to Namche Bazaar (3,440m/11,285 ft) 6 hrs.

Trek from Phakding to Namche Bazar 11,042 ft. (3440 m). Namche Bazaar is the staging point for expeditions to Mount Ama Dablam and other Himalayan peaks in the area. Our day begins from crossing many suspension bridges over the Dudh Koshi River. We will be trekking in a forested trail which leads us to a small Sherpa village; Monjo. As we continue trekking, we will arrive at the entrance of Sagarmatha National Park check post and have our permits registered. The trail climbs through dense forests making it challenging for us. We will also get the first sight of Mt. Everest. Trekking further, we will finally arrive at Namche Bazaar; the gateway to Everest.



Overnight at the lodge



Included meals (B+L+D).

Day 5

Rest day and Acclimatization at Namche Bazaar

Acclimatize in Namche Bajar, a prosperous market town selling everything from Tibetan artefacts to trekking and climbing equipment's. The visitor center at park headquarters has detailed information on various climbs in the area, memorabilia from different mountaineering expeditions, and information on the lifestyle and culture of the Sherpa people. Trekkers are free to explore Namche Bazaar which is a famous town comprising of numerous cafes and restaurants with Wi-Fi, souvenir and gear shops. Additionally, we have an optional hike to visit the Sagarmatha National Park visitor center and a remarkable hike to Khunde and Khumjung. There is also a Sherpa settlement which is an hour away from Namche Bazaar. We will also be hiking up to Everest View Hotel, where we'll get a spectacular view of Mt. Everest. We will then head back to Namche Bazaar. A historic trading hub, famous for its homemade yak cheese and butter, Namche is situated on the slope of an arch-shaped mountain, which allows you to oversee the sights of glorious mountain peaks throughout the valley, day and night. Once a capital of Khumbu, where Sherpas from neighboring villages and Tibet would gather to trade commodities, and would display their traditional arts and crafts, Namche Bazaar - to this date - hasn't forgotten its ancient culture and royal hospitality. After a relaxing acclimatization, we'll brace ourselves for the trek next day.



Overnight at the lodge



Included meals (B+L+D).

Day 6

Trek to Tengboche (3,855m/12,850ft) 5 hrs.

5 hours trek to Tengboche. We'll walk to the beautiful village of Khunde 12,400 ft. (3,780 m), one of the largest villages in the Khumbu and home of Sir Edmund Hillary's hospital and school. The day's walk is moderate and pretty, winding through thick cedar forest. On our way upwards, we will also come across the village of Thame 12,464 ft. (3,800 m), off the main trekking path. This gives us an intimate view of the Sherpa culture. Interestingly many world-famous Sherpa's have come from this region.

Vistas from Tengboche are spectacular! The pointed peaks of Thamserku and Kangtega stand to our south as Everest, Lhotse, Nuptse, and AmaDablam are visible to the north. Views from this locale (one of the finest on earth), include Kwangde (20,293 ft./6,185 m), Tawachee (21,457 ft./6,540 m), Nuptse (25,843 ft./7,876 m), Lhotse (27,883 ft./8,498 m), Everest (29,035 ft./8,850 m), AmaDablam (22,487 ft./6,854 m), Kantega (22,235 ft./6,777 m), and Thamserku (21,674 ft./6,606 m).



Overnight at Guesthouse

Day 7

Trek to Dingboche (4,360m/14,290ft) 5 hrs.

Trek to Dingboche village, which is at 14,468 ft. (4410 m) above sea level. You will be able to see a spectacular view of the farmlands and nature. Traditional Sherpa settlement, nunnery, monastery, "Chortens"- Buddhist shrine, typically a saint's tomb or a monument of the Buddha, Yak and wildlife pastures are the highlights of Tengboche to Dingboche route.



Overnight at Guesthouse

Day 8

Rest day and Acclimatization Dingboche

Acclimatization day. This region has lush trees, birch, conifers and rhododendron forest. Walking trail above Somare and Orsho reward the travellers with a pristine view of the Himalayas. Walking along the Imja valley you will be able to view the scenic Dingboche village.



Overnight at guest house.

