



### We like...

- Arguably one of the most beautiful mountains in the world
- A spectacular and comfortable base camp located on a grassy field
- The most aerial climb you can imagine with an incredible Camp 2 sitting on top of a rock spire
- A mixed climb with rock and snow/ice sections
- The acclimatization on another beautiful 6,000 m peak (Island Peak) just at the bottom of Everest

### Trip Facts

|                |                            |
|----------------|----------------------------|
| Elevation:     | 6,812 m / 22,349 ft        |
| Location:      | Nepal Khumbu Valley region |
| Group Size:    | 3 – 10 people              |
| Route          | South West Ridge           |
| Type of climb: | Rock – Snow - Ice          |

### Rating

|            |       |
|------------|-------|
| Difficulty | ▲▲▲▲△ |
| Fitness    | ▲▲▲▲△ |
| Risk       | ▲▲△△△ |



*Beginning of the ice slope to the summit*

## Why climbing Ama Dablam with World Sherpas?

- + The combined experience of clients and leading mountain guides into a single company
- + A priority given to safety: procedures, training, equipment
- + A very comfortable set-up at Base Camp
- + A real sharing of experience with our Sherpas throughout the expedition on climbing technique, physiology and effort management
- + The use of Garmin InReach satellite systems for your family and friends to follow your progression every 10 minutes
- + The production of beautiful photos and videos to always remember an extraordinary expedition
- + An exceptional quality of services at the best price, inclusive of tips to the climbing guides and support staff



3<sup>rd</sup> November 2019 – 30<sup>th</sup> November 2019  
**AMA DABLAM EXPEDITION**

## Price

US\$7,300

- Deposit: 30% at booking
- Balance: 70% two months before the departure date

| <i>Included</i>  | <i>Excluded</i>  |
|--|--|
| <ul style="list-style-type: none"> <li>• All arrival and departure transfer services to and from airport (both domestic and international)</li> <li>• Return flight tickets for domestic flight to Lukla</li> <li>• Transport of up to 2 duffle bags of a maximum total weight of 40 kgs during the trek to Base Camp and on domestic flights</li> <li>• 4 nights' accommodation at a good quality hotel in Kathmandu on B/B basis on a double basis (single option at extra cost)</li> <li>• Accommodation in lodges during the trek</li> <li>• Accommodation in spacious individual tents at Base Camp with foam mattress, carpets, light and storage space</li> <li>• On High Camps, accommodation in shared expedition tents</li> <li>• Qualified support team including experienced guides, cooks and porters</li> <li>• Three meals a day (breakfast, lunch and dinner with tea or coffee)</li> <li>• Climbing permit (US\$400) and all fees and deposits required by the local regulations</li> <li>• 1:1 Experienced climbing Sherpa per client on summit day (IFMGA Guide/Aspirant Guide)</li> <li>• First aid medical kit</li> <li>• Radio set for communication with Base Camp during climbing</li> <li>• Garmin OutReach two-way satellite messaging system with satellite subscription</li> <li>• Solar panel/generator for light and battery charger</li> <li>• Portable hyperbaric chamber at Base Camp</li> <li>• Welcome dinner in Kathmandu</li> <li>• 2 x World Sherpas Duffle bag</li> <li>• World Sherpas T-Shirt</li> <li>• Set of quality photos / films taken by our guides</li> </ul> | <ul style="list-style-type: none"> <li>• A summit bonus, or rather safety bonus, is expected by your climbing sherpa (US\$500) as well as tips to the kitchen staff and porters (US\$150) whatever happens on the mountain. This is now a practice well established in Nepal. The total amount of US\$650 should be deposited in cash to the Sherpa leader in Kathmandu at the beginning of the trip. If you want to add to the standard amount at the end of the trip, it is up to you but there is no obligation.</li> <li>• Lunch and dinner in Kathmandu (except welcome dinner)</li> <li>• Extras hotel charge at Kathmandu (bar bills, laundry, additional nights)</li> <li>• Personal expenses in lodges during the trek such as battery charging (cameras, phone, laptops), showers, laundry, beverages, bottled water and snacks</li> <li>• Additional nights in lodges during the trek not planned by us</li> <li>• Internet access during the trek and at Base Camp (we can arrange a Nepalese SIM card and top-up card for you at Kathmandu for calls and internet)</li> <li>• Personal trekking and climbing equipment (see gear list)</li> <li>• Personal medical, travel &amp; evacuation insurance (mandatory)</li> <li>• International airfare</li> <li>• Nepal entry visa fee</li> </ul> |



