

Ama Dablam Climbing - 26 Days



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)

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)

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