Day 9

Trek to AmaDablam Base Camp 15,000ft. (4600 m), 5 hours.

This route has scenic views of the mountainous region. As we trek further AmaDablam appears closer and becomes vividly stunning. Once we reach at the Base camp, we get to see its stunning peaks along with its hanging glacier. The panoramic view of the surrounding mountains are mesmerizing.



Overnight at tented camp.

Day 10

Pre-climb training at AmaDablam Base Camp and acclimatization. Overnight at tented camp.

Day 11

To 24, Expedition period Mt. AmaDablam (6,856m/22,494ft)

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Standing at the world's one of the most prominent peak, is a glorious experience indeed, but it doesn't come easy! Thin Air, excessive wind, gale, harsh weather conditions, rapid climate change, high altitude and vivid situations are some of the variables that shape the experience of scaling Mt. AmaDablam.

Day 25

Fly back to Kathmandu

Day 26

Leisure day in Kathmandu. We will arrange farewell dinner for the team.

Day 27

Trek back to Namche Bazar 11285ft. (3441 m), 6 hours.

Day 28

Trek to Lukla (2,850m/9,350 ft) - 6-7 hrs

Trips Notes

Getting There!

Arrival at Tribhuvan International Airport, in the capital – (4,593 ft./1400 m) Kathmandu of Nepal. We will check in and accommodate at the hotel overnight. We look forward to a pleasant day in Kathmandu experiencing the ancient history and tradition and we will also thoroughly inspect the expedition gears that we would need and use during the expedition. We prepare for our flight to Lukla (9,000 ft./2740m) approximately 40 minutes' flight. Lukla is the gateway to AmaDablamand is based at the foot of Khumbu "Himal" /mountain; from where we will resume the AmaDablamexpedition.

Free Transfer

We provide free airport pickup and drop off services by our private vehicles. Upon arrival, you will be warmly and traditionally welcomed by our Discovery World Trekking crew. You will be offered "Khata" - A khata is a traditional ceremonial scarf in Tibetan Buddhism or a Marigold garland (symbolizing purity, goodwill, auspiciousness and compassion) and then be transferred to your hotel. To efficiently carry out this traditional welcome ceremony, we expect to receive your full flight details of arrival and departure in advance by email.

Accommodation

The AmaDablam Expedition is a 32 day of soulful journey! We will make you feel homely with the warm hospitality of the local people. Discovery World Trekking has good public relations with local service providers in the Himalaya region. Accommodation varies during the expedition. We will be accommodating at hotels/tea houses/lodges/tents during climbing in twin sharing basis and this will indeed be effectively managed. All camping equipment's like tent, dining tent, toilet tent, table and chairs, mattresses will be provided. Mountain Hardware – arrangement of sleeping bags and down jackets and high altitude tents are readily provided.

Meals

The meal package is nutritious, healthy and hygienic. Everyday three meals - breakfast, lunch and dinner will be provided during the expedition. Hotels, lodges and tea houses provide us with fresh, hygienic, tasty and nutritious local or international meals. The menu is usually a combination of traditional local, Asian and western cuisine. We highly recommend liquids, green tea, lemon tea, hot lemon, ginger tea and garlic soup(must) at high altitude for health benefits. Our expedition team also have experienced and highly qualified cook and kitchen helper at Base Camp and Advanced Camps. We provide kitchen and dining equipment for all camps. We readily cater to extra dietary requirements and provide fuel, food, fresh vegetables, fruits, and meat at camps during the expedition. Expect nutritious high altitude food! Meals in Kathmandu are not included in the expedition package. However, there are a wide variety of Nepalese and international cuisine – fine dining/meals/snacks/bar and pubs available for you to choose per your taste.

Best Season

The weather is one of the most important factor for expedition. It is best suited to climb and trek during the spring and the autumn. During the winters and monsoon, expedition becomes difficult due to heavy snowfall, cold temperature and slippery trails.

