

LUXURY AMA DABLAM BASE CAMP



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking

TRIP GRADE: Moderate

TRIP STYLE: Luxury Lodge

5 Based On 5 Reviews

KG Carbon Footprint

TRIP LEADER: Local Leader

GROUP SIZE: 2 - 10 people

NEXT DEPARTURE: 06 Oct 2024

7 Trees Planted for each Booking

Trek to Ama Dablam Base Camp while staying in high-quality lodges. We hike through the Khumbu region to see Sherpa culture and the incredible views of Ama Dablam and Mount Everest.

Luxury Ama Dablam Base Camp is an ideal choice for those who like to have a higher level of comfort while trekking in the Himalayas. We stay at both the Everest Summit Lodge (ESL) and Yeti Mountain Homes (YMH) chains of luxury lodges. These lodges are at a higher standard than anything else available in the Everest region. They provide a high level of service and facilities. The bedrooms have an attached bathroom with a hot shower and a western toilet.

Your luxury Everest holiday begins with a guided sightseeing tour of Kathmandu. After having explored the capital of Nepal you take the flight to the mountain airstrip at Lukla. From this small town, you start the Ama Dablam Base Camp hike into the heart of the Himalayas. We follow in the footsteps of famous mountaineers and walk the trail from lodge to lodge. We have included two nights in Pangboche village from where you can walk to Ama Dablam Base Camp. This is a beautiful place to visit at an altitude of 4,576m.

Sagarmatha National Park, known as the Khumbu, is in the northeastern region of Nepal. Mount Everest is the highest mountain in the world at an altitude of 8,848m. Ama Dablam, Pumori, and Nuptse tower above us making this a magical and inspiring place to visit. We include visits to Sherpa villages and

Buddhist monasteries at Pangboche and Tengboche. You will meet Sherpas and get to know about their way of life and the Buddhist religion.

If you like to stay to trek higher in altitude while using the better lodges take a look at [Luxury Everest Base Camp](#). If you like to stay at standard teahouse lodges take a look at [Ama Dablam Base Camp](#) and [Everest Base Camp](#) treks.

REASONS TO CHOOSE US

- We use the best lodges including both Everest Summit Lodges and Yeti Mountain Homes. These are at a higher standard than anything else available in the Everest region.
- We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food.
- For better acclimatisation we organise a longer trek to Ama Dablam Base Camp. The gradual ascent profile for this trekking holiday has worked well for our past groups. With our Everest itinerary, you spend two nights in lodges before Namche Bazaar.
- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- Our [AITO Traveller Reviews for Everest Luxury Lodge](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We review weather forecasts for the Everest region throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning, and group safety.
- We provide the porters with windproof jackets & trousers and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We bring a comprehensive medical aid kit.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Internal flights. The flights are Kathmandu - Lukla - Kathmandu. The weight allowance is 15kg for your main bag checked into the hold and 5kg for your day pack.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share Deluxe room at Hotel Dusit Princess in Kathmandu.
- Breakfast only in Kathmandu.
- Twin-share rooms at Everest Summit Lodge ("ESL"), and Yeti Mountain Homes ("YMH") while on the trek. Complementary drinking water and electricity for charging batteries at ESL and YMH.
- All meals are included while on the trek. Breakfast only in Kathmandu. In total for Luxury Ama Dablam Base Camp, we provide 13 Breakfasts, 9 Lunches, and 10 Dinners. The meals at the teahouse lodges cost in the region of **£260 (US\$320)** per person.
- Trekking arrangements. Including permits and fees, Nepalese guide(s), and porter(s). We provide one trekking guide for a group size of two people. We provide two guides for a group size of three people and three guides for a group size of six people plus.
- Porters to carry your main bag. The portage allowance is 15kg.
- Weather forecasts in the Everest region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be used for personal calls at extra cost.
- A trekking map is given to you on arrival to Kathmandu.
- UK-registered charity, Pipal Tree, will plant 7 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK (ATOL) and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone,

Zoom, or face-to-face meetings.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days.
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 11,500 Nepalese rupees (approx. £75 or US\$95).
- If you have to wait in Kathmandu at the beginning of the trip due to delays in flying into Lukla STOL mountain airstrip the cost for your overnight accommodation in Kathmandu is not included so you will have to pay extra for this.
- If there are cancellations with the airplanes flying into Lukla it may be possible to fly in a helicopter. There would be an extra cost for this service between US\$500 to US\$600 per person depending on which helicopter company is used and the demand at the time.
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Dusit Princess in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs, you will pass into the passenger pick-up area outside the building. You will see a Mountain Company signboard. Our representative will be waiting to welcome you to Nepal. After transferring to your hotel we will give you a full trek briefing. The rest of the day will be yours to explore Kathmandu and make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', and you will never forget that word after this holiday.

