communitytrek.com/nepal/ama-dablam-expedition
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NEPAL · EVEREST, KHUMBU

Ama Dablam Expedition (6812m)

Ama Dablam Expedition is one of the world's most iconic alpine climbing adventures. Standing at 6,812 m in Nepal's Everest region, this technical climb follows the spectacular Southwest Ridge through rock, snow, and ice.

TRIP PRICE
$4,800

COST / PRICE	REGION	DURATION	MAXIMUM ALTITUDE
$4,800	Everest, Khumbu	23 days	6,812 m

BEST SEASON	DIFFICULTY	ACCOMMODATION	TRIP TYPE
Spring & Autumn	Challenging	Teahouse / Lodge	trekking · mountaineering

HIGHLIGHTS

What makes this trip special

01 **Summit the legendary Ama Dablam (6,812 m), the most beautiful mountain in the Himalayas.**

02 **Experience a world-class technical climb over rock, snow, and ice on the famous Southwest Ridge.**

03 **Trek through traditional Sherpa villages, ancient monasteries, and the spectacular Everest region.**

04 **Enjoy breathtaking views of Everest, Lhotse, Makalu, Nuptse, Baruntse, Thamserku, and countless Himalayan giants.**

OVERVIEW

Journey overview

Conquer a Himalayan Jewel: Mt. Ama Dablam, nicknamed the "Matterhorn of the Himalayas," rises majestically in the Khumbu region, offering breathtaking views and a true mountaineering challenge. Community Trek Team, with its extensive experience in Ama Dablam expeditions, is your key to safely summit this magnificent peak.

Beauty at Every Turn: Ama Dablam's iconic pyramid shape and dramatic hanging glacier, resembling a Sherpa woman's sacred ornament box, captivate every mountaineer. The climb rewards you with panoramas of Everest, Lhotse, and the stunning Tyangboche Monastery, a traditional haven for climbers.

A Summit for Experienced Climbers: While the scenery is enchanting, Ama Dablam demands respect. Steep ice sections, high altitude exposure, and technical challenges require solid rock and ice climbing skills, along with high-altitude experience and technical competency.

Join the Community Trek: Community Trek's expertly guided Ama Dablam expeditions, typically tackling the popular Southwest Ridge route with two camps along the ridge, are ideal for experienced climbers seeking a team-oriented adventure on a legendary mountain.

Experience the Pinnacle of Beauty: Community Trek invites you to explore, experience, and conquer the breathtaking Ama Dablam. Let us guide you to the summit of this iconic peak and etch an unforgettable chapter in your mountaineering journey.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Arrival in Kathmandu – 1,400 m

Welcome to Nepal. Upon arrival at Tribhuvan International Airport, you will be met by our expedition team and transferred to your hotel in Kathmandu. After check-in and rest, there will be a briefing covering the expedition schedule, climbing permits, equipment, safety procedures, and upcoming logistics.

DAY 2

Expedition Preparation & Welcome Dinner - 1,400 m

Today is dedicated to final expedition preparation. We will check climbing equipment, clothing, technical gear, personal supplies, and other essential items. The expedition leader will provide a detailed briefing about the Ama Dablam climbing route, acclimatization strategy, weather, safety, and communication procedures.

In the evening, enjoy a traditional Nepalese welcome dinner with the expedition team.

DAY 3

Fly to Lukla (2840 m) & Trek to Phakding (2600m)

An early morning flight takes us from Kathmandu to Lukla, the gateway to the Everest region. After landing at Lukla, we begin our trek through the beautiful Dudh Koshi Valley. The trail passes through small Sherpa settlements, forested hills, and suspension bridges before reaching Phakding.

DAY 4

Trek to Namche Bazaar (3440m)

After breakfast, we follow the Dudh Koshi River toward the famous Sherpa town of Namche Bazaar. The trail crosses several suspension bridges and enters Sagarmatha National Park. The final section climbs steadily through pine and rhododendron forests toward Namche.

On a clear day, you may get your first impressive views of Everest, Lhotse, Nuptse, and Thamserku.

