



SNOWY HORIZON TREKS & EXPEDITION PVT. LTD.

Seven Corner, Thamel, Kathmandu, Nepal

Snowy Ama Dablam Expedition

Overview:

“Explore; experience and enjoy the expedition of the most beautiful and the Pyramid shaped mountain on earth the Mt. Ama Dablam with team Snowy Horizon on both spring and autumn seasons of the year.”

Mt. Ama Dablam is considered as one of the most beautiful mountain in the world. Whether you agree with such superlatives or not it is certainly a remarkable peak that has a particular attraction to any keen mountaineer. Snowy Horizon has plenty of experience in organizing this expedition a key to success with full of safety on the mountain. The characteristic pyramid shape leads someone to call Ama Dablam the ‘Matterhorn’ of the Himalayas and, at least as seen from Namche, there is a certain similarity. The hanging glacier on the southwest face of Ama Dablam resembles a ‘Dablam’- the sacred ornament box worn by Sherpa women –giving rise to the name “Ama Dablam” or “Mother’s necklace”.

Mt. Ama Dablam is located in the Khumbu region to the south of Everest and Lhotse. As you would expect, that allows for some stunning views during the climb as well as on the summit. The mountain stands above the famous Tengboche Monastery which is traditionally visited by climbers in the region. It should be stressed that, despite all the pleasant parts, this is in general a demanding climb and participation in an Ama Dablam Expedition demands solid skills of rock climbing, ice climbing, sufficient experience of high altitude and general technical competency. There are steep ice sections to be overcome at high altitude and there are sections of serious exposure, which can be particularly challenging.

If you have previous climbing experience and wish to participate fully as a team member of an expertly led expedition to one of the world's most impressive mountain then this Ama Dablam Expedition is the well suited for you. The most popular route for climbing Ama Dablam is the Southwest Ridge. The climb is typically done with three camps along the ridge. Camp 3 is usually established just below and to the right of the hanging glacier- the Dablam, so that any ice that calves off the glacier typically moves away from the camp. Nevertheless, a certain risk of Seracs falls cannot be avoided. As with other mountains in the region, the best climbing months for Ama Dablam Expeditions are April-May before the monsoon season and October-November, after the monsoon.

Experience Required:

For the Ama Dablam Expedition all climbers need to have good skills on rock and ice climbing and technically competent. We will fix ropes and make use of the existing infrastructure (if any), however, the climbers should possess the necessary skills of climbing through steep rock and hard compact ice without them. We follow the standard Southwest ridge route (normal route) to the top, as it is consider the safer route with lower objective dangers of avalanches. We begin the approach as usual in the region from Lukla (2860m) and then slowly trek through the Sherpa villages along the trail. We take our time to properly acclimate before we reach base camp and begin the climbing period. We at Snowy Horizon pride ourselves in executing this expedition with a focus on quality as well as safety. As always, the package can be flexibly adjusted to your requirements (in case you want some additional acclimatization time beforehand etc.) you can feel free to contact us any time for suggestions and



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advice. We'd be happy to take you on this adventure of **Mt. Ama Dablam Expedition** with our great team.

Ama Dablam Expedition Base Camp Services:

1. Snowy Horizon Treks & Expedition provides very professional, supportive and friendly mountaineering logistic services from Kathmandu to the ABC as well as during the Expedition.
2. Our objective is to ensure a good quality, supportive, safe, friendly, stress free and comprehensive service to maximize summit opportunity of the mountain.
3. We provide a comprehensive service organizing all necessary permits, and climbing documentation, travelling logistics including airfares, ground transportation, porters, and other individual services required by mountaineers. On the trek to the ABC we organize all required accommodation and food in teahouses.
4. In the Base camp our cook and helpers will prepare and serve three times delicious freshly cooked and plentiful meals a day and will ensure that hot and cold drinks are available 24hrs a day.
5. We provide spacious expedition quality personal tents for all our clients.
6. We also provide dining tent, kitchen tent, toilet facilities and portable shower facilities and tent accommodation for our staff.
7. We provide access to communication including satellite telephone and Internet access, and solar panels to charge your batteries.

Ama Dablam Expedition Full Board Additional Services:

1. In full board Service we provide personal tent and food, which will be prepared by their climbing Sherpa on C1, C2 & C3.
2. We provide UHF/VHF hand held radios on the mountain to maintain communications between ABC and high camps.
3. We provide a personal climbing Sherpa guide to help the clients to reach the summit. Personal climbing Sherpa will set up camp 1, camp 2 and camp 3 including food and fuel provisions, and assist the client all the way to the summit on this technical climb, where one requires a climbing buddy and a be layer. The climb requires cooperation between teams in setting up fixed ropes. Our camp manager and guides will coordinate work with other teams on the route setting.

Approaches to ABC:

Approach to the Base camp for **Ama Dablam Expedition** is short, sweet and beautiful beginning with the amazing flight to Lukla after few hours' drive from Kathmandu to Manthali airport of Ramechhap and following Everest Base camp trail through Namche Bazaar to Tengboche and peeling off it just past Pangboche. The Base camp is located at 4600m.

Climbing Routes:

1. The standard climbing route for **Ama Dablam Expedition** is via the Southwest ridge with typical arrangement of 3 high camps: Camp 1 (5600m), Camp 2 (5900m) and Camp 3 (6200m) with Base Camp at 4600m and High Camp at 5000m as a store camp.





