

# Ama Dablam Base Camp Trek - 10 Days



## Trek Information

|                  |                 |
|------------------|-----------------|
| Duration         | 10 days         |
| Difficulty       | Medium          |
| Region           | Everest Region  |
| Highest Altitude | 4500.0 m        |
| Group Size       | 1-20+           |
| Season           | Autumn & Spring |
| Individual Cost  | \$0.00          |

## Description

### About the Destination

The **Everest Base Camp (EBC)** trek is one of the world's most celebrated journeys, drawing trekkers from every corner of the globe to witness the grandeur of the Himalayas up close. This legendary trail follows in the footsteps of Sir Edmund Hillary and Tenzing Norgay, beginning with a dramatic flight into Lukla and weaving through the heart of the Khumbu region. As trekkers ascend through Sherpa villages like Phakding, Namche Bazaar, Tengboche, and Dingboche, they are immersed in vibrant local culture, Buddhist monasteries, and unmatched mountain scenery.

The trail offers glimpses of Everest early on, but the full majesty unfolds at Kala Patthar

(5,545m), a vantage point that delivers sunrise views of Everest, Nuptse, and Lhotse in stunning clarity. The final destination, Everest Base Camp (5,364m), sits at the foot of the mighty Khumbu Icefall, where climbers prepare for their summit push. The journey tests one's endurance and altitude adaptability but rewards with unparalleled vistas, spiritual encounters, and a sense of achievement. Whether it's crossing high-suspension bridges or sipping tea with local Sherpas, every step on the EBC trek resonates with adventure and legacy, making it a must-do for anyone passionate about mountains and cultural exploration.

## Trip Overview

The Ama Dablam Base Camp Trek is a short but beautiful trek in the Khumbu on the Himalayan Range. It starts with a scenic flight to Lukla at 2,860m. From there, the path wanders through the pine forests, crosses suspension bridges and passes through the Sherpa villages until it reaches the Namche Bazaar mountain culture centre at 3,440 m. Daily hikes are of the order of five to six hours long and are associated with gentle ascents leading to alpine meadows and broad valleys.

Acclimatising in Namche allows trekkers to safely adjust to altitude while seeing some of the colourful markets and monasteries. The trek subsequently passes through Kyangjuma and Pangboche, where one gets to witness the real Sherpa lifestyle and panoramic views of Everest, Lhotse, and Ama Dablam.

The highlight is the ascent to Ama Dablam Base Camp at 4,600 m, where the pyramid-shaped mountain looms way above the valley. Cultural immersion occurs in Sherpa villages and sacred monasteries and on trails lined with prayer flags. Altitude changes determine the rhythm of the trek: on easy valleys it turns into a good climb to the base camp. Nights are spent in friendly teahouses and very modest rooms, and warm hospitality soothes trekkers after long days. In Kathmandu, modern hotels provide a sense of relaxation, balancing the pre- and post-trek adventure.

Full board meals are available: Nepali dal bhat, Sherpa specialities, and the typical international dishes. Tea and coffee breaks help to bring warmth and energy to the cool air of the mountains.

Licensed guides, porters, and medical support are a guarantee of safety and confidence. This 10-day trek is a rewarding and adventurous trek in the Himalayas, which combines natural grandeur with cultural depth.

## Trip Highlights

- Scenic flight to Lukla (2,860 m) after a drive from Kathmandu to Ramechhap, followed by a gentle trek to Phakding (2,610 m).
- Trek from Phakding to Namche Bazaar (3,440 m), crossing suspension bridges over the Dudh Koshi River, with vibrant Sherpa villages and the first views of Everest.
- Acclimatization day in Namche Bazaar, with a short hike to Everest View Hotel (3,880 m), offering panoramic scenery of Everest, Lhotse, and Ama Dablam.
- Trek from Namche Bazaar to Kyangjuma (3,570 m). The trail passes rhododendron forests and offers wide Himalayan vistas.

- Trek from Kyangjuma to Pangboche (3,985 m). The route passes Tengboche Monastery (3,860 m), a spiritual center of Khumbu.
- Hike from Pangboche to Ama Dablam Base Camp (4,600 m) and return. The highlight is standing beneath Ama Dablam's soaring pyramid peak.
- Trek from Pangboche back to Namche Bazaar (3,440 m). The trail retraces through Tengboche and Somare, with cultural immersion in Sherpa settlements.
- Trek from Namche Bazaar to Lukla (2,860 m). The long day passes through suspension bridges, pine forests, and lively villages, completing the circuit.
- Flight from Lukla to Ramechhap and drive to Kathmandu (1,400 m), returning to city comforts after the mountain adventure.

## **Detailed Itinerary**

### **Arrive in Tribhuvan International Airport(1324m/ 4344ft.) in Kathmandu and transfer to your hotel.**

Trekkers arrive at the airport in Kathmandu and are transferred to the hotel. The first day is reserved for rest, orientation, and a tour of the busy streets or heritage sites of Kathmandu. Guides provide a trek briefing and do a gear check.

