

## We like...

- Arguably one of the most beautiful mountains in the world
- A spectacular and comfortable base camp located on a grassy field
- The most aerial climb you can imagine with an incredible Camp 2 sitting on top of a rock spire
- A mixed climb with rock and snow/ice sections
- Climb the famous Yellow Tower and Mushroom Ridge

## Trip Facts

Elevation:	6,812 m / 22,349 ft
Location:	Nepal Khumbu Valley region
Group Size:	1 – 10 people
Route	South West Ridge
Type of climb:	Rock – Snow / Ice

## Rating

Steepness	▲▲▲▲△
Fitness	▲▲▲△△
Risk	▲▲△△△



*Beginning of the ice slope to the summit*

## Why climbing Ama Dablam with World Sherpas?

- The combined experience of clients and leading mountain guides into a single company
- A priority given to safety: procedures, training, equipment
- A very comfortable set-up at Base Camp
- A real sharing of experience with our Sherpas throughout the expedition on climbing technique, physiology and effort management
- The use of Garmin InReach satellite systems for your family and friends to follow your progression every 10 minutes
- The production of beautiful photos and videos to always remember an extraordinary expedition
- An exceptional quality of services at the best price, inclusive of tips to the climbing guides and support staff



See dates on website or private trip  
**AMA DABLAM EXPEDITION**

## Price

US\$ 8,700  
 Per person

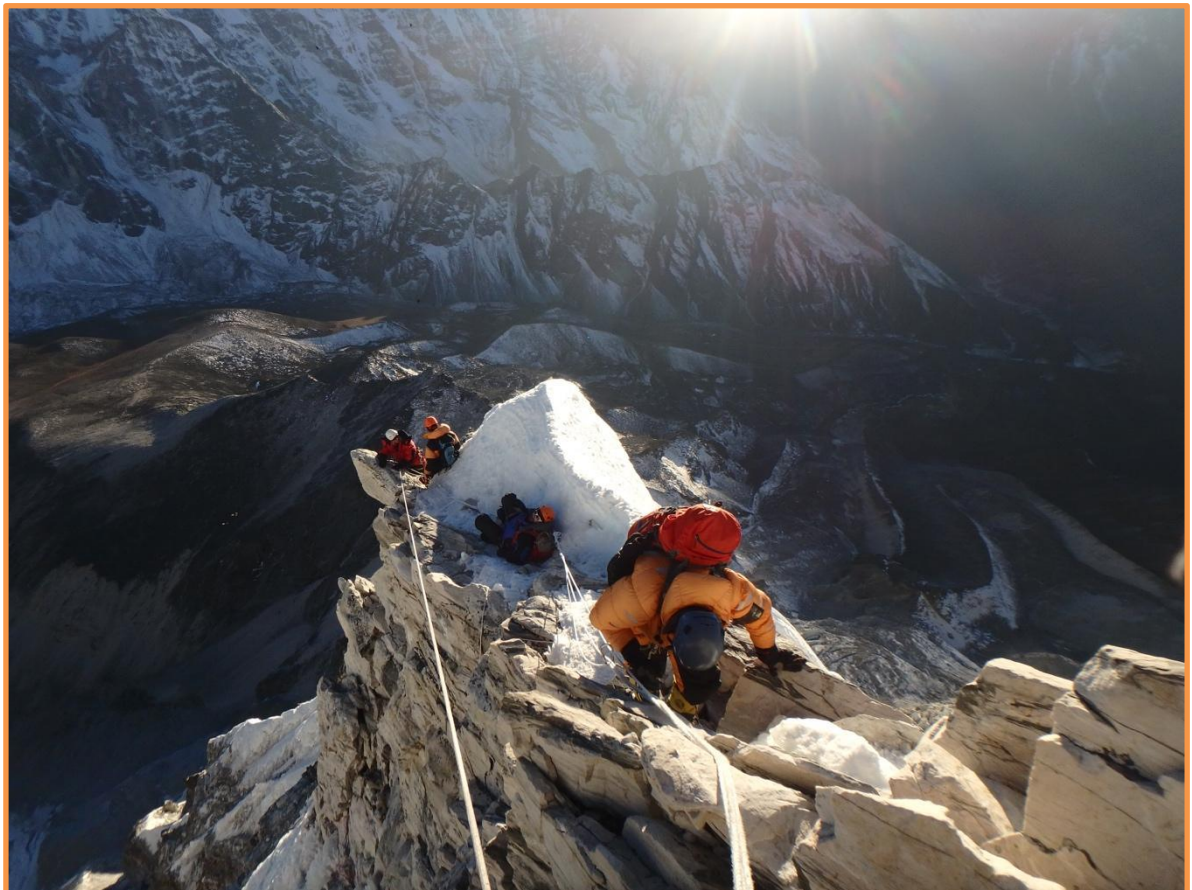
- Deposit: 30% at booking
- Balance: 70% two months before the departure date

