



Ama Dablam Base Camp Trek

Tea house/Camping

No of days: 15

Graded - Moderate

Nepal

Nepal, a tiny country, nestled in the Himalayas between India and China, is one of the most diverse and fascinating countries in the world. Covering an area of only 147,181 sq. km, Nepal encompasses the world's highest mountains and the deepest valleys as well as low elevation rain forest. Although the width of the country is only 200Km North to South, Nepal has the highest altitude variation of any country on earth, from 20m above sea level to 8 848m above sea level (Top of Everest).

The country is divided in to 3 elevation Zones viz. the low terrain, the midhill region and the high Himalayas, which contains 1/3 of the Himalayan range with 8 of the world's highest mountains. This wide diversity of landform gives Nepal an incredible wealth of flora and fauna.

Nepal is not only famous for its landscape but also renowned for the friendliness of its people. The people of Nepal are as variable and intriguing as the country's geography. There are more than 37 ethnic groups with their own language and culture. Hinduism is the official religion, which the majority of the people practice. Many people throughout the country are Buddhist and the two religions have co-existed in harmony over the ages. A small number of people practice Christianity and Islam.

Nepal at a glance:

Longitude: 26'12' and 30'27' No
Latitude: 80 degree 4' and 88 degree 12' East
Population: 24 million
Capitol: Kathmandu
Area: 147,181 sq. km

Everest

Mount Everest, named after George Everest, the Surveyor General of British India, lies in the Khumbu region of Nepal. The first summit attempt on Everest was by the British in 1921 and only after 32 years of intense exploration, Everest was finally scaled on May 29th, 1953, by Sir Edmund Hillary and Sherpa Tenzing Norgay under Lord Hunt's team. The Nepalese name for Everest is Sagarmatha which means "Goddess of the sky" and the Tibetan name for it is Chomolungma which means "Mother Goddess of the Earth". By whatever name you call her, she remains the tallest mountain in the world consecrated in midst of the gigantic mountains and glaciers as though they were her subjects. She truly looks like an Empress in her utmost beauty and glory and has attracted hundreds and thousands of mountain lovers over the years.

Your Adventure

This adventure takes you through the Khumbu Valley, the home of Everest and the land of the Sherpas. Mount Everest has captured the imagination of the world and this trek reveals it and many other peaks. We start the trek from Lukla and trek to Namche Bazaar where we get the first glimpse of the Majestic and mystical mountains. We stay in Namche an extra night to let our bodies acclimatize well and then we continue to the mystic monastery of Tengboche. There are a few lodges around the monastery where it lays on the top of a ridge surrounded of Rhododendron forest and 7-8 000 meters peaks. We follow the river up towards Ama Dablam and enjoy the views, the culture, the friendly people and the sound of the yak bells.

Ama Dablam Base Camp is situated at a green beautiful meadow with a small stream running through it. We camp here and have dinner and breakfast to breathtaking views. The highlights of this trek is Tengboche Monastery, which is considered to be the photographer's favorite place, and off course Ama Dablam Base Camp, which is considered to be the most beautiful Base Camp and the most beautiful place in the Khumbu Valley.

Summary

Trek Distance:	Approx. 88 km
Maximum altitude:	4 800 Ama Dablam Base Camp.
In / Out:	Kathmandu.



Itinerary

- Day 1: Arrive Kathmandu, welcome dinner
- Day 2. Half day city tour
- Day 3. Fly to Lukla (2830m) and trek to Benkar (2630m)
- Day 4. Trek to Namche (3440m)
- Day 5. Rest at Namche
- Day 6. Trek to Tengboche (3870m)
- Day 7. Trek to Pangboche (3900m)
- Day 8. Trek to Ama Dablam Base Camp
- Day 9. Trek to Tengboche (3870m)
- Day 10. Trek to Khumjung (3790m)
- Day 11. Trek to Benkar (2630m)
- Day 12. Trek to Lukla
- Day 13. Fly to Kathmandu
- Day 14. In Kathmandu
- Day 15. Departure

Please Note that the above itinerary is only a guide and that it could change. A lot of things have to be taken into account like weather, general walking pace of the group, mountain safety etc. Your group leader can change the schedule if necessary with prior notice to you, keeping safety first in mind.



