

AMA DABLAM EXPEDITION

NEPAL | ASIA | 22,494' – 6856M



The mushroom ridge to C3 and the route to the summit (Harry Hamlin)

CLIMB AMA DABLAM WITH IMG

Thanks for your interest in our Ama Dablam Expedition. This is one of the most famous and beautiful peaks in the world, rising above the Dudh Kosi River valley on the way to Everest Base Camp in Nepal. We've now conducted nineteen successful guided Ama Dablam expeditions through 2022, and we're looking forward to getting back again in Autumn 2023 and Spring 2024!

Our Ama Dablam expeditions will utilize the new model we pioneered in 2022, with the team acclimatizing on Mera Peak, and then flying by helicopter direct to Ama Dablam BC. Mera Peak is a fun climb, higher than 21,000 ft, the perfect preparation for Ama Dablam, plus you get to visit the Hinku Valley and see a different part of Nepal!

The Classic program is suitable for experienced climbers and will be led by our IMG guides from USA and Nepal. The Hybrid Program is an excellent choice for climbers who would prefer additional support.

For climbers doing pre-acclimatization or coming to Ama Dablam from Manaslu, Putha Hiunchuli, or other mountains, we are happy to discuss other options. Let us know how we can put together a package for you that will meet your requirements.

THE GUIDES

IMG leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients

DATES & PRICES

Ama Dablam Classic \$14,495

Ama Dablam Hybrid*\$19,995

Single Supplement - \$500
(in hotel & lodges as available)

*Hybrid option includes additional Personal Sherpa who will climb exclusively (1:1) with you.

Oct 12 – Nov 12, 2024

April 2 – May 3, 2025**

**Spring Ama Dablam +
Classic Everest or Lhotse****

(see our [Everest page](#) for info)

PREREQUISITES

Previous mountaineering experience is required

QUICK LINKS

[Program Itinerary](#)

[Gear List](#)

[Frequently Asked Questions](#)

CONTACT US

(360) 569-2609

Office@MountainGuides.com

REGISTER

- [IMG Application Package](#)
- Application Fee \$5000 USD
- Passport copy

FEE SCHEDULE

Non-refundable application fee is due at registration and applies to program fees. ****If you choose the Spring program with the Everest Expedition, the Everest program payment schedule applies. Otherwise, balance of all fees are due 120 days prior to trip departure.** Please refer to the application package for payment policy and instructions. Program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable.

enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together.

THE ITINERARY

Note on Trip Dates: Dates on the itineraries are listed starting with the arrival day to Kathmandu to the arrival day back to Kathmandu from Lukla at the end of the trip. The ending dates for the Ama Dablam Expedition are FLEXIBLE, depending on weather and conditions. It would be prudent to add contingency days to these itineraries. Normally climbers will reconfirm or change their homeward departure flights when you know exactly when the expedition is going to end for you (contact your travel agent from Ama Dablam BC).

Day	Autumn	Spring	Ama Dablam Itinerary
1	Saturday, October 12, 2024	Wednesday, April 2, 2025	Arrive Kathmandu
2	Sunday, October 13, 2024	Thursday, April 3, 2025	Gear checks, explore Kathmandu
3	Monday, October 14, 2024	Friday, April 4, 2025	Fly to Lukla, overnight at (9,334ft / 2845m)
4	Tuesday, October 15, 2024	Saturday, April 5, 2025	Acclimatization hike
5	Wednesday, October 16, 2024	Sunday, April 6, 2025	Helicopter to Khote (4095m)
6	Thursday, October 17, 2024	Monday, April 7, 2025	Acclimatization hike
7	Friday, October 18, 2024	Tuesday, April 8, 2025	Acclimatization hike
8	Saturday, October 19, 2024	Wednesday, April 9, 2025	Trek to Thagnak (4350m)
9	Sunday, October 20, 2024	Thursday, April 10, 2025	Acclimatization hike.
10	Monday, October 21, 2024	Friday, April 11, 2025	Trek to Khare (5000m)
11	Tuesday, October 22, 2024	Saturday, April 12, 2025	Acclimatization hike.
12	Wednesday, October 23, 2024	Sunday, April 13, 2025	Khare hike to Mera La
13	Thursday, October 24, 2024	Monday, April 14, 2025	Rest day
14	Friday, October 25, 2024	Tuesday, April 15, 2025	Climb to High Camp (5800m)
15	Saturday, October 26, 2024	Wednesday, April 16, 2025	Summit and return to Khare
16	Sunday, October 27, 2024	Thursday, April 17, 2025	Summit contingency day
17	Monday, October 28, 2024	Friday, April 18, 2025	Descend to Kothe
18	Tuesday, October 29, 2024	Saturday, April 19, 2025	Helicopter from Khothe to Lukla
19	Wednesday, October 30, 2024	Sunday, April 20, 2025	Helicopter from Lukla to Ama Dablam BC
20	Thursday, October 31, 2024	Monday, April 21, 2025	Ama Dablam base camp
21	Friday, November 1, 2024	Tuesday, April 22, 2025	Ama Dablam base camp
22	Saturday, November 2, 2024	Wednesday, April 23, 2025	Climb to Camp 1
23	Sunday, November 3, 2024	Thursday, April 24, 2025	Climb to C2, return to C1
24	Monday, November 4, 2024	Friday, April 25, 2025	Ama Dablam base camp
25	Tuesday, November 5, 2024	Saturday, April 26, 2025	Rest day
26	Wednesday, November 6, 2024	Sunday, April 27, 2025	Rest day
27	Thursday, November 7, 2024	Monday, April 28, 2025	Camp 1
28	Friday, November 8, 2024	Tuesday, April 29, 2025	Camp 2.7
29	Saturday, November 9, 2024	Wednesday, April 30, 2025	Summit and back to Camp 1
30	Sunday, November 10, 2024	Thursday, May 1, 2025	Ama Dablam base camp
31	Monday, November 11, 2024	Friday, May 2, 2025	Depart Ama Dablam
32	Tuesday, November 12, 2024	Saturday, May 3, 2025	Fly to Kathmandu