<i>Included</i>	<i>Excluded</i>
<ul style="list-style-type: none"> <li>● All arrival and departure transfer services to and from airport (both domestic and international)</li> <li>● Return flight tickets for domestic flight to Lukla</li> <li>● Transport of up to 2 duffle bags of a maximum total weight of 30 kgs during the trek to Base Camp and on domestic flights</li> <li>● 4 nights' accommodation at a good quality hotel in Kathmandu on B/B basis on a double basis (single option at extra cost)</li> <li>● Accommodation in lodges during the trek</li> <li>● Accommodation in spacious individual tents at Base Camp with foam mattress, carpets, light and storage space</li> <li>● On High Camps, accommodation in shared expedition tents</li> <li>● Qualified support team including experienced guides, cooks and porters</li> <li>● Three meals a day (breakfast, lunch and dinner with tea or coffee)</li> <li>● Climbing permit (400 US\$) and all fees and deposits required by the local regulations</li> <li>● <b>1:1 Experienced climbing Sherpa per client on summit day (IFMGA Guide/Aspirant Guide)</b></li> <li>● First aid medical kit</li> </ul> <p>.../...</p>	<ul style="list-style-type: none"> <li>● A summit bonus, or rather safety bonus, is expected by your climbing sherpa (US\$500) as well as tips to the kitchen staff and porters (US\$300) whatever happens on the mountain. This is now a practice well established in Nepal. The total amount of US\$800 should be deposited in cash to the Sherpa leader in Kathmandu at the beginning of the trip. If you want to add to the standard amount at the end of the trip, it is up to you but there is no obligation.</li> <li>● Lunch and dinner in Kathmandu (except welcome dinner)</li> <li>● Extras hotel charge at Kathmandu (bar bills, laundry, additional nights)</li> <li>● Personal expenses in lodges during the trek such as battery charging (cameras, phone, laptops), showers, laundry, beverages, bottled water and snacks</li> <li>● Additional nights in lodges during the trek not planned by us</li> <li>● Internet access during the trek and at Base Camp (we can arrange a Nepalese SIM card and top-up card for you at Kathmandu for calls and internet)</li> <li>● Personal trekking and climbing equipment (see gear list), avalanche beacon</li> <li>● Personal medical, travel &amp; evacuation insurance (mandatory)</li> <li>● International airfare</li> <li>● Nepal entry visa fee</li> </ul>



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- **Radio set for communication with Base Camp during climbing**
- **Garmin OutReach two-way satellite messaging system with satellite subscription**
- Solar panel/generator for light and battery charger
- Emergency oxygen with mask and regulator at Base Camp
- Welcome dinner in Kathmandu
- 2 x World Sherpas Duffle bag
- Set of quality photos / films taken by our guides



*Ama Dablam is really very aerial – Do you agree?*



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## Expedition Itinerary

Day	Program
1	Arrival to Kathmandu and transfer to hotel (1,350m / 4,430ft)
2	Preparation day in Kathmandu
3	Fly to Lukla (2,860m / 9,317ft) and trek to Phakding (2,610 m / 8,562 ft)
4	Trek to Namche Bazaar (3,340m / 11,155ft)
5	Acclimatization day in Namche Bazaar
6	Trek to Pangboche (3,930 m / 12,893 ft)
7	Trek to Mt. Ama Dablam Base Camp (4,600m / 15,091ft)
8-22	Climbing Period for Mt Ama Dablam (6,812m / 22,349ft) - See details next page
23	Trek to Namche Bazaar (3,340m / 11,155ft)
24	Trek to Lukla
25	Scheduled flight Lukla/Kathmandu & transfer to hotel
26	Leisure day at Kathmandu
27	Transfer to airport for departure