### **Drive to Ramechhap, Flight to Lukla (2,860 m), Trek to Phakding**

A drive in the early morning to Ramechhap is followed by the short scenic flight to Lukla. Trekking is done along the river Dudh Koshi, crossing suspension bridges and passing Sherpa villages. The trail gradually leads to Phakding, through pine forests and through prayer flag-lined trails.

### **Trek from Phakding to Namche Bazaar**

The trail is along the Dudh Koshi River through pine forests and Sherpa hamlets. After crossing a number of suspension bridges (including the famous Hillary Bridge), trekkers begin the steep climbing of Namche. As the air becomes thinner, it becomes important to take a slow pace and drink plenty of water. Namche Bazaar welcomes you with vibrant markets, bakeries, and tea houses. Visitors get to see prayer flags, mani stones, and meet Sherpa traders. Nepali dinner is often made up of Nepali dal bhat, Sherpa thukpa, or momos with tea or coffee for a warm evening. The first views of Everest and Ama Dablam make the trek exciting.

### **Acclimatization in Namche Bazaar, Hike to Everest View Hotel**

The acclimatization day prevents altitude sickness. A short hike to the Everest View Hotel boasts sweeping panoramas of Everest, Lhotse, and Ama Dablam. The trail passes through rhododendron forests, small Sherpa villages, monasteries, and yak pastures, giving cultural encounters. After returning to Namche, trekkers can explore museums, markets, and bakeries of the local people. Hearty meals in the teahouses (often a combination of Nepalese staples and international dishes) are served. Accommodation is basic in a very comfortable way - with warm blankets and warm Sherpa hospitality. Trekkers are advised to drink plenty of water, avoid alcohol, and rest well in order to prepare for higher elevations.

### **Trek from Namche Bazaar to Kyangjuma**

The trail gently climbs out of Namche, winding through rhododendron and juniper forests. Wide Himalayan vistas featuring Ama Dablam, Everest, and Thamserku are on the skyline. Prayer flags and mani walls indicate the cultural richness of the route. It is a shorter day that gives the body time to get acclimated to altitude. The walk is scenic and peaceful, and has fewer crowds than Namche. Teahouse meals, ranging from dal bhat to noodles and soups, serve as sustenance, while tea breaks are helpful in keeping the energy going. Accommodation is primitive but comfortable, with rest after the trek of the day. Trekkers should maintain a constant pace and rest frequently to save energy.

### **Trek from Kyangjuma to Pangboche via Tengboche Monastery**

The trail is not too steep and ascends through rhododendron and pine forests, with ever-broadening views of Everest and Lhotse with Ama Dablam. After two to three hours, trekkers reach Tengboche Monastery at 3,860 m, which is the spiritual heart of Khumbu.

Monks chant prayers, incense saturates the air, and colorful murals depict Buddhist teachings. It is a cultural highlight where trekkers stop for some blessings and reflection. From Tengboche, the trail drops slightly before it ascends again to Pangboche. The thinner air and increasing fatigue are offset by the view of Ama Dablam's sharp peak, and spirits remain high. Meals of Pangboche teahouses - warm dal bhat, Sherpa thukpa, or noodle soups - are the meals of recovery. Accommodation is minimalistic but cosy and includes wooden rooms and thick blankets to ward off the evening chill. Trekkers are advised to drink plenty of water and to walk slowly to avoid altitude sickness issues. Exhausted by the climb but inspired, they see a spiritual energy in the monastery and the views on the mountain.

## Hike to Ama Dablam Base Camp and Return to Pangboche

It is the main day of the trek. The trail ascends gradually through yak pastures and alpine meadows, with Ama Dablam's pyramid peak getting closer with each step. The air is crisp and thin and strains the body, but the excitement of reaching base camp provides high morale. At the Ama Dablam Base Camp at 4,600 meters, trekkers are below one of the most recognized peaks in the Himalayas. Glaciers are shiny, ridgelines are sharp, and prayer flags sway in the breeze, creating an atmosphere of serenity and power that combines the natural grandeur with spiritual depth. Trekkers often stop to meditate, photograph, and have quiet time. After exploration, trekkers again go down to Pangboche. The return is easier, although the legs are tired from the climb. Trekkers should take breaks and rehydrate often on the way up, and pace themselves in the ascent as well. Teahouse food - dal bhat, fried rice, or Sherpa stew - gives new energy, and hot tea warms the body. Accommodation is basic but comfy, and there is the comfort of community and shared stories between trekkers.

## Trek from Pangboche to Namche Bazaar

The trail retraces through Tengboche Monastery, where prayer chants and incense fill the air, and is a spiritual pause before continuing downhill. Views of Everest, Lhotse, and Ama Dablam slowly give way to the distance, being replaced by lush forests and vibrant Sherpa villages. The descent is easy on the breathing as the air becomes thicker, although the legs take the strain of long hours. Mental mood is lighter - trekkers enjoy the cultural immersion of Sherpa settlements and the comfort of returning to the bustling markets and bakeries of Namche. Meals in Namche teahouse vary from dal bhat to pasta, pizza, and bakery treats, as a change from days spent eating basic mountain food. Accommodation is more comfortable here with comfortable rooms, hot showers (optional), and a vibrant social atmosphere amongst fellow trekkers.

