Sherpa Nomad Trek

Thamel Marg, Kathmandu, Nepal

Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Ama Dablam Climbing - 26 Days

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu**

Day 2: **Preparation day in Kathmandu**

Day 3: **Flight from Kathmandu to Lukla (2860m) and Trek to Phading (2610m)**

Day 4: **Trek from Phakding to Namche Bazar (3440m): 6 hours**

Day 5: **Rest in Namche Bazar**

Day 6: **Trek from Namche Bazar to Tenboche (3850m): 6 hours**

Day 7: **Trek from Tenboche to Ama Dablam Base Camp Trek (4600m)**

Day 8: **Rest Day in Ama Dablam Base Camp (4600m)**

Day 9: **Training Day - Fixed Lines / Traverse / Summarizing the techniques**

Day 10: **Ama Dablam Base Camp to Camp I (5650m)**

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Day 11: **Preparation day and training in Camp I (5650m**

Day 12: **Preparation day and training in Camp I (5650m**

Day 13: **Preparation day and training in Camp I (5650m**

Day 14: **Camp I (5650m) to Camp II (5900m)**

Day 15: **Training Day in Camp II (5900m)**

Day 16: **Training Day in Camp II (5900m)**

Day 17: **Training Day in Camp II (5900m)**

Day 18: **Training Day in Camp II (5900m)**

Day 19: **Training Day in Camp II (5900m)**

Day 20: **Camp II to Ama Dablam Summit (6812m) and Return to Camp -II**

Day 21: **Ama Dablam Camp II to Dablam Base Camp (4600m)**

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Day 22: **Dablam Base Camp (4600m) to Namche Bazar (3440m)**

Day 23: **Trek from Namche Bazar to Lukla (2860m): 6 hours**

Day 24: **Flight from Lukla to Kathmandu**

Day 25: **Free Day in Kathmandu**

Day 26: **Departure**

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