

AMADABLAM EXPEDITION SPRING | AUTUMN



2023

2026



2024



2025

**“They made it to the top.
It’s your turn this 2026.”**



SATORI
ADVENTURES

your mountain guide in the himalayas

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AMA-DABLAM EXPEDITION (6812m/22,334ft)

FACTS OF THE TRIP:

Highest access:	6,812m (22,334ft)
First Ascent:	13-03- 1961 by Mike Gill, Wally Romanes (NZ), Barry Bishop (USA) & MikeWard (UK)
Duration:	25 days (typically)
Group Size:	08-10 persons per group.
Co-ordinates:	27°51'42" N, 86°51'40" E
Location:	Nepal/ Everest Region
Arrival & Departure:	Kathmandu Airport: TIA
Mountain Grade:	Mixed Alpine AD
Accommodation:	Full board camping during the climbing period and a teahouse on the trekking
Meals:	Breakfast, lunch and dinner
Transportation:	Car, Flight
Culture:	Sherpa and Tamang
Climbing route:	Southwest and northeast

DETAILED ITINERARY OF AMA DABLAM EXPEDITION SPRING | AUTUMN SEASON

SPRING	AUTUMN	ITINERARY
Day 01 - 8 Apr	Day 01 - 15 Oct	Arrival in Kathmandu Airport and transfer to hotel accommodation in Kathmandu (1350m/ 4430ft)
Day 02 - 9 Apr	Day 02 - 16 Oct	Preparation, briefings at the Department of Tourism, Last minute shopping
Day 03 - 10 Apr	Day 03 - 17 Oct	Drive to Ramechhap and flight to Lukla or Flight from Kathmandu to Lukla; Trek to Phakding (2,650m/ 8694ft, 04 hrs); lodge accommodation
Day 04 - 11 Apr	Day 04 - 18 Oct	Trek from Phakding to Namche Bazaar through colourful Khumbu villages (3440m/ 11286ft, 06hrs); Lodge accommodation
Day 05 - 12 Apr	Day 05 - 19 Oct	Rest day for acclimatisation; you will hike to the famous Everest View Hotel (3800m/ 12487ft, 3hrs) to catch a glimpse of Everest; explore the Hilary and Sherpa museum at Namche in the evening with a slide show program.

DETAILED ITINERARY OF AMA DABLAM EXPEDITION AUTUMN SEASON

SPRING	AUTUMN	ITINERARY
Day 06 - 13 Apr	Day 06 - 20 Oct	Trek from Namche Bazaar to Tyangboche (3850m/ 12631ft, 05-06 hrs); visit a significant Buddhist monastery; lodge accommodation
Day 07 - 14 Apr	Day 07 - 21 Oct	Trek from Tengboche to Amadablam Base camp (4400m), camping accommodation
Day 08 - 24 15 Apr - 01 May	Day 08 - 19 22 Oct - 02 Nov	Climbing period to Ama-Dablam 6,812m (22,334ft)
Day 25 - 02 May	Day 20 - 03 Nov	Preparation for return, trek to Tengboche (3860m/ 12631ft, 04 hours), lodge accommodation
Day 26- 03 May	Day 21 - 04 Nov	Trek from Tengboche to Namche Bazaar (3440m/ 1286ft, 04hrs) lodge accommodation
Day 27 - 04 May	Day 22 - 5 Nov	Trek from Namche Bazaar to Lukla (2840m/ 9317ft, 7hrs) lodge accommodation
Day 28 - 05 May	Day 23 - 06 Nov	Fly from Lukla to Kathmandu (1350m/ 4430ft); 35 minutes, transfer to hotel
Day 29 - 06 May	Day 24 - 07 Nov	Leisure day & shopping in Kathmandu; farewell celebration dinner with culture program in the evening.
Day 30 - 07 May	Day 25 - 08 Nov	Transfer to the airport for final departure.

