

MOUNTAINEERING

AMADABLAM (6,812 M)

Amadablam Expedition: Alpine Challenge in the Himalayas.



B4Experience

NEPAL



Technical expedition to Ama Dablam (6,812 m) with progressive acclimatization, Khumbu trek, Everest views, and Sherpa culture. For experienced climbers seeking a true challenge in altitude, rock, ice, and snow.

[View Web Program](#)

<https://b4experience.com/amadablam-6812-m>



RECOMMENDED MONTHS

MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER



PRICE

From 7.450€ /person

Group discounts





Highlights

- ASCENT VIA SOUTHWEST RIDGE WITH ROCK, SNOW, AND ICE SECTIONS
- GRADUAL ACCLIMATIZATION
- SPECTACULAR VIEWS OF EVEREST, MAKALU, CHO OYU, AND MORE
- SHERPA CULTURE: MONASTERIES, VILLAGES, AND RELIGIOUS CEREMONIES.

Private groups

100% customizable

From (People)	Category	Availability	Nº days	Price per pers.
1	Standard	01 Mar 2026 - 31 May 2026	31	7.150€
1	Standard	01 Sep 2026 - 30 Nov 2026	31	7.150€

Travel only with your family or friends.

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
✕ No open group events available, only private groups					

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Included

- Pick up & drop off services for both international & domestic flights as per the itinerary.
- 3 nights hotel in Kathmandu on bed & breakfast plan with single occupancy.
- One welcome & farewell dinner in a typical Nepali restaurant in Kathmandu.
- Both-ways domestic flight via Ramechhap (Ktm – Lukla – Ktm) with airport tax. Early morning 5 hrs. drive from Kathmandu to Ramechhap & further domestic flight to Lukla
- Land & air domestic transportation & cargo for our overall expedition crew.
- Permits for Mount Ama Dablam (6812m) Expedition.
- One official Nepal Government Mountaineering liaison officer.
- Summit route fixing charge.
- Garbage disposal & management fees.
- High altitude, medical & helicopter rescue insurance for involved Nepalese staff.
- Base camp sardar, cook & kitchen helpers.
- 3 meals a day (Breakfast, Lunch & Dinner) during the trek in and out.
- Freshly cooked meals (Breakfast, Lunch & Dinner): Continental, Nepali, Indian & Chinese with hot drinks.
- Training at Base Camp: Training at base camp will be conducted by EXPED GUIDE/LEADER. The training like walking on fixed lines, diagonal ascent & descent, traversing, duck walk, classical or flat-footing, handling oxygen cylinders, using an ice ax, & crampons, using walkie talkie & following instructions while climbing will be taught by an expertise.
- 1 guía de montaña veterano y experimentado por grupo. Para el ascenso a la cumbre el ratio cliente-guía es 1:1.
- Each member is allowed a personal baggage limit of 45 kg.
- Each member will be provided an individual tent (Box Tent), mattress & pillow at base camp.
- Common Equipment at Base Camp: Dining tent, kitchen tent, communication tent, toilet tent, shower tent, tables & chairs, heater etc.
- Walkie-talkie for communicating from base camp to mountain & mountain to base camp.
- Internet access Wi-Fi is available at base camp (With a nominal charge).
- A satellite phone is available for emergency use.
- Weather forecast during the entire expedition.
- Backup oxygen bottles & mask regulator sets are available at our base camp. Charges apply based on usage.
- Comprehensive first aid medical kits.
- Government taxes & company service charge.
- Mt. Ama Dablam (6812m) Expedition summit certificate upon the successful ascent of the peak.

Not Included

- Nepal entry visa fee
- International flights.
- Drone & special filming permit.
- Lunch & dinner during stay in Kathmandu.
- Medical & emergency high altitude helicopter rescue insurance (Minimum coverage US\$50,000/-). This is mandatory for all the participants.
- All the personal climbing gears & equipment.
- Summit bonus US\$700/- for each climbing guide & US\$250/- for cook & kitchen helpers must be hand over in cash at base camp after the successful ascent of the peak also please calculate some tips for trek guide & porters.
- Tips for guide and porters.
- Any other services which are not mentioned in the “Service Includes”.



Itinerary

DAY 1: ARRIVAL IN KATHMANDU

Arrival at Kathmandu International Airport. Meet with our representative, transfer to the hotel. Free time to rest, adjust to the new schedule, and organize your team. Welcome meeting in the afternoon, introduction to the team, and initial logistics review.