DAY 2: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Dusit Princess in Kathmandu

This is a one-day guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You start off by visiting Patan Durbar Square. Afterward, you drive to the Buddhist stupa at Boudhanath. The last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns in the valley, are Kathmandu, Patan, and Bhaktapur. Each place has great artistic and architectural traditions. Kathmandu is the capital and the largest city in the country. Patan, the second largest separated from Kathmandu by the Bagmati river. Bhaktapur, the third largest, is towards the eastern end of the valley. Its relative isolation is reflected in its slower pace and more medieval

atmosphere. In Kathmandu, there is a bustle of activity, especially in the bazaars and markets. While the city has expanded over the last 10 years it is still possible to see traditional buildings and temples.

DAY 3: FLY TO LUKLA (2,840M), TREK TO PHAKDING (2,610M)

Fly to Lukla

Walking 8km (4 hours)

Daily ascent 280m

Daily descent 510m

Breakfast, Lunch and Dinner

Yeti Mountain Home in Phakding

We take an early morning flight by a twin-propeller plane to Lukla. This is a mountain airstrip called Short Take Off and Landing known as STOL. The late Sir Edmund Hillary's Himalayan Trust created the runway and is now one of the busiest in Nepal. The best mountain view is on the right side of the plane when we take the flight to Lukla. Along the way we watch the foothills give way to the snowline of the high Himalayas. On a clear day, we see many of the world's highest mountains in Nepal and on the border with Tibet. We see Cho Oyu (8,153m), Lhotse (8,516m), Gauri Shankar (7,145m), and the summit of Mount Everest at an altitude of 8,848m.

After landing at Lukla, we get a warm welcome from the porters. They will carry our duffel bags until we return to Lukla. Make sure you have time to get to know them and to acknowledge them even if it is through smiles and hand signs. After a cup of tea at a teahouse lodge in Lukla, the porters load up and start the trek. We leave Lukla on a typical stony path that we will follow for most of the way through the upper Khumbu. It is important to take your time and walk at a slow pace, especially for the first few days on the trek. We need to ease our way into the trek after days of international travel to Nepal.

The trail descends from the terraces of Lukla and we contour above the Dudh Koshi (river of milk). You pass large stones carved and painted with Buddhist prayers. We see carved mani stones and prayer wheels which are typical of Sherpa country. We show our respect and pass these sacred monuments in a clockwise direction. We hike along an undulating trail on the East bank of Dudh Koshi. We pass through several small hamlets of Chaurikharka, Cheplung, Thado Koshi, and Ghat. We continue onto the village of Phakding where we stay our first night at the Yeti Mountain Home (YMH) lodge.

Important note: there is a safety risk to consider when flying on airlines in Nepal. If you would like to avoid the STOL flight from Kathmandu to Lukla there is an option to extend your trek. You can walk to Lukla in three days after driving to Salleri. Or you can follow the traditional approach from Jiri taking five to six days walking. There are also safety considerations with driving in Nepal and road traffic accidents happened from time to time. For information about the aviation risk in Nepal read the relevant sections "Threat and Risk Assessment" and "Internal flights in Nepal". Please get in touch with us if you would like to discuss this further.

DAY 4: TREK TO MONJO (2,850M)

Walking 6km (3 hours)

Walking ascent 310m

Walking descent 70m

Breakfast, Lunch and Dinner

Everest Summit Lodge in Monjo

Today we have a short walk to the village of Monjo. We have designed this itinerary to allow time for acclimatisation to high altitudes. Having two nights sleeping below Namche Bazaar helps our bodies adapt. This will result in a more enjoyable and safer trek higher up.

By now we are familiar with the local protocol for passing Buddhist chortens and mani stones. We enjoy the hustle and bustle of trekking and everyday life that exists in the Khumbu. There will be animal traffic on the trail as yaks and ponies carry supplies up to Namche. For your safety keep away as they can be unpredictable and stay on the uphill side of the trail.

