



# MT. AMA DABLAM [6812 M.] + ISLAND PEAK CLIMB [6189 M.] – DOUBLE 6000ERS

Ama Dablam, popularly known as the “Matterhorn of the Himalaya” is one of the most gorgeous mountains in the world located in the Himalayan range of Eastern Nepal.

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## TRIP FACTS:

PEAK NAME  
AMA DABLAM + ISLAND

SERVICE  
FULL BOARD (1:1 SHERPA)

COUNTRY  
NEPAL

DURATION  
32 DAYS

ROUTE  
SW-RIDGE

GRADE  
DIFFICULT

RANGE  
KHUMBU HIMAL

BEST SEASON  
SPRING/AUTUMN

MAX ELEVATION  
6812 M.

WALKING PER DAY  
4-6 HOURS

NATURE  
HOTEL + LODGE + TENT

GROUP SIZE  
2-15 PAX



## REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m.) is recommended and required to sign up for this expedition.

### Consider Climbing Island for Extra Acclimatization

For people with a sufficient time frame, an excursion to nearby Island Peak 6,189m, is a great way to ensure you are well acclimatized before you start the Ama Dablam Expedition.

## OVERVIEW:

Ama Dablam, popularly known as the “Matterhorn of the Himalaya” is one of the most gorgeous mountains in the world located in the Himalayan range of Eastern Nepal. Ama Dablam characterizes itself with its unique pyramid shape. The hanging glacier seen on the southwest face of Ama Dablam bears a resemblance to the sacred ornament box used by Sherpa Women, which is known as Dablam, therefore giving it the name “Ama Dablam” This peak is 6,812 meters in elevation from the sea level. This mountain is not impressive for its height but for its aesthetics it holds. Mt. Ama Dablam is located in the Khumbu region of Nepal, south of Mt. Everest. One should see some splendid views during the ascent to the pinnacle.

The usual ascension to Ama Dablam is done from the Southwestern ridge. This was the same route followed by the climbers who reached the top for

the first time to the top in 1961. Commonly, climbers set up three camps just below and on the right of the hanging glacier, “Dablam”. The hike is modest up to camp 1, but the challenge starts from camp 1 to camp 2 as it gets more technical in the narrow edges of ridges made from granite. This challenge increases even more from camp 2 to camp 3. Some risk of glacier falls cannot be escaped but it is said that adventure without risk is Disneyland. One should train himself the skills of rock and ice climbing and get used to high altitudes before thinking of Ama Dablam. If you have former experience as a climber and wish to join a team on an expedition to the world’s most extraordinary mountain, then Ama Dablam Expedition is for you.

**Every year Seven Summit Treks organize a large number of successive expeditions of Mt. Ama Dablam.**

**" We await to serve you our service and share our experience with you "**



## ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu (1400m) & Transfer to the Hotel		BB	Hotel
2	Rest in Kathmandu, expedition briefing and Preparation		B/D	Hotel
3	Fly from Kathmandu – Lukla, and trek to Phakding (2,800m)		B/L/D	Lodge
4	Trek from Phakding to Namche Bazar (3,440m)		B/L/D	Lodge
5	Acclimatization at Namche Bazar (Rest day): Hike to Everest View Hotel (Optional)		B/L/D	Lodge
6	Trek from Namche Bazar to Dibuche (3,760m)		B/L/D	Lodge
7	Trek from Dibuche (3,760m) to Dingboche (4,243m)		B/L/D	Lodge
8	Trek from Dingboche to Chhukung (4,730m)		B/L/D	Lodge
9	Trek from Chhukung to High Camp (5,550m)		B/L/D	Tent
10	Climbing [High Camp - Island Peak Summit (6,119m) – Chhukung]		B/L/D	Lodge
11	Trek from Chhukung to Pangboche (3,985m)		B/L/D	Lodge
12	Trek from Pangboche to Ama Dablam Basecamp (4,450m)		B/L/D	Tent
13	Basecamp Preparation; Rest Day		B/L/D	Tent
14 - 21	Rotation: [Basecamp – Rotation (Camp I and Camp II) – Basecamp]		Full Board	Tent
22-27	Summit Push: [Basecamp – Ama Dablam Summit (6,812m) – Basecamp]		Full Board	Tent
28	Trek from Base Camp to Namche Bazar (3440m)		B/L/D	Lodge
29	Trek from Namche Bazaar to Lukla		B/L/D	Lodge
30	Fly from Lukla to Kathmandu & transfer to the Hotel		B/L	Hotel
31	Leisure day in Kathmandu City		B	Hotel
32	Transfer to International Airport for final departure		Breakfast	

B= Breakfast, L= Lunch, and D=Dinner.



