



AMA DABLAM BASE CAMP

Experience the Best of the Everest Region on Our Ama Dablam Base Camp Trek. Trekking into the heart of the Everest region is an unforgettable adventure—and our Ama Dablam Base Camp Trek is the perfect choice for those seeking a lower-altitude trek that still delivers maximum impact. Designed for trekkers who want to immerse themselves in the breathtaking landscapes and rich culture of the Khumbu without climbing to the extreme elevations of Everest Base Camp, this journey offers a more accessible yet equally rewarding experience.

While this trek avoids the highest altitudes, it should still be taken seriously. Acclimatization remains key to your safety and enjoyment, and our carefully crafted itinerary includes a gradual ascent profile, built-in rest days, and a slow, steady pace to support your body's adjustment to altitude. Your health and success are our top priorities, and our approach has been proven to give you the best possible experience in the mountains.

That said, physical preparation is essential. We recommend committing to a 6-day-a-week training program in the lead-up to your trek to ensure you're ready for the demands of the trail. Once you join the team, you'll receive our comprehensive trip dossier, packed with everything you need to train effectively, stay safe, and get the most out of your adventure.

This trek has it all—rich Sherpa culture, unforgettable Himalayan vistas, and a true sense of adventure—all while covering shorter daily distances for a more relaxed and enjoyable experience. If you're looking for a world-class trek with the highest level of service, safety, and support, the Ama Dablam Base Camp Trek with Ian Taylor Trekking is your perfect fit.

BRIEF ITINERARY:

- Day 1: Arrive in Kathmandu
- Day 2: Fly to Lukla - Trek to Monjo
- Day 3: Trek to Namche Bazaar
- Day 4: Namche Bazaar (Acclimatization Day)
- Day 5: Khumjung
- Day 6: Phortse
- Day 7: Pangbouche
- Day 8: Ama Dablam Base Camp
- Day 9: Namche Bazaar
- Day 10: Phakding
- Day 11: Lukla
- Day 12: Fly to Kathmandu
- Day 13: At Leisure in Kathmandu and Transfer to airport



DETAILED ITINERARY:

Day 1: Arrive in Kathmandu – 1,400m/ 4,500 feet

Arrive in Kathmandu International Airport as early as possible on this day. We will provide your airport transfer to the hotel we include for the night. All accommodation on the trek is on a shared basis. If you want to arrive early, that is not a problem, we are happy to book additional nights in the hotel for you. We will have a group briefing this evening to go over the schedule for the coming days and answer any additional questions you may have.

Day 2: Fly to Lukla – Trek to Monjo – 2,850m / 9,350 feet

Fly from Kathmandu or Ramechhap to Lukla *see note at bottom of itinerary. We will make an early morning start for the Twin Otter flight to Lukla (2,840m/9,317ft), the gateway to the Khumbu Region. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, we will meet the rest of our trek staff and set off straight away for our first night in the mountain village of Monjo. Depending on what time the flight arrives in Lukla, we may have to stop in the town of Phakding (2,600m/ 8,530 feet) for the night. Hopefully, the team will make it all the way to Monjo. Both villages are situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, and is the main trade route for the entire region. This can be the busiest part of the trail. Today we will walk for 3 hours to Phakding and for a total of 5 hours to Monjo. The total distance is 8.8 miles/ 13 km from Lukla to Monjo.

Day 3: Namche Bazaar – 3,440m/ 11,286 feet

Today we will continue up the banks of the Dudh Kosi River, towards Namche Bazaar. Just past Monjo, we will officially enter the Sagarmatha National Park before following the trail through small villages. We will take a tea break along the way. After tea, the trail then crosses the confluence of the Dudh Kosi and the Bhoté Kosi, on a high suspension bridge. The trail then climbs steeply uphill for about two hours to reach Namche Bazaar (3,440m/11,286 feet). This is a prosperous trading town and the capital of the Khumbu Region. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains. From Monjo, the trek today is approximately 4 hours, and the total distance is 5 miles/ 8 km.

Day 4: Namche Bazaar (Acclimatization Day) – 3,600m/ 11,800 feet

Today is an acclimatization day where we will walk to the Sherpa Museum at 3,600m/ 11,811. From here you will have stunning views of Mount Everest and the surrounding mountains. The key is to rest, relax and acclimatize at this height and will make all the difference as we go to high and extreme altitude. The afternoon will be spent at leisure in Namche Bazaar, resting, eating, and enjoying the sites! Remember that it is still important to continue to drink 4-5 liters of water every day on the trail. Today, the walk up to the Sherpa Museum is only approximately 30 minutes.



