

## Everest Ama Dablam Trek

This trek provides close-up views of Everest, Ama Dablam and other soaring Himalayan peaks. The route takes you to a maximum altitude of 4500 meters requiring good physical fitness to complete this trek comfortably. The trek takes us through the lush vegetation of Sagarmatha National Park, with pine forests, rhododendron flowers and an abundance of wildlife. You will visit Namche Bazaar in order to acclimatize to higher altitudes, while spending time in the scenic villages of Khunde (3500m) and Khumjung, where you will have the opportunity to interact with the legendary Sherpa people and participate in their astonishing traditional lifestyle. The following days trekking will bring us to the village of Tengboche (3930m), home to one of the highest Buddhist monasteries in the world (3800 m). From Tengboche you'll ascend to Pyangboche (4100 m) and then to Ama Dablam Base Camp (4500 m). The close-up view of this iconic peak from base camp is one of the most spectacular images in the Himalayas and a photographer's dream.

### 💡 Highlights of the trek

Close-up view of Ama Dablam peak, experiencing Sherpa culture in Khumjung village, Tengboche Monastery.

### 📅 Trek dates

Daily from September to late December and late February to late June

### Trek Details

#### Trek dates

Daily

#### Season

September to late December and late February to late June

#### Duration

12 days

#### Trekking days

8

#### Trekking grade

Medium

#### Maximum altitude

4500m

#### Starting point of trek

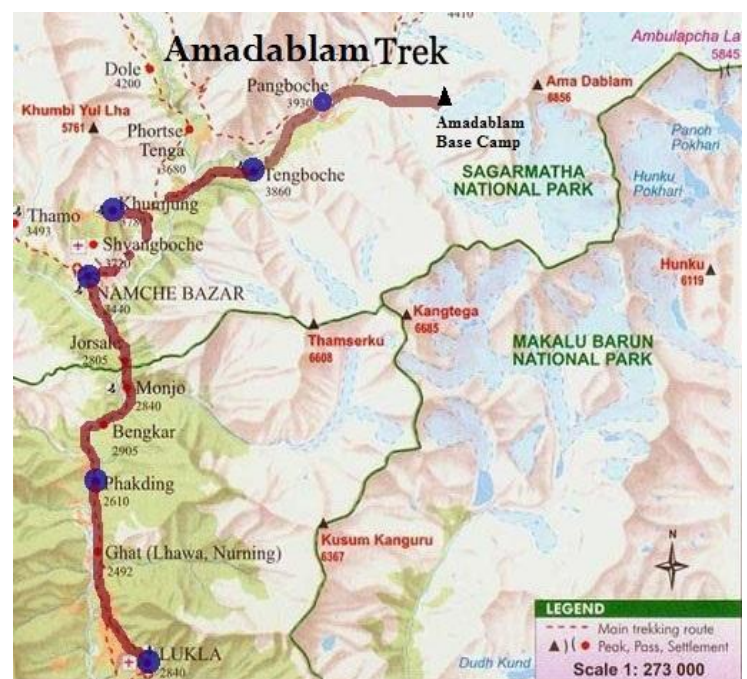
Lukla

#### Finishing point of trek

Lukla

#### Trek code

E3



## Detailed Itinerary

Itinerary can be customized according to your needs and length of stay if you are not planning to join a scheduled group trek.

### Day 01 – Arrival in Kathmandu

Upon arrival at Kathmandu International Airport transfer to your hotel in Kathmandu or Bhaktapur. Short briefing will follow concerning the necessary formalities and your trekking itinerary. Depending upon your arrival time you may spend free time visiting nearby sanctuaries or resting.

### Day 02 – Sightseeing / Cultural Day in Kathmandu Valley

Half day sightseeing around UNESCO Bhaktapur / Kathmandu where your guide will escort you on a tour of Buddhist and Hindu temples and shrines reflecting ancient local traditions. There is time to explore the city's many places of interest on your own or take a rest while trekking permits are finalised. In the evening sample a delicious traditional Nepali dinner. Overnight in Kathmandu or Bhaktapur.



### Day 03 – Kathmandu to Phakding (2610m)

Early morning you will be picked up by your guide to go to the Kathmandu domestic airport, from where we will take the airplane to Lukla, which will take us about 30 minutes of flight time. At Lukla we will be meeting our porters and will head north from the airstrip to Chablung (2700m). Here we will cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called “trekking peaks”. Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and climb to Phakding where we will stay overnight. (3 hrs.)