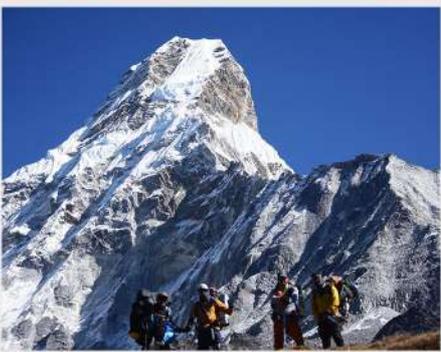
COST FOR THE TRIP

S.N	25 Days full board Ama Dablam Expedition – Spring Autumn 2026	Cost for the trip
01.	25 Days full board expedition with a 1:1 climbing Sherpa guide	US\$ 7,500.00



FULL BOARD SERVICE COST INCLUDES

- All arrival and departure transfer services to and from the Airport, both Domestic and International, with other necessary surface transport (by A/C Vehicles) as per the itinerary.
- Assistance at the International airport by our representative upon arrival and departure.
- 4 Nights 3-4 star hotel accommodation in Kathmandu on a B&B basis.
- Necessary staff, including experienced guides and porters, are required during the trekking and climbing.
- Either drive to Ramechhap and fly to Lukla, or fly directly from Kathmandu to Lukla for all climbing members and staff, including airport tax.
- All trekking and camping equipment like camp furniture, kitchenware, dining tents, guest tents, etc.
- 3 meals a day (Breakfasts, Lunch and Dinners with tea or coffee) along with available accommodation at Hotel/ Lodge/ Guest Houses or tents for members and staff during trek and climbing on a twin-sharing basis.
- Per person 30 kg baggage allowance during trekking up carrying by porter or Yak and 25 kg baggage allowance while returning from Base Camp after climbing the Mt. Ama Dablam.
- Trekking Permit (National Park entry fee).
- Expedition Royalty and permit from the Nepal Government to climb Mt. Ama Dablam.
- Nepalese Government Royalty.
- One Experienced, Trained, Government Licensed, Climbing/ expedition guide (Sherpa) per client (1:1 climbing guide).
- All wages, equipment, medical, and accidental insurance for all staff involved in trekking and expedition activities.
- First Aid medical kits for the group and the staff.
- Appropriate food for high altitude and all the climbing crew at base camp and above, as required.
- Fixed and dynamic rope during the climbing period.
- Each expedition member will have an individual tent available in the ABC.



FULL BOARD SERVICE COST INCLUDES

- Solar panel for light and battery charger.
- All tents for camps 1, 2 and 3. Ice fall charges and Gamow Bags.
- We provide Sherpa's tents, food for climbing, and insurance.
- Free assistance service for Cargo clearance and Duties.
- Our service charge and Government Taxes are levied in Nepal.
- Complete pre-departure information, flight ticket reconfirmation and visa extension procedure services (if necessary).
- Farewell dinner in a typical Nepali restaurant with a culture show in Kathmandu before departure.
- Satori Adventures Special Gifts (T-shirt/ Pashmina, etc.)

FULL BOARD SERVICE COST EXCLUDED

- Lunch and dinner during your stay in Kathmandu (except for the farewell dinner).
- Any packed food/ snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria - bars or any other food consumed beyond the prescribed breakfast, lunch and dinner, etc.
- Items of personal nature, laundry expenses, tips.
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phones and internet expenses.
- Clothing, packing items or bags, personal medical kit, or trekking gears.
- Any extra expenses arising out of various/ unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc.
- Transportation is not on a disposal basis. It is strictly as per the itinerary. Any additional distance travelled will incur an extra charge.
- Any additional staff other than those specified.
- Rescue, repatriation, medicines, medical tests and hospitalisation expenses.



FULL BOARD SERVICE COST EXCLUDED

- Medical insurance and emergency rescue evacuation if required.
- Travel insurance and helicopter rescue.
- Walkie-talkies & filming permit (if special camera).
- Personal climbing gear.
- Tips, gifts, souvenirs.
- Any other item not included in the "THE PACKAGE COST INCLUDES" SECTION.
- Airfare for international flights.
- Nepal entry visa fee (Visa issuance is easy upon arrival).
- Any extra services, products, offers, or activities which are not mentioned in the itinerary.