Your Adventure

Day 1 – Arrive in Kathmandu

Once you reach KTM airport and finish with the immigration and custom formalities be prepared to confront the confusion outside the airport which is common in most of the south Asian countries. As you walk out of the Exit door into the passenger pick up area you will see hundreds of people with different sign boards in their hands, taxi drivers looking for fares, hotel touts looking for customers and porters trying to help with the luggage for tips. Please remain calm and do not walk out of the restricted area into the crowd straight away. Remain there and try to find the Hi On Life's sign board. Once you spot it, walk straight to the signboard and identify yourself. From here we will take care of you.

When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu.

In the evening all the group members will be asked to meet at the lobby where you will have to fill in the application form for the **Sagarmatha National Park Permit-permit**

Travel/ Medical Insurance (photo copy)

Photocopy of your passport.

Passport and Air tickets for reconfirming your return flight.

All these documents will be held in Hi On Life's safe and will be returned to you after your trek. We will go for a traditional Nepali dinner at Kathmandu's finest Nepali restaurant to end the day.

Day 2 - City tour and Trek briefing

After breakfast you will be taken for a half day city tour where you will be visiting some historical temples and monuments. You will end your sightseeing with a lunch.

After your lunch you will return to your hotel and your Group leader will give you your trek briefing and issue your 'trek pack' consisting of a duffle bag, down jacket, sleeping bag, inner liner for your sleeping bag and rain poncho. Your afternoon is free for you to do your packing and purchasing your last minute items for your trek.



Day 3 - Kathmandu - Lukla- Phakding (4 hrs)

A very early morning wake up and transfer to the domestic airport to board our flight which is a small 19 seater twin otter. The flight times can be flexible because we need clear weather both in Kathmandu and Lukla to be able to fly. So this can sometimes involve waiting in the terminal for a long time. Once we get the all clear signal we take off to our destination on a 40 min scenic mountain flight to Lukla.

After a cup of tea at Paradise Lodge in Lukla we are treading on the legendary “Everest Highway” which heads downwards through the alpine valley following the “Dudh Kosi” or milk river (named after its milky colour from glacial silt). We reach Benkar after a half a day walk and end our first day here.

Day 4 - Trek to Namche (5-6 hrs)

The next day we will be walking mostly uphill through the alpine valleys. We will be crossing Dudh Kosi River a few times before we reach Namche Bazaar, the Sherpa capital of the Khumbu region. On a clear day you get views of Everest, Lhotse, Thamserku, Kusum Kangru, Kwangde and Taweche on the way to Namche.

Day 5 - Rest and acclimatization

As we will have gained about 700m that day, it demands a rest and acclimatization day for the following day. We will either rest at Namche or trek to Everest View Hotel, a Japanese hotel on the top of the hill above Namche. From there we have outstanding views!



Day 6 - Trek to Tengboche (5- 6 hrs)

Today the landscape changes dramatically. The trail is more open and wide and it reveals the great depths of the surrounding mountains. We descend to the Dudh Kosi River and stop for lunch at Phunki Tenga. From here we climb steeply through a beautiful rhododendron and birch forest for 2 hours that will take us to Tengboche. We will visit the monastery and watch the monks performing their rituals.

Day 7 - Trek to Pangboche (2 hrs)

The next day we trek through a beautiful rhododendron forest for about an hour and cross the Imja river. Then we follow an open high trail to Upper Pangboche. This village is one of the highest permanent villages in the Khumbu region. We will stop here for lunch and also visit the monastery which is the oldest monastery of the region.

Day 8 - Trek to Ama Dablam Base Camp (3-4 hrs)

We begin with a steep descend to the Imja Khola and after crossing the bridge we ascend steeply for about 2 1/2 to 3 hrs and through open Yak pastures. Before we reach Ama Dablam Base camp we will come across a small lake. Ama Dablam Base camp is one of the most beautiful place in the whole of Khumbu Valley. It is a large grassy meadow with a stream flowing from the middle of the meadow.



Day 9 - Trek to Tengboche (4-5 hrs)

We begin with a steep descend towards the Imja Khola. When we reach the river, we will follow an “off the beaten track” (Saran’s secret trail), all the way to Tengboche. We walk through a beautiful “fairytale forest” where we have chances to see musk deer, pheasants and other wild Nepali animals. When we reach Tengboche we ascend steeply for about half an hour.