#### **Day 04 – Phakding to Namche Bazaar (3420m)**

From Phakding we follow the valley of the Dudh Kosi river, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola river and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect an 1148 sq. km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dudh Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m). Namche Bazaar is the main trading center in this region and features numerous shops, hotels and restaurants. (6 hrs.)

#### **Day 05- Acclimatization and day hikes around Namche Bazaar**

Acclimatization is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Shyangboche airstrip (3790m), from where we will slowly ascend towards Khunde passing numerous chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here we will follow a steep switchback trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar. (5 hrs.)

#### **Day 06 – Namche Bazaar to Tengboche (3860m)**

Our route of today to Tengboche weaves in and out of side valleys, making small ups and downs, to the teashops of Kenjoma, and joins the trail from Khumjung just before a collection of mani stones. The views of Everest and Ama Dablam are excellent from this part of the trek. We pass the small settlement of Sanasa from where the trail drops towards Phunki Thanga (3250m). From here the trail climbs steeply through forests and around Mani stones as it follows the side of a hill to the saddle on which the monastery of Tengboche sits at 3870m. The view from here is rightly deemed to be one of the world's most magnificent. Kwangde (6187m), Tawachee (6542m), Everest, Nuptse, Lhotse (8501m), Ama Dablam, Kantega and Thamskerku provide an inspiring panorama of Himalayan giants. We will spend the night in Tengboche village. (5 hrs.)

#### **Day 07 – Tengboche to Pyangboche (4240m)**

From Tengboche we start our day by descending through forests of birches, conifers and rhododendrons to the village of Devuche. From here the level trail passes many mani walls in a deep rhododendron forest. After crossing the Imja Khola river the route climbs past some magnificently carved mani stones to



Pyangboche (3860m). This is the highest year-round settlement in the valley, and the Pyangboche Gumpa is the oldest in Khumbu and once contained relics that were said to be the skull and hand of a yeti. (4 hrs.)

### **Day 08 – Exploration day around the Panorama Valley**

Today you will have the option to trek up to Ama Dablam Base Camp, or the small summer settlement of Chhukung at 4730m. From here we have tremendous views of Island Peak (6189m), the south face of Lhotse and the south eastern face of Ama Dablam. After enjoying the views here we return back to Dingboche. (4 hrs.)

### **Day 09 – Dingboche to Namche Bazaar**

The route from Dingboche descends the Imja valley, then crosses the Khumbu Khola on a wooden bridge and climbs to rejoin the upward trail at some stone huts. Following the trail downhill from here we will arrive at Tengboche. (3 hrs.) From Tengboche we retrace our route on Day 6 back to Namche. (6 hrs.)

### **Day 10 - Namche Bazaar to Lukla**

It is a long walk from Namche Bazaar to Lukla, but it's almost all downhill and we should all be in good shape by now. From Namche, we will descend steeply back to the Dudh Koshi river and continue our way past the national park checkpoint at Monjo. The trail then continues back towards Lukla, where we will reconfirm our flight tickets for the next day and spend the night. (5 hrs.)

### **Day 11 – Lukla to Kathmandu**

The 35 minutes flight from Lukla will bring us back to Kathmandu. We will transfer you to your hotel in Kathmandu or Bhaktapur for your last night in Nepal.

### **Day 12 – Kathmandu**

We will pick you up for your transfer to the Kathmandu International Airport for your departure from Kathmandu.

**Note: The trek program is – because of weather or unforeseen events – subject to change.**

### Services and costs included in the price

- International and domestic airport pick-up and drop-off
- Three nights hotel accommodations in Kathmandu or Bhaktapur (with breakfast)
- Licensed and trained trekking guides
- Porters for carrying luggage and supplies
- All accommodations (teahouse lodges) during trek
- All meals with hot beverages whilst trekking
- Flights to/from Lukla
- All necessary documents and permits for trekking
- Trek equipment including sleeping bag and down jacket
- First aid supplies
- Insurance equipment for staff
- Coordination of Rescue service (costs covered by your insurance plan)
- Guided tour of World Heritage sites in Kathmandu area
- Traditional Nepali welcome dinner

### Services and costs NOT included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 10kg and hand bag more than 5kg in domestic flights
- Nepal visa fees
- Airport departure tax
- Rescue charge
- Bottled drinks (cold and alcoholic)
- Expenses of personal nature
- Lunches and dinners whilst not trekking