Day 5: Khumjung – 3,790m/ 12,434 feet

After an early breakfast we gather our belongings and take a hike up to Shangbouche Hill 3,900m/ 12,800 feet, with stunning panoramic views of the whole Everest Region. After reaching the viewpoint, we make our way downhill to the village of Khumjung 3,790m/ 12,434 feet. We go to our lodge, have lunch, and then head out to explore the local area. We will visit the Khumjung Monastery, which is famous for its Yeti Scalp. We may also be able to visit the famous Sir Edmund Hillary School. During this critical acclimatization phase, we will spend time resting and trekking to higher altitudes to aid in the process. This will allow our bodies to become more acclimatized at this critical point of the trip. The hike today should take approximately 2 hours up to Shangbouche Hill and then another 30 minutes – 1 hour to get to Khumjung, so a total of 3 hours hiking today.

Day 6: Phortse Village – 3,950m/ 12,960 feet

We leave Khumjung after breakfast and move to Phortse. We walk through agricultural land and some rhododendron trees for about half an hour then we start ascending to the Mong La (2 1/2 hours) where we enjoy a relaxing tea break and the views of Tawache Peak, Thamserku, Kangtega, Ama Dablam, Kongde Peak, and Kusum Kangaru. We then walk downhill for about an hour to Phortse Tanga where we stop for lunch. After lunch we will continue uphill through the forest to Phortse Village 3,950m/ 12,960 feet where we stay for the night.

Day 7: Pangboche – 3,985m/ 13,074 feet

Today we will have a short trek of about 3 – 3 1/2 hours to reach Pangboche, further up the valley. The trail is on a gradual incline around the valley with the most beautiful views as we walk. After lunch we will go to visit the famous Pangboche Monastery, which claims to have a Yeti Scalp and hand (we will let you decide). We then have a short acclimatization walk for anyone up for it in the afternoon. There will be stunning views of Ama Dablam today.

Day 8: Ama Dablam Base Camp – 4,600m/ 15,092 feet

Today is the day! After breakfast, we will head out on what will be one of the most memorable and beautiful days of the trek. We cross the Imja Khol River and then start the steep ascent toward Ama Dablam Base Camp. The trail we are on is much less traveled as we leave those on the Everest Base Camp Trek behind us. We have time to enjoy our packed lunch and hot drinks in Base Camp, all while taking in the spectacular views, before heading back to Pangboche where we stay for the night. The hike today should take approximately 4-5 hours.

Day 9: Namche Bazaar - 3,440m/ 11,286 feet

We will say goodbye to Pangboche after breakfast and make our way back to Namche Bazaar! We will cross the new bridge above the river and then walk uphill for about an hour into Tengbouche, where we



will stop for a tea break. You will also have a chance to visit the beautiful and famous Tengbouche Monastery before we start our hike downhill to lunch. It should take approximately an hour downhill from Tengbouche to reach the valley, where we will stop for lunch at the riverside. After lunch, we cross another bridge and start a steep ascent back up the other side of the valley, passing some of the small villages and top out at the Ama Dablam View Lodge. This should take 2 hours and 30 minutes from the lunch spot, and it will be uphill the whole way. We will continue the traverse along the side of the mountain and drop back into Namche Bazaar. You can spend the rest of the day enjoying the delights of Namche Bazaar! This is approximately a 6 - 7-hour trek.

Day 10: Phakding – 2,600m/ 8,530 feet

Today we will leave Namche Bazaar by 9am for the trek back to Phakding. After 1 hour downhill, to the famous high bridge. We will stay high above the river before crossing a few more suspension bridges. We will retrace our steps through Jorsalle, Monjo and back to Phakding. This should take 4 - 5 hours. You will be seeing the Khumbu Valley from a different view on the return journey.

Day 11: Lukla – 2,850m/ 9,350 feet

There is no rush this morning, you can rest and enjoy the morning sun before setting off back to Lukla. It should take 3 hours to hike from Phakding back to Lukla, where we arrive back to where we started our amazing journey! You will have the afternoon to enjoy Lukla and prepare for your early morning flight the next day back to Kathmandu. We will stay the night in Lukla and prepare for the early morning flight back to Kathmandu.