## Trek from Namche Bazaar to Lukla

This is the longest trek day. The trail gets steeply down through the pine forests, suspension bridges, and riverside paths. Sherpa villages are encountered along the way, offering cultural encounters with mani walls, prayer wheels, and friendly locals to greet the trekkers. The air is thicker and warmer, which relieves the pressure of the altitude but makes muscles fatigued because of the long descent. Mental mood is mixed - there is fatigue from the journey and satisfaction at the journey's completion of the circuit. Meals at the teahouses in Lukla comprise hearty Nepali dishes and international dishes together with celebratory drinks, which are commonly shared among the trekkers. Accommodation is easy but vibrant, because Lukla is the last stop before going back to Kathmandu.

## Flight from Lukla to Ramechhap, Drive to Kathmandu, Departure

Early flight to Ramechhap from Lukla (drive back to Kathmandu). The change from the cool mountain air to the busy city air is dramatic, and trekkers reflect on highlights of the journey. Meals in Kathmandu hotels or restaurants offer a very wide choice, from Nepali

dal bhat to an international meal, providing comfort after too many days of teahouse food. Accommodation is modern and relaxing, with hot showers and soft beds to provide relief to tired muscles. Rest well and hydrate after the trek to recover well. Here, trekkers feel proud and fulfilled with memories of Ama Dablam, the pyramid peak, and the depth of Sherpa culture. Overnight at: Kathmandu or departure onward

## What's Included

- Private airport transfers in a comfortable vehicle for smooth arrivals and departures
- Accommodation in teahouses or hotels along the trekking route (twin■sharing basis)
- Full board meals (breakfast, lunch, and dinner), including seasonal fruits after dinner
- Experienced English■speaking trekking guide providing professional and friendly support
- Porter service included (one porter shared between two trekkers)
- Salaries, equipment, and insurance coverage for guides and porters
- Emergency rescue services (rescue costs to be covered by trekker's travel insurance)
- A basic first-aid kit is carried by the guide for safety
- Trek completion certificate to commemorate your achievement
- Required permits: Sagarmatha National Park Permit and Khumbu Rural Municipality Entry Permit
- Printed trekking route map to help navigate the trek
- All applicable government taxes and official charges

## What's Not Included

- Travel insurance (recommended to cover high■altitude trekking and emergency rescues)
- Personal expenses during the trek, including hot showers, device charging, and Wi■Fi
- Beverages of any kind: tea, coffee, mineral water, soft drinks, alcoholic drinks, etc.
- Personal trekking gear and equipment (boots, jackets, poles, etc.)
- Tips for guides and porters
- Expenses due to unforeseen circumstances such as natural disasters, extreme weather, political issues, or flight delays
- Kathmandu hotel and food expenses before/after trek
- Sightseeing or tours in Kathmandu

## Equipment & Packing List

### Ama Dablam Base Camp 10 Days Itinerary Overview

The Ama Dablam Base Camp Trek is a 10-day trek in the Himalayas that combines dramatic scenery and Sherpa culture. It begins in Kathmandu with a drive to Ramechhap, followed by a flight to Lukla altitude of 2860 m. The first walk from Lukla to Phakding at an elevation of 2,610 meters takes three to four hours by riverside trails and suspension bridges.

From Phakding, there is a six to seven-hour trek to Namche Bazaar at 3,440m through forests of pines and over high bridges. A short acclimatization trek to Everest View Hotel, at 3,880m, takes hikers to beautiful vistas of Everest, Lhotse, and Ama Dablam. Sherpa markets and tea houses are the cultural attractions.

The trail continues to Kyangjuma at 3,570m and then Pangboche at 3,985m, crossing Tengboche Monastery at 3,860m, which is a spiritual centre of Khumbu. The highlight is the trek to Ama Dablam Base Camp at 4 600 m (over six to seven hours to go and back), winding through the alpine meadows with a breathtaking view of the pyramid summit.

The return journey follows the same route back through Pangboche, Namche, and Lukla through some beautiful descents and cultural immersion into Sherpa villages. Flights back to Ramechhap, and a drive to Kathmandu, at an elevation of 1,400m, bring the trek to an end. Accommodation is in teahouses en-route and hotels in Kathmandu, and meals are dal bhat, thukpa, momos, and tea. Gradual acclimatization, licensed guides, and medical support ensure safety so that this trek is a rewarding combination of natural grandeur and cultural depth.