Day 10 - Trek to Khumjung (3 hrs)

We descend down to Dudh Kosi river and after crossing the bridge we climb steeply upto for 2 hrs and we reach Khumjung. We will visit the Khumjung monastery where you can see the so called “Yeti Scalp” and then visit the Khumjung high school built by Sir Edmund Hillary.

Day 11, 12, and 13 - Trek to Benkar-Lukla- fly Kathmandu.

For the remaining days we will be retracing our footsteps back to Lukla where we end the trek and the following morning we fly back to Kathmandu. Then you are free for rest of the day.

Day 14 - Free day in Kathmandu

You can spend your free time in Kathmandu for shopping and sightseeing. If you need any help or advice, your group leader will be happy to assist you. The next day will be a mixture of sadness of your departure as well as excitement to catch up with your friends and family to tell them about your adventure.

Day 15 - Departure

Please note that once you arrive to your hotel in Kathmandu your Group leader will time to time update you with the timings and description of your activities. On your trek, every evening, after dinner, your Group leader will describe in detail about your next day trek and also advise you regarding which clothes and equipment you need to carry in your day pack for the day.



A Day on Your Trek

Although each day is different, considering the weather, general pace of the group and length of the days walk, in general your day begins with a wake up tea at around 6 to 6:30 in the morning. You will then be provided with a bowl of warm water for washing. Then you will need to pack your duffel bag and your daypack and come to the dining tent for breakfast.

After breakfast we will hit the trail and usually walk for about 3 to 4 hrs before we stop for lunch. We will give you about an hour and a half rest during lunch, which will also give enough time for the staff to have their lunch and pack. Usually after 3 to 4 hrs of walking we finish the days walk by 4 PM. Tea/ Coffee and snacks will be served on arrival to the camp. Your Group Leader will often organize side trips in the afternoon. Your dinner will be served around 7 PM.



High altitude

On this trek you will be going up to 4 800 meter, so it is very important to understand the affects of altitude.

The greatest provocation is going too high too fast. Hi On Life's itinerary has been carefully designed to minimize the affects of altitude. We ascend slowly and surely allowing enough time for safe acclimatization. Headaches and breathlessness are common at altitude which in itself is nothing to worry about. In rare cases, this may worsen to Acute Mountain sickness (AMS), so a close watch is kept on all trekkers by the group leader who is trained to recognize the symptoms of AMS which are severe headaches, nausea, lethargy, loss of appetite serious breathlessness even at rest. If any trekkers show such signs they will be descended to relatively lower and safer altitude. The Group Leader's decision on evacuating such person to a safe altitude is final.

Do not medicate yourself without first informing your group leader.

Going to altitude slowly with adequate rest and adequate intake of fluid (3 to 4 litres per day), you will most likely have no problems apart from breathlessness on hills which is completely normal as the percentage of Oxygen in the air is relatively lower to that at sea level. The most important thing is not to worry about altitude because our team is there to take care of you.

Staff

Group leader: your most important member of your staff. Our Group leaders are highly trained in all aspects of the trek, conservation, first aid specializing on altitude sickness, emergency procedures and have extensive knowledge of the natural history of the area.

Sirdar: His job is to manage and organize staff duties. He is responsible for the actual operation of the trek.

Sherpas: Their job is to lead your way and distribute equal loads to the porters.

Porters: They are responsible to transport your duffle bags and their job finishes once they reach the designated lodge. Our porters are provided with Gore-Tex suits, trekking boots, gloves, hats, socks, snow gaiters and snow goggles. Most importantly, we regulate them on a 25 kg carrying which very few companies do. Our clients can therefore feel comfortable knowing that our porters are working in a good humane condition. During the trek you can see porters carrying 60-70 kg and sometimes even up to 100 kg!!



Weather

Oct/ Nov and March / April

On the trek at lower altitude (2500m to 3500m) during daytime the max temp can be around 22C to 28C and the min temp can be 8C to 15C

At higher altitude (3500m to 5500m) the daytime max temp can be between 17C to 22C and min temp can be between -4C to 8C

Dec to end of Feb

On the trek at lower altitude (2500m to 3500m) during daytime the max temp can be around 15C to 20C and the min temp can be 2C to - 8C

At higher altitude (3500m to 5500m) the daytime max temp can be between 12C to 18C and min temp can be between -4C to -20C. Please note that this is just general information and it could vary marginally.