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The high camp is located 150m below the ridge and all other 3 camps are directly on the ridge ensuring a great vantage point for all camps for stunning views.

Snowy Ama Dablam Expedition–Spring

Fixed Departure-Group (26 Nights 27 Days)

Day-to-Day Itinerary:

- Day 01:** Arrival at Kathmandu airport and transfer to hotel (1350m).
- Day 02:** Rest, last minute shopping, preparation and briefing in Kathmandu.
- Day 03:** Drive to Manthali (4 Hrs.), fly to Lukla (2840m); trek to Phakding (2600m-4 Hrs.); lodge.
- Day 04:** Trek to Namche Bazaar (3440m-7 Hrs.), lodge.
- Day 05:** Acclimatization in Namche, hike to Hotel Everest View (HEV), visit Hilary Museum.
- Day 06:** Trek to Tengboche (3860m-5 Hrs.), visit Tengboche Monastery; lodge.
- Day 07:** Trek to Pangboche (3985m-4 Hrs.); enjoy Sherpa culture; lodge.
- Day 08:** Trek to Ama Dablam base camp (4600m-3 Hrs.), camping.
- Day 09-21:** **Climbing period to summit Ama Dablam (6,814m).**
- Day 22:** Trek back to Tengboche (3860m-6 Hrs.); lodge.
- Day 23:** Trek to Monjo (2790m-7 Hrs.); lodge.
- Day 24:** Trek to Lukla (2840m-5 Hrs.); lodge.
- Day 25:** Fly to Manthali, drive to Kathmandu (4 Hrs.), transfer to Hotel, farewell dinner.
- Day 26:** Leisure or contingency day in Kathmandu.
- Day 27:** Transfer to the airport for final departure.

Full Board Service Cost Includes:

- All arrival and departure transfers in Kathmandu.
- 4 Nights hotel accommodations in Kathmandu on BB Plan.
- Flight & transfers Kathmandu-Manthali-Lukla-Manthali-Kathmandu.
- Mt. Ama Dablam expedition permit (**Royalty; US\$ 400 for member**).
- Government official Liaison Officer for Ama Dablam Expedition.
- Khumbu village & 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 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 member 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.
- Icefall and rope fixing charges, tents at high camps C1, C2 and C3.
- First Aid medical kits for the Group and the staffs.



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- Walkie-talkies & satellite phone for communication (uses charge \$ 5 per unit for Sat).
- Office service charge and government taxes levied in Nepal.
- Farewell Dinner & Snowy Horizon Special Gifts.



Full Board Service Cost Excludes:

- Lunch and Dinner during your stay in Kathmandu (except farewell dinner).
- Clothing, packing items or bags, personal medical kit and personal trekking gears.
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes and changes in Government regulations.
- Any additional staff (s) other than specified.
- Summit bonus to your personal climbing Sherpa
- **(Required begins from minimum US\$ 700 per summit per Sherpa)**
- Tips to base camp staffs **(Per member beginning from minimum US\$ 100.00 in total)**
- Repatriation, medicines, medical tests and hospitalization expenses for member.
- Travel insurance and helicopter rescue evacuation for member.
- Any other item not included in "The Service Includes" section.



Base Camp Service Cost Includes:

- All arrival and departure transfers in Kathmandu for International and domestic flights.
- 4 Nights 3 Star Hotel accommodations in Kathmandu on BB Plan (twin sharing).
- Flight and transfers for Kathmandu-Manthali-Lukla- Manthali-Kathmandu to member and guide.
- Guided teahouse trekking with full board meal and accommodation as per itinerary.
- Complete camping logistics with furniture, kitchenware, dining, kitchen etc. in base camp.
- Full 3 meals (BLD) at base camp with single tent accommodation for each member.
- Government royalty for permit to climb Mt. Ama Dablam with all formalities.
- Fully paid and insured government approved liaison officer in the team (mandatory).
- Wages, equipment, rescue medical and accidental Insurances for all involved staffs.
- Solar panel for light and battery charging to your devices in the base camp.
- Emergency Oxygen, mask and regulator for medical purpose for members.
- First Aid medical kits for the members and the staffs involved in the expedition.
- Per climbing member gets 30 KG personal baggage allowance for carrying by porter.
- Sagarmatha (Everest) National Park entrance fees and trekking permit.
- Khumbu Pasang Lhamu village municipality entry permit and fees.
- Farewell dinner before departure with Snowy Horizon Management.
- Snowy Horizon Special Gifts (T-shirt/Pashmina etc.).
- Our service charge and Government Taxes levied in Nepal.



Base Camp Service Cost Excludes:

- Lunch and Dinner during your stay in Kathmandu (except farewell dinner).
- Clothing, packing items or bags, personal medical kit and personal trekking gears.





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- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes and changes in Government regulations.
- Rope fixing on high camps, climbing Sherpa for support, cooking set and high altitude food.
- Any tents for above camp 1 pitched by Sherpa or Snowy representative.
- Tips to base camp staffs (**Per member beginning from minimum US\$ 100.00 in total**)
- Repatriation, medicines, medical tests and hospitalization expenses for member.
- Travel insurance and helicopter rescue evacuation for member.
- Any other item not included in "The Service Includes" section.



Package Cost:

Please contact us by email or call us for negotiation of the Package Cost.



Yours sincerely,

Bodha Raj Bhandari
Chairman