From Phakding we cross a suspension bridge to the East bank of Dudh Koshi and follow the river to the North. It takes 2 or 3 hours to reach Monjo where we enter Sagarmatha National Park. Along this section of the trail, we get a good view of Mount Thamserku (6,608m). We arrive at Everest Summit Lodge in Monjo by mid-morning. After lunch, we have time to explore the village or walk further afield to the monastery.

DAY 5: TREK TO NAMCHE BAZAAR (3,445M)

Walking 6km (5 hours)

Walking ascent 690m

Walking descent 100m

Breakfast, Lunch and Dinner

Yeti Mountain Home in Namche

Today we trek to the Sherpa capital at Namche Bazaar and into the heart of the Upper Khumbu. From Monjo, we descend to the river and cross a bridge to Jorsale. Shortly after leaving this village, we cross back to the East side. We follow the river until the trail ascends to the Hillary Bridge. This is an impressive suspension bridge spanning a deep chasm.

The walk up the hill to Namche will be one of the harder sections of the trek. We hike at a slow pace (the Nepalese word is "bistari"). This is the key for acclimatisation and will become the norm for the trek. Halfway up Namche hill, there is a resting place for our first view of Mount Everest. The Everest summit appears behind the high ridge between Nuptse and Lhotse. As we start traversing the hill we see Namche Bazaar. This Sherpa town has buildings built on terraces in a mountain bowl. It is an impressive sight of colourful houses and lodges and prayer flags. We stay at the Yeti Mountain Home (YMH) lodge.

DAY 6: TREK TO TASHINGA (3,450M)

Walking 6.5km (4 to 5 hours)

Walking ascent 375m

Walking descent 315m

Breakfast, Lunch and Dinner

Everest Summit Lodge in Tashinga

This morning after a short climb out of the Namche bowl we contour on a trail high above the Imja Khosi. We get views of Mount Everest, Lhotse, Thamserku, and also Ama Dablam (6,812m). Ama Dablam means 'Mother's necklace' as the ridges on each side are like the arms of a mother protecting her child. The hanging glacier is the Dablam and this is the traditional pendant worn by Sherpa women. There is no

doubt that the majestic Ama Dablam is one of the most beautiful mountains in the world.

We pass the two lodges at Kenjuma then further along before Tashinga hamlet we take a small trail up to the lodge. We stay at the Everest Summit Lodge located above the village of Tashinga. This lodge is in a quiet location away from other teahouses and has an attractive garden. From the lodge, we get views up the valley to Ama Dablam and Everest.

DAY 7: TREK TO PANGBOCHE (3,875M)

Walking 7.5km (5 to 6 hours)

Walking ascent 690m

Walking descent 210m

Breakfast, Lunch and Dinner

Everest Summit Lodge in Pangboche

From the lodge, we make the descent through Tashinga and then on a steep trail to Phunke Tenga by the river. After crossing the bridge we walk uphill through a forest for about two hours to Tengboche. The setting of the Tengboche monastery is magical and it is a lovely building. After leaving Tengboche we descend through the pine forest to Deboche and down to the Imja Khola. We cross a bridge over the gorge and then follow the path on the other side. There are stunning views of Ama Dablam ahead. We pass chortens and mani walls as we gain height to reach the village of Pangboche. The walk to Pangboche takes about 2 to 3 hours. We stay at the Everest Summit Lodge in Pangboche village for two nights.

DAY 8: DAY WALK TO AMA DABLAM BASE CAMP (4,576M)

Walking 8km (6 to 7 hours)

Daily ascent 645m

Daily descent 645m

Breakfast, Lunch and Dinner

Everest Summit Lodge in Pangboche

Today is your big day and the highlight of the trek as you walk to Ama Dablam Base Camp. This is an opportunity to get away from the main trail to Everest Base Camp and explore a quieter area in the Khumbu. We cross Imja Khola on a suspension bridge below Pangboche. We follow a trail uphill through juniper and heather. The mountain views are a 360 degrees panorama. Ama Dablam Base Camp is at a height of 4,576m in a yak pasture beneath the west face of the mountain.

The summit of Ama Dablam is 2,300m above us and from here we get a sense of the immense scale of the mountain. The climbing route follows the southwest ridge. Base Camp affords particularly fine views of Kangtega (6,783m), Thamserku (6,618m), and Taboche (6,542m). After enjoying some time at Ama Dablam Base Camp you will return by the same trail back to Pangboche.

