Discovery World Trekking



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Ama Dablam Base Camp - 13 Days

13 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1280
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/ama-dablam-base-camp







If you seek adventure among the mountains, this trek is the one for you. This alternative trek in the Everest region allows you to witness the immense beauty of the Himalayas while passing through the famous Kongma La Pass and reaching Mount Ama Dablam Base Camp. It is the best trek option for adventurers seeking unforgettable views of the Himalayan range in the Khumbu region.

TRIP FACTS

Destination	Nepal
Grade	Challenging
Accomodation	Hotel/Lodge/ Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec
Activity	Everest Treks
Max. altitude	Kongma La (5,535m / 18,159ft)
Activity per day	Approximately 4-6 hrs walking
Meals included	All meals (breakfast, lunch & dinner) during the trek
Start / end point	Kathmandu / Kathmandu

PRICE

US$ 1280

per person, for 2 to 3 people

The full price is US$ 1750. You save US$ 470 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1280
4 to 7	US$ 1230
8 to 13	US$ 1180
14 to 21	US$ 1130

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights

- The exquisiteness of one of the world's prominent peaks, 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)
- Ama Dablam Base Camp (4,600m)
- Explore the culture and lifestyles of the local Sherpas
- UNESCO World Heritage Site - Sagarmatha National Park
- The famous Sherpa monastery at Tengboche
- Rare animals such as snow leopard, musk deer, wild yak, and Himalayan black bear

Ama Dablam Base Camp Trek Overview

The Ama Dablam Base Camp Trek is a breathtaking journey into the heart of the Everest region, offering an up-close view of one of the world's most striking mountains. Ama Dablam, often called the "Matterhorn of the Himalayas," stands at 6,812 meters, its distinctive pyramid shape dominating the skyline. The base camp, situated at 5,120 meters, provides a unique vantage point of the mountain's south face, where climbers prepare for their ascent. Unlike Everest Base Camp, this trek offers a quieter, more intimate experience, immersing trekkers in the mountaineering atmosphere of the Khumbu region.

The route begins with a dramatic flight to Lukla, followed by a trek through lush valleys, dense forests, and high-altitude landscapes. Crossing the Dudh Kosi River on suspension bridges, you gradually ascend through Namche Bazaar, the vibrant Sherpa capital, and continue toward Tengboche Monastery, a spiritual hub with panoramic views of Everest, Lhotse, and Ama Dablam. The journey showcases the diverse geography of the region, transitioning from rhododendron forests to alpine meadows, with towering peaks framing every step.

The trek begins with a scenic flight to Lukla, followed by a trek through Sherpa villages like Phakding and Namche Bazaar, where trekkers acclimatize and explore local culture. Passing Tengboche Monastery, the journey ascends toward Pangboche and further north to Chhukung and then crosses the Kongma La Pass before reaching Lobuche, from where you can get fantastic views of Everest and Kala Patthar. You will descend from Lobuche, passing Pheriche, and back to Pangboche. From Pangboche, you will head east towards Ama Dablam Base Camp, offering stunning views of its south face. The return route retraces the scenic landscapes, with overnight stops in Namche and Lukla, before the final flight back to Kathmandu, concluding this high-altitude adventure.

This 13-day adventure is perfect for those seeking a challenging yet rewarding trek, blending cultural immersion, high-altitude trekking, and unparalleled mountain views. Whether standing beneath Ama Dablam's towering ridges or witnessing the spiritual traditions of the Sherpa people, this trek delivers an unforgettable experience in the Himalayas.

Day-to-Day Short Itinerary

Day 1 Flight from Kathmandu/Manthali to Lukla. Trek to Phakding (2,650m). Trek time: Approx. 3 hrs.

Day 2 Trek from Phakding to Namche Bazaar (3,440m). Trek time: Approx. 6 hrs.

Day 3 Rest day and acclimatization at Namche Bazaar.

Day 4 Namche Bazaar to Deboche (3,820m). Trek time: Approx. 5 hours.

Day 5 Deboche to Dingboche (4,360m). Trek time: Approx. 7-8 hours.

Day 6 Dingboche to Chhukung (4,730m). Trek time: Approx. 7-8 hours.

Day 7 Rest Day to Relax and Acclimatize at Chhukung.

Day 8 Trek from Chhukung to Lobuche via Kongma La (5,535m). Trek time: Approx. 7-8 hours.

Day 9 Lobuche to Pangboche (3,985m). Trek time: Approx. 6-7 hours.

Day 10 Pangboche to Ama Dablam (5,120m) back to Pangboche. Trek time: Approx. 6-7 hours.

Day 11 Pangboche to Namche Bazaar (3,440m). Trek time: Approx. 5-6 hours.

Day 12 Namche Bazaar to Lukla (2,850m). Trek time: Approx. 6-7 hours.

Day 13 Fly back to Kathmandu/Manthali. Flight time: Approx. 40 min for KTM/20 min for Manthali. Drive time: Approx. 5 hrs from Manthali to KTM.