*The itinerary is indicative and is subject to changes according to weather and mountain conditions as well as other circumstances that the climbing guide will deem necessary for the safety and / or success of the expedition.*



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## Ama Dablam Climbing Route

<p>Base Camp 4,600 m / 15,100 ft</p> <p>▼</p> <p>Camp 1 5,700 m / 18,700 ft</p> <p>5 hours</p>	<p>The first section of the climb is a long walk eastwards on a moraine ridge up to a col located at 5,150 m / 16,900 ft. From there, a saddle leads to the Advanced Base Camp at 5,400 m / 17,700 ft (barely used today). Just above ABC, the ascent continues with a large boulder field with cairns giving the direction towards the bottom of the South West ridge. At the end of the field, large slabs lead to Camp 1 with a fixed line for additional security. Around a dozen of tents are set up on various platforms located on a sharp ridge.</p>
<p>Camp 1 5,700 m / 18,700 ft</p> <p>▼</p> <p>Camp 2 5,900 m / 19,400 ft</p> <p>3 hours</p>	<p>The fixed line starts from Camp 1. The climb to Camp 2 is a short traverse along the south west ridge. Most of the route is an easy rock climb and scramble on a narrow path. The final part of the section is the steepest with the Yellow Tower, a 15 m / 45 ft gully, leading to Camp 2. If Camp 1 was set up on a tight space, Camp 2 is even tighter, literally hanging on the ridge. A maximum of 5 tents can be set up due to the limited space available.</p>
<p>Camp 2 5,900 m / 19,400 ft</p> <p>▼ ▲</p> <p>SUMMIT 6,812 m / 22,349 ft</p> <p>8 hours</p>	<p>From Camp 2, there is a small traverse towards the Grey Couloir. Climbing the Grey Couloir can be a mix of rock and ice climbing. Once at the top of the Grey Couloir, the climb follows the rock ridge and then onto Mushroom ridge, a short but steep snow ridge which sits just below camp 3. This snow ridge is quite exposed but an amazing part of the climb. Once at Camp 3, the route takes you to the right of the Dablam and the climb becomes moderately steep up the snow ridge to the summit (slope of around 60°).</p>
<p>Camp 2 5,900 m / 19,400 ft</p> <p>▼ ▲</p> <p>Base Camp 4,600 m / 15,100 ft</p> <p>6 Hours</p>	<p>After a good night sleep at Camp 2, there is no rush to go down to Base Camp. Stepping out of the tent, stay alert to abseil down. The route is the reverse of the one described above. Enjoy the view of the mountain when going down: you are an Ama Dablam summiteer!</p>



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## Gear List

The gear list can be adapted to your experience and preferences. If you have a doubt, please have a chat with us.

<b>Clothing</b>	<b>Head</b>	<ul style="list-style-type: none"> <li>● Neck warmer</li> <li>● Warm hat</li> <li>● Thermal balaclava</li> <li>● Face mask</li> <li>● Cap or sun hat</li> </ul>
	<b>Hands</b>	<ul style="list-style-type: none"> <li>● Light gloves</li> <li>● Insulated gloves (warmest possible gloves for summit day)</li> <li>● Primaloft or down mitts</li> <li>● Finger gloves</li> <li>● Liner gloves</li> </ul>
	<b>Torso Legs</b>	<ul style="list-style-type: none"> <li>● Down suit or combination of down jacket and down trousers</li> <li>● Down jacket and down trousers for Base Camp</li> <li>● Thermal underwear top x3</li> <li>● Thermal underwear bottom x2</li> <li>● Weatherproof jacket (light Goretex)</li> <li>● Weatherproof trousers (Goretex)</li> <li>● Soft shell jacket</li> <li>● Light down jacket or lightweight warm fleece</li> <li>● Trekking pants x2</li> <li>● Trekking Tee Shirts (can be used for climbing too)</li> <li>● Short</li> <li>● Underwear x3</li> </ul>
	<b>Feet</b>	<ul style="list-style-type: none"> <li>● Trekking shoes</li> <li>● 6,000 m double boots for climbing (8,000 m boots are ok)</li> <li>● Trekking socks x3</li> <li>● Warm socks x4</li> <li>● Base camp footwear</li> </ul>
<b>Gear</b>	<b>Camp</b>	<ul style="list-style-type: none"> <li>● At least minus 20° C sleeping bag</li> <li>● Sleeping bag liner</li> <li>● Inflatable mat for altitude camps</li> <li>● Pillow case and down pillow</li> <li>● Sewing and repair kit</li> </ul>