January – February

This time is the coldest, especially from early January to late February. This is the time of heavy snowfall in the mountain region and can result in extremely cold temperature. During the day time, it's warm with clear blue sky and glistening Himalayas, however, at the night time it gets extremely cold. It is not advisable to trek during this time because Mount Amadablam climb and trek is challenging and the cold temperature, snowfall makes it even tougher!

March – April

The best time of the season for expedition! The weather is highly favorable. Stunning views of the Himalaya ranges and glaciers will be seen. Temperature starts increasing from the mid of March and clear blue sky, glistening snow mountains will be seen at their best. There is a high rate of expedition success during this time of the year!

May – June

This would indeed be the second-best season for expedition. This is also the perfect time for trekking right before the rainfall. Monsoon in this region starts from the end of June until the mid of August. This season of spring and summer makes the expedition much more enjoyable!

July – August

Maximum rainfall! It is not advisable to trek during this season as the trails tend to get slippery and the expedition

difficulty level rises. Flights to Lukla is often cancelled in this season due to bad weather and visibility issues.

September – October

This is also one of the perfect season for expedition! It is in fact the peak time when tourists flock to Nepal. This season boasts a pleasant, favourable weather and a perfect expedition climate. The temperature goes up to 20 °C/68.0 °F in the day time and falls to 5 °C/41.0 °F during the night time. Stunning views of the Himalaya ranges and glaciers will be seen along with a clear blue sky, and glistening snow clad peaks at their best. Another main attraction of this season is the happening aura of the main festivals of Nepal: Dashain and Tihar!

November – December

As winter slowly begins, snow fall gradually covers the Himalaya region making it difficult to trek. Late September and early November is still a busy season for expedition. Day time temperature is stable and constant and it gets extremely cold during night time. The picturesque view of clear blue sky and the snow-clad mountains are phenomenal. Please Note: The weather in the Himalayas can be unpredictable and the temperature may change quickly from day to night.

Acclimatization

We will be acclimatizing in two places. First in **Dingboche village, which is at 14, 468 ft. (4410 m)** above sea level. You will be able to see a spectacular view of the farmlands and nature. Traditional Sherpa settlement, nunnery, monastery, "Chortens"- Buddhist shrine, typically a saint's tomb or a monument of the Buddha, Yak and wildlife pastures are the highlights of Tengboche to Dingboche route. This route also has lush trees, birch, conifers and rhododendron forest. Somare village is the lunch spot of this day trek. Walking trail above Somare and Orsho reward the travellers with a pristine view of the Himalayas. Walking along the Imja valley you will finally reach the Dingboche village. Secondly, at **AmaDablam Base Camp 14,500 ft. (4,570m)** - a wonderful grassy expanse below one of the world's most iconic mountain profiles. AmaDablam base camp allows you to visit Everest view point and Tengboche at the same trip. It is the most preferred range by mountain climbers and the hanging glacier indeed adds to its importance and beauty! Our expedition crew stocks our AmaDablam Base Camp with food, provisions and all the necessary climbing gear and medical supplies while the climbing team members are on their acclimatization hike. We use our AmaDablam Base Camp as the base station for AmaDablam expedition in Nepal.

Altitude, and Altitude Sickness:

You must have read or heard about altitude sickness amongst mountaineers. It is simply less oxygen in air and surrounding atmosphere, which increases with the increase in elevation. It is also called mountain sickness or acute mountain sickness (AMS). Altitude sickness is very common and is likely to happen to anyone during the expedition, hence our team of Sherpas' are well equipped, experienced and prepared to prevent, deal with and treat this. However, you need to be aware of the symptoms so that you're able to immediately get help from our Sherpa's. The common or mild symptoms of Altitude Sickness are:

- Slight Headache
- Tiredness and Dizziness
- Shortness of Breath
- Loss of Appetite
- Nausea or Vomiting
- Upset Stomach
- Swelling
- Fatigue

These common symptoms indicate a warning sign that you are at the risk of developing an altitude sickness. Our Sherpa's will assist you and help you adapt to the altitude, rest, walk slowly, ascend until you feel better and are ready to resume your expedition.