Ama Dablam Base Camp Trek Itinerary

DAY 1

Flight from Kathmandu/Manthali to Lukla. Trek to Phakding (2,650m / 8,562ft)

Trek Distance 6.2km /3.8miles Flight hours 40/20 Minutes Highest Altitude 2,850m / 9,350ft
Trek Duration 3 hours

During the trekking seasons (March, April, May, September, October, and November), due to congestion at Tribhuvan International Airport (TIA) in Kathmandu, **flights to Lukla may be redirected from Manthali.** To catch the early morning Lukla flight from Manthali, we'll pick you up from your hotel around 12:30 am for a 5-hour drive to Manthali Airport. The subsequent 20-minute flight from Manthali will take you to Lukla.

You can hire a helicopter from Kathmandu to Lukla to avoid the Kathmandu-Manthali-Lukla route. It comes at an approximate cost of 550 USD per person when shared among five individuals.

In December, January, February, June, July, or August, your flight from Kathmandu to Lukla will be direct. After breakfast, we'll take you to Tribhuvan International Airport (TIA) for a picturesque 40-minute flight to Tenzing Hillary Airport in Lukla. From Lukla, you will hike for approximately 3 hours to reach Phakding, passing through smaller villages - including Chaurikharka.

Phakding is the starting point for all Everest region treks, and the Phakding market is full of shops selling gear and souvenirs, cafes, restaurants, and other facilities. After reaching Phakding, you are free to explore this town. Do not skip visiting Rimishung Monastery.

Overnight stay at Khumbu Travel lodge (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

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

Trek Distance 11km / 6.8miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hours

After a warm cup of tea on a chilled morning, we begin our actual hike today. We continue along the northern bank of the Dudh Koshi River crossing 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 register our permit at Sagarmatha National Park and follow the trail through a dense jungle. From this jungle, we get the **first views of Mount Everest.** We will continue hiking until we reach **Namche Bazaar** - the gateway to Everest.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Rest day and acclimatization at Namche Bazaar

We **acclimatize** at **Namche Bazaar** to cope with the thinning air. Namche Bazaar offers a wide range of facilities. From hotels and restaurants to souvenirs and gifts shops, Namche has almost everything available in the city areas.

Even though it is an acclimatizing day, you will not stay idle. You can have an optional yet suggested hike to the Khumjung and visit th**e Sagarmatha National Park Visitor Center.** Similarly, you can also visit the **Hillary school** and **old monasteries** on your way to Khumjung.

As you hike up to Khumjung, you will pass by a famous monastery that people believe houses a **Yeti-scalp**. Furthermore, you will also visit one of the world's highest airports - **Syangboche Airport.** If you want to view mount Everest some more, you should **trek to Everest View Hotel.** To conclude the day on a fine note, you can enjoy the bakery products from famous bakeries in Namche.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

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

Trek Distance 9km / 5.4miles Highest Altitude 3,820m / 12,533ft Trek Duration 5 hours

Today, we trek to **Deboche** on a trail full of uphills and downhills. The splendid views of the Himalayas and the chances of spotting high-altitude animals mean you will complete the trek without even realizing it.

When you reach **Phunki Tenga**, you will find yourself surrounded by picturesque mountains like Everest (8,848 m), Ama Dablam (6,812 m), Lhotse (8,516 m), Nuptse (7,861 m), and Thamserku (6,623 m).

The trail passes through Tengboche Monastery, also called the "**Monastery on the top of the hill.**" It is the largest Gompa in the Khumbu region. We will loosen up at the monastery for a while. Then we will continue until we reach Deboche.

Overnight stay at Paradise Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

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

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

We head to Dingboche through several villages - including the **Pangboche (3,985m),** past many stupas and mani walls while enjoying the magical views of the Himalayas. We will witness the up-close view of Ama Dablam (6,812m) from the path.

The trek becomes lighter as we enter the **Imja Valley,** following the Lobuche River. We descend to the river and then climb a steep uphill to Dingboche (4,360m). **Dingboche**, also known as **the summer valley of Khumbu**, comprises of fields enclosed by stone walls protecting crops like barley, buckwheat, and potatoes. The view from Dingboche is impressive, with the Himalayas surrounding the entire valley.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

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

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

We start this day early. 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. The trail is a little difficult, but it should not be tough.

As you trek to Chhukung, you pass by several Buddhist stupas with prayer flags stretching across. If you manage to hike early, you can 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.**

Overnight stay at the best possible lodge/hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Rest Day to Relax and Acclimatize at Chhukung

Chukkung village is a bucket of wonders, and it also serves as an **alternative acclimatization point for Everest Base Camp trekkers.** This village provides spectacular views of **snow-capped mountains, rivers,** and **glaciers.**

You also have the option to hike to Chukkung Ri, from where you can get exceptional views of Mount Lhotse (8,516m), Island Peak (6,189m), Ama Dablam (6,812m), Makalu (8,463m), and others. We will also be following the principle of trekking hike high and sleep low. A blend of extraordinary landscape and people, Chukkung is a great place to adjust to the elevation while relaxing the body.

Overnight stay 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)

Highest Altitude 5,535m / 18,159ft Trek Duration 7-8 hrs

We start our trek early to traverse through one of the most famous passes of this trek - Kongma La Pass. **Kongma La Pass (5,535m)** can be challenging with heavy snow on the trail. Though the hike will be challenging, the views will be equally rewarding.

Situated right behind Chukkung, we pass through a small stream that leads us to a landslide trail. Moving ahead of this steep trail, we come across a hill from where the **views of Dingboche and Tengboche** look exceptional.