DAY 9: TREK TO TASHINGA (3,450M) VIA PHORTSE (3,810M)

Walking 10.5km (7 hours)

Walking ascent 350m

Walking descent 830m

Breakfast, Lunch and Dinner

Everest Summit Lodge in Tashinga

Today we walk back to Everest Summit Lodge at Tashinga. For interest, if we have the energy left over then we take a different trail passing through Phortse village. From Pangboche you take a wonderful high trail above the Imja Drenghka river. This trail undulates along the valley side. We have fabulous views across to the mountains and Tengboche perched on its ridge.

After about two to three hours, you round a corner and the isolated village of Phortse lies below. From Phortse we take a steep trail down through birch and rhododendron forest to the Dudh Koshi. After crossing the river on a bridge we have a steady climb on a switch-backed trail. We reach Mong La pass at an altitude of 3,963m. This is a lovely spot to have a rest and a cup of tea at one of the lodges here. From here we descend to the Everest Summit Lodge at Tashinga.

DAY 10: RETURN TO MONJO (2,850M)

Walking 11km (7 hours)

Walking ascent 120m

Walking descent 1,090m

Breakfast, Lunch and Dinner

Everest Summit Lodge in Monjo

In the morning we make our return trip on the same trail back to Namche. After lunch in Namche we descend down to Monjo. We stay at Everest Summit Lodge in this village.

DAY 11: RETURN TO LUKLA (2,840M)

Walking 12km (6 hours)

Walking ascent 310m

Walking descent 320m

Breakfast, Lunch and Dinner

Everest Summit Lodge in Lukla

From Monjo, we continue our descent down the trail following the Dudh Koshi valley. This is along the same trail as our ascent and the villages we pass through will be familiar. At Chaurikharka we start the ascent of the final hill of the trek to reach Lukla. On arriving at Everest Summit Lodge we can enjoy our last evening with the guides and wonderful porters.

DAY 12: FLY TO KATHMANDU

Fly to Kathmandu

Breakfast

Dusit Princess in Kathmandu

If the weather is clear in Lukla then we will get a morning flight back to Kathmandu. We will meet you at the airport and drive you back to the hotel. You can then spend the rest of the day doing what you please.

DAY 13: AT LEISURE IN KATHMANDU

Breakfast

Dusit Princess in Kathmandu

Today is a free day to relax in Kathmandu after the trek. You can do some independent sightseeing around the city. You can enjoy spending time at restaurants and cafes. The reason for having an extra day as a buffer is in case of any delays or cancellations flying back from Lukla. This helps to minimise the risk of missing your international flight back home.

DAY 14: FLY BACK HOME

Transfer to Kathmandu airport for the flight back home. End of trip.

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/ Tent	Availability
06 Oct 2024 to 19 Oct 2024	Local Leader	US\$3,795pp	US\$850pp / NA	2 Left to Guarantee
13 Oct 2024 to 26 Oct 2024	Local Leader	US\$3,795pp	US\$850pp / NA	2 Left to Guarantee
29 Oct 2024 to 11 Nov 2024	Local Leader	US\$3,795pp	US\$850pp / NA	Guaranteed
10 Nov 2024 to 23 Nov 2024	Local Leader	US\$3,795pp	US\$850pp / NA	2 Left to Guarantee
24 Nov 2024 to 07 Dec 2024	Local Leader	US\$3,795pp	US\$850pp / NA	2 Left to Guarantee
08 Dec 2024 to 21 Dec 2024	Local Leader	US\$3,795pp	US\$850pp / NA	2 Left to Guarantee

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
23 Feb 2025 to 08 Mar 2025	Local Leader	US\$3,795pp	US\$875pp / NA	2 Left to Guarantee
16 Mar 2025 to 29 Mar 2025	Local Leader	US\$3,795pp	US\$875pp / NA	2 Left to Guarantee
30 Mar 2025 to 12 Apr 2025	Local Leader	US\$3,795pp	N/A	2 Left to Guarantee
13 Apr 2025 to 26 Apr 2025	Local Leader	US\$3,795pp	US\$875pp / NA	2 Left to Guarantee
27 Apr 2025 to 10 May 2025	Local Leader	US\$3,795pp	US\$875pp / NA	2 Left to Guarantee
05 Oct 2025 to 18 Oct 2025	Local Leader	0pp	US\$875pp / NA	2 Left to Guarantee
26 Oct 2025 to 08 Nov 2025	Local Leader	0pp	US\$875pp / NA	2 Left to Guarantee
16 Nov 2025 to 29 Nov 2025	Local Leader	0pp	US\$875pp / NA	2 Left to Guarantee
07 Dec 2025 to 20 Dec 2025	Local Leader	0pp	US\$875pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON A LUXURY LODGE TREK IN NEPAL

We provide a comfortable experience on our luxury lodge style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). The lodges provide your meals in a communal dining room. You will sleep in private rooms with an attached bathroom.

