



AMA DABLAM BASE CAMP



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking

TRIP GRADE: Moderate

TRIP STYLE: Tea House

5 Based On 5 Reviews

KG Carbon Footprint

TRIP LEADER: Local Leader

GROUP SIZE: 2 - 10 people

NEXT DEPARTURE: 21 Apr 2024

6 Trees Planted for each Booking

This is the classic trek to Ama Dablam Base Camp while staying at teahouse lodges. We hike through the Khumbu region to see Sherpa culture and the incredible view of Mount Everest.

This is an ideal choice for those who are new to the delights of trekking at high altitudes. Your 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 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 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 at higher quality lodges to Ama Dablam Base Camp take a look at [Luxury Ama Dablam](#)

[Base Camp](#). We also organise an itinerary while staying in teahouse lodges with attached bathroom. This trek is [Ama Dablam Base Camp Teahouse Plus+](#). If you like to stay to trek higher in altitude take a look at [Everest Base Camp](#).

REASONS TO CHOOSE US

- For better acclimatisation, we organise a longer trek to Ama Base Camp at 10 days from Lukla. The gradual ascent profile for this trekking holiday has worked well for our past groups. We have a very high success rate of our trekkers reaching the Base Camp of Mount Ama Dablam.
- 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.
- 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 Ama Dablam Base Camp](#) 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 pay for private weather forecasts from EverestWeather.com. We also use in house forecasting 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

- Internal flight to/from Lukla and Kathmandu including baggage allowance of 15kg for your main bag checked into the hold and 5kg for day pack carried with you inside the aircraft.
- All transfers including airport collections.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share room at Hotel Ambassador in Kathmandu.
- Breakfast only at the hotel in Kathmandu.
- Twin-share room with common bathroom in a teahouse lodge while on the trek.
- All meals are included while on the trek. 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. You can select your dishes from the menu at the lodge. The trek meals are 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.
- All trekking arrangements including permits and fees, trekking guide(s), and porter(s). We provide one trekking guide for a group size of two people and two guides for a group size of three people and three guides for a group size of six people plus.
- Weather forecasts for the Everest region during your trek.
- Thuraya satellite phone to ensure our guides have reliable communications with us for logistics, planning, and group safety.
- An Everest trekking map is given to you on arrival in Kathmandu.
- UK-registered charity, Pipal Tree, will plant 9 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 by email, phone, Zoom or face-to-face meetings. After booking with us we will send our comprehensive "Nepal Pre-Trip Information" notes.

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

Hotel Ambassador 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 to make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', you will never forget that word after this holiday.

DAY 2: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Hotel Ambassador 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. Afterwards 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, 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 Bagmati river. Bhaktapur, the third largest, is towards the eastern end of the valley. Its relative isolation 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 7km (4 to 5 hours)

Breakfast

Mountain Resort 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 a teahouse 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 NAMCHE BAZAAR (3,445M)

Walking 9km (6 hours)

Breakfast, Lunch and Dinner

Zamling Guest House in Namche Bazaar

Today we trek to the Sherpa capital at Namche Bazaar and into the heart of the Upper Khumbu. 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). After descending to the river we 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 Hilary 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 the 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 get our first views of 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.

DAY 5: ACCLIMATISING WALKS AROUND NAMCHE BAZAAR

Walking 9km (6 hours)

Breakfast, Lunch and Dinner

Zamling Guest House in Namche Bazaar

We stay for two nights in Namche to help acclimatisation as we are now over 3,000m in height. To help your body adapt to the high altitude we go for a walk by following the golden rule of "climb high, sleep low". We have several options for day walks from Namche. The first option is the long walk to Thame village at 3,800m and back to Namche taking between 7 to 8 hours. If you prefer to have a shorter walk you can visit the Everest View hotel also at 3,800m. This takes around 4 hours and you can visit Khumjung village too. You should listen to your body and do not push too hard on the walk. Having time to rest at high altitude is an important part of the acclimatisation process. We have enough guides so, if required, we can organise both of these walks for different members of the group.

Thame valley is less visited by trekkers as it is away from the main Everest Base Camp trail. We leave Namche on the high trail that contours out the village high above the Bhote Khosi river. We walk through rhododendron forest and then into open pastures. We pass through the small hamlets of Samsing and Thamo. It is a beautiful valley with their traditional houses and terraced fields. We are following the old Tibetan trade route. In the past Tibetans travelled over the Nangpa La to trade in Namche. Before reaching Thame the path descends to a bridge with water roaring below. On the rock there are large wall paintings of Guru Padmasambhava.