### Ama Dablam Base Camp Trek distance and altitude coverage

Day

Route

Distance

Duration

Altitude Gain/Loss

Sleep Altitude

1

Arrival in Kathmandu, transfer to the hotel

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1,400 m

2

Drive Kathmandu → Ramechhap, flight to Lukla (2,860 m), trek to Phakding

~8 km

3–4 hrs

-250 m

2,610 m

3

Trek Phakding → Namche Bazaar

~10–11 km

6–7 hrs

+830 m

3,440 m

4

Acclimatization in Namche, hike to Everest View Hotel (3,880 m) and return

~3–4 km

3–4 hrs

+440 m / -440 m

3,440 m

5

Trek Namche Bazaar → Kyangjuma

~5 km

4–5 hrs

+130 m

3,570 m

6

Trek Kyangjuma → Pangboche via Tengboche Monastery

~9 km

5–6 hrs

+415 m

3,985 m

7

Hike Pangboche → Ama Dablam Base Camp (4,600 m) and return

~10 km (round trip)

6–7 hrs

+615 m / -615 m

3,985 m

8

Trek Pangboche → Namche Bazaar

~12 km

6–7 hrs

-545 m

3,440 m

9

Trek Namche Bazaar → Lukla

~18 km

7–8 hrs

-580 m

2,860 m

10

Flight Lukla → Ramechhap, drive to Kathmandu, departure or onward activities

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-1,460 m

1,400 m

Permits and Expenses Needed for the Ama Dablam Base Camp Trek

To trek to Ama Dablam Base Camp, trekkers must get two important permits, i.e., Sagarmatha National Park Entry Permit and Khumbu Pasang Lhamu Rural Municipality Permit. These fees add to conservation, safety, and development of the Sherpa community in the Khumbu region.

Sagarmatha National Park Entry Permit

Access to the Everest region requires the Sagarmatha National Park permit. This sum helps with the conservation of the forests, wildlife, glaciers, and trail infrastructure in this WWF World Heritage Site.

- Foreigners: NPR 3,000 per person (approx. USD 23)
- SAARC nationals: NPR 1,500 per person
- Nepali citizens: NPR 100 per person
- Children under 10: Free

Permits can be obtained from the Nepal Tourism Board office in Kathmandu or at the park entry checkpoint at Monjo.

#### Khumbu Pasang Lhamu Rural Municipality Permit

This local permit gives them an assurance that the fees go directly to the infrastructure, trail maintenance, and community development in the Khumbu region. It has replaced the old TIMS card requirement.

- Foreigners: NPR 2,000 per person (approx. USD 15)
- SAARC nationals: Same rate as foreigners
- Children under 10: Free

This permit is issued in Lukla or Monjo.

#### TIMS Card (Trekking Information Management System)

Unlike the Annapurna Circuit, the Everest region, including Ama Dablam Base Camp, doesn't require a TIMS card. The Khumbu Pasang Lhamu Rural Municipality permit plays this role.

#### Summary

For the Ama Dablam Base Camp Trek (10 Days), trekkers need:

- Sagarmatha National Park Entry Permit (NPR 3,000 for foreigners, NPR 1,500 for SAARC nationals).
- Khumbu Pasang Lhamu Rural Municipality Permit (NPR 2,000 for foreigners and SAARC nationals).
- No TIMS card required.

These permits and fees are necessary for the trek and help to manage tourism, conserve natural resources, and provide income to Sherpa communities that live along the Ama Dablam trek.

#### Trip Cost of the Ama Dablam Base Camp Trek (10 Days) Package 2026/2027

##### Group Size

##### Price Per Person (USD)

10 persons

10 – 20 persons

21+ persons

##### Single Supplement

##### Note

- Prices are calculated on a per person basis.
- For a group of 10 trekkers, the cost is fixed on a per capita rate.
- For larger groups of 21 or more people, a discounted rate applies per person.
- An additional surcharge is applicable for private accommodation

## Best Time to Trek Ama Dablam Base Camp

Spring (March to May) | Ideal for Trekking

Spring brings cool mornings, blooming rhododendrons, and pleasant weather up at higher elevations. Visibility is excellent with the pyramid peaks of Ama Dablam, Everest, and Lhotse gleaming clearly in blue skies.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

March

0 to 10

-5 to -10

40–60 mm

Cold mornings, clear days

Light at higher ridges

April

5 to 12

-2 to -8

60–80 mm

Mild rhododendrons are blooming

Rare

May

8 to 15

0 to -5

80–90 mm

Warm, clear skies, stable trails

Minimal

Autumn (September to November) | Best Season

Autumn is said to be the best time for the Ama Dablam Base Camp. September starts with light rain, and skies soon become clear. October brings crisp air and calm weather, while November comes with colder nights and the unmatched Himalayan visibility.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

September

8 to 12

-2 to -8

100–120 mm

Clear skies, occasional showers

Light at altitude

October

5 to 12

-5 to -10

60–80 mm

Stable, crisp skies, clear views

Rare

November

0 to 8

-8 to -14

30–50 mm

Cold nights, excellent visibility

Begins at high ridges

Less Favorable Seasons

- Summer Monsoon (June–August): Heavy rain, muddy trails, landslides, and poor visibility make trekking difficult.
- Winter (December–February): Freezing conditions, snowbound paths, and icy winds often make the base camp approach risky.

Conclusion

The Ama Dablam Base Camp Trek is therefore best undertaken during the Spring (March - May) and Autumn (September - November). These seasons offer the best trekking experience with stable weather, colorful landscapes, and breathtaking views of Ama

Dablam and its surrounding peaks.