The day starts with getting up in your room with the convenience of washing in the en-suite bathroom. Before heading for breakfast you pack your overnight gear into your duffel bag. At the designated time the group will assemble in the dining room to eat breakfast. The menu has a range of items to choose from such as porridge, cereals, chapattis, and a choice of egg dishes. There is also the choice of tea or coffee plus other hot drinks like the popular ginger, lemon honey drink.

While the group is having breakfast the porters arrange their loads and set off in the cool of the morning. After breakfast, between 7am and 8am, we start walking. The pace of the trek is moderate as there is plenty of time in the itinerary to reach the lodge for tonight. There will be plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around midday at a teahouse lodge by the side of the trail.

After lunch we continue the walk and on most days we arrive at the lodge by mid afternoon. On arrival you will get a hot drink and biscuits or a slice of cake. For dinner you get a three course dinner. The menus vary depending on the lodge. There is a range of Nepalese, Indian and continental dishes. Nepalese food includes dal bhat, momos and the famous Sherpa stew. Dal bhat is the Nepalese dish of rice and lentils with vegetable curry. Continental dishes such as spaghetti and pasta; pizzas; vegetable burgers and chips are also available.

After supper the leaders will discuss the plan for the next day. Afterwards people might stay in the dining room chatting about the day's events or playing cards. After a tiring day most people head to their rooms quite early for the night. Tomorrow is likely to be very similar as today!

We cater for a variety of dietary requirements. There are always meals that are suitable for vegetarians. During booking we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

You can read more about [Luxury Lodge Trekking in Nepal](#) on our Blog. This article explains about the facilities available at a luxury lodge. It also describes the advantages and disadvantages versus teahouse style treks.

Meal Plan

MEAL PLAN

We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food. However, some people will pay for extra treats along the way such as to get cake and a coffee at the bakeries and cafes!

If you are comparing our prices with other operators you should be careful to compare apples with apples. These days many operators do not include meals in their packages when staying at the teahouse lodges. The food at the lodges is expensive and will cost an average of £25 (US\$35) per person per day. If you are paying for the meals directly to the lodges you would need to carry a lot of cash including the tip money too. Having this amount of money with you will be a security risk and for peace of mind, it is better to pay for the meals to us when booking the trip. Also, it will be difficult to know in advance how much cash to bring with you on the trek (there are no ATMs when on trek). Furthermore, in practice, it will be complicated and time-consuming for you and the guides to work out individual bills after checking out each day from the lodge.

With our meal plan, you can select your dishes from the menu at the lodge. In our package, we include the cost of your breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.

We cater to a variety of dietary requirements. There are always meals that are suitable for vegetarians. During booking, we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR LUXURY AMA DABLAM BASE CAMP TREK

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for the Luxury Ama Dablam Base Camp trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary from season to season and day to day as you ascend to higher elevations. At the start of the trek, you will experience warm conditions with temperatures up to 20 Celsius. You experience the coldest temperatures at Pangboche at an altitude of 3,875m. Overnight lows

here can get down to around -10°C.

You should bring a rucksack or backpack for the gear required during the day. Your pack should contain items such as warm clothes, a jacket, a camera, water bottles, a personal first aid kit and snacks. The weight limit is 5kg. A porter will carry the rest of your personal equipment packed in a duffel or kit bag. The weight limit for your duffel bag is 15kg. Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on the trek.

Footwear

- Walking Boots. A pair of water-repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek.
- Trail shoes. Used around the lodge. ESL lodges provide slippers for use around the lodge.
- Walking socks.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Medium weight down jacket. Optional- depends on time of year.

Head and Gloves

- Fleece gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

Personal equipment

- Day pack. Recommended size is around 30 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Sunscreen and lip salve with a high SPF.
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

- Duffel bag for your personal gear on the trek. A porter will carry your bag. Rugged and waterproof made of a plastic material. Size 80-100 litres. e.g. Mountain Equipment or Rab. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toilet paper, toothbrush etc.