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## Expedition Itinerary

| Day   | Date      | Program   |
|-------|-----------|---|
| 1     | Nov 3     | Arrival to Kathmandu and transfer to hotel (1,350 m / 4,430 ft)             |
| 2     | Nov 4     | Preparation day for expedition in Kathmandu                                 |
| 3     | Nov 5     | Flight to Lukla (2,860 m / 9,317 ft) and trek to Monjo (2,835 m / 9,300 ft) |
| 4     | Nov 6     | Trek to Namche Bazaar (3,340 m / 11,155 ft)                                 |
| 5     | Nov 7     | Acclimatization day in Namche Bazaar  |
| 6     | Nov 8     | Trek to Debuche (3,820 m / 12,530 ft)                                       |
| 7     | Nov 9     | Trek to Pangboche (3,930 m / 12,893 ft)                                     |
| 8     | Nov 10    | Trek to Dingboche (4,410 m / 14,470 ft)                                     |
| 9     | Nov 11    | Acclimatization day in Dingboche  |
| 10    | Nov 12    | Trek to Chukhung (4,730 m / 15,518 ft)                                      |
| 11    | Nov 13    | Trek to Island Peak BC (5,400 m / 16,630 ft)                                |
| 12    | Nov 14    | Climb to Island Peak High Camp (6,000 m / 19,685 ft)                        |
| 13    | Nov 15    | Climb to Summit - Night at High Camp  |
| 14    | Nov 16    | Trek to Chukhung (4,730 m / 15,518 ft)                                      |
| 15    | Nov 17    | Trek to Ama Dablam Base Camp (4,600 m / 15,091 ft)                          |
| 16-23 | Nov 18-25 | Climbing Period for Ama Dablam (6,812 m / 22,349 ft)                        |
| 24    | Nov 26    | Trek to Namche Bazaar (3,340 m / 11,155 ft)                                 |
| 25    | Nov 27    | Trek to Lukla (2,860 m / 9,317 ft)  |
| 26    | Nov 28    | Scheduled flight Lukla/Kathmandu & transfer to hotel                        |
| 27    | Nov 29    | Leisure day at Kathmandu  |
| 28    | Nov 30    | Transfer to airport for departure   |

*The itinerary is indicative and is subject to changes according to weather and mountain conditions as well as other circumstances that the climbing guide will deem necessary for the safety and / or success of the expedition.*



3<sup>rd</sup> November 2019 – 30<sup>th</sup> November 2019  
AMA DABLAM EXPEDITION



*Ama Dablam is really very aerial – Do you agree?*



3<sup>rd</sup> November 2019 – 30<sup>th</sup> November 2019

## AMA DABLAM EXPEDITION

### Ama Dablam Climbing Route

|  |  |
|--|--|
| <p>Base Camp<br/>4,600 m / 15,100 ft</p> <p>▼</p> <p>Camp 1<br/>5,700 m / 18,700 ft</p> <p>5 hours</p>   | <p>The first section of the climb is a long walk eastwards on a moraine ridge up to a col located at 5,150 m / 16,900 ft. From there, a saddle leads to the Advanced Base Camp at 5,400 m / 17,700 ft (barely used today). Just above ABC, the ascent continues with a large boulder field with cairns giving the direction towards the bottom of the South West ridge. At the end of the field, large slabs lead to Camp 1 with a fixed line for additional security. Around a dozen of tents are set up on various platforms located on a sharp ridge.</p> |
| <p>Camp 1<br/>5,700 m / 18,700 ft</p> <p>▼</p> <p>Camp 2<br/>5,900 m / 19,400 ft</p> <p>3 hours</p>      | <p>The fixed line starts from Camp 1. The climb to Camp 2 is a short traverse along the south west ridge. Most of the route is an easy rock climb and scramble on a narrow path. The final part of the section is the steepest with the Yellow Tower, a 15 m / 45 ft gully, leading to Camp 2. If Camp 1 was set up on a tight space, Camp 2 is even tighter, literally hanging on the ridge. A maximum of 5 tents can be set up due to the limited space available.</p>   |
| <p>Camp 2<br/>5,900 m / 19,400 ft</p> <p>▼ ▲</p> <p>SUMMIT<br/>6,812 m / 22,349 ft</p> <p>8 hours</p>    | <p>From Camp 2, there is a small traverse towards the Grey Couloir. Climbing the Grey Couloir can be a mix of rock and ice climbing. Once at the top of the Grey Couloir, the climb follows the rock ridge and then onto Mushroom ridge, a short but steep snow ridge which sits just below camp 3. This snow ridge is quite exposed but an amazing part of the climb. Once at Camp 3, the route takes you to the right of the Dablam and the climb becomes moderately steep up the snow ridge to the summit (slope of around 60°).</p>                      |
| <p>Camp 2<br/>5,900 m / 19,400 ft</p> <p>▼ ▲</p> <p>Base Camp<br/>4,600 m / 15,100 ft</p> <p>6 hours</p> | <p>After a good night sleep at Camp 2, there is no rush to go down to Base Camp. Stepping out of the tent, stay alert to abseil down. The route is the reverse of the one described above. Enjoy the view of the mountain when going down: you are an Ama Dablam summiteer!</p>  |



*Climbing Yellow Tower towards Camp 2*

## Base Camp set-up

- Individual spacious tents with mattress, pillow, and light
- Toilet tent
- Shower tent (with hot water available on request)
- Mess tent for meals with table, chairs and cutlery
- Snacks / tea / coffee available during the day
- Heating of mess tent during dinner
- Film projection after dinner

## Communications

- Phone network is usually available from Camp 1 and Camp 2 (with Nepalese NCell SIM Card), also from Base Camp by moving 500m to the entrance of the camp.
- Company satellite phone is available for a fee at Base Camp



*The view at the summit: Everest, Nuptse and Lhotse*