TREK OVERVIEW
This is a wonderful trek to the base camp of one of the world’s most beautiful mountains. The mountain is well named. Ama Dablam means Mother’s Charm box. Ama (mother) refers to the two great ridges above base camp, they are like enfolding arms of a mother. A Dablam is a pendant worn by Sherpa women that contains pictures of the Buddhist gods – this refers to the huge hanging serac high on the West Face, the shortest of the Everest treks that Adventure Walks offers.

The trek takes you through the lush vegetation of Sagarmatha National Park, with pine forests, rhododendron flowers and an abundance of wildlife to Thengboche, the home of one of the highest monasteries in the world (4100m) and a classic viewpoint for Everest and AmaDablam. It then continues up to Pangboche before swinging off to Ama Dablam Base Camp. This trek offers an excellent introduction to the delights of trekking in the Himalaya, the colourful and vibrant city of Kathmandu and interaction with the legendary Sherpa people.

Participation Statement
Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary
Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.
PREVIOUS EXPERIENCE/FITNESS
If you are used to regular multi day hill walking you will have the right level of fitness to fully enjoy your time on this trek. Previous walking experience is not essential but will help you get the most out of this trip. Non hill walkers must come with a reasonable degree of fitness. Most days involve 5 - 7 hours walking plus plenty of rest stops.

GROUP AND LEADERS
A fully qualified UK leader will accompany all groups of six or more passengers. He/she will be assisted by an experienced Nepali leader. Smaller or private groups will be led by an English speaking Nepali guide. This trip is exclusive to Adventure Peaks.

WEATHER
The weather should be pleasant during the day with cooler evenings and nights. Nepal is mostly dry from late September to May (the trekking season) and is coldest from December to February. The higher you are the cooler it will be. In spring afternoon cloud tends to build up in the afternoon and can obscure the views. Walkers should realize however that weather in the high mountains is unpredictable and should be prepared for this.

WHAT TO CARRY
This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.

CATERING ARRANGEMENTS
In the morning you can enjoy an early hearty breakfast of cereal, porridge, eggs and toast so you are fuelled up and ready to leave the teahouse whilst it’s still fairly cool. Lunch is usually in a teahouse by the side of the trail or a picnic if there are no suitable places to eat. On arriving at your overnight teahouse you will be ready for a well earned cup of tea and biscuits - this leaves an hour or so to either rest or explore before a fine three course evening meal. Please remember that as the lodges like to source most of their supplies locally, the evening menus may appear repetitive. For pure good, hearty energy giving food you cannot beat the Nepalese staple, Dal Bhat, but most establishments will also offer choices of westernised food. There are plenty of opportunities to supplement your diet by buying snacks and drinks from the shops you pass along the way.

ACCOMMODATION
In Kathmandu you will stay in a 3* hotel in rooms with private facilities. Twin, double or single rooms are available. On trek we utilise Nepalese trekking lodges (teahouses) which are locally owned and run fairly basic establishments providing good food, accommodation with 3-4 beds arranged in dormitories (doubles sometimes available, please request). You will need a sleeping mat and sleeping bag. There is a central dining/sitting room where food and drinks are served. Toilet facilities are usually outside. Despite the basic facilities, it is a great experience to share the company of local families who will often entertain with local songs and dance!

LANGUAGE AND TIME
Language: Nepali is the official language but English is the commercial language and is widely spoken. Time: GMT+5hr45min (CET). No daylight saving time at present.

HEALTH
All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the National Travel Health Network and Centre, and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from NHS Choices. Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.

INSURANCE
Insurance which covers mountain rescue, evacuation and medical expenses is essential. You should note there are no official mountain rescue services in Nepal and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).

ALTITUDE
If you are new to altitude you may have concerns about the effects. Don’t worry because our itineraries allow sufficient time to acclimatise, and altitude rarely causes anyone any problems on this trip. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid.

USEFUL TIPS
Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other
things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

**EQUIPMENT**
A detailed equipment list is provided on booking but normal winter walking equipment is all that is required, together with a three to four season sleeping bag which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

**BAGGAGE**
For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for porters should be kept to 15kg, (you will be wearing boots and one set of trekking clothes). 15kg is also the most you are allowed on the flight to Lukla (10kg hold, 5kg hand luggage). Some items can be left at the hotel in Kathmandu for your return.

**VISAS AND PERMITS**
UK citizens and most EU nationals can purchase Visas on arrival. You will need the payment of US$40 ready in cash and two passport sized photographs. All other countries should check with their local embassy. Passports must be valid for at least six months after the end date of the trip.