THE DEAL: Here is what is included and not included in your land cost fee.

Included

- IMG Leadership, IMG Guides & Sherpa Guides, local Sherpa climbers & cook staff
- All airport transfers in Kathmandu before & after the climb

- Double occupancy accommodations in Kathmandu hotel for stated itinerary at beginning of expedition
- Double occupancy accommodations in lodges on trek
- All meals after departing Kathmandu and before returning to Kathmandu
- Domestic Nepal flights (heli/fixed wing + 2 duffels per person)
- Park fees, permits, liaison officer
- Group equipment (cooking gear & fuel, camp equipment, foam pad at Base Camp) & dining facilities
- Single occupancy tent at Base Camp (sharing above)
- Base Camp radio & walkie-talkies
- Climbing route equipment
- First aid kit, hyperbaric (Gamow) bag & emergency medical oxygen

Not Included

- International round trip airfare/tax/baggage fees/travel expenses to/from Kathmandu
- Nepal visa fee
- Excess baggage charges
- Single Supplement hotel accommodations in hotels/lodges
- Lodging and meals before/after stated itinerary
- Personal gear
- Tip pool contribution (\$500) for base camp staff and porters
- Satellite phone charges
- Personal sundries and beverages
- Costs incurred as a result of delays or events beyond the control of IMG
- Required Travel insurance; evacuation, hospital or medical costs
- Covid tests (if required for travel); any Covid-related expense resulting in delays or quarantine
- Optional but customary gratuity for your IMG guide, 5% is a good starting point

THE ODDS & ENDS:

Single Supplement

Accommodations are based on double occupancy. Add Single Supplement option for \$500, Includes single room in the hotel in Kathmandu for stated itinerary at the beginning of the trip and lodges on the trek. Please advise IMG and we will adjust your statement. Deadline for reserving & payment for a single supplement accommodation is 120 days prior to your trip.

Travel Insurance

Emergency evacuation & repatriation coverage and emergency medical expense coverage are required for International Programs. IMG strongly recommends the addition of trip cancellation/interruption coverage due to the IMG refund policy. Coverage should be door to door. Information is on our [website](#).

Flights

Plan to arrive to Nepal on Day 1 of the stated itinerary. Please provide your complete flight itinerary to us so we can book your hotel reservation, and do keep us informed of any changes to your itinerary. If you arrive a day early, we can assist in reserving an additional hotel night for you (at your expense).

Tips

We will collect for a tip pool, and ask the team members to please contribute \$500. We will collect this in Kathmandu and distribute this on behalf of the team as a thank you gift to the many unsung people that make the whole operation run smoothly: the porters, trek staff, cooks and helpers, hotel staff, Kathmandu staff, climbing Sherpas, and others. You may also wish to provide additional tip to your guides (figure 5% if you are looking for a generous number).

Passport & Visa

Your passport must have at least 6 months validity at time of entry to Nepal and one full page required for entry stamp. A tourist visa is required for U.S. citizens to enter Nepal, we'll provide instruction.

Immunizations + Covid

Participants are required to comply with the Covid-19 vaccination and documentation requirements of the destination country or area. For the most up to date information on Covid-19 vaccination requirements and any other immunization requirements, visit the website of your destination country embassy in the USA, [US Embassy website for your destination](#)

[country](#), the [CDC](#), and [US State Dept Travel pages](#). Requirements are subject to change. Plan to carry a digital copy of your Covid-19 vaccination record with you.

QUESTIONS? [Email](#) or call (360) 569-2609 Ext. 1