## Packing List for the Ama Dablam Base Camp Trek (10 Days)

### General Essentials

- Three-season sleeping bag (rated for  $-10^{\circ}\text{C}$ , suitable for nights up to 4,600 m)
- Down jacket (medium-heavy for cold evenings at Pangboche and Base Camp)
- Daypack 30–40L with rain cover
- Trekking poles (helpful for suspension bridges and steep descents)
- Water purification tablets/filter (for streams and teahouse refills)
- Headlamp with spare batteries (for early morning hikes and teahouse use)

### Upper Body

- Sun hat or cap (UV protection at altitude)
- Warm beanie/knitted hat
- UV-protected sunglasses (category 3–4 for snow glare at Base Camp)
- Buff/neck gaiter (for dust, wind, and cold protection)

### Torso Layers

- Technical base layers (thermal, moisture-wicking)
- 2 short-sleeve trek shirts
- 2 long-sleeve trek shirts
- Fleece jacket/pullover
- Waterproof shell jacket (windproof for Pangboche and Base Camp)
- Insulated mid-layer jacket (for cold nights at 4,600 m)

### Lower Body

- Thermal leggings/base layer
- 2 hiking pants (quick-dry)
- Hiking shorts (for lower valley days around Phakding and Namche)
- Comfortable teahouse pants
- Rain/snow shell pants (for unpredictable weather at higher altitudes)
- Hands
- Liner gloves
- Insulated waterproof gloves (important for cold mornings at Base Camp)

### Feet

- Warm wool socks (3–4 pairs)
- Hiking socks and liners
- Waterproof trekking boots (broken in, with ankle support)
- Casual shoes/slippers (for teahouse evenings)
- Undergarments & Sleepwear
- Quick-dry underwear
- Sports bras (for women)
- Thermal sleepwear (essential for nights at Pangboche and Base Camp)
- Medicals & Personal Care
- First aid kit, altitude medication, pain relievers
- Oral rehydration salts (for hydration at altitude)
- Sunscreen SPF 50+, lip balm SPF (UV is strong above 3,500 m)
- Menstrual products (for women)
- Hand sanitizer, wet wipes, toiletries
- Personal medications (prescribed)
- Electronics
- Power bank (10,000–15,000 mAh, charging is costly at altitude)
- Camera/smartphone with extra memory cards
- Adapter plug (Nepal standard: Type C/D/M)
- Miscellaneous
- Trekking duffel bag
- Lightweight towel
- Notebook and pen
- Snacks: energy bars, nuts, chocolates (extra calories for Base Camp day)
- Reusable water bottle/hydration bladder (2–3L capacity)
- Small lock (for duffel bag security)
- Lightweight book/Kindle
- Equipment and Extras Provided by the Company
- Down jacket (loaned for trek)
- Sleeping bag (loaned for trek, rated for Ama Dablam conditions)

- Trekking duffel bag (70L, for porter use)
- Ama Dablam Base Camp trekking route map
- Trekking T-shirt (souvenir)
- Appreciation certificate after trek completion
- First aid kit with oximeter for altitude monitoring
- Basic medical support during the trek
- Can You Trek the Ama Dablam Base Camp Solo?
- Trekking to Ama Dablam Base Camp without a guide is no longer legally possible for foreign visitors. Nepal came up with a rule in 2023 that any trekker should hire licensed guides through registered agencies. The regulation was aimed at enhancing safety, mitigating accidents in high altitude areas, and ensuring that visitors would receive support in terms of culture and logistics.
- The route itself goes to 4,600 metres with steep ascents, suspension bridges, and thin air, which can induce altitude sickness. While the trek is shorter than Everest Base Camp, it is still demanding on climbers and unpredictable mountain weather, where solo trekkers would be at risk without professional assistance. Guides, for their part, are trained to control the acclimatization schedules, as well as monitor the health of the travelers, and should respond quickly to emergencies, making the journey safer and more reliable. Along the way, they also enhance the experience by explaining Sherpa traditions, monasteries, prayer flags, and village life by way of Namche Bazaar, Tengboche, and Pangboche on the route. Porters provide additional support by carrying loads, shoulder the load, and save your trekkers' energy for the base camp climb.
- Walking with a group also gives mental reassurance, companionship, and shared motivation, which they need to make a challenging climb a more pleasant adventure. Trekking in a group enhances the experience - turning a demanding hike into a fulfilling trek beneath the iconic pyramid peak of Ama Dablam.
- What are the Meals and Accommodation Like in the Ama Dablam Base Camp Trek?
- Meals and accommodation on the Ama Dablam Base Camp trek combine basic comforts with authentic Himalayan hospitality.
- In Kathmandu:
  - Trekkers typically stay in 3-star hotels with twin or double-occupancy rooms. The breakfast is included on the way to the trek and on the return journey as well.
- Along the Trek:
  - Accommodation is in the standard Sherpa teahouses. Rooms are very simple, with twin-sharing beds and basic bedding.
  - At lower altitudes (Phakding, Namche), some lodges may offer attached bathrooms and slightly better facilities.
  - At higher villages (Tengboche, Pangboche, Ama Dablam Base Camp area), bathrooms are shared, and facilities are more basic due to remoteness.
- Atmosphere:
  - Teahouses offer warmth, coziness, and Sherpa hospitality.