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

RISK ASSESSMENT FOR EVEREST TREKS

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Everest trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia, or heat stroke). Please note during the months of April and October it will be very hot and humid for the first three days of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses) or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffics.
- Flight accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Internal Flights

INTERNAL FLIGHTS IN NEPAL

Flights from Nepal's Short Take-Off & Landing ("STOL") airstrips are dependent on weather. Delays often happen if there is poor visibility or high winds. For our itineraries with flights to or from STOL, we include one extra day in Kathmandu at the end of the trip. This is in case of delays flying back. If the delays are longer we will help reschedule your international flights. There is likely to be a fee charged by the airline for this. You also have to pay for costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

You should read the Foreign, Commonwealth, and Development Office ("FCDO") travel advice for Nepal. For their latest advice take a look at their [Safety & Security section under Air Travel](#). There have been some recent air accidents in Nepal. The European Union has banned Nepalese airlines from flying to Europe. For more information on Nepal's air safety profile take a look at [Aviation Safety Network](#).

Weather and conditions

WEATHER AND CONDITIONS FOR AMA DABLAM BASE CAMP TREK

Ama Dablam Base Camp trek has a wide range of temperatures. This depends on the season, altitude and time of day. In the mountains below 3,500m the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 20 Celsius. At higher altitudes temperatures range from about 15 Celsius to -10 Celsius.

The trekking season in Nepal is late September to May. October and November is generally recognised as having the best weather. Spring is a popular time of year with warmer weather than in Autumn. Also there is the advantage of seeing spring flowers and rhododendrons in bloom.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the differences between the trekking regions of Nepal.

Suggested reading

SUGGESTED READING AND MAPS FOR EVEREST TREKS

Maps

Nepal Trekking Map Himalayan Maphouse Scale: 1:900,000 This map will be included in your welcome pack when you arrive in Nepal.

Mount Everest Schweizerische Stiftung fur Alpine Forschung (Swiss Foundation For Alpine Research) 1:50,000

Mount Everest National Geographic Society 1:50,000

Books

Everest- 50 years on top of the world by George Band

Above the clouds by Anatoli Boukreev

Eric Shipton- Everest and beyond by Peter Steele

Touching my father's soul by Jamling Tenzing Norgay

Into Thin Air by John Krakauer

The Ascent of Rum Doodle by WE Bowman

ACCOMMODATION

LUXURY LODGES IN EVEREST REGION



In the Everest region we use both the Everest Summit Lodge (“ESL”) and Yeti Mountain Home (“YMH”) lodges. These properties provide a high level of service. They have attractive gardens, comfortable lounges and bedrooms. These include hot showers and western toilets.

DUSIT PRINCESS IN KATHMANDU



[Dusit Princess](#) is a new hotel in Kathmandu that opened in 2023. Unlike many other modern hotels in Kathmandu, the Dusit has been built in Tibetan style both inside and outside. This is authentic as the owners are Tibetan family. This is our first choice hotel for our luxury groups to stay at when in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. There is an infinity swimming pool on the rooftop with superb views of the city and surrounding hills. You also get complementary access to their sauna, and gym. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant is a must-do!

TRIP REVIEWS

REVIEW BY JIMMY LEE 27/11/2023

Best travel customer service I've ever had. The Everest Luxury Lodge trek was a great experience. Scenery, trails, hiking, food accommodations and company representatives all exceeded our expectations. I've taken tours and treks around the world and I've never experienced better customer service. Adjectives like responsive, thorough, timely and thoughtful all describe The Mountain Company. They did everything to make our tour easy and comfortable...always put our needs and wishes ahead of all else. ...

REVIEW BY WALTER 27/02/2023

Well-organised lodge trip to Ama Dablam base camp. The guide was very capable and knowledgeable and great company. We felt in safe hands at all times and he was very attentive, ensuring we were well looked after. Very clear pre-trip comms and very responsive to questions about the trip and adjustments to the plan. They have a good team and very respectful and collaborative relationships within the team. We always felt in safe hands. ...

REVIEW BY GARYK 31/01/2023

We did the Everest Luxury Lodge trek to Ama Dablam Base Camp. This was my 2nd trek with TMC and did not disappoint. I requested the same guide as 2018 and he along with the asst guide and porters

were great. TMC & Roland were there every step of the way. Always promptly answering questions before departure. Meetings in person pre and post trek and available to handle any issues along the way.

...

Notes downloaded on: 06-05-2024