DAY 5

Acclimatization Day

A crucial acclimatization day helps your body adjust to the increasing altitude. Rather than remaining completely inactive, we take a gradual acclimatization hike around Namche and the surrounding viewpoints.

Depending on conditions, the hike may include the Everest View Hotel area, Khumjung, or nearby ridges. The afternoon is reserved for rest, hydration, and expedition preparation.

DAY 6

Trek to Dole (4110m)

We leave Namche and follow the trail toward the Gokyo Valley. The route climbs gradually through rhododendron and juniper forests, passing Mong La and continuing along the Dudh Koshi Valley.

The landscape becomes increasingly alpine as we gain altitude and approach Dole.

DAY 7

Trek to Machhermo village (4470m)

Today's trail continues through the upper Gokyo Valley. The vegetation becomes sparse as we climb higher, with spectacular views of Cho Oyu and surrounding Himalayan peaks.

We follow the Dudh Koshi toward Machhermo, a small settlement surrounded by dramatic mountain scenery.

DAY 8

Trek to Gokyo Lake (4790m)

Today we enter the spectacular Gokyo Valley. The trail follows the Ngozumba Glacier and climbs toward the turquoise waters of the Gokyo Lakes.

After reaching Gokyo, we have time to explore the lakeshore and enjoy views of Cho Oyu, Gokyo Ri, and the surrounding Himalayan peaks.

DAY 9

Climb Gokyo Ri 5 360 m & Trek to Thanknak (4800m)

We make an early morning ascent of Gokyo Ri, one of the finest viewpoints in the Everest region. From the summit, panoramic views extend toward Everest, Lhotse, Makalu, Cho Oyu, and the Ngozumba Glacier.

After descending to Gokyo, we continue toward Thangnak, following the dramatic glacier landscape.

DAY 10

Trek to Dzongla via Cho La Pass (5360m)

This is one of the most challenging trekking days before reaching Ama Dablam Base Camp. We climb toward the spectacular Cho La Pass at approximately 5,420–5,430 m, depending on the route and conditions.

After crossing the pass, we descend carefully toward Dzongla, surrounded by some of the region's most impressive mountain scenery.

DAY 11

Trek to Pangboche (3950m)

We descend from Dzongla toward the Imja Valley. The trail passes through Lobuche and continues toward the lower Khumbu villages.

As we descend, the air becomes noticeably richer in oxygen. We eventually reach Pangboche, one of the oldest Sherpa settlements in the Everest region.

DAY 12

Trek to Ama Dablam BC (4600m)

Today is an exciting milestone as we approach the magnificent Ama Dablam. The trail climbs through the Imja Valley toward Ama Dablam Base Camp.

The imposing south face of Ama Dablam dominates the landscape as we approach the expedition base camp, where the climbing team will establish itself for the summit phase.

DAY 13

Acclimatization Day & training or gear checking

Today is an important preparation and acclimatization day at Base Camp. The climbing team will conduct technical training and review essential mountaineering techniques.

Depending on the expedition plan and conditions, training may include fixed-rope techniques, ascending and descending fixed lines, crampon movement, climbing-system checks, communication procedures, and emergency protocols.

Our climbing Sherpas and expedition leader will also inspect personal and group equipment before the higher camps.

DAY 14

Acclimation Hike to Advance BC

Today we make an acclimatization excursion toward Ama Dablam Advanced Base Camp. The route gradually enters steeper and more technical terrain, providing an opportunity to become familiar with the lower section of the climbing route.

After spending time at higher elevation, we descend according to the acclimatization plan and return to Base Camp.

DAY 15

Climb to Camp I (5,700m)

The climbing phase begins. We leave Base Camp and ascend toward Camp I. The route becomes increasingly technical, requiring careful movement over rocky and exposed terrain.

Camp I, situated at approximately 5,700 m, provides the first major high-altitude camp on Ama Dablam.

DAY 16

Climb to Camp II (yellow tower 6021m)

Today we continue higher toward Camp II. The terrain becomes more technical, and fixed ropes are used on sections of the route.