- Evenings are often an occasion for communal eating, as the trekkers gather around wood stoves to tell themselves stories and enjoy the atmosphere of the mountain.

- Meals

- Full board meals are provided throughout the trek: breakfast, lunch, and dinner daily.

- Traditional Nepali dishes like dal bhat (rice, lentils, vegetables) are supplemented by Sherpa and Tibetan-inspired meals such as noodles, soups, pasta, momos, thukpa, eggs, and Tibetan bread.

- Tea and coffee are served three times daily, and fresh seasonal fruit is offered after dinner to keep trekkers energized.

- At higher altitudes (Pangboche and Base Camp), meals are simpler but hearty, designed to provide warmth and calories for demanding trekking days.

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#### Notes

Meals include both Nepali and Sherpa/Tibetan dishes, with occasional international options in Namche Bazaar.

Fresh fruit is served after dinner along the trail.

Tea and coffee are provided three times daily.

Accommodation is on a twin/double sharing basis, with attached bathrooms available in lower villages, and shared bathrooms at higher altitudes.

- This arrangement guarantees that trekkers will have good food and comfortable accommodation and will be able to experience the cultural richness of the Khumbu region, the hospitality of the Sherpas, and breathtaking views of the pyramid peak of Ama Dablam.

- Visa and Entry Requirements for the Ama Dablam Base Camp Trek (10 Days)

- Nepal Entry Visa

- All foreign travelers require a valid Nepal entry visa to participate in the Ama Dablam Base Camp trek. The visa may be obtained in Kathmandu at Tribhuvan International Airport or in advance from Nepali embassies located abroad. A passport with a minimum of six months' validity and a passport-size photo is required.

- 15-day multiple-entry visa: USD 30

- 30-day multiple-entry visa: USD 50

- 90-day multiple-entry visa: USD 125

- Payment is generally by cash, preferably US Dollars, though other major currencies are accepted.

- Trekking Permits

- In addition to the entry visa, trekkers must obtain permits specific to the Everest region:

- Sagarmatha National Park Entry Permit (SNPEP): Required to enter the UNESCO-listed Sagarmatha National Park. The fee supports conservation of forests, glaciers, wildlife, and

trail infrastructure.

- Khumbu Pasang Lhamu Rural Municipality Permit: Introduced in place of the TIMS card, this local permit ensures direct contributions to community development, infrastructure, and trail maintenance in the Khumbu region.

- Local Municipality Fees

- The Khumbu Pasang Lhamu Rural Municipality Permit is collected at checkpoints that are situated in Lukla or Monjo. This system is designed to enable trekkers to make a direct contribution to Sherpa communities, as well as to support the maintenance and upkeep of the route by Ama Dablam, including trail, bridge, and village maintenance.

- Provided by Trekking Company

- All the necessary permits are arranged by the trekking company and are included in the trek package cost. This ensures that they are complying with Nepal's regulations and saves trekkers from paperwork hassles. It means that you can focus on your acclimatization, cultural immersion, and the rewarding experience of standing below the iconic pyramid peak of Ama Dablam.

- Travel Insurance Requirements and Emergency Rescue Coverage for the Ama Dablam Base Camp Trek

- Travel insurance is compulsory to go on the Ama Dablam Base Camp trek. Every participant must carry a policy that covers trekking at high altitudes (up to 4,600 m). While this trek is not across extreme passes such as Cho La, the altitude and steep trails of this trek, along with the unpredictable Himalayan weather, make the trek susceptible to altitude sickness, injuries, and sudden emergencies. Without valid insurance, trekkers are not allowed to participate in the trek.

- A proper insurance policy should include:

- High altitude trekking coverage (up to 5,000 m)

- Helicopter rescue and emergency evacuation

- Medical treatment and hospitalization

- Trip cancellations, delays, and repatriation

- Emergency Rescue Operations

- Rescue operations are coordinated mostly from Namche Bazaar, Lukla, or Kathmandu, depending upon the severity of the situation. In cases of emergency, helicopters can access villages such as Pangboche, Tengboche, or Namche where trekkers can be evacuated quickly to lower altitudes or hospitals in Kathmandu. Guides ensure management of the rescue process, including communication with insurance providers, ensuring timely evacuation and medical support.

- Why Insurance Matters on the Ama Dablam Trek

- Even though Ama Dablam Base Camp is lower in elevation than Everest Base Camp, it is still a trek that involves long days of walking, thin air, and remote terrain where medical facilities are limited. Insurance is a peace of mind - it covers the costs of the expensive helicopter rescues and hospital treatment. It also guarantees that trekkers can enjoy the adventure - standing under the iconic pyramid peak of Ama Dablam - and not worry about unexpected risks.