## **COST INCLUDES [FULL BOARD SERVICE]:**

1. **ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
2. **HOTEL ACCOMMODATION IN KATHMANDU:** 4 nights hotel in Kathmandu (4-star category) - single room on bed and breakfast plan.
3. **WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
4. **CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
5. **PERMITS:** Expedition Royalty and a permit fee of the Nepal Government to climb Mt. Ama Dablam and Island, Sagarmatha National Park, and Pasang Lhamu Rural Municipality entry permit and fee.
6. **LIAISON OFFICER:** 1 Government Liaison officer with full equipment, salary, and accommodation.
7. **GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
8. **INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
9. **MAP:** Trekking and climbing map.
10. **DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.
11. **MEMBER TRANSPORTATION:** - (Domestic Flight) Fly from Kathmandu – Lukla and while returning Lukla - Kathmandu, as per itinerary.
12. **EXPEDITION STUFFS TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Lukla (by air cargo) and Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo).
13. **MEMBER LUGGAGE:** Up to 60 Kg per member for personal baggage during the trek to be carried by porters or Yaks.
14. **FOOD AND LODGING:** 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Basecamp. Hygienic and fresh green vegetables, fresh meat, fruits, and soft drinks will be served during the entire expedition using helicopter flights. Well-managed base camp set up for members & Staff.
15. **PORTER:** Porters per member up to the Base camp and from the Basecamp (both ways).
16. **ISLAND PEAK CLIMB:** All necessary arrangements for climbing Island peak.
17. **BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
18. **STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porters' daily wages, salary, equipment, food & clothing.
19. **BASE CAMP TENT:** Each member will have an individual box tent in Base Camp.
20. **BASE CAMP EQUIPMENT:** Single Tent, foam mattresses and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staffs, Store tents, Tables & chairs & all necessary cooking gears.
21. **HEATER:** Heater at base camp in each Dining and other necessary camps.
22. **SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, battery



charge, for laptop and other electronic devices.

23. **TRAINING:** Oxygen, Mask Regulator, Ice wall, and gear training at basecamp by Sherpa Guide.
24. **HIGH ALTITUDE CLIMBING SHERPA: (for both Peaks)** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
25. **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
26. **CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa Salary, Equipment, Food, and Clothing.
27. **BONUS:** Carry Bonus of Sherpas and Route Fixing Charges.
28. **OXYGEN BOTTLE (O2):** Oxygen bottles will be in stock at base camp in case of an emergency **(with an appropriate charge)**.
29. **OXYGEN MASK & REGULATOR:** 1 Set of Summit Oxygen masks will be in base camp in case of an emergency.
30. **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a

member, Sherpa, and other crews at (C1) (C2) and (C3). Group climbing gears, and fixed and dynamic rope during the climbing period as required. **(for both Peaks)**

31. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent). **(for both Peaks)**
32. **ROPE FIXING TEAM:** The team of experienced Sherpas will fix the rope and the route.
33. **SATELLITE PHONE:** Satellite Phone for emergency communication carried by Sherpa, also available for members **with an appropriate charge**.
34. **WALKIE-TALKIE:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
35. **PERMIT:** Walkie-talkie permit for all members and staff.
36. **WEATHER FORECAST:** Weather forecast report during the entire expedition.
37. **MEDICAL KIT:** Comprehensive Medical kit for members and staff.
38. **CERTIFICATE:** Ama Dablam and Island peak climbing certificate issued by MoCTCA and NMA **(after climbing Ama Dablam and Island successfully)**.

***\*\*Note: All expedition stuffs and equipment have to be returned after the expedition.***

## COST EXCLUDES:

1. **AIR FARE:** International flight airfare (from and to Kathmandu).
2. **NEPAL ENTRY VISA FEE:** Nepalese Visa fee is \$ 125 USD for 90 Days.
3. **LUNCH & DINNER:** Lunch & dinner during the stay in Kathmandu (also in case of early
4. **EXTRA NIGHTS IN KATHMANDU:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, domestic flight