The path then climbs to the picturesque village of Thame with a backdrop of snow covered peaks. The late Sherpa Tenzing Norgay's house is near the top of the village where he lived with his first wife. Apa Sherpa who has climbed to the summit of Mount Everest twenty one times also lives in Thame village. Above the village is an important monastery over 600 years old. After lunch at a teahouse lodge we make our return trip on the same trail back to Namche.

DAY 6: TREK TO DEBOCHE (3,770M)

Walking 10km (7 hours)

Breakfast, Lunch and Dinner

Rivendell Lodge

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 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 and then make the descent on a steep trail to Phunke Tenga. We often have lunch at one of the lodges by the river. Afterwards, we walk uphill through a forest for about two hours to Tengboche. The setting of Tengboche monastery is magical and it is a lovely building. At 3pm every day, the monks have their prayers and it is a special experience to watch this ceremony. Once leaving Tengboche the path descends through trees to Deboche and to our lodge taking about 20 minutes. We chose to stay at Deboche rather than Tengboche as it is warmer lower down in the trees, it is less busy and Rivendell is a lovely lodge to stay at.

DAY 7: TREK TO PANGBOCHE (3,930M), AFTERNOON EXPLORE THE VILLAGE

Walking 3.5km (2 to 3 hours)

Breakfast, Lunch and Dinner

Highland Sherpa Resort in Pangboche

After leaving Deboche we descend through the pine forest 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. Today is a shorter walk and this is to help the acclimatisation process now that we are close to 4,000m. We ascend in height at a slow rate to avoid getting altitude sickness.

After arrival at the lodge, we will have lunch. In the afternoon we walk around to explore the village. Upper Pangboche is the old part of the village with traditional Sherpa houses. This is a 15-minute hike uphill from our lodge. We visit the oldest monastery in Khumbu set among old juniper trees.

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

Walking 8km (5 hours)

Breakfast, Lunch and Dinner

Highland Sherpa Resort 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 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 return by the same trail back to Pangboche.

DAY 9: TREK TO KENJUMA (3,550M) VIA PHORTSE VILLAGE (3,840M)

Walking 11.5km (6 hours)

Breakfast, Lunch and Dinner

Ama Dablam Lodge in Kenjuma

Today we start the walk down and for interest, we take a different trail 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 three hours, you round a corner and the isolated village of Phortse lies below. From Phortse we take a steep trail through birch and rhododendron forests 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 on a small path to reach the main trail to Namche where we shortly arrive at the small cluster of lodges at Kenjuma.

DAY 10: TREK TO MONJO (2,610M)

Walking 11km (5 to 6 hours)

Breakfast, Lunch and Dinner

Monjo Guesthouse

In the morning we make our return trip on the same trail back to Namche. After lunch in Namche we descend down to Monjo.

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

Walking 9.5km (5 hours)

Breakfast, Lunch and Dinner

Numbur 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 Numbur Lodge we can enjoy our last evening with the guides and wonderful porters.

DAY 12: FLY TO KATHMANDU, REST DAY OF AT LEISURE

Fly to Kathmandu

Breakfast, Lunch and Dinner

Hotel Ambassador 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: DAY IN KATHMANDU (BUFFER)

Breakfast

Hotel Ambassador 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 the 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

Fly home

Breakfast

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

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/ Tent	Availability
21 Apr 2024 to 04 May 2024	Local Leader	US\$2,295pp	US\$240pp / NA	2 Left to Guarantee
06 Oct 2024 to 19 Oct 2024	Local Leader	US\$2,295pp	US\$240pp / NA	2 Left to Guarantee
27 Oct 2024 to 09 Nov 2024	Local Leader	US\$2,295pp	US\$240pp / NA	2 Left to Guarantee
17 Nov 2024 to 30 Nov 2024	Local Leader	US\$2,295pp	US\$240pp / NA	2 Left to Guarantee
24 Nov 2024 to 08 Dec 2024	Jill Pinkerton	US\$2,885pp	US\$240pp / NA	Guaranteed
08 Dec 2024 to 21 Dec 2024	Local Leader	US\$2,295pp	US\$240pp / 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\$2,350pp	US\$250pp / NA	2 Left to Guarantee
16 Mar 2025 to 29 Mar 2025	Local Leader	US\$2,350pp	US\$250pp / NA	2 Left to Guarantee
30 Mar 2025 to 12 Apr 2025	Local Leader	US\$2,350pp	US\$250pp / NA	2 Left to Guarantee
20 Apr 2025 to 03 May 2025	Local Leader	US\$2,350pp	US\$250pp / NA	2 Left to Guarantee