As we continue our hike, we face the hardest part of the trek- just before reaching Kongma La Pass. From the pass, on one side, you will see **Kongma La** Lake **surrounded by several snow peaks,** and on the other side, you see the **Lobuche Village** along with Khumbu Glacier.

We climb up the moraine and then walk past the Khumbu glacier for an hour to reach Lobuche. The view from Lobuche is especially alluring, with Kala Patthar and Mount Everest dazzling in the setting sun. The shimmering mountains will make you forget the hardships you faced during today's trek.

Overnight stay at Himalayan Eco Resort
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

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

Trek Distance 16km / 10miles Highest Altitude 4,930m / 16,175ft Trek Duration 6-7 hours

As you get closer to the destination, the excitement increases, and you will find yourself a little excited. From Lobuche, we start fresh and eager to step on **the foothills of Mount Ama Dablam.** On the adventurous trail, you will move further to Pangboche. The walk should be comfortable compared to the previous day. You might even see yaks bathing in the river or grazing in the meadows. We halt at Pangboche and prepare for our final ascent to the base of Ama Dablam.

Overnight stay at the best possible lodge/hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Pangboche to Ama Dablam (5,120m /16,797ft) back to Pangboche

Trek Distance 6 to 7 hrs Highest Altitude 5,120m /16,797ft Trek Duration 6 to 7 hrs

The way from Pangboche to Ama Dablam Base Camp is divinely beautiful while offering a thrilling experience. As you get closer to Ama Dablam, you can observe the details of this mountain and understand the reason behind its name - '**Mother's Necklace**".

For trekkers, **Ama Dablam Base Camp trekking is one of the most sought-after and enjoyed alternatives** to the Everest Base Camp trek. We cross Imja Khola before starting with the ascent to Ama Dablam from Pangboche. You will reach the base camp in no time and enjoy the views from the top.

The **scenic beauty of Everest (8,848m), Amadablam (6,812m), Lhotse (8,516m), Kantega(6,782m),** and other peaks will impress you beyond your imagination. 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 fresh memories of the base camp. However, the trail back to our home awaits.

Overnight stay at the best possible lodge/hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

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

Trek Distance 5.9km / 3.6miles Highest Altitude 3,985m / 13,075ft Trek Duration 5-6 hrs

The trail from **Pangboche to Namche Bazaar is mostly downhill.** It will be no surprise that you might wonder how you climbed all those steps.

With the views of vibrant color of prayer flags and elegant Stupas, the tip of Mount Everest, and the back of Mount Lhotse, this hike will be as memorable. We halt at Namche Bazaar for this day and enjoy a variety of cuisines. After all, we deserve something delicacy for accomplishing this trek.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 12

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

Trek Distance 13.5km / 8.3miles Highest Altitude 3,440m / 11,285ft Trek Duration 6-7 hrs

This day will be the last day on the trails. We trek through small villages and narrow forests, passing through the thrilling suspension bridges. As you continue your trek, you will reach **Benkar**, and little ahead lies **Phakding.**

However, we continue our trek past Phakding to Toktok. The views from **Toktok** are unique and enticing. While appreciating these views, we hike forward to reach **Lukla.** Lukla is the starting and ending point for the trails in the Everest region, and it is just the right town for this.

Overnight stay at Hikers Inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 13

Fly back to Kathmandu/Manthali

Flight hours 40/20 Minutes

After returning to Lukla, **you will fly to Manthali or Kathmandu,** depending on the ongoing trekking season. If your trek is in March, April, May, September, October, or November, you'll board a plane to Manthali, followed by a five-hour drive to Kathmandu. For the remaining months (December, January, February, June, July, and August), you will fly from Lukla to Kathmandu directly.

Should you choose to bypass the Lukla-Manthali-Kathmandu route, you can team up with four other individuals to collectively **book a helicopter,** incurring an additional cost of around 550 USD per person.

With no more uphills or downhills to conquer, you can enjoy your journey back in complete peace. With a heart filled with pleasant memories, your trek will conclude in Kathmandu. You can wander in and around the alleys of Kathmandu on your own and end the day with good food and a little music.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Domestic flights (Kathmandu – Lukla – Kathmandu) tickets and airport departure taxes
- Private transportation to and from Kathmandu Airport and your hotel

Accommodations

- Total 12 nights. Five nights at Lukla, Phakding, and Namche (3N), room with private attached bathroom. Seven nights in standard rooms Deboche, Dingboche, Chhukung (2N), Lobuche, Pangbohe (2N). Twin sharing room.

Food

- All standard meals (13 Lunches, 12 Dinners, and 13 Breakfasts) during the trek.
- Water purification tablets for safe drinking water
- Seasonal fresh fruits every day

Guide and Porter

- Government-licensed English-speaking Discovery World Trekking experienced and qualified trek leader. (1 assistant guide for a group of 12 or more). Porters to help trekkers' luggage. One porter for every two trekkers. Per trekker luggage weight limit is 9 kg.
- Guide and porters' costs: their meals, insurance, salary, lodging, transportation, flight, and other necessary equipment

Trek Permits and Expenses

- Sagarmatha National Park entry permit fee
- Khumbu Pashang Lhamu Rural Municipality fees.
- All government and local taxes and official expenses

Medical Assistance

- Arrangement of rescue operations in case of complicated health conditions (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenir - company T-shirt & Cap

Farewell

- Discovery World Trekking trek appreciation of certificate after the successful trek
- Farewell dinner in Kathmandu at the end of the trek.

