

AMA DABLAM EXPEDITION

NEPAL | ASIA | 22,494' – 6856M



The mushroom ridge to C3 and the route to the summit (Harry Hamlin)

CLIMB AMA DABLAM WITH IMG

Thanks for your interest in our Ama Dablam Expedition. This is one of the most famous and beautiful peaks in the world, rising above the Dudh Kosi River valley on the way to Everest Base Camp in Nepal. We've now conducted nineteen successful guided Ama Dablam expeditions through 2022, and we're looking forward to getting back again in Autumn 2023 and Spring 2024!

Our Ama Dablam expeditions will utilize the new model we pioneered in 2022, with the team acclimatizing on Mera Peak, and then flying by helicopter direct to Ama Dablam BC. Mera Peak is a fun climb, higher than 21,000 ft, the perfect preparation for Ama Dablam, plus you get to visit the Hinku Valley and see a different part of Nepal!

The Classic program is suitable for experienced climbers and will be led by our IMG guides from USA and Nepal. The Hybrid Program is an excellent choice for climbers who would prefer additional support.

For climbers doing pre-acclimatization or coming to Ama Dablam from Manaslu, Putha Hiunchuli, or other mountains, we are happy to discuss other options. Let us know how we can put together a package for you that will meet your requirements.

THE GUIDES

IMG leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients

DATES & PRICES

Ama Dablam Classic \$14,495

Ama Dablam Hybrid*\$19,995

Single Supplement - \$500
(in hotel & lodges as available)

*Hybrid option includes additional Personal Sherpa who will climb exclusively (1:1) with you.

April 9 – May 8, 2024

Oct 12 – Nov 10, 2024

PREREQUISITES

Previous mountaineering experience is required

QUICK LINKS

[Program Itinerary](#)

[Gear List](#)

[Frequently Asked Questions](#)

CONTACT US

(360) 569-2609

Office@MountainGuides.com

REGISTER

- [IMG Application Package](#)
- Application Fee \$5000 USD
- Passport copy

FEE SCHEDULE

Non-refundable application fee is due at registration and applies to program fees. **Balance of all fees are due 120 days prior to trip departure.** Please refer to the application package for payment instructions. Program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates.

enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together.

THE ITINERARY

Note on Trip Dates: Dates on the itineraries are listed starting with the arrival day to Kathmandu to the arrival day back to Kathmandu from Lukla at the end of the trip. The ending dates for the Ama Dablam Expedition are FLEXIBLE, depending on weather and conditions. It would be prudent to add contingency days to these itineraries. Normally climbers will reconfirm or change their homeward departure flights when you know exactly when the expedition is going to end for you (contact your travel agent from Ama Dablam BC).

Day	Spring	Autumn	Ama Dablam Itinerary
1	Tuesday, April 9, 2024	Saturday, October 12, 2024	Arrive Kathmandu
2	Wednesday, April 10, 2024	Sunday, October 13, 2024	Gear checks, explore Kathmandu
3	Thursday, April 11, 2024	Monday, October 14, 2024	Fly to Lukla, overnight at (9,334ft / 2845m)
4	Friday, April 12, 2024	Tuesday, October 15, 2024	Acclimatization hike
5	Saturday, April 13, 2024	Wednesday, October 16, 2024	Helicopter to Khote (4095m)
6	Sunday, April 14, 2024	Thursday, October 17, 2024	Acclimatization hike
7	Monday, April 15, 2024	Friday, October 18, 2024	Trek to Thagnak (4350m)
8	Tuesday, April 16, 2024	Saturday, October 19, 2024	Contingency
9	Wednesday, April 17, 2024	Sunday, October 20, 2024	Acclimatization hike.
10	Thursday, April 18, 2024	Monday, October 21, 2024	Trek to Khare (5000m)
11	Friday, April 19, 2024	Tuesday, October 22, 2024	Acclimatization hike.
12	Saturday, April 20, 2024	Wednesday, October 23, 2024	Contingency
13	Sunday, April 21, 2024	Thursday, October 24, 2024	Climb to High Camp (5800m)
14	Monday, April 22, 2024	Friday, October 25, 2024	Summit Mera (6476m), return to Khare
15	Tuesday, April 23, 2024	Saturday, October 26, 2024	Contingency
16	Wednesday, April 24, 2024	Sunday, October 27, 2024	Descend to Thagnak or Khote
17	Thursday, April 25, 2024	Monday, October 28, 2024	Helicopter to Lukla, Heli to Ama Dablam Base Camp
18	Friday, April 26, 2024	Tuesday, October 29, 2024	Base Camp
19	Saturday, April 27, 2024	Wednesday, October 30, 2024	Camp 1
20	Sunday, April 28, 2024	Thursday, October 31, 2024	Climb to C2, return to Camp 1
21	Monday, April 29, 2024	Friday, November 1, 2024	Base Camp
22	Tuesday, April 30, 2024	Saturday, November 2, 2024	Base Camp
23	Wednesday, May 1, 2024	Sunday, November 3, 2024	Camp 1
24	Thursday, May 2, 2024	Monday, November 4, 2024	Camp 2
25	Friday, May 3, 2024	Tuesday, November 5, 2024	Camp 3
26	Saturday, May 4, 2024	Wednesday, November 6, 2024	Summit and back to Camp 2
27	Sunday, May 5, 2024	Thursday, November 7, 2024	Base Camp
28	Monday, May 6, 2024	Friday, November 8, 2024	Contingency day
29	Tuesday, May 7, 2024	Saturday, November 9, 2024	Contingency day
30	Wednesday, May 8, 2024	Sunday, November 10, 2024	Fly to Kathmandu