**LOCAL COSTS**
All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes and personal spending.

**CURRENCY**
The currency in Nepal is the Rupee (NPR) but you cannot get rupees outside of Nepal - therefore take UK sterling or US$ and exchange on arrival in Kathmandu. Don’t try and change money in the street in Nepal as it is illegal. ATMs and change bureaux are available in the arrivals hall at the airport and in Kathmandu. It is best to change all the money you need in Kathmandu. There are facilities in Lukla and Namche Bazaar, but these should not be relied on.

**TIPPING**
Tipping is an accepted part of life in Nepal. We generally tip our local staff as a whole and would recommend around US$90 per person. Tipping at meals and in hotels is normal practice.

**ADVENTURE PEAKS KITBAG**
All Adventure Peaks clients who reside in the UK will receive a FREE kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

**FLIGHTS AND JOINING ARRANGEMENTS**
Within the published With UK flights price of your trip is an element we have allowed to cover the cost of flights, which is the difference between the and Only and the With UK flights prices. This element is for a changeable, economy ticket on flights between LONDON and the destination city, using an airline that, in our experience, offers the best combination of cost, routing, flexibility and baggage allowance. It is stated in good faith and is based on research and costs in previous years, but is subject to change.

All clients will be met on arrival and transferred to the first hotel. If you have booked your own flights you need to make your way to the rendezvous shown below. If your arrival time is close to the group flights, then we will be happy for you to share our transport.

The rendezvous for this trip is the ARRIVALS HALL AT KATHMANDU AIRPORT when your flight comes in on Day 2.

**EXTENSIONS**
- Everest Panoramic Flight (from Kathmandu).
- Chitwan Safari (+ 4 or 5 days)
- Expedition Approach - you could also fly out 6 days earlier and follow the classic route from Jiri to Lukla, and even return the same way if you choose.

**FOR PRICES AND MORE DETAILS PLEASE SEE OUR WEBSITE OR CONTACT OUR OFFICE**
**AMA DABLAM BASE CAMP ITINERARY**

<table>
<thead>
<tr>
<th>No</th>
<th>Day, date</th>
<th>Today we...</th>
<th>We stay at...</th>
<th>Accomodation...</th>
<th>Meals...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sat</td>
<td>Depart UK</td>
<td>Plane</td>
<td>Plane</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Sun</td>
<td>Arrive Kathmandu</td>
<td>Kathmandu (1350m)</td>
<td>Hotel</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Mon</td>
<td>Sightseeing</td>
<td>Kathmandu / Lukla</td>
<td>Hotel</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Tue</td>
<td>Fly to Lukla</td>
<td>Phakding (2610m)</td>
<td>Teahouse</td>
<td>BLD</td>
</tr>
<tr>
<td>5</td>
<td>Wed</td>
<td>Trek 2</td>
<td>Namche Bazaar (3440m)</td>
<td>Teahouse</td>
<td>BLD</td>
</tr>
<tr>
<td>6</td>
<td>Thu</td>
<td>Trek 3</td>
<td>Namche Bazaar (3440m)</td>
<td>Teahouse</td>
<td>BLD</td>
</tr>
<tr>
<td>7</td>
<td>Fri</td>
<td>Trek 4</td>
<td>Khumjung (3790m)</td>
<td>Teahouse</td>
<td>BLD</td>
</tr>
<tr>
<td>8</td>
<td>Sat</td>
<td>Trek 5</td>
<td>Tengboche (3930m)</td>
<td>Teahouse</td>
<td>BLD</td>
</tr>
<tr>
<td>9</td>
<td>Sun</td>
<td>Trek 6</td>
<td>Pangboche (3930m)</td>
<td>Teahouse</td>
<td>BLD</td>
</tr>
<tr>
<td>10</td>
<td>Mon</td>
<td>Trek 7</td>
<td>AmaDablam BC (4750m)</td>
<td>Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>11</td>
<td>Tue</td>
<td>Trek 8</td>
<td>Tengboche (3930m)</td>
<td>Teahouse</td>
<td>BLD</td>
</tr>
<tr>
<td>12</td>
<td>Wed</td>
<td>Trek 9</td>
<td>Monjo (2840m)</td>
<td>Teahouse</td>
<td>BLD</td>
</tr>
<tr>
<td>13</td>
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<td>Trek 10</td>
<td>Lukla (2850m)</td>
<td>Teahouse</td>
<td>BLD</td>
</tr>
<tr>
<td>14</td>
<td>Fri</td>
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<td>Kathmandu</td>
<td>Hotel</td>
<td>B</td>
</tr>
<tr>
<td>15</td>
<td>Sat</td>
<td>Free day and depart</td>
<td>Kathmandu / plane</td>
<td>Hotel / plane</td>
<td>B</td>
</tr>
<tr>
<td>16</td>
<td>Sun</td>
<td>Arrive home</td>
<td>Home</td>
<td>Own bed!</td>
<td></td>
</tr>
</tbody>
</table>

**Day 1** Depart UK

Day 2 Arrive Kathmandu (usually early evening). Transfer to hotel close to the famous, bustling Thamel district of Kathmandu and within easy walking of the monkey temple, a lovely place to relax.