Accommodation: 3-5 star hotel

DAY 2: FORMALITIES AND SHOPPING

We handle all official formalities: climbing permits, visas if necessary, registration with mountain authorities. Complete check of personal and shared equipment. Time to shop for last-minute supplies in Kathmandu. Technical and safety briefing with local guides.

Accommodation: 3-5 star hotel

Meals: Breakfast

DAY 3: FLIGHT TO LUKLA – TREK TO PHAKDING (≈2,610m)

Morning flight to Lukla, the entry point to the Khumbu Trail. The flight offers spectacular views of valleys and snow-capped mountains. From Lukla, we begin the trek to Phakding, crossing suspension bridges and following the Dudh Koshi River. A leisurely day to acclimatize to the mountainous surroundings.

Accommodation: Lodge / Tea House

Meals: Breakfast, Lunch, Dinner

DAY 4: TREK TO NAMCHE BAZAAR (≈3,440m)

A challenging stage of continuous ascent. It crosses pine and rhododendron forests, small rivers, natural rock staircases, and views of Sagarmatha National Park. Arrival at Namche Bazaar, a Sherpa commercial center with markets, shops, and a vibrant atmosphere. Rest in the afternoon, then take a light walk if fatigue allows.

Accommodation: Lodge

Meals: Breakfast, Lunch, Dinner

DAY 5: ACCLIMATIZATION DAY AT NAMCHE BAZAAR

An important day for adaptation. Hike to nearby viewpoints such as Everest Viewpoint, visit the Sherpa Museum, explore the village, and interact with the local community. Gentle activities to help your body adjust to the altitude.

Accommodation: Lodge

Meals: Breakfast, Lunch, Dinner

DAY 6: TREK TO TENGBOCHE (≈ 3.860 m)

Early departure for Tengboche. The trail increases in beauty: open landscapes, extraordinary views of Ama Dablam, Everest, Lhotse, and Nuptse. Arrival in Tengboche, visit to the monastery, and possible participation in a Buddhist ceremony. A spiritual and panoramic experience.

Accommodation: Lodge

Meals: Breakfast, Lunch, Dinner

DAY 7: PANGBOCHE (≈ 3.985 m)

We continue the trekking toward Pangboche. The climb is gradual, with a noticeable change to more alpine terrain. Possible views of Pangboche Monastery. Afternoon to rest, check technical equipment, hydrate, and prepare for the high altitude sections.

Accommodation: Lodge / tea house

Meals: Breakfast, Lunch, Dinner

DAY 8: AMA DABLAM BASE CAMP (≈4,450-4,600m)

Trek from Pangboche to Ama Dablam Base Camp, crossing alpine zones, mixed rock terrain, and minor glaciers. Arrival at Base Camp, settling in, camp setup, initial technical briefings on safety, acclimatization, and rotation planning.

Accommodation: Camp

Meals: Breakfast, Lunch, Dinner

DAYS 9-12: CEREMONY, TRAINING AND ACCLIMATIZATION AT BASE CAMP

These days will be dedicated to a local religious ceremony, technical training (use of fixed ropes, crampon practice, orientation, risk management, etc.), and gentle hikes to acclimatize within the Base Camp area. This is essential for acclimatization prior to the technical ascent.

Accommodation: Camp

Meals: Breakfast, Lunch, Dinner

DAYS 13-24: ASCENT PERIOD TO AMA DABLAM (6,812m)

Rotations are made between Base Camp, Camp I, Camp II, and possibly Camp III, depending on weather conditions. The route becomes technical with rocky, snowy, and icy sections, with fixed ropes. On summit day, the hike departs from the highest camp, ascending snowy/rocky slopes, and returns to Base Camp after the summit.

Accommodation: High-altitude camps / Base Camp

Meals: Breakfast, Lunch, Dinner

DAY 25: RETURN TREK TO NAMCHE BAZAAR

Descent along the ascent route, passing through the same intermediate points, physical recovery, and overnight stay at a lodge in Namche.

Accommodation: Lodge / tea house

Meals: Breakfast, Lunch, Dinner

DAY 26: DESCENT TO LUKLA

Continue the descent from Namche to Lukla, crossing suspension bridges, following the river, passing through villages such as Phakding, enjoying the descent. Arrive in Lukla and rest.

Accommodation: Lodge

Meals: Breakfast, Lunch, Dinner

DAY 27: RETURN FLIGHT TO KATHMANDU

Morning flight from Lukla back to Kathmandu. Transfer to hotel. Free afternoon to relax, shop, and explore the city. Farewell dinner.

Accommodation: 3-5 star hotel

Meals: Breakfast

DAY 28: RETURN

Transfer to the airport a few hours before your international flight. Farewell with the team. End of services.