Symptoms of severe altitude sickness are:

- Severe Headache
- Frequent Vomiting
- Rapid Increase in Heart Beat Rate
- Problem in Vision
- Irritable Cough or Persistent Cough
- Difficulty in Walking
- Irrational Behavior
- Confusion or Lack of coordination with group members
- Breathlessness even after enough resting
- Difficulty in Sleeping

These symptoms develop very soon if the mild altitude sickness is left untreated. Hence, please inform the Sherpa's in the expedition team if you are feeling uncomfortable. A Sherpa or two will support and accompany you to descend immediately to avoid potential life threatening condition like HACE and HAPE. HAPE stands for high altitude pulmonary edema which causes fluid enter into the lung and HAPE refers to high altitude cerebral edema which leads to fluid collects in the brain. You can resume your expedition with the Sherpa's accompanying you once you feel better. Discovery World Trekking has been warmly catering to acclimatization need of its customers. Our professional guides/Sherpas are specialized in altitude related situations and take an effective care of your health of safety and use the rule of thumb - "high climb and sleep low". Please consider that some people are more vulnerable than the others. It is advised that each client purchases mandatory travel insurance policy inclusive of higher elevation rescue and evacuation coverage. Please also keep in mind that we are not insurance policy sellers and do not conduct this as a business. However, we need the insurance documents to easily and speedily conduct rescue operations if required.

A Typical Day on the Expedition

Every day will be rewarding with a unique experience of trekking, climbing enjoying scenery, taking photos and exploring the local villages. During the expedition, we are accompanied by experienced, friendly and qualified expert Sherpa's sharing information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage. However, we will be carrying our small regular day bag pack of 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 day's walk around 7AM to 8AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served 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 have free time to explore nearby places. Dinner is served around 6PM to 7PM. After dinner and before going to bed, we indulge 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 on board 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, Electricity and Battery Recharge during Expedition

Mobile phone coverage is available on most of the routes, but this service may not always be reliable, depending on which network you use. Upon your request, we can provide you with separate local SIM card which gives a good network to talk to family and friends back home! Sometimes at high altitude, there is no network facility or even electricity and battery recharge facility. Nevertheless, almost all lodges/tea houses on the route to AmaDablam base camp have electricity/power for camera and mobile battery recharge is available by paying a small amount of extra fees. Most of the tea houses/lodges have hydroelectricity and some have solar panels too. We highly recommend that you also bring your own solar powered charger.

Extra Personal Expenses on Expedition

Meals and accommodations in Kathmandu must be paid by self. Expedition members bring personal spending money with them to cover the cost of accommodation and food in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, tips to the trekking crew members, souvenirs and other personal expenses. We recommend to bring cash (dollars) which can be easily be exchanged to Nepalese rupees.

Travel Insurance Policy

AmaDablam Expedition trip grade is ranked as moderate to difficult as it entails risk of high altitude climbing, potential altitude sickness and other unforeseen events including sudden climate changes. Travel insurance is a significant part of our booking condition for AmaDablam expedition. All the members of the expedition 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 altitude for expedition members. We can recommend insurance companies to help you but we don't directly get involved in the sale of insurance policy. Members can be refused to be included in the expedition based on insufficient, improper or absence of travel insurance policy. Expedition members are kindly requested to send their detailed insurance information once they book for the expedition. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help etc. Please insure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the expedition.

Passport and Visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival in the Tribhuvan International Airport. Expedition members could also apply online for VISA - www.immigration.gov.np. Visa can be extended at the central immigration office. Visa application requires a minimum of 6 months' passport validity, and a passport size photo.

The current cost of visa fee is US \$40 for 30 days which must be paid in cash. Citizens of China along with the SAARC countries are eligible to receive free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) whose citizens may not receive visa on arrival so please contact your local Nepalese embassy or find information online - www.immigration.gov.np.

Money Exchange

Nepali Rupees (NPR/Rs) 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 security advantage of traveller's cheque, we prefer cash exchange to avoid hassles like a lengthy process and 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 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 four percent or more depending upon the bank. Please note that 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.