Our Services

- All internal transportation, in private vehicle
- Both way air fare to Lukla and back to Kathmandu with domestic terminal taxes
- Services of English- or/and Swedish-speaking guide, porter's and Sherpa's assistance
- 4 nights in tourist class hotel on bed and breakfast basis while in Kathmandu
- Welcome dinner
- Half day guided city tour with lunch
- Use of a personal trek pack consisting of a duffle bag, T-shirt, down jacket and sleeping bag
- All meals while on trek
- Afternoon tea/coffee service on arrival at the camp
- Eureka K2 3-men tents for twin share, cooking tent, weather proof dining tent with comfortable tables and chairs, toilet tent. All camping equipment
- National Park fees
- Staff insurance, tourist service fee and all taxes applicable as per state law

Not Included

- Personal accident and rescue insurance. You must provide your own rescue insurance
- Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times
- Private room accommodation in Kathmandu unless a single supplement is paid
- Optional tips to guides & porters
- International airport departure taxes
- Visa costs
- Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance

Recommendations for things you should bring

- Water bottle 3 bottles, min 1 litre each, should be able to hold hot water
- Day pack medium size 35-40 litres
- Sunglasses
- Duct tape small roll.
- Stuff bags smaller plastic bags to organize you duffle bag
- Money belt
- Toiletries we provide toilet papers
- Towel
- Torch preferably head lamp
- Penknife
- Sewing kit
- Medical kit as per your prescriptions. It should be noted that the group leader will be carrying a first aid kit.

Optional

- Walking sticks
- cameras
- Knee guard for those with bad knees.

Clothing

- Trousers: One lightweight for easy walking and 1 warmer for colder days preferable wind/water proof.
- Shorts: Not too high cut revealing ones
- T-shirts: At least 3 or 4
- Hats: Sunhat and woollen ones for colder days
- Gloves: Woollen and Gore-Tex
- Thermal underwear: Light weight tops and trousers, preferably woollen, at least 2 pairs
- Socks: At least 4 pairs (both thin and thick woollen ones)
- Jackets: 1 fleece and 1 Gore-Tex wind/waterproof. Please note that we provide down jackets.
- Shoes: Trekking boots, preferably waterproof + gym shoe/sandal for Evening



Healthy and trouble free holiday

There are no compulsory vaccinations required for entering Nepal. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, please through your agent, give us a list of what you can and can't eat so that we can provide proper food for you.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including anti-malarials' have side affects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on malaria in Kathmandu for the past couple of decades.

Insure yourself

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness, and accidents. And it should also cover you for Emergency Helicopter Evacuation.

In case of Lukla flight cancellation

Sometimes due to bad weather Lukla flights get cancelled. This may make it difficult for you to connect with international flights. In such an event and if the group as a whole wishes to charter a helicopter, which is an ideal solution to Lukla flight delays, we can arrange for it. Your will need to pay about 350 to 500 US\$ depending on the group size. A covering letter is then issued to each trekker for claims against their travel insurance.

Money Matters

The ideal currency to bring with you is US\$ or Euro in traveller's cheques.

In Kathmandu: Each meal will cost around 4 to 6 US\$. Plus 10 to 20 US \$ for your taxis if you wish to go around the city.

On trek: you will need around 6 to 8 US\$ per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

Tipping

Although tipping is entirely optional and personal matter the following is recommended as a guideline

In Kathmandu: for bellboys, waiters and porters 20 to 30 Nepali Rupees

On the trek: At the end of the trek it is a customary to tip the field staff. The recommended amount is 55-75 US\$ depending on group size. The Group leader will collect the tip and then split it between the staff and put it in envelops so that the trekkers can give it to the staff during the "Farwell Ceremonies"

Some Do's and Don'ts

Nepalese people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture.

While in Nepal please observe the following:

- Full or partial nudity is not accepted
- Over display of affection between men and women, especially in temples and monasteries are discouraged
- Please remove your shoes before entering monasteries and temples
- Never point the soles of your feet at a person or shrine
- Many Hindu temples are closed to non-Hindus. Please ask before entering
- Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory

ENJOY!