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<p><b>Gear</b></p>	<p><b>Climbing</b></p>	<ul style="list-style-type: none"> <li>● Rucksack 45 l to 70 l</li> <li>● 2nd Sleeping bag at least minus 35° C</li> <li>● Crampons (not aluminum)</li> <li>● Mountaineering simple harness</li> <li>● Climbing helmet</li> <li>● Glacier sun glasses x2</li> <li>● Snow / ski goggles</li> <li>● Ice axe</li> <li>● Ascender</li> <li>● Belay/Rappel device (figure of eight)</li> <li>● Retractable trekking poles x 2</li> <li>● Ice screws at least 16 cm long (x2)</li> <li>● Quickdraws x3</li> <li>● Prussic loops x2</li> <li>● Slings 60 cm x2</li> <li>● Karabiners snap links x3</li> <li>● Karabiners screwgate x3</li> <li>● 3 meters of 8 mm climbing cord</li> <li>● Bowl</li> <li>● Plastic Mug</li> <li>● Plastic spoon titanium or spork (spoon+fork)</li> <li>● Penknife</li> <li>● Head torch x2</li> <li>● Spare batteries for head torch</li> <li>● Lighters x2 or matches boxes x2</li> <li>● Water bottle Nalgene 1 litre x2</li> <li>● Thermal insulation for water bottle x 2</li> <li>● Repair set (ties, duct tape)</li> <li>● Vacuum flask (1 litre)</li> </ul>
<p><b>Personal Gear</b></p>		<ul style="list-style-type: none"> <li>● Sun screen protection 50+ x2</li> <li>● Lip block protection 50+ x2</li> <li>● Toilet paper for the trek x 3 (no paper in the lodges)</li> <li>● Pee bottle (Nalgene Cantene strongly recommended)</li> <li>● Toiletries bag</li> <li>● Personal first aid kit</li> <li>● Cleaning wipes (for altitude camps)</li> <li>● Shower / shampoo gel</li> <li>● Foot powder</li> </ul>



<p><b>Energy bars</b></p>		<ul style="list-style-type: none"> <li>● Dry fruits</li> <li>● Energy bars / Glucose tablets</li> </ul>
<p><b>Transport</b></p>		<ul style="list-style-type: none"> <li>● Expedition bags at least 100 l x2 (as provided by World Sherpas)</li> <li>● Waterproof stuff sacks to store clothing</li> <li>● Set of bin bags</li> </ul>
<p><b>Personal Items</b></p>		<ul style="list-style-type: none"> <li>● Camera with memory cards, several batteries (batteries life time is much shorter with the cold) and a battery charger</li> <li>● Phone (we can provide you at cost with a Nepalese SIM card with cheap international call rate)</li> <li>● Ear plugs (wind, snoring partner in the tent can prevent you to sleep...)</li> <li>● Battery charger / Solar panel</li> <li>● Portable light computer</li> <li>● USB key</li> <li>● Books / Kindle</li> <li>● Earphones for music lovers or small loudspeakers if you want to become a base camp DJ</li> <li>● Playing cards</li> </ul>



*Climbing Yellow Tower towards Camp 2*



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## Base Camp set-up

- Individual spacious tents with mattress, pillow, and light
- Toilet tent
- Shower tent (with hot water available on request)
- Mess tent for meals with table, chairs and cutlery
- Snacks / tea / coffee available during the day
- Heating of mess tent during dinner

## Communications

- Phone network is usually available from Camp 1 and Camp 2 (with Nepalese NCell SIM Card), also from Base Camp by moving 500m to the entrance of the camp.
- Company satellite phone is available for a fee at Base Camp



*The view at the summit: Everest, Nuptse and Lhotse*