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
05 Oct 2025 to 18 Oct 2025	Local Leader	US\$2,350pp	US\$250pp / NA	2 Left to Guarantee
26 Oct 2025 to 08 Nov 2025	Local Leader	US\$2,350pp	US\$250pp / NA	2 Left to Guarantee
16 Nov 2025 to 29 Nov 2025	Local Leader	US\$2,350pp	US\$250pp / NA	2 Left to Guarantee
07 Dec 2025 to 20 Dec 2025	Local Leader	US\$2,350pp	US\$250pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON A TEAHOUSE TREK IN NEPAL

We provide a comfortable experience on our teahouse 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 a shared bathroom. There is a range of standards and service in teahouse lodges depending on location. i.e. lodges at higher altitudes and places with fewer trekkers tend to have more basic facilities.

The day starts with getting up in your room shared with another trekker in our group. Before heading for breakfast you pack your overnight gear into your main bag (this could be a duffel, kit bag, or rucksack). You would have given your breakfast orders to the guide to pass onto the kitchen last night. At the designated time the group will assemble in the dining room to eat breakfast. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast plus two cups of hot drinks such as tea, coffee, or lemon ginger honey.

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. 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. This includes one dish such as fried rice, dal bhat, momos, or pasta plus two cups of hot drinks.

After lunch, we continue the walk and on most days we arrive at the lodge around mid-afternoon. On arrival, you will get a hot drink and biscuits. For dinner, you get a two-course dinner (soup and main meal). The menus are quite standard with a range of dishes such as dal bhat, momos, and the famous Sherpa stew. Dal bhat is a Nepalese dish of rice and lentils with vegetable curry. It is also possible to order spaghetti and pasta; pizzas; vegetable burgers and chips and fried rice. We also provide up to two cups of hot drinks per meal.

After supper, the leaders will discuss the plan for the next day. Afterward, 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 to today!

You can read more about [Teahouse Trekking in Nepal](#) on our Blog. This article explains the facilities available at a teahouse lodge. It also describes the advantages and disadvantages of camping-style treks. Plus the amount to budget for extra costs. We also touch upon what to pack for a teahouse trek, safety, and security plus responsible use of the lodge.

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 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 Ama 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 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 in Pangboche at an altitude of 3,875m. Overnight lows here will be down to around -10 Celsius.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, 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 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.

- Walking socks.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

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).
- Soft Shell Trousers.
- 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).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

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

- Sleeping bag. Overnight lows down to -10 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- 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.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at SheWee.
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- 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. Will be carried by a porter. Rugged and waterproof made

of a plastic material. Size 80-100 litres. Eg. 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

TEA HOUSE LODGE IN EVEREST REGION



In a tea house lodge in Nepal there are twin share rooms with a common bathroom and a heated communal dining room. We inspect and select the best lodges in each location.

We provide all meals at the lodges. This includes breakfast, lunch, afternoon tea and biscuits plus two course dinner (soup and main meal). You can choose your dishes for all meals from the menu. We also provide two hot drinks included per meal.

HOTEL AMBASSADOR IN KATHMANDU



We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

TRIP REVIEWS

REVIEW BY LIZ ON 30/04/2016

We were so well looked after, we could just relax and enjoy the experience of trekking in wonderful scenery. We went sightseeing in Kathmandu with a friendly and very informative guide, then we did a 10 day trek in the mountains with another excellent guide and friendly porters. We stayed in simple guest houses, which were comfortable enough. Our guide organised everything for us and was also very good company. We found the Mountain Company on the Internet . They had a very informative website, and they run this particular holiday which was a good choice for us as older first time Trekkers because it was not quite as far as the Everest Base camp treks

REVIEW BY MOSSLEY SMIFFY ON 12/05/2016

Ama Dablam Base Camp - What a Good Do !! The Mountain Company - excellent from the start - no probs with booking - and all the extras (flights/insurance etc etc) were sorted easily. Guides (for Kathmandu tour and the trek itself) were top notch. The big plus was the sudden itinerary change required due to illness - caused absolutely no problems because we had a guide and a proper company backing us up - a couple of phone calls and everything was sorted with minimum fuss - the reason for travelling with a bona fide company. ...

REVIEW BY SARA ON 19/12/2016

Khumbu trekking off the beaten track An excellent alternative to the usual Everest Base Camp trek - slightly shorter and easier, but with quieter paths and visits to small villages. Small group, operator provided plenty of care and attention, both before the trip and during the trip. The guides were very helpful, and made the trek interesting and culturally enlightening. ...

Notes downloaded on: 18-04-2024