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight airfare

Accommodations

- All accommodation in Kathmandu, before and after we start the journey.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek

Food

- All meals in Kathmandu, before and after we start the journey.

Guide and Porter

- Tips for guide and porters

Visa

- Nepal entry visa fees at Tribhuvan International Airport (paid in cash)

Travel Insurance

- Travel insurance, which has to cover medical treatment, and emergency high-altitude rescue and evacuation (compulsory)

Personal Expenses

- Personal expenses (boiled/bottled water, hot (tea, coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters, shopping, snacks, etc
- Personal clothing and gear

Other Expenses

- Excess luggage charges (limit is 9kg per trekker), one porter for every two trekkers
- Additional costs or delays caused due to circumstances beyond our control, for example, bad weather conditions, landslides, itinerary modification due to safety concerns, illness, change of government policies, strikes, etc
- All costs and expenses not listed in the "cost includes" section above

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Packing List

We recommend you carry the basic clothing and accessories needed for the trek. We assign one porter for two trekkers. Hence, please find a fellow trekker and pack both of your belongings in a duffle bag with a capacity of over 60 liters. The luggage weight limit is 9 kg per trekker. However, we expect you to carry a regular backpack to carry your essentials. To help you pack the essentials, we have created this packing list.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag rated for around -5°C to -10°C
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronis and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

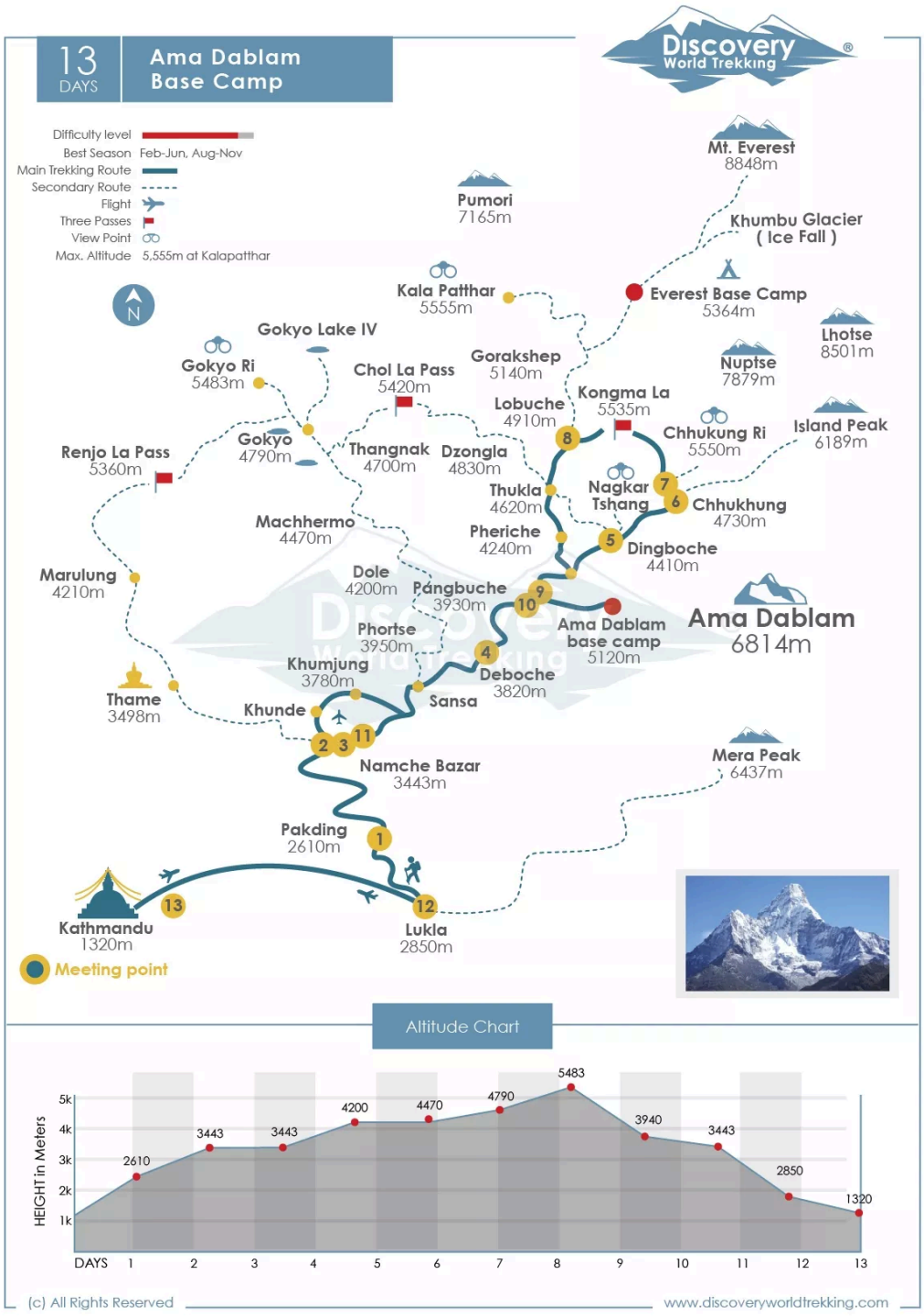
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don't have your own

