

# KEEP WALKING - NEPAL

## AMA DABLAM BASE CAMP TREK

- SEE WEBSITE FOR DATES -



Join us on a 11 day trek in the Everest region of Nepal offering the opportunity to get closer views of the world's highest mountains including Ama Dablam, Lhotse, Everest, Cho Oyu and many other peaks. From the base camp of Ama Dablam you can enjoy a breathtaking 360 degree mountain panoramic view. You can also experience the lifestyle of the Himalayan people, their customs, religion and traditions as we visit traditional Sherpa settlements and Buddhist monasteries en route. The chance to see the golden eagle and walk through the rhododendron forest is a delight to nature lovers. We would be pleased to have you along on this adventure and to introduce you to our country and way of life while you travel as part of my extended family.



*Ang Ngima Sherpa*

**Business Proprietor**

Did you know? **Ama Dablam** means 'mother's necklace' – the hanging glacier resembles a 'dablam' – a piece of jewellery worn by Sherpa women.

### Trip Summary

Day 1 - arrive Kathmandu: meet and greet  
Day 2 – sightseeing in Kathmandu  
Day 3 – fly to Lukla, trek to Phakding (approx 3-4hrs)  
Day 4 – trek to Monjo (approx 3-4 hrs)  
Day 5 – trek to Namche Bazaar (approx 4-5hrs)  
Day 6 – rest day at Namche Bazaar  
Day 7 – trek to Deboche via Tengboche (approx 5-6hrs)  
Day 8 – trek to Mingbo (approx 4-5hrs)  
Day 9 – trek to Ama Dablam Base Camp then to Pangboche (approx 4-5hrs)  
Day 10 – trek to Phortse (approx 3-4hrs)  
Day 11 – trek to Khumjung (approx 3-4hrs)  
Day 12 – trek to Benkar (approx 5-6hrs)  
Day 13 – trek to Lukla (approx 4-5hrs)  
Day 14 - fly to Kathmandu, rest of day at leisure  
Day 15 – trip concludes

**Cost: US \$2288 (joining Kathmandu)**

Single Supplement: additional US \$150

**Includes:** hotel accommodation and all meals (except for lunch Days 1, 2 & 14, dinner Day 2 and any meals on Day 15 after breakfast), domestic flights, all airport pickups and drop-offs. A sleeping bag and kit bag are provided whilst on trek, plus Sherpas and porters to assist you en-route and carry your overnight gear. A medical kit will be carried by staff.



An 11 day Lodge-based trek  
Moderate level: reasonable level of fitness required

### CONTACT US

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# DAILY MOVEMENTS

## AMA DABLAM BASE CAMP TREK



**Day 1** Arrive Kathmandu - Sherpa staff will transfer participants to a lovely hotel in Boudhanath, a short walk from the world's second biggest Buddhist stupa. Evening meal with the Sherpa leader, allowing time to meet and mix with others in the group. Overnight in Kathmandu.

**Day 2** In Kathmandu. Half day sightseeing tour of the 2 major attractions in Kathmandu. We will visit Boudhanath (the second largest Buddhist stupa in the world) and Pashupatinath (one of the most significant hindu temples of Lord Shiva in the world, located on the banks of the Bagmati river). Afternoon at leisure for last minute shopping or you may like to explore Durbar Square or the extensive handicraft shops in Thamel.

**Day 3** Fly to Lukla (2850m), trek to Phakding (2610m). Walk approx 3-4 hours. An early start flying Kathmandu to Lukla, 45 mins. This is the airstrip built by Sir Edmund Hillary and his friends to service the Everest Region when he began his work of building schools and hospitals for the Sherpa people. It is a scenic flight. Following morning tea we will trek to Ghat for lunch and then continue our walk to Phakding, our overnight stop.

**Day 4** To Monjo (2835m). Walk approx 3-4 hours. Today we cross and re-cross the glacial river, named "Dudh" (milk) Kosi (river) because of its colour, whilst walking through pine forest and terraced fields growing a variety of crops. It is one of the main trading trails and we will see small groups of donkeys, dzopko and yaks carrying supplies. A dzopko is a yak-cow crossbreed while a yak is a full-blood long haired male, (nak being the female) more commonly used at higher altitudes. We see our first Mani walls today. These stone structures are made from many stone tablets, each with the inscription "Om Mani Padme Hum" which translates to "Hail to the jewel in the lotus", and is mantra (chant) venerated by Buddhists. Buddhists will walk to the left of these mani walls and chortens, but many who have no knowledge of Buddhism will do the same. Overnight at Monjo. This is a short day to allow you to acclimatize.

**Day 5** To Namche Bazaar (3440m). Walk approx 4-5 hours. Today we pass through the gates of the Sagarmatha National Park. We follow the river to the confluence of the Dudh Kosi and the Bhote Kosi, crossing a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa 'capital' of Nepal. It is a tough climb but we have our first view of Mt Everest today. Namche is a prosperous village spread in a horse-shoe shape around the valley. Following lunch you may like to spend time looking through the shops in search of a bargain.