The famous Yellow Tower section is one of the key technical features of the climb. After reaching Camp II, the team rests and prepares for the summit push.

DAY 17

Summit 6,812m & return to Advance base Camp

The summit day begins very early. Under suitable weather and route conditions, we climb toward the summit of Ama Dablam.

The upper mountain requires sustained technical climbing and careful use of fixed ropes. Reaching the 6,812 m summit offers extraordinary views across the Everest region and is the culmination of the expedition.

After celebrating the achievement, we begin our descent, aiming to reach a lower camp according to weather, route, and team conditions.

DAY 18

Trek to Ama Dablam BC

After the summit push, we descend from the higher camps toward Ama Dablam Base Camp.

This is primarily a recovery and descent day. The expedition team packs and organizes climbing equipment while enjoying a well-earned rest at Base Camp.

DAY 19

Trek to Tengboche Monastery (3860m)

We leave Base Camp and descend through the beautiful Imja Valley toward Tengboche.

Tengboche is famous for its historic Buddhist monastery and spectacular panoramic views of Ama Dablam, Everest, Nuptse, Lhotse, and Thamserku.

DAY 20

Trek to Namche Bazaar (3400m)

The trail descends through rhododendron and pine forests before crossing the Dudh Koshi and climbing toward Namche Bazaar.

After the demanding expedition, this section provides a more relaxed trekking experience as we gradually return toward the lower Khumbu.

DAY 21

Trek to Lukla (2800m)

Our final trekking day follows the Dudh Koshi Valley back toward Lukla. We pass through familiar Sherpa villages and suspension bridges before reaching Lukla.

In the evening, we celebrate the successful completion of the Ama Dablam Expedition with the expedition team.

DAY 22

Fly Back to Kathmandu (1400m)

Weather permitting, we take an early morning flight from Lukla back to Kathmandu.

Upon arrival, transfer to the hotel and enjoy a well-earned rest. The remaining day is free for relaxation, shopping, or exploring Kathmandu.

DAY 23

Fly Back Home

Your Ama Dablam Expedition officially comes to an end today. Depending on your international flight schedule, our team will transfer you to Tribhuvan International Airport for your onward journey.

We say goodbye with unforgettable memories of the Himalayas and the achievement of standing on Ama Dablam's 6,812 m summit.

SERVICES

Included and not included

Included

- √ All arrival and departure transfers in Kathmandu.
- √ 3 nights of hotel accommodations in Kathmandu on BB Plan.
- √ return flights for Everest
- √ two-way transportation from Kathmandu.
- √ Mt. Ama Dablam expedition permit
- √ Government official Liaison Officer for Ama Dablam Expedition.
- √ Local government tax & Sagarmatha National Park entry permit & TIMS card.
- √ All camping equipment in Advance Base Camp and other camps.
- √ Food, accommodation and guide during trekking in teahouse/lodge.
- √ Food during the expedition period cooked by our experienced cook.
- √ 1/1 experienced private climbing Sherpa guide for climbing support.
- √ Baggage allowance carrying by mules/porters up and down to BC: 40 kg.
- √ Required high-altitude food for climbing members and Sherpa.
- √ Required fixed and dynamic ropes for climbing by Sherpa Guide.
- √ Insurance, wages, meal and allowances for climbing Sherpa and BC staffs.
- √ Solar panels for light and battery charging in base camp.
- √ Ice-fall and rope fixing charges, tents at high camps C1 & C2
- √ First Aid medical kits for the Group and the staff.
- √ Walkie-talkies & satellite phone for communication
- √ Office service charges and government taxes levied in Nepal.
- √ Welcome & Farewell Dinner