Day 12: Fly to Kathmandu – 1,400m/ 4,500 feet

We will wake early today and have breakfast before returning to Lukla Airport for the flight back to Ramechhap or Kathmandu*. If the weather is cooperating, and the flight is direct to Kathmandu, then you would be back in the hotel in Kathmandu by early morning! If you have to fly via Ramechhap, then you might not be in Kathmandu until late afternoon. You can spend the rest of your day at Leisure in Kathmandu, enjoying the sites, including Pashupatinath, Swayambhunath and the districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel or get treatment at one of the many spas in Kathmandu. We include a celebration team dinner in a nearby restaurant and the night in the hotel is also included on a shared basis.

Day 13: Kathmandu

Today is the final day of our itinerary. We recommend that you do not book your return flight until no earlier than the evening on this day. That will be critical if there are any delays getting out of the mountains on the day before. We include your return transfer back to the international airport for your onward journey. If you want to spend any extra time in Kathmandu, we are happy to book additional nights for you in the hotel.



Important Notes:

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of participants can all contribute to changes. The trek leader will try to ensure that the trip runs according to plan, but an easy-going nature will be an asset!

*One of the main disruptions in the itinerary may come from the flights in/out of Lukla. Over the past seasons, the government has decided to move some of the Lukla flights from Kathmandu airport to an alternative airport, due to the massive influx of air traffic arriving and departing from the international airport. Therefore, some of the trips, especially during the busier times, will be diverted to a small airstrip approximately 4 - 6 hours from Kathmandu by road, Ramechhap Airport, in the Manthali district. If your group's flights do have to go from Ramechhap airport, then you would have to wake at approximately 2am on the morning you fly to Lukla, to make the 4+ hour drive to Ramechhap, to get the first-round flights. This can be a frustrating addition to the first day of your trip, but if the airlines decide that they want to move the flights to Ramechhap, we have no control over this, and it would be the only way to get a flight into Lukla.

Likewise, on the return journey back to Kathmandu, you could also have to make this journey from Lukla to Ramechhap and then drive back to Kathmandu. On the way back to Kathmandu, the car journey can be quite a bit longer due to traffic, so you could have 6-7 hours of driving time to get back to Kathmandu.

One way to avoid this drive to Ramechhap is to book a helicopter for your trip in and/or out of the mountains. We can make this arrangement for you, but it would be an extra cost to you if you made this decision. The price of the helicopter changes from season to season and day to day, but on average, you normally would expect to pay approximately \$450 - \$650 for a one-way seat on the helicopter. This would be paid directly to the helicopter company as we would not have a part in the pricing, nor would any money go to Ian Taylor Trekking for this helicopter flight.

Another thing that affects air travel in Nepal is weather related delays. Please note that often the Kathmandu/Ramechhap – Lukla – Kathmandu/Ramechhap flight gets delayed by a few hours or may even be canceled for one, two, or more days due to unfavorable weather conditions. These conditions may arise even in the best seasons. Hence, in such cases, you must be prepared for long waits either at Kathmandu, Ramechhap or Lukla airports, as this can happen either at the start or end of the trek or even both! If flights are not flying due to the weather, the only option that might be available to get you in or out of Lukla, might be to take a helicopter anyway, at an additional cost. Our team on the ground will be ready to organize helicopters in such conditions. More information on this will be in our Dossier if you do sign up for the trip.



We are your number one resource for the trip and if you sign up to one of our trips, we will send out a 40-page Dossier with an itemized kit list and further information on how to fully prepare for the trip. While you are waiting for the Dossier, here is a very useful page on the Ama Dablam Base Camp Trek: <https://iantaylortrekking.com/the-everest-region/ama-dablam-base-camp-trek/>

The Cost Includes:

- 4 Guides for every group of 10 Trekkers
- Internal flights – Always aim to have first few rounds of flights per day
- Professional trekking guides
- Porterage of gear (Animals) (Carrying 15kg/33lb per person Maximum)
- All necessary climbing equipment
- 2 nights hotel and breakfast in Kathmandu (2 people sharing, 4 Star)
- All lodge accommodation when in mountains
- 2 nights in Namche on the way up the trail
- All trekking permits and National Park fees
- Insurance cover for our staff
- Full time office support on the ground in Kathmandu
- Airport Transfers to/from International Airport in Kathmandu
- Using the communal medical kit (you will need a personal kit as well)
- 3 meals a day while in the mountains
- 5 days a week expert support prior to trip
- Celebratory final meal in Kathmandu

The Cost Does Not Include:

- Nepalese Visa entry fee (\$50, which can change at any time)
- International flights
- Trekking insurance (compulsory)
- Tips for Guides/Porters (approximately \$250)
- Personal equipment
- Meals and drinks while in Kathmandu (excluding Breakfast)