**Day 6** Rest day Namche Bazaar. Today we walk to the Everest View Hotel (2-3hrs) where spectacular views of Everest and Ama Dablam may be seen. Around us also as we walk are Thamserku (6618m), Kantega (6783m), Ama Dablam (6814m), Nuptse (7864m) and Lhotse (8516m) and the greatest of all, Mt Everest (8848m). We will take time to sit and look at the magnificent view from the hotel balcony.

**Day 7** To Deboche (3860m) via Tengboche. Walk approx 5-6 hours. Today's walk along the ridgeline is spectacular. We will lunch at Phungi Thanga the junction of the Imja Khola and Dhud Kosi rivers, after which we cross the Dudh Kosi and begin the ascent to the top of a long ridge which flows from the summit of Kantega. Continuing our climb we reach the Tengboche monastery, a Tibetan Buddhist monastery of the Sherpa community. We will have the chance to visit the monastery. The views of Everest, as well as all the other major peaks of the area (Nuptse, Lhotse, Ama Dablam) are breathtaking. The monastery buildings stand on a knoll and provide a grandstand for the finest mountain scenery. Tengboche is considered the gateway to Mt Everest.

**Day 8** To Mingbo (4500m) Walk approx. 4-5 hours. From Deboche we start our day by walking through forests of birch, conifer and rhododendron. We pass many mani walls in a deep rhododendron forest. After crossing the Imja Khola river the route climbs past some magnificently carved mani stones to Pangboche (3860m). After Pangboche we leave the busy Everest trail and descend to the Imga river. Crossing the river we again ascend through steep summer yak pastures. It is a steep climb but everytime we stop the mountain views are magnificent and it is peaceful and calm as it is not as busy as the main Everest trail. We camp overnight at a simple lodge at Mingbo.

**Day 9** Explore Ama Dablam Base Camp (4600m) then trek to Pangboche (3930m). Walk approx. 4-5 hours. Base camp is a grassy spot from which the majority of the climbing route up the mountain is visible. The views across the valley from the base camp area are excellent, we enjoy the view here before we descend down to Mingbo for lunch. In the afternoon we trek down to Pangboche village, our overnight lodge. Pangboche is the highest year-round settlement in the valley and the oldest monastery in the Khumbu region. We can visit the monastery in the afternoon, overnight at lodge.

**Day 10** To Phortse village (3810m) Walk approx. 3-4 hours. Passing more 'seasonal' villages our walk today undulates past numerous chortens and views of landslides and streams that have carved out the side of the valley. We enjoy magnificent views of Thamskeru, Tengboche Monastery and along the river. We will stop at Phortse Gompa at the top of the village a historic monastery. Phortse village is a maze of small walled lanes. It is one of the oldest villages in the Khumbu region.

**Day 11** To Khumjung (3780m), walk approx. 5-6 hours. Khumjung village is home to the only high school in the Khumbu region. Also known as Hillary School, its founder in 1961 Sir Edmund Hillary, cater for over 300 pupils from grades 1 to 10. A monastery in the village is purported to house a yeti scalp. You may also like to visit the Everest Baker, highest bakery in the world for an apple pie.

**Day 12** To Benkar (2630m), walk approx. 5-6 hours. Today we head downhill through Namche Bazaar stopping to enjoy the view of Everest before we cross the Dudh Koshi river. Today's walk is easy and mostly downhill but you need to take your time and enjoy the views, still there is lot to see. We pass the Sagarmatha National Park and villages, visit a local tea shop and overnight at Benkar lodge.

**Day 13** To Lukla (2850m). Walk approx 4-5 hours. Today is the last day of our mountain trekking adventure. We gradually descend and walk along the Dudh Koshi river banks. Tonight, our last evening of the trek is a good opportunity for a small party with all the team, especially the porters who will return to their villages from here. Appreciation in the form of tips may be expressed at that time to these people who make the trip such and enjoyable adventure.

**Day 14** To Kathmandu by air (1330m). This morning we fly to Kathmandu, 35 mins. On arrival, we transfer to the hotel. The rest of the day is at leisure. We will meet again for dinner.

**Day 15** Journey formally concludes at Kathmandu after breakfast with transportation to the airport, unless other arrangements have been made.

### ***Sherpa People***

*The best known and admired of all of Nepal's ethnic groups, the Sherpa migrated to the high valleys south of Mt Everest from eastern Tibet about 450 years ago. Their Tibetan origins are reflected in their language, customs and religion. Our staff and crew will all be local Sherpa people from Solukhumbu, the valley adjacent to the Everest region. The walk is in their 'back yard', so the many questions about the land and its people can be answered promptly and accurately. The Sherpa people were originally employed by the first mountaineers attempting to climb Mount Everest. It is from the courage and strength of these local people that the name 'sherpa' has been collectively adopted and used to describe a climbing guide working across Nepal.*