

# Amadablam Peak Climbing 2024

## Standard Itinerary

### Amadablam Expedition Fixed Departure Itinerary:

#### **13 April/Day 01: Kathmandu**

Arrival in Kathmandu 1350m/4428ft. Airport pickup by a representative of Himalayan Nepal Trek and transfer to hotel on BB plan.

#### **14 April/Day 02: Kathmandu**

Preparation, Briefings at Departments of Tourism, Last minute shopping. Overnight at Hotel on BB plan

#### **15 April/Day 03: Phakding**

Flight from Kathmandu to Lukla; Trek to Phakding 2610m 4 hours. Overnight at Lodge

#### **16 April/Day 04: Namche Bazaar**

Trek from Phakding to Namche Bazaar through colorful Khumbu villages 3440m 6 hours. Overnight at Lodge

#### **17 April/Day 05: Namche Bazaar**

Rest day for acclimatization; you will be hiking to the famous Everest View Hotel 3800m 3 hours to catch a glimpse of Everest; explore Hilary and Sherpa museum at Namche overnight at Lodge

#### **18 April/Day 06: Tyangboche**

Trek from Namche Bazaar to Tyangboche 3860m 5/6 hours. Visit a significant Buddhist monastery. Overnight at Lodge.

#### **19 April/Day 07: Amadablam Base Camp**

Trek from Tyangboche to Amadablam Base Camp 4600m 5 hours overnight at Tented Camp.

#### **20 April 7 May Day 8-26:**

Climbing period Summit Amadablam 6812m. Overnight at Tented Camp.

## **08 May/Day 27: Tengboche**

Return preparation, trek to Tengboche 3860m 4 hours. Overnight at Lodge.

## **09 May/Day 28: Namche Bazaar**

Trek from Tengboche to Namche Bazaar 3440m 4 hours. Overnight at Lodge.

## **10 May/Day 28: Lukla**

Trek from Namche Bazaar to Lukla 2840m 7 hrs. Overnight at Lodge.

## **11 May/Day 30: Kathmandu**

Early morning flight to Kathmandu 35 minutes, transfer to hotel. Evening farewell dinner typical Nepali cultural dance restaurant. Overnight at Hotel on BB plan

## **12 May/Day 31: Departure**

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

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## **Includes and Excludes**

### **Includes**

Cost Per Person \$ 5900 USD<sup>?</sup>

- 4 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 nights hotel in Kathmandu (3-star category) single room on bed and breakfast plan.
- Farewell Diner in Nepali cultural dance restaurant.
- Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge
- Expedition Royalty and a permit fee from the Nepal Government to climb Mt. Ama Dablam Sagarmatha National Park, and Pasang Lhamu Rural Municipality entry permit and fee.
- 1 Government Liaison officer with full equipment, salary, food, and accommodation
- Stool Shipment Transfer & Garbage Deposit fees.

- Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- Trekking and climbing map.
- One Himalayan Nepal Trek Duffle Bag.
- Domestic Flight: Fly from Kathmandu / Lukla anwhile returning Lukla / Kathmandu, as per itinerary.
- All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Lukla by air cargo and Base camp by Porters / Yak) While returning: Base camp to ukla by porters / Yak) and Lukla to Kathmandu by air cargo.
- Up to 60 Kg per member for personal baggage during the trek to be carried by porters or Yaks.
- 3 meals a day (breakfast, lunch, and dinner) including tea and coffee along with accessible accommodation at Hotel/Lodge during the trek and at the base camp. Hygienic and fresh green vegetables, fresh meat, fruits, and soft drinks will be served during the entire expedition.
- Porters per member up to the Base camp and from the Basecamp both ways Lukla to Lukla.
- Experienced and well-trained Base Camp Cook & kitchen Helpers.
- All Nepalese staff & porters' daily wages, salary, equipment, food & clothing.
- Each member will have an individual north-face tent in Base Camp.
- Single Tent, foam mattresses and pillow per member, 1 Dinning Tent, 1 Kitchen Tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staff, Store tents, Tables & chairs & all necessary cooking gear.
- Solar panel for lights at base camp, battery charge, laptop, and other electronic devices.
- Oxygen, Mask Regulator, Ice wall, and gear training at base camp by Sherpa Guide.
- 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
- Climbing Sherpa to assist in carrying your gear to the high camps.
- Climbing Sherpa's Salary, Equipment, Food, and Clothing.
- Carry Bonus of Sherpas and Route Fixing Charges.
- Oxygen bottles will be in stock at base camp in case of an emergency (with an appropriate charge).
- 1 Set of Summit Oxygen masks will be in base camp in case of an emergency.
- High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2), and (C3). Group climbing gears, and fixed and dynamic rope during the climbing period as required.

- Members will share tents in high camps (2 members: 1 tent).
- The team of experienced Sherpas will fix the rope and the route.
- Satellite Phone for emergency communication carried by Sherpa, also available for members with an appropriate charge.
- Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- Walkie-talkie permit for all members and staff.
- Comprehensive Medical kit for members and staff.
- Climbing certificate issued by the Ministry of Culture, Tourism and Civil Aviation (Nepal) after climbing Ama Dablam successfully.

## **Excludes**

- International flight airfare (from and to Kathmandu)
- Nepalese Visa fee is USD 125 for 90 Days.
- Lunch, dinner and Hotel during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary)
- Extra nights' accommodation in Kathmandu, In case of early arrival or late departure, early return from Trekking / Expedition, domestic flight cancellation (due to any other reason) than the scheduled itinerary
- Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.)  
Mandatory
- Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear
- Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- Special Filming, Camera, and Drone permit fee.
- INTERNET SERVICE: Not included during the trek and the expedition.
- Summit bonus for climbing Sherpa - Minimum 800 USD.
- Calculate some tips for Basecamp and high camp staff – Minimum 350 USD.



**MAKING THE MOST OUT  
OF YOUR HOLIDAY!**

Budanilkantha, Kathmandu

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- Any other services or activities, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.
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