THE DEAL: Here is what is included and not included in your land cost fee.

Included

- IMG Leadership, IMG Guides & Sherpa Guides, local Sherpa climbers & cook staff
- All airport transfers in Kathmandu before & after the climb
- Double occupancy accommodations in Kathmandu hotel for stated itinerary at beginning of expedition
- Double occupancy accommodations in lodges on trek
- All meals after departing Kathmandu and before returning to Kathmandu
- Domestic Nepal flights (heli/fixed wing + 2 duffels per person)
- Park fees, permits, liaison officer

- Group equipment (cooking gear & fuel, camp equipment, foam pad at Base Camp) & dining facilities
- Single occupancy tent at Base Camp (sharing above)
- Base Camp radio & walkie-talkies
- Climbing route equipment
- First aid kit, hyperbaric (Gamow) bag & emergency medical oxygen

Not Included

- International round trip airfare/tax/baggage fees/travel expenses to/from Kathmandu
- Nepal visa fee
- Excess baggage charges
- Single Supplement hotel accommodations in hotels/lodges
- Lodging and meals before/after stated itinerary
- Personal gear
- Tip pool contribution (\$500) for base camp staff and porters
- Satellite phone charges
- Personal sundries and beverages
- Costs incurred as a result of delays or events beyond the control of IMG
- Required Travel insurance; evacuation, hospital or medical costs
- Covid tests (if required for travel); any Covid-related expense resulting in delays or quarantine
- Optional but customary gratuity for your IMG guide, 5% is a good starting point

THE ODDS & ENDS:

Single Supplement

Accommodations are based on double occupancy. Add Single Supplement option for \$500, Includes single room in the hotel in Kathmandu for stated itinerary at the beginning of the trip and lodges on the trek. Please advise IMG and we will adjust your statement. Deadline for reserving & payment for a single supplement accommodation is 120 days prior to your trip.

Travel Insurance

Emergency evacuation & repatriation coverage and emergency medical expense coverage are required for International Programs. IMG strongly recommends the addition of trip cancellation/interruption coverage due to the IMG refund policy. Coverage should be door to door. Information is on our [website](#).

Flights

Plan to arrive to Nepal on Day 1 of the stated itinerary. Please provide your complete flight itinerary to us so we can book your hotel reservation, and do keep us informed of any changes to your itinerary. If you arrive a day early, we can assist in reserving an additional hotel night for you (at your expense).

Tips

We will collect for a tip pool, and ask the team members to please contribute \$500. We will collect this in Kathmandu and distribute this on behalf of the team as a thank you gift to the many unsung people that make the whole operation run smoothly: the porters, trek staff, cooks and helpers, hotel staff, Kathmandu staff, climbing Sherpas, and others. You may also wish to provide additional tip to your guides (figure 5% if you are looking for a generous number).

Passport & Visa

Your passport must have at least 6 months validity at time of entry to Nepal and one full page required for entry stamp. A tourist visa is required for U.S. citizens to enter Nepal, we'll provide instruction.

Immunizations + Covid

Participants are required to comply with the Covid-19 vaccination and documentation requirements of the destination country or area. For the most up to date information on Covid-19 vaccination requirements and any other immunization requirements, visit the website of your destination country embassy in the USA, [US Embassy website for your destination country](#), the [CDC](#), and [US State Dept Travel pages](#). Requirements are subject to change. Plan to carry a digital copy of your Covid-19 vaccination record with you.

QUESTIONS? [Email](#) or call (360) 569-2609 Ext. 1