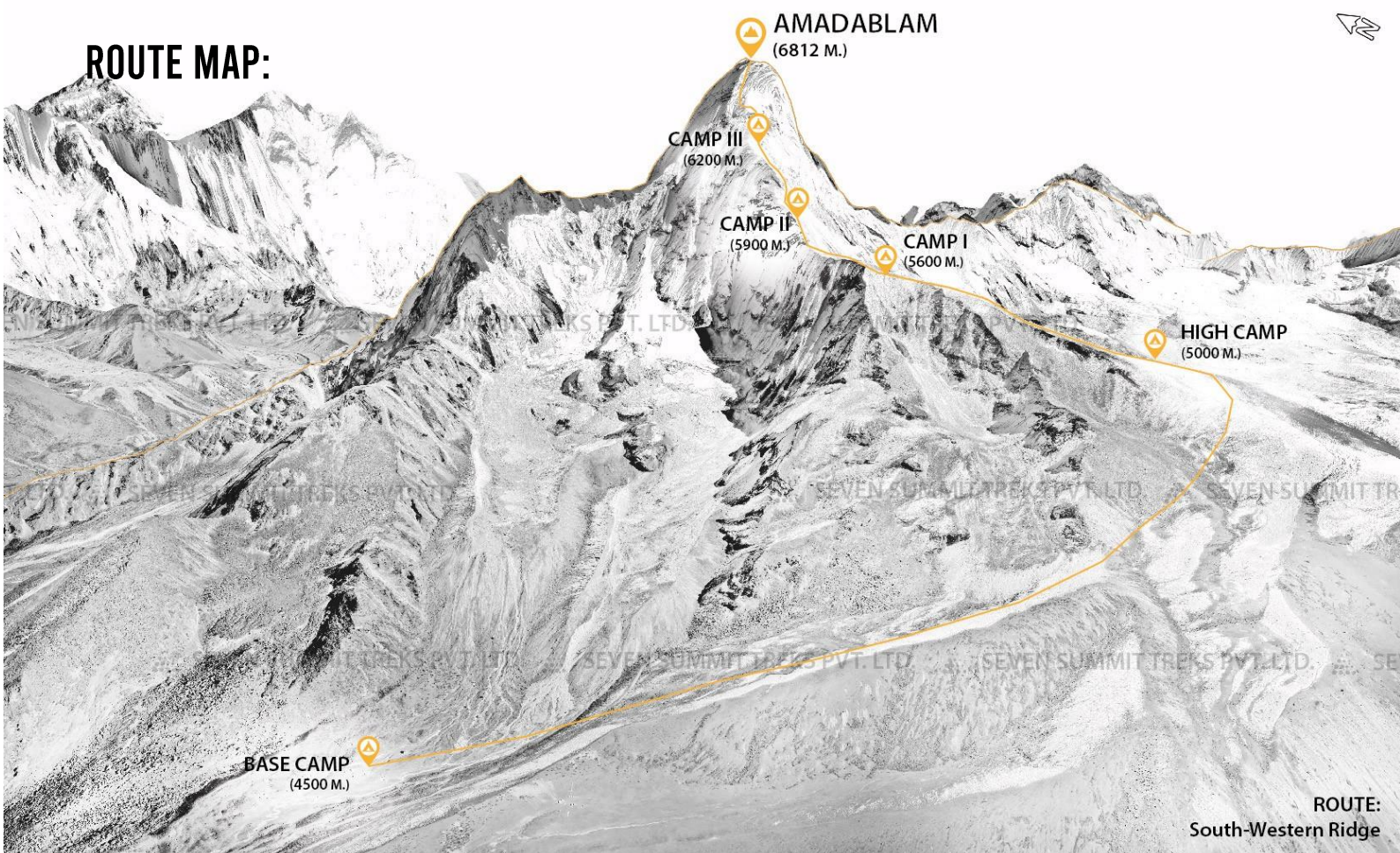




cancellation (due to any other reason) than the scheduled itinerary.

5. **INSURANCE POLICY:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high altitude rescue & air evacuation, medical treatment, repatriation, etc.) \*Mandatory
6. **PERSONAL EXPENSES:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
7. **PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
8. **TOILETRIES:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
9. **FILMING:** Special Filming, Camera, and Drone permit fee.
10. **INTERNET SERVICE:** Not included during the trek and the expedition.
11. **SUMMIT BONUS:** Summit bonus for climbing Sherpa - Minimum **900 USD**.
12. **TIPS:** Calculate some tips for Basecamp and high camp staff – Minimum **350 USD**.
13. **EXTRA:** Any other services or activities, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.