Route Map


13 DAYS
Ama Dablam Base Camp
Discovery World Trekking
Difficulty level
Best Season Feb-Jun, Aug-Nov
Main Trekking Route
Secondary Route
Flight
Three Passes
View Point
Max. Altitude 5,555m at Kalapatthar
Mt. Everest 8848m
Pumori 7165m
Khumbu Glacier (Ice Fall)
Kala Patthar 5555m
Everest Base Camp 5364m
Lhotse 8501m
Gokyo Lake IV
Gokyo Ri 5483m
Chol La Pass 5420m
Gorakshep 5140m
Nuptse 7879m
Kongma La 5535m
Lobuche 4910m
Island Peak 6189m
Chhukung Ri 5550m
Renjo La Pass 5360m
Gokyo 4790m
Thangnak 4700m
Dzongla 4830m
Thukla 4620m
Nagkar Tshang
Chhukhung 4730m
Machhermo 4470m
Pheriche 4240m
Dingboche 4410m
Marulung 4210m
Dole 4200m
Pangboche 3930m
Ama Dablam 6814m
Ama Dablam base camp 5120m
Phortse 3950m
Khumjung 3780m
Deboche 3820m
Thame 3498m
Sansa
Khunde
Namche Bazar 3443m
Mera Peak 6437m
Pakding 2610m
Kathmandu 1320m
Lukla 2850m
Meeting point
Altitude Chart
HEIGHT in Meters
5k
4k
3k
2k
1k
DAYS 1 2 3 4 5 6 7 8 9 10 11 12 13
2610
3443
3443
4200
4470
4790
5483
3940
3443
2850
1320
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Trip Notes

Arrival, Welcome, and Ama Dablam Base Camp Trek Start

When you arrive at the Tribhuvan International Airport in Kathmandu, our representative holding a placard with your name will greet you with a traditional marigold garland and take you to your hotel. The trek begins with a flight from Kathmandu/Manthali to Lukla, which is included in the package.

During the peak trekking seasons (March, April, May, September, October, and November), flights from Tribhuvan International Airport (TIA) to Lukla may be redirected to Manthali Airport due to heavy traffic. On the day of your trek, our guide will pick you up from your hotel around 12:30 am for a five-hour drive to Manthali. From there, you'll take a 20-minute flight to Lukla.

In the off-season (December, January, February, June, July, and August), you'll fly directly from Kathmandu to Lukla in a 40-minute flight. On the departure day, we'll take you to Kathmandu Airport early in the morning.

Ama Dablam Base Camp Accommodations

During the Ama Dablam Trek, trekkers will stay at local lodges and teahouses, with 12 nights at comfortable accommodations. You'll stay in rooms with private attached bathrooms at Lukla, Phakding, and Namche for five nights.

The remaining nights will be in standard twin-shared rooms in areas like Deboche, Dingboche, Chhukung (2N), Lobuche, and Pangboche (2N). You can use hot showers, electricity for charging devices, and Wi-Fi at trek lodges by paying small service fees.

You will require two-night stays in Kathmandu before and after the trek, but this package does not include these. Kathmandu has a wide range of hotels for all budgets and interests.

Ama Dablam Base Camp Meals

The trek includes 13 breakfasts, 13 lunches, and 12 dinners featuring local, traditional, and Western dishes. All meals are on a full board main-course basis. Breakfasts include options like Tsampa Porridge, pancakes, eggs, and hot drinks. Lunches and dinners offer a variety of items such as momo (dumplings), dal bhat, thukpa, sherpa stew, pizza, pasta, and more.

All personal bills (alcoholic, hot (tea/coffee), and cold drinks) in tea houses/ lodges or cafes, except standard meals mentioned (including breakfast, lunch, and dinner with seasonal fruits) are excluded from this package.

We highly recommend you take fresh vegetables and enough liquids - green tea, lemon tea, hot lemon, ginger tea, and garlic soup (must) at high altitudes. You will also have enough non-veg options, but we do not recommend them for hygiene concerns.

Similarly, we request you avoid dairy items and alcoholic, caffeinated, and chocolate drinks at high altitudes.

Luggage Limit in Ama Dablam Base Camp Trek

Your luggage limit is 9 kg, which will be carried by porters (one porter for every two trekkers). Our porters will carry up to 18 kgs of combined luggage. Please team up with a fellow trekker and pack your things in a duffle bag of over sixty liters. We expect you to carry a small backpack with valuables, important documents, and frequently used items. You can store extra luggage at your hotel or our office store.

Facilities and Essentials during Ama Dablam Base Camp Trek

- **Water**

We advise you to carry a water bottle and buy boiled or filtered water from lodges. You can buy bottled water along the route, but it is not environmentally friendly, and some trek regions may not allow this. Further, you should use water purification pills before drinking. Do not drink directly from taps, wells, and rivers. If you do not have purification pills, ask our team.