BASE CAMP (4600M/15092FT):

Ama Dablam base camp is one of the biggest grass base camps located in Nepal. It is rare to find such hospitable terrain at an elevation of 4600m. Climbers will play volleyball and soccer at base camp to keep warm and enjoy the beautiful site. Base camp will be set up here for almost 45 days in both spring and autumn seasons. In the camp, you will have great views of Ama Dablam, Thamserku, Taboche, and Kongde. Ama Dablam's base camp is generally sunny due to its location; the sun rises early and remains visible for a long time into the day. There are approximately 7-10 climbing teams each spring and autumn season. To provide these high facilities for climbers at the appropriate times, we arrange climbing permits with your time frame in mind. Our guides and staff are always ready to establish different departure dates as requested by climbers.



CAMP ONE (5700M/18,800FT) 5HRS:

The climb from Ama Dablam base camp to Camp One is a relatively easy trekking trail, with only a short section of casual rock scrambling that is approximately 100m in length. It is located near



Camp One at a 60 ° slope. Along the way, you will scramble over large boulders and climb an easy fourth-class slab, with no fixed rope in place. You will quickly come to learn that on Ama Dablam's Southwest ridge, there are not many places to put a tent. Therefore, some logistics and sharing are required among climbers. Roughly, there is only space for 6-7 twoman tents and 6-7 single tents.

CAMP TWO (5950M/19,521FT) 3HRS:

The climb from Camp 1 to Camp 2 is the most technical section of the route. You begin the day by scrambling and climbing along an easy fourth-class horizontal rock ridge around several pinnacles and gendarmes, gaining only 300 meters/ 1000 vertical feet. The exposure is huge, with massive drop-offs on both sides of the ridge. The climbing is very enjoyable, with good quality granite. At the end of the horizontal ridge, you will climb the Yellow Tower for 6 meters, which is considered French 4th class, British Severe, North American YDS 5.5. Above the Yellow Tower, you will arrive at Camp 2 on small ledges. This will feel like a real big mountain high camp, high exposure on all sides. Be cautious when using the bathroom.



CAMP THREE (6200M/20,341FT) 2HRS:

The climb from Camp 2 to Camp 3 transitions to mixed, icy, and snowy terrain. This section also features fixed ropes along its entire length. You will have great views of Ama Dablam base camp, Kusum Kanguru and Kantega. It is now time to traverse the infamous Mushroom Ridge at 6150 meters/ 20,300 feet. Looking up at Camp 3 (6300 meters/ 20,800 feet), with the Ama Dablam above. Some strong climbers push for the summit from Camp Two. However, Satori Adventures will always fix Camp Three before the summit. With that being said, it is important to advise that this section of the mountain is at high risk for avalanches. So, reducing the time spent at this camp or bypassing it completely is imperative. For clients who are not feeling strong enough to push from Camp 2, we usually spend 6 hours here before starting the summit push.



The route from the yellow tower to Camp Three has an almost 55° slope for most of the way.

SUMMIT (6812M/22349FT) 10 HRS:

Summiting from Camp Three and returning to Camp Two takes most climbers about 10 hours. Summit day on Ama Dablam is a special one. Two easy pitches of dramatic but very solid snow/ ice field (40°+) are climbed to the side of the Ama Dablam. Once you are next to the Ama Dablam, you reach a fluted snow/ ice field (30-50°) that leads you to one of the world's finest summits. Here you will be rewarded with the best seat in the house to view the Khumbu, the epicentre of high-altitude climbing. Stunning panoramic views of the Mount Lhotse, Nuptse, Everest, Cho Oyu, Pumori, Shishapangma and Makalu come into view.



Kindest Regards,

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Although the adventure is free of cost, safety matters, so it comes at a cost.