## ROUTE MAP:





## EQUIPMENT LIST

[EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST]

### TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS.
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

### FOOT WEAR

- SUMMIT BOOT - 7000 M.  
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-6 PAIRS)
- SUMMIT SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

### UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (2 PCS)
- GORE-TEX JACKET (1 PCS)
- WARM JACKET (1-2 PCS)
- WIND PROOF JACKET (1 PCS)
- DOWN JACKET (1 PCS)
- COTTON T-SHIRT (2-4 PCS)

### LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1PCS)
- GORE-TEX PANT (1 PCS)
- HEAVY WEIGHT PANTS (1-2 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1PCS)
- UNDER WEAR (3-5 PCS)

### HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

### HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES - 7000M

### SLEEPING BAGS

- SLEEPING BAG -30°C TO -40°C
- THERMAREST MATTRESS (CELL FOAM)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

### CLIMBING EQUIPMENT

- CLIMBING HELMET
- SUMMIT DOWN SUIT - 8000M.  
(KAILAS/ MARMOT / MOUNTAIN HARDWARE / NORTH FACE/MILLET)
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- HEAD LIGHT 400-500 LUMENS SPARE
- BATTERY (ENERGIZER ULTIMATE LITHIUM)

### BAG PACKS

- RUCKSACKS 35L - 50L
- DUFFLE BAG 90 L -120 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG - SMALL/ MEDIUM/ LARGE (2-3 PCS)

### SUN STUFFS

- SUN CREAM (-50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (ANTI-FOG, POLARIZED, UV PROTECTION)
- MOISTURISER / LOTION

### TOILETRIES (PERSONAL)

- HAND DISINFECTANT
- TOILET PAPER / WET TISSUE
- TOOTHPASTE, TOOTHBRUSH
- SOAP, SHAMPOO
- TOWEL
- GARBAGE BAG

### EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG, SPOON, FORK, BOWL (OPT.)

### MEDICAL/FIRST AID

- BRUFEN / IBUPROFEN
- ANTIBIOTIC
- DIAMOX
- PARACETAMOL
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE
- ONDEM
- CETIRIZINE
- ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)

### MISCELLANEOUS

- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- PEE BOTTLE
- TENACIOUS TAPE REPAIR (DOWN JACKET/SLEEPING BAG REPAIR KITS)
- ALTIMETER WATCH
- SATELLITE PHONE WITH CREDIT (OPT.)
- GPS TRACKER (RECOMMENDED)
- POWER BANK
- CAMERA



## ADD. SERVICES

Additional Per Sherpa	\$ 4500.00	We will provide you with One Personal Sherpa during the entire expedition period (1 Member :1 Sherpa), this is included in the program price. However, if you would like to have another extra personal climbing Sherpa (A private 1 Member: 2 Sherpas), you may add to your program.
Add. + Oxygen Per Bottle	\$ 500.00	We allocate enough O2 bottles, however, if you want to purchase extra bottles for extra safety.
Personal Dining Tent	\$ 800.00	To avoid the pandemic scenario or if you are looking for a quiet and silent time at the base camp, you may request a separate dining and resting tent.
Add. Lobuche Climb	\$ 800.00	Consider climbing Lobuche (6119m) for extra acclimatization
Single Room on Trek	\$ 800.00	Single room (Upgraded) during the entire trekking days (both ways).
<b>Helicopter</b>		A helicopter ride saves your trekking days. If you would like to use the helicopter riding option (Kathmandu to Lukla, Lukla to Basecamp, Basecamp to Lukla or Namche, or direct to Kathmandu) during the expedition period, please let us know a few days earlier.
- Kathmandu-Lukla	\$ 2500.00	
- Basecamp - Lukla	\$ 1300.00	
- Basecamp - Kathmandu	\$ 3500.00	

## INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the

requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.





Please find the details about insurance before buying the policy [here](#).

## BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure maximum safety and satisfaction of the clients.

The client must dispense 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and receiving approval from governmental authorities. Another 30% of the total charge should be deposited before one month of the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

Name of the Bank	: HIMALAYAN BANK LTD.
Beneficiary Account Holder's Name	: Seven Summit Treks Pvt. Ltd
Beneficiary Account Number (USD \$)	: 01902853840022
Swift Code/BIC	: HIMANPKA
Address	: Thamel, Kathmandu, Nepal
Mobile	: +977 9851111187
Zip Code	: 44600
Email	: <a href="mailto:info@sevensummittreks.com">info@sevensummittreks.com</a>

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website that will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult by our [expert team](#). We will provide information about personalized strategy, customization, progression planning, expert guiding and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).



## EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

<https://www.sevensummittreks.com/page/mt-amadablam-island-peak-double-6000ers.html>

For all expedition enquires and bookings

[info@sevensummitstreks.com](mailto:info@sevensummitstreks.com)

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