- **Communication**

You can buy a local SIM in Kathmandu. However, depending on your network carrier, signals may not be strong enough in remote high altitudes. Discovery World Trekking office stays in contact with all the trekking groups at least once daily via a trek leader to ensure safety and smooth progress. Moreover, we are always ready to handle any issues that arise.

Travel Essentials during Ama Dablam Base Camp Trek

- **Visa**

All foreigners, except Indians, require a visa to enter Nepal. Fortunately, the Nepal government provides on-arrival visas for most citizens. You can get on arrival at Tribhuvan International Airport or immigration checkpoints along Nepal's borders. For the visa, you will need a passport with at least six months of validity, a passport-size photo, and visa fees. The current visa fee is USD 50 for a 30-day stay. Please visit the Nepal government immigration site at https://www.immigration.gov.np/en.

- **Travel Insurance**

Travel insurance is mandatory and must cover healthcare and emergency helicopter evacuation up to 5,500 meters. Be sure to check with your insurer to confirm that helicopter evacuation is included in your policy. Do not just rely on what insurers say on their website.

- **Currency Exchange**

The legal currency in Nepal is the Nepali Rupee (NPR). The exchange rate is approximately 1 USD = 138 NPR. Bring major currencies like USD, GBP, or EUR and exchange them in Kathmandu. We recommend using legal money exchanges in Kathmandu for a smooth process. You can also withdraw NPR from ATMs in Kathmandu, but note that withdrawal fees may apply. If you have Indian Rupees, only INR 100 notes are legal in Nepal.

- **Extra Expenses**

This package only covers major costs during the trek. However, it does not cover all costs. You'll need additional funds for drinks (hot (coffee/tea), cold, or alcoholic), snacks, souvenirs, extra meal courses, and tips. We recommend you budget around USD 15 per day for personal expenses. Since trek regions do not have money exchanges, you need to exchange your currency in Kathmandu before heading for the trek.

Best Time for Ama Dablam Base Camp Trek

The best trekking seasons for this trek are spring (March-May) and autumn (September-November). These seasons provide clear skies, mild temperatures, and stunning views. During spring, high-altitude temperatures range from 20°C during the day to -5°C at night, and in autumn, it can reach 25°C during the day, with nighttime lows of -10°C.

We also operate treks in summer (June-August) and winter (December-February). In summer at higher altitudes, temperatures reach 27°C, dropping to 5°C at night. Winter temperatures can rise to 15°C during the day and drop to -20°C at night. Summer comes with monsoon rain, making lower trails slippery and causing potential flight delays, while winter brings heavy snow and freezing temperatures at higher elevations.

Flight Delays during Ama Dablam Base Camp Trekking

In case of flight delays to and from Lukla, your flight will be rescheduled. If you have limited time, you can book a helicopter flight for over USD 550 for a shared flight (5 persons sharing). We recommend adding two extra days to your itinerary for potential delays.

Typical Day during Ama Dablam Base Camp Trek

Trekking begins after breakfast, around 7-8 am, followed by a 3-4 hour walk. You will have lunch around midday on the way to your next destination. After lunch, we will have an hour of rest before continuing on a shorter afternoon walk of about two/three hours.

Upon arriving at your lodge/tea house, you'll have snacks and free time to explore. Dinner is at around 6-7 pm, followed by a briefing from your guide for the next day's trek. You can unwind with board games, socialize, or learn a few words in Nepali before hitting bed.

Ama Dablam Base Camp Trip Conclusion

- **Farewell Dinner**

After the trek, we will organize a farewell dinner in Kathmandu to celebrate your achievements. It's also an opportunity to share feedback on your experience. Later, we will present you with the trek achievement certificate.

- **Departure**

We will provide a private vehicle to drive you to Tribhuvan International Airport for your departure. Please provide us with your hotel name, room number, and departure time for this service. We hope you'll return for future treks!

Ama Dablam Base Camp Trek Bookings

- **Private Treks**

We only conduct private treks and do not add other travelers to your group. For groups of more than twelve, we will add an assistant guide.

- **Safe Trek Bookings**

Discovery World Trekking is a Nepal-government-authorized trekking operator and a member of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). A 10% advance payment confirms your booking, which you can pay via bank transfer, credit card, Wise, or Western Union. After booking, please send your necessary documents (passport copy, photos, travel insurance, and flight details) within one week. You can pay the remaining amount after arriving in Nepal, using cash, bank transfer, Wise, Western Union, or credit card. We will provide detailed payment instructions.

- **Last-Minute Bookings**

For last-minute travelers, we can accommodate bookings with all necessary documents and travel insurance in place. Contact us directly to confirm availability. For last-minute treks, we require full payment 24 hours before departure. Please note that last-minute bookings may face delays due to circumstances beyond our control, such as weather, landslides, or limited accommodations. For more information, call Paul at +977-9840055491 or email info@discoveryworldtrekking.com.

- **Flexible Schedule**

While this EBC trek has fixed departure dates from Kathmandu, we can adjust the schedule to suit your specific needs. If your preferred departure date doesn't align with the fixed dates, let us know, and we will work to accommodate your request.

- **Trip Extension**

If you wish to extend your stay in Nepal, we can recommend additional adventures like sightseeing, the Chitwan jungle safari, and other treks.