Luggage

We provide Yaks and Porters for transportation. (2 Trekkers:1 Porter) Maximum load 20 kg per porter. Expedition members will carry a light back pack for easy access to water, camera, toilet paper, warm layers of clothes and other personal items useful during the trek. Any excess baggage not required during the expedition can be safely kept at Discovery World Trekking office and can be collected after the expedition.

Safety

Discovery World Trekking guarantees our client's safety and security. Health and Safety of our clients is indeed the utmost concern for us too. Our leaders and guides have vast knowledge and extensive first aid training. Altitude sickness is very common and is likely to happen to anyone during the expedition, hence our team of Sherpas are well equipped, experienced and prepared to prevent, deal with and treat this. Our expert team of Sherpas will provide you with all the required support, including your acclimatization need. We do an extensive research on weather forecast and use latest gadgets and technologies for climbing and communication. Expedition members are kindly requested to send their detailed insurance information once they book for the expedition. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for medical help etc. Discovery World Trekking vouches for your Health and Safety! Our motive is to provide you with a life time experience that oozes of satisfaction and happiness. We will fill your heart with stories of adventure and kindness that you would love to share with your near and dear ones back home! We are here to serve the mountaineering enthusiasts for a long-long time and your satisfaction and gratification is what we aim for.

Water during Expedition

We can either buy packed mineral water bottles from local lodges, scarce shops in route to our destination or fill our bottle with boiled water from the tea houses/lodges for a small extra cost. We highly advise you to bring water purification bottles or purification pills/drops.

Trekking Group/Single

The number of group members for the expedition starts from 2 to maximum up to 20 members. The group will be accompanied by Sherpa leaders, and supported by assistant guides and porters.

Equipment Checklist

Equipment's and Packing List for AmaDablam Expedition.

We will only recommend the general must have items and we understand that our clients have their own preference too. We provide Yaks and Porters for transportation. (2 Trekkers:1 Porter) Maximum load 20 kg per porter. Almost all the

required equipment's are also readily available for hire or purchase.

Head

- ☞ Sun hat or Baseball hat (to avoid Sunburn)
- ☞ Winter hat or insulating hat/Wide brimmed hat (to keep yourself warm)
- ☞ Headlight with Extra Batteries

Face

- ☞ Sunscreen
- ☞ Sunglass with UV protection
- ☞ Face/body wipes

Hands

- ☞ Light weight gloves
- ☞ Heavy weight winter gloves

Body

- ☞ T- shirts (bring Light weight wool)
- ☞ Hiking T-shirts
- ☞ Long sleeved T-shirts
- ☞ Hooded rain jacket
- ☞ Fleece jacket
- ☞ Light weight cotton pants
- ☞ Innerwear's
- ☞ Polypropylene innerwear's
- ☞ Down Jacket (Available for rent)
- ☞ Sweaters
- ☞ Water proof jacket and pants
- ☞ Sturdy and Comfortable Foot wear for Walking/Climbing
- ☞ Thick wool socks (+ extra pairs of thick light socks)

Essential gears

- ☞ Backpack or Daypack (Size depends on whether you take porter or not)
- ☞ Thermal bottle
- ☞ Water purification drop/ bottle
- ☞ Trekking pole
- ☞ Sleeping bag (-15 bag is best in the high-altitude expedition)
- ☞ Sleeping Pad (For camping expedition)
- ☞ Tent (only for camping expedition)
- ☞ Cooking and Eating utensils (only for camping expedition)

Toiletries

- ☞ Medium size drying towel
- ☞ Deodorant
- ☞ Biodegradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

And other Personal accessories

- ☞ Watch

 **Notebook and pen**

 **Binoculars**

 **Cell phone**


 **Camera**

Extra Items


 **First Aid Kit**


 **Extra passport photos and photocopies of passport**

Essential Documents

 **We request the following to arrange permits and documents:**

 **A copy of your passport and travel/health insurance documents with contact details, three passport size photos.**

 **Please have a notepad and pen handy to note information's.**

 **Additionally, we recommend that you maintain a separate photocopy of all important documents including traveller'scheques and bank/ATM card contact numbers, insurance policy, international flight tickets, emergency contact numbers etc**



Discovery World Trekking

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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

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Quick Questions? Email Us

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