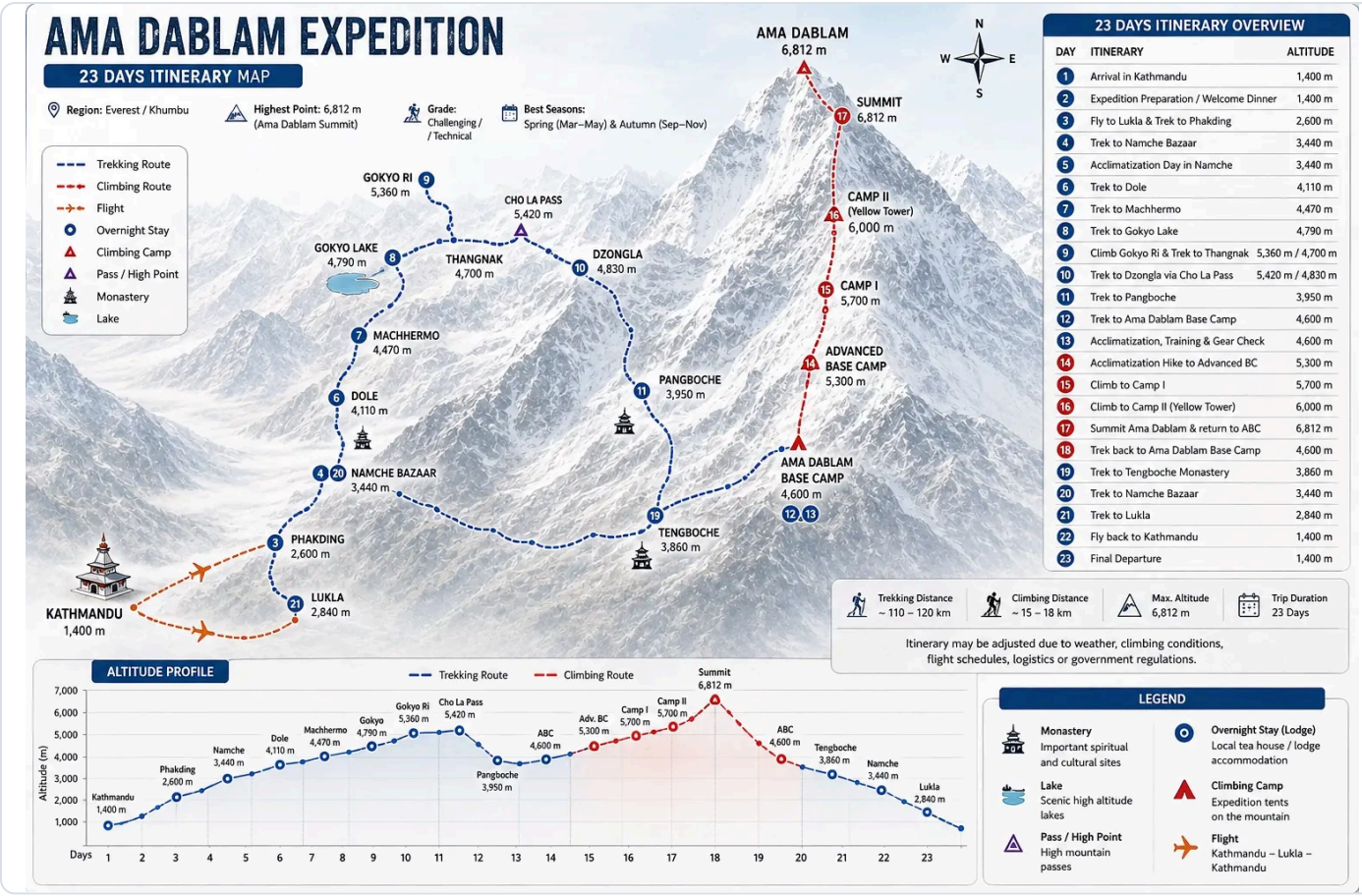
Not included

- – International flights
- – Lunch and dinner in Kathmandu except welcome/farewell dinner
- – Travel insurance.
- – Nepal entry visa fee.
- – Tips for trekking staff and drivers.
- – All kinds of alcoholic drinks
- – Personal shopping, laundry and Internet expenses, etc.
- – Personal trekking & expedition gear

ROUTE MAP

Trekking & tour route

Key stops, checkpoints, and route trajectory.



GALLERY

A glimpse of the journey










Community Trek
Explore, Connect & Experience

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PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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