DWT Family

Our experienced, government-licensed guides and Sherpas will accompany you every step of the way to ensure a memorable trek. Our guides are trained in wilderness first aid, experienced in rock climbing, and speak English. They come from the high Himalayas. We cover their insurance, food, and lodging during the trek. They get medical care when ill. We believe keeping happy staff members will provide you with a great experience.

Ecotourism Practices

We prioritize eco-friendly practices, such as reducing plastic waste and using reusable water bottles, and collaborate with local lodges to support communities. In partnership with the Kathmandu Environmental Education Project (KEEP), we organize eco-friendly trips that benefit travelers and local communities. We adhere to the policy of leaving only footprints behind in the trek regions.

Tipping Culture

Tipping is a respected custom in Nepal. We suggest tipping as a group at the end of your trek (for the guide and porters). The tip amount is entirely up to you and can vary based on your perception of service quality, the length of the trip, your budget, and the trek cost.

We look forward to guiding you on the unforgettable trek to Ama Dablam Camp through some of the most dazzling landscapes on the planet.

FAQs For Ama Dablam Base Camp

GENERAL INFORMATION

What are the age restrictions for the Ama Dablam Base Camp (ADBC) Trek?

There aren't strict age restrictions for the Ama Dablam Base Camp Trek, but we recommend this trek for 16 and above-aged children. The trek involves challenging terrain and high altitude, which might be tough for younger children.

What is so captivating about Ama Dablam treks?

The Ama Dablam treks are captivating due to the stunning views of the iconic Ama Dablam peak, often called the "Matterhorn of the Himalayas." The trek also immerses you in Sherpa culture, with opportunities to explore remote villages, ancient monasteries, and the breathtaking landscapes of the Khumbu (Everest) region.

When can I see Mt. Ama Dablam for the first time during the ADBC trek?

You'll catch your first glimpse of Mt. Ama Dablam on the second day of the trek as you hike from Phakding to Namche Bazaar. The view of this majestic peak will become more prominent as you ascend towards Namche Bazaar, giving you a taste of the stunning scenery that awaits you further along the trek.

Can I customize my Ama Dablam Trek itinerary?

Yes, you can customize your Ama Dablam Trek itinerary to fit your preferences, including adjusting the duration, and route, and adding any additional activities you'd like to include.

Is a private trek available for the Ama Dablam Base Camp?

Yes, private treks are available for the Ama Dablam Base Camp Trek.

What are the benefits of choosing a private Ama Dablam Base Camp trek?

A private Ama Dablam Base Camp trek offers a personalized experience with a flexible itinerary, dedicated guides, and better accommodation options, ensuring comfort and safety. It allows you to avoid crowds, enjoy exclusive photography opportunities, and fully immerse in the region's stunning landscapes and rich Sherpa culture.

PREPARATION & FITNESS

Is the Ama Dablam Base Camp Trek difficult?

The Ama Dablam Base Camp trek is considered moderately difficult. You'll be trekking through challenging terrain at high altitudes, so it's essential to be prepared physically and mentally.

How fit should I be for this trek?

You should be in good physical condition. We advise you to focus on stamina, leg strength, and cardiovascular fitness. Regular exercise, including cardio and strength training, will help you prepare for the trek.>

How to prepare for the Ama Dablam Base Camp Trek?

You can start a fitness routine including cardiovascular exercises, strength training, and hiking for the Ama Dabkam Base Camp Trek a few months before the trek. Acclimatization hikes at higher altitudes can also be beneficial but not essential. It's also important to break in your trekking gear before the trip.

How much acclimatization is required on the ADBC Trek?

Acclimatization is crucial on the Ama Dablam Base Camp Trek. You'll need a few days to acclimatize properly to avoid altitude sickness. Our itineraries include acclimatization days.

PERMITS

What documents do I need for this trek?

You'll need a Sagarmatha National Park Permit card for the Ama Dablam Base Camp Trek. We will acquire this permit for you.

Where can I get the necessary papers for this trek?

You can obtain the essential permits at the Nepal Tourism Board office in Kathmandu or through us. We will acquire all the required papers on your behalf.

INSURANCE & VISA

How to get a visa for Nepal?

Most citizens can get a visa for Nepal upon arrival at the airport in Kathmandu or through a Nepalese embassy or consulate in their home country. To acquire the on-arrival visa, you will need a passport valid for at least six months, two passport-size photos, and an application fee that depends on your days of stay. You will need USD 50 for 30 day stay.

Do I need travel insurance for this trek?

Yes, you need travel insurance that covers high-altitude trekking, including emergency helicopter evacuation up to the highest trek altitude (4,200m) and medical expenses. Please call your insurer to ensure that your coverage includes helicopter evacuation.

What about the insurance of guides and porters?

We provide insurance coverage for all our guides and porters, ensuring their safety and well-being during the trek.

GUIDES & PORTERS

Is it mandatory to get a guide for the Ama Dablam Base Camp Trek?

The Nepal Government has made it mandatory to use a local guide or porter while trekking in Nepal's official national parks and protected areas. Since Ama Dablam Base Camp lies in Sagramatha National, it is mandatory to have a guide.

Is there any luggage limit for porters?

Yes, there is a luggage limit for porters. We do not allow our porters to carry over 18 kg of luggage. We assign one porter for every two trekkers. Hence, your luggage limit is 9 kg. It's essential to pack accordingly to stay within this limit.