Day 3 Morning trek briefing after which the rest of the day is free for you to enjoy the wonders of Kathmandu. Sightseeing tours can be arranged and would include visiting the temples of Bodnath, Swayambunath (The Monkey Temple), Pashupatinath and Durbar Square. Simply wandering around the huge array of shops, markets, cafes, bars and restaurants in Thamel is a fascinating experience. Please note, if the weather is good we may fly to Lukla on this day, and enjoy the sites on your return to Kathmandu.

Day 4 Early in the morning we transfer to the airport for a spectacular and breathtaking flight to the Sherpa village of Lukla (2800m). After lunch we can do the short walk along the typically stony path that descends from the forested terraces of Lukla. This takes us right into the DudhKosi ('river of milk') valley and the brightly painted lodges of Phakding (2610m). Along the trail are mani stone walls, brightly decorated with coloured paints. Buddhists hold these sacred and you must, as a sign of respect, pass these in a clockwise direction.

Day 5 We trek into the Sherpa capital and heart of the Khumbu. You will now be becoming familiar with local protocol for passing chortens, mani stones, yakas, spinning prayer wheels etc and enjoying the hustle and bustle of trekking and everyday life that exists on the 'Everest Trail'. At Monjo we enter Sagarmartha National Park and can visit the small visitor centre there. Here the track starts to rise up the famous Namche Hill, the first big ascent and time to drop down a gear and take a slow and steady pace. 4 to 5 hours walking.

Day 6 Acclimatisation/Rest Day in Namche Bazaar. It is important to have a couple of nights and a rest day in Namche before proceeding any higher. You can spend the day taking short walks up to Thami or Khumjung, visiting the Everest, AmaDablam and Pumori viewpoints or just relaxing and exploring the narrow streets of this busy Sherpa capital. 6 hours walking.

Day 7 Today you will hike through the villages of Khunde&Khumjun. You will start with a steep climb up to the airstrip at Shyangboche (3790m). From there you will slowly ascend to Khunde, passing the numerous Buddhist chortens along the way. From Khunde the trail heads eastwards to the largest village in the Khumbu, Khumjung, which lies at the foot of the sacred mountain Khumbila. You will stay overnight at Khumjung, where you will enjoy the first views of Everest. 3 to 4 hours walking.

Day 8 The route today works its way in and out of the side valleys towards Kenjoma, joining the trail from Khumjung just before a set of mani stones. From here the views of Everest &AmaDablam are truly stunning, but the best is yet to come. The trail then drops down to PhunkiThanga (3250m) and then climbs steeply through forest as it contours around the a hill to the saddle on which the monastery of Tengboche resides (3870m). From here you will be greeted with one of the most dramatic mountain views in the world - Everest, Lhotse, Nuptse, Ama Dablam, Kantega, KhwandeTawachee and Thamserku, offering a panoramic view of Himalayan giants. The night is spent at Tengboche. 5 hours walking.

Day 9 Tengboche to Pangboche. In the morning you will visit the rebuilt monastery in Tengboche, which was destroyed after a fire nearly 20 years ago. Fortunately its fine collection of paintings and relics were saved. You are allowed to visit while the Buddhist ceremonies take place, but you must respect the monk's requests to sit quietly and not use flash photography. We then continue up to Pangboche, the highest year round settlement. 2 to 3 hours walking.

Day 10 Today we reach the wonderful and spectacular base camp of Ama Dablam. 6 hours walking.

Days 11 to 13 On the return trek folk have the option of staying in places not visited on the way up or returning to the more western style luxuries available in Namche Bazaar! Finally The Alpine mountain hut atmosphere of Paradise Lodge in Lukla is the ideal place to relax and celebrate your journeys end.

Day 14 Fly Lukla to Kathmandu. Back to the comforts of our hotel in Thamel and the enjoyable hustle and bustle. This is a good time to buy souvenirs and try your hand at haggling with the local shopkeepers. Time to celebrate.

Day 15 Spare day in case of bad weather. This day in Kathmandu may be lost if weather delays your departure from Lukla. Evening departure.

Day 16 Arrive back in the UK.