Meals: Breakfast

DAYS 29-31: CONTINGENCY DAYS DUE TO BAD WEATHER

Reserved for unforeseen weather or logistical events in Kathmandu. Free time for relaxation, sightseeing, cultural visits, and shopping. Maximum flexibility to ensure safety and adherence to the itinerary.

Accommodation: 3-5 star hotel

Meals: Breakfast.

Payment and cancellation policy

Initial Deposit: To secure your spot, a 30% payment of the total trip cost is required at the time of booking.

Final Payment: The remaining balance, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional travel costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation Insurance: The client may purchase trip cancellation insurance to recover the full amount paid (according to the insurance conditions).

The traveler may withdraw from the contracted trip and is entitled to a refund of amounts paid, except for the stated penalties. However, once the trip is confirmed, the traveler must pay the agency the following amounts.

Cancellation Policy 3:

Full refund within 24 hours of purchase.

Up to 60 days before the trip: 100% refund of the trip amount.

Up to 45 days before the trip: 50% refund of the trip amount.

For timeframes shorter than those described, no refund will be issued.

*A €250 management fee applies.

*If other non-refundable costs have already been incurred, they will also not be refunded and will be deducted from the total amount to be refunded.

*The cancellation cost for already issued flight tickets is 100% of the ticket price.

Packing List

We will go over all the gear together and in detail well before the expedition.

FAQs

What technical and physical level is required?

This trip requires previous high-altitude experience (6,000m+), good physical condition, tolerance for prolonged exertion, and the use of fixed ropes, ice, and rock. This is not a "beginner's" trip.

What type of accommodation is included in the trip?

Accommodation includes 3-5 star hotels in Kathmandu, lodges/tea houses during the trek, and camping at Base Camp and High Camp.

How are meals organised?

Except in Kathmandu, you will receive full board: an energy-packed breakfast, a hot lunch or picnic, and a hearty dinner with soup, a main course, and dessert. We include tea/coffee with every meal and treated water. Special diets are possible if requested when booking.

How do I get to the starting point?

You fly to Kathmandu (KTM). On day 3, we travel by road to Ramechhap and take a 20-minute flight to Lukla. All transfers, taxes and formalities are included.

Can I hire equipment in Kathmandu?

Yes. In Thamel, there are shops that rent double boots, crampons, ice axes, harnesses, helmets, and Jumar ascenders at reasonable prices. We recommend bringing your own helmet and boots if you have already tried them. We will send you a detailed list of mandatory and optional equipment when you confirm your place.

What weather and temperatures should I expect?

In spring, the days are sunny and the nights are cold. Kathmandu 15-25 °C; Namche ≈ 0 °C at dawn; high camp -10 °C and feels like -15 °C with wind. Bring a -15 °C comfort sleeping bag and a down jacket. The summit can be windy, but the views are worth it.

What happens if the flight to Lukla is delayed?

There are contingency days (29-31) included for this reason. Any additional expenses during this period are the participant's responsibility.

Phone and sim card

You can purchase a SIM card upon arrival. Each region of Nepal has a different operator. Ask our team which one works in each area. A €15-20 top-up will give you enough data to use WhatsApp when there's coverage. Regular calls are much more expensive.

How is acclimatization handled?

There are specific days for acclimatization at Namche Bazaar, Base Camp, and high camp rotations before the summit attempt.

Is high mountain rescue insurance mandatory?

Yes. Although the program includes medical and rescue insurance for Nepalese staff, each participant must purchase their own rescue/evacuation insurance of at least US\$50,000.

Is it safe to drink water on the route?

We provide boiled or filtered water at each lodge and water purification tablets to refill water bottles. Avoid ice and raw salads in Kathmandu to reduce the risk of diarrhoea. Bringing your own reusable bottle helps reduce plastic waste in the valley.

What are the passport and visa requirements?

It is important to have a valid passport with at least 6 months validity. Nepal has a visa on arrival for most countries. You can speed up the process and avoid queues upon landing by applying online via this official website link. Upon arrival, go to the bank counter at Tribhuvan International Airport with the booking ID (confirmation page) you received when you completed the Nepal visa application form. Pay the applicable fee in cash and, after making the payment, proceed to the immigration officer's counter with your original passport to process the visa. In the case of a visa, stay up to date, as immigration policies change often. That is why it is advisable to verify the information closer to your planned travel date. Currently, as of February 2025, the costs for a Nepal tourist visa are as follows: 15 Days: USD 30 30 Days: USD 50 90 Days: USD 125.



Contact us!

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