Are there porters carrying luggage or should we carry it on our own?

We assign porters to carry your luggage, allowing you to trek with just a daypack. You can keep your valuables, important documents, and frequently needed things in your backpack.

Do I need to tip my guide and porters?

Tipping is customary in Nepal. It's a way to show appreciation for the hard work and support of guides and porters. Tips should reflect the quality of service provided.

Where can you store extra or unnecessary things during trekking?

You can store extra or unnecessary items at your hotel in Kathmandu or our office store for the duration of the trek.

ACCOMMODATION

What is the lodging like during the Ama Dablam trek?

During the Ama Dablam trek, you'll stay in tea houses or guesthouses, which offer basic but comfortable accommodations. The rooms are simple, usually with twin beds and shared bathroom facilities.

Is Wi-Fi available during the trek?

Wi-Fi is available at some tea houses along the trek, though the connection can be slow and unreliable in remote parts. Please note that you need to pay for this service.

Is a shower available during this trek?

Showers are available at most tea houses, but they might come at an extra cost.

Is a power source for charging available during this trek?

Yes, you can find charging facilities at most tea houses, but there might be a small fee for using them, especially in more remote areas.

FOOD & DRINKS

I am a vegetarian. Will I get enough meals during the trek?

Yes! You'll find plenty of vegetarian and vegan meal options along the trek. The tea houses and lodges typically offer Western and Nepali food. We recommend you try dal bhat tarkari (rice, lentil soup, and vegetables). We advise you to consume vegetarian food in the trek regions for meat hygiene concerns.

Is the drinking water safe on the trails to Ama Dablam?

We do not advise you to drink water from local water resources such as wells, taps, and rivers. Though you can buy bottled water along the way for ecological reasons, we advise you to bring a water bottle and buy boiled/filtered water from tea houses/lodges. Further, we recommend you use water purification pills before drinking water.

WEATHER

What is the best season for trekking in Ama Dablam?

The best seasons for trekking to Ama Dablam Base Camp are spring (March to May) and autumn (September to November), when the weather is clear, and the views are stunning.

How cold does Ama Dablam Base Camp get?

Ama Dablam Base Camp can get quite cold, especially at night. Temperatures can drop below freezing, so you'll need warm clothing, particularly in the early morning and evening.

HEALTH & SAFETY

I usually get altitude sickness. Is there a way to avoid it?

To avoid altitude sickness, you should acclimatize properly by ascending slowly, staying hydrated, and avoiding alcohol and smoking. Consider bringing medication like Diamox, which can help prevent altitude sickness after consulting your doctor. Our guides will also brief you on ways to avoid altitude sickness.

Do I need to bring my own medicines for this trek?

Yes, it's a good idea to bring your basic medications, including altitude sickness pills, painkillers, and any personal prescriptions.

Do I need any vaccinations?

There are no vaccination requirements for this trek.

Are there medical facilities along the way?

There are basic medical facilities in some villages along the trek, but, for serious conditions, you'll need to descend to a lower altitude or be helicopter evacuated to a hospital in Kathmandu.

PACKING & GEAR

Can I buy gear in Nepal?

Yes, you can buy trekking gear in Kathmandu. Thamel, the tourist hub, has many shops that offer a wide range of gear at moderate prices.

Can I hire the gear in Nepal?

Yes, you can hire gear in Kathmandu, including sleeping bags, down jackets, and duffle bags. We can introduce you to gear-renting shops if you require.

What is the luggage limit of a porter?

Each porter can carry a maximum of 18 kg, and we assign a porter for every two trekkers. Hence, per trekker luggage limit is 9 kg. However, if you need, we can assign one porter for you at an extra cost.

What equipment do I need for this trek?

You'll need trekking boots, warm clothing, a down jacket, a sleeping bag, trekking poles, a daypack, and a good-quality backpack for your porter to carry. Don't forget essentials like a first-aid kit, water purification tablets, and sunscreen. Please see the requirement list above.

BOOKING & PAYMENTS

What is the booking and payment method for this trek?

You can book your trek through our website or directly at our office in Kathmandu. We require ten percent of the trek cost, as an advance to confirm the booking. You can pay through credit card, bank transfer, Wise, and Western Union or online through our website. You can pay the rest of the amount when you arrive in Kathmandu. Again, you can pay via credit card, bank transfer, or cash.

Is there a cancellation or refund policy?

Yes, we have a cancellation and refund policy. Please review our terms and conditions page.

Which currency should I carry during this trek?

You should carry Nepalese Rupees (NPR) for your trek. We advise you to exchange your currency in Kathmandu before starting the trek.

Do I need to book in advance?

Yes, we recommend you book in advance, especially during the peak trekking seasons, to secure your spot and ensure all arrangements. However, we also offer last-minute bookings.

TRANSPORTATION

Is there an airport pick-up service by the company?

Yes, we provide complimentary airport pick-up and drop-off services for our valuable clients.

What modes of transportation are available in the Ama Dablam region?

In the Ama Dablam region, transportation is limited to flights between Kathmandu and Lukla and then trek on foot. Some areas may offer mules or yaks for transporting goods, but there are no motor vehicles.

Discovery World Trekking

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