- Altitude Sickness and Prevention for the Ama Dablam Base Camp Trek

- Altitude sickness is a common issue that is experienced during the Ama Dablam Base Camp trek, since the trail reaches an altitude of 4,600 metres. Even though this trek does not involve extreme passes like Cho La, due to the thinner air and steep ascents, Acute Mountain Sickness (AMS) may occur. Professional guides carry medical kits that include oximeters to monitor oxygen levels and detect early signs of AMS. They also monitor the physical and mental status of the trekkers, promoting slow walking, good hydration, well-balanced meals, and rest days as necessary.
- The best prevention is slow acclimatization. Trekkers stay at villages, including Namche Bazaar and Pangboche, for a night to acclimatize their bodies to the altitude before reaching the base camp. If symptoms of AMS appear (headache, nausea, or dizziness), then being safe the only response is to descend immediately. Guides know how to deal with emergencies and can organize helicopter evacuation from villages such as Pangboche or Namche to hospitals in Kathmandu.
- Travel insurance with high altitude trekking and helicopter rescue is also a necessity. It provides a safety net in case altitude emergencies, sudden changes in weather, or unexpected accidents occur. With the right acclimatization, appropriate guidance, and understanding of the dangers, trekkers can surmount the challenge of altitude and have a safe and rewarding trip below the stunning pyramid peak of Ama Dablam.
- Personal Expenses to Budget For on the Ama Dablam Base Camp Trek
  - Trekkers are advised to budget for personal spending that is not included in the package. These costs are small but are a necessity for comfort and enjoyment. While hiking, many purchase additional snacks (chocolate, nuts, or energy bars). Bottled or boiled water is available on the train, but most trekkers use purification tablets. Teahouses sell tea, coffee, and soft drinks. Namche Bazaar has bakeries and even alcoholic beverages. Since these items are not included in them, plan separately for them.
  - Teahouses provide basic accommodation, with additional services such as Wi-Fi, hot showers, rs and charging devices available at an extra cost. Prices increase with height, so expect to pay more in Pangboche or near base camp. Souvenir shopping is another expense. Namche Bazaar and Pangboche sell prayer flags, yak wool clothes, Sherpa handicrafts, etc. Donations to monasteries also cost money, despite their cultural value.
  - It is the norm to give tips to guides and porters, so you must include that in your budget. Carry small notes of Nepalese Rupees with you because ATMs are not available or they are unreliable in remote areas. By budgeting money for these personal expenses, trekkers avoid the financial stress and have a smoother, more rewarding trek.
- Why Trek the Ama Dablam Base Camp with Us?
  - Trekking to Ama Dablam Base Camp with us is a bundle of the Himalayan adventure, Sherpa culture, and the awesome feeling of standing at the foot of an iconic peak. After you're dropped off in Lukla by air, our licensed guides keep you safe, well-paced, and informed from your first step to the last climb to base camp.
  - We provide a well-designed 10-day itinerary with a balance of acclimatization and comfort. The trail features constant climbing, easy downhill, and time to explore local villages. Every day is planned in such a way that you get maximum safety and cultural immersion, and hence, don't just experience the trail, but the heart of the Himalayas.
  - Our departures are guaranteed, and scheduling is flexible, which makes it easy to join whether you are a solo traveler or part of a larger group. The package is all-inclusive, for permits (Sagarmatha National Park, Khumbu Municipality), accommodation, meals, guides, and porters. This frees you up to just concentrate on the trek and the stunning views of Ama Dablam, Everest, and Lhotse, without having to worry about the logistics.
  - For those who look for a deeper cultural experience, we can organize visits to the

Tengboche Monastery, cultural walks to Sherpa villages, or even meditation sessions with some monks. Optional helicopter sightseeing flights over Ama Dablam and Everest are also available at extra cost, which promise a once in a lifetime aerial perspective of the Himalayas.

- Our agency has earned a good reputation for professionalism, care, and detail. We are well-equipped to deal with groups of all sizes and we have assistant guides and porters to ensure smooth logistics, personal attention, and safety all the way during the trek.

## Pricing

| Group Size | Price per Person (USD) |
|------------|------------------------|
| Individual | \$0.0                  |

## Frequently Asked Questions

### Q: How difficult is the Ama Dablam Base Camp Trek in Nepal?

A: and suspension bridges. Altitude can cause shortness of breath and fatigue so it is important to pace and acclimatize. It's not as strenuous as Everest Base Camp or Cho La Pass, but trekkers still must be in good fitness and shape. Guides watch out for health closely, discouraging rapid pacing, drinking, and resting. In the case of the AMS, one must descend to lower villages, as this is the safest option. With guides and porters to assist, it is a manageable and safe trek. The reward is to be standing under the striking pyramid peak of Ama Dablam with Everest and Lhotse in the background - a once-in-a-lifetime Himalayan adventure.

### Q: What is the maximum altitude reached on the Ama Dablam Base Camp Trek?

A: The maximum elevation of the Ama Dablam Base Camp Trek is the Ama Dablam Base Camp at 4,600 m, a gorgeous viewpoint directly below the pyramid-shaped peak of Ama Dablam. From here, trekkers have close-up views of Ama Dablam itself and of panoramas of Everest, Lhotse, and other Khumbu giants. Although trekking to the remarkable heights of Everest Base Camp does not take you as high as the Gokyo Ri summit, the thinner atmosphere at 4,600m can still produce symptoms of acute mountain sickness (AMS) if acclimatisation is rushed.

### Q: What are the best seasons for the Ama Dablam Base Camp Trek?

A: The Ama Dablam Base Camp Trek is best experienced during Spring (March- May) and Autumn (September - 11). These seasons bring stable weather, clear skies, and comfortable temperatures, and this makes the trails safe and the views truly spectacular. Spring brings the beauty of flowering rhododendron plants in the valleys below, and in autumn, there is the crisp air and unsurpassed clarity of the peaks. Winter (December-February) is very cold with snow covering higher trails, and the summer monsoon (June-August) brings heavy rain and flight delays, so these are less favorable. For the best and most rewarding experience, spring and autumn are still the best times to trek to the Ama Dablam Base Camp.

### Q: Do I need prior trekking experience for the Ama Dablam Base Camp Trek?

A: There is no formal requirement for previous trekking background, but having some previous background is helpful in the case of the Ama Dablam base camp trek. The route is rated moderate to strenuous with daily hikes of 5-7 hours over uphill trails, stone steps, and suspension bridges. The highest point is 4,600 m, at which point the thinner air may make it more tiring to walk, so good fitness and preparation are important. Strong beginners, if they are determined enough, can complete the trek, particularly with the help of licensed Sherpa guides and porters. Those who have already taken multi-day treks will find it more of a challenge, but even for first timers, success can be achieved with training and proper support.

### Q: What accommodation and meals are provided on the Ama Dablam Base Camp Trek?

A: Trekkers stay in 3-star hotels in Kathmandu with breakfast included before and after the trek. On the trail, accommodation is in teahouses, which are local Sherpa hotels. Rooms are typically twin shared with basic bedding. Teahouses offer warmth, a communal dining area, and true Sherpa hospitality, and evenings are fun and social. Meals are served on a full board basis throughout the trek. Trekkers eat traditional Nepali dishes (dal bhat) and Sherpa and Tibetan dishes (momos, thukpa, Tibetan bread), as well as international dishes (noodles, pasta, rice, soups). Tea and coffee are provided multiple times throughout the day, and fresh fruit is served after dinner to ensure trekkers stay healthy and energy-filled.

### **Q: What permits are required for the Ama Dablam Base Camp Trek?**

A: Trekkers using the Ama Dablam Base Camp route require two permits. Both are organised by the trekking company and are included in the cost. Show them at checkpoints to obey Nepal's regulations. Sagarmatha National Park Entry Permit (SNPEP): Needed to enter the Everest region. The fee supports conservation of forests, glaciers, wildlife, and trail infrastructure inside the UNESCO-listed park. Khumbu Pasang Lhamu Rural Municipality Permit: Replaces the TIMS card. The fee directly contributes to local community development, infrastructure, and trail maintenance in the Khumbu area. Both permits are arranged by the trekking company and included in the package cost. Trekkers must show them at checkpoints along the trail to follow Nepal's trekking regulations.

### **Q: Is travel insurance required for the Ama Dablam Base Camp Trek?**

A: Travel insurance is compulsory in the case of the Ama Dablam Base Camp trek. Policies need to cover trekking up to 5,000 meters, up to and including the 4,600-meter base camp. Without valid insurance, you cannot join the trek as per the regulations of Nepal. Insurance should cover helicopter rescue and evacuation, medical treatment in Kathmandu, trip cancellation or delays - particularly Lukla flights - and repatriation. Comprehensive coverage to protect against altitude, remoteness, and sudden changes in the weather.

### **Q: What about altitude sickness (AMS) on the Ama Dablam Base Camp Trek?**

A: Altitude sickness may strike some trekkers, or even the fittest, if the trail reaches an altitude of more than 4,000 meters. Headaches, nausea, dizziness, or fatigue may be experienced. Preventive steps include constant walking, a lot of water, no alcohol or smoking, and balanced meals. Guides carry medical kits and oximeters in case their oxygen levels need to be monitored. If the symptoms get serious, the safest action is to descend to the lower villages like Pangboche or Namche. With correct acclimatization, most trekkers manage well with the altitude and are rewarded with the views.

### **Q: How should I prepare for the Ama Dablam Base Camp Trek?**

A: Preparing for the Ama Dablam Base Camp trek, you need to be highly fit and have endurance. Expect 5-7 hour-long trekking days, constant ascents, uneven trails, and suspension bridges of up to 4,600 m. Training should be a combination of uphill walking, stamina training, core, and leg strength exercises. Cardio workouts - jogging, cycling, swimming - increase the capacity of the lungs and stamina. Strength training helps to improve balance and stability when using rocky paths. Short hikes with a pack are very effective because they are a simulation of real trekking conditions. With constant

preparation, trekkers can approach the Ama Dablam Base Camp with complete confidence and enjoy the adventure to the fullest.