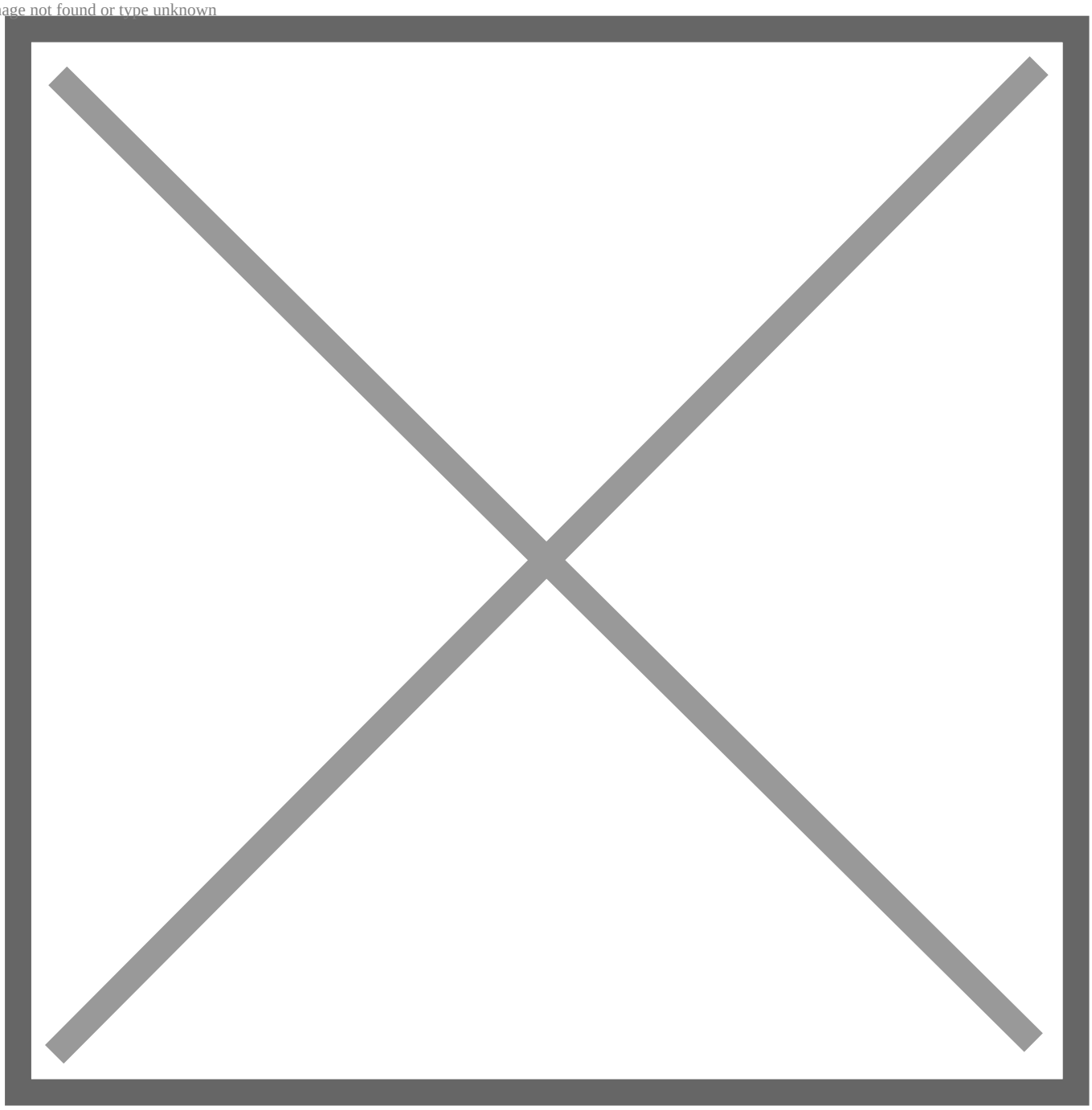
Amadablam Base camp trek- 12 days

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Trip Facts

Cost $ (USD):	Duration:	Elevation:	Per Day Hiking:	Accomodation:	Trip Grade:
1150	12 Days	4,600m	5-6 hours	Hotel & Lodge	Moderate

Group Size:

2-20 max

Overview

Amadablam base camp trek takes you to the Solukhumbu region to see a unique mountain also called Matterhorn of the Himalayas also known as Mount Ama Dablam.

Amadablam base camp is located at Eastern Himalayan range of province 1 of Nepal. The mountain stands on the tall ridges and on close observation it looks like a mother protecting her child. The hanging glacier of the mountain makes it unique and identifiable than the rest of peaks at Sagarmatha mountains.

The trekkers and climbers choose to stay at the tented camps at the Amadablam base camp to get a quick close view of Ama Dablam mountain. To reach here you have to arrive at Lukla village which is also known as the gateway to Everest. Then the journey takes to the winding paths of Dudh Koshi river and at Sherpa town called Namche Bazaar.

Then after that the trek continues to Thyangboche monastery that provides the glimpse of Ama Dablam, Kangtega, Everest and Nuptse peaks. From Pangboche village the trail climbs up to Amadablam base camp.

Then after the full view of the Mountain and pristine view of the lake at the base camp we head towards Khumjung, Kunda and see Hillary Hospital and school before arriving Lukla and flying back to Kathmandu before the departure.

If you have already done Exciting Amadablam base camp trek,then we have some best selling trips for you;

Elegant Everest base camp trek, Easy Ghandruk Ghorepani trek, Best Everest base camp trek, Glorious Manaslu circuit trek, Cheap Annapurna base camp trek, Amazing Langtang valley trek might be the next favorite travel destination in Nepal.

Trip Highlight

Scenic mountain view from the plane

Spectacular view of Everest,Lhotse,Thamaserku, Ama Dablam & peaks

Explore Tengboche monastery

Interesting Himalayan lifestyle,culture,tradition & food

Itinerary

Day: 01 Arrival in Kathmandu

After your arrival at Tribhuwan International Airport in Kathmandu, you will be warmly greeted by guide or our office representative and transferred to the hotel. Then you will have brief orientation or presentation about your respective trek. After all you will go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples, verities of ethics and their cultures, different test of delicious food and mystery of history ,within circle of green hill probably the most in the world. Overnight at Hotel.

Accommodation: 3-star hotel
Meals: No
Duration: 1 dayDay

Day: 02 Fly to Lukal,- 30 min. & Trek to Phakding

Today early morning leave for Monthali then 25 minutes flight to Lukla and you have to walk across the suspension bridge after descending to Chheplung and Thado koshi gaun then arrive at Ghat after walking through the bridge of flowing Dudh Koshi River and visit a monastery on the way and come to a village in Phakding. Overnight in Phakding.

Accommodation: Lodge
Meals: B/L/D
Duration: 3-4 hours Days

Day: 03 Phakding to Namche Bazer

Today the trekkers will go through an upper new suspension bridge with scenery of the high mountains and valley of rhododendron forest and cross Dudhkoshi river at Benkar and hike to Monjo. Then with a special entry permit of Sagarmatha National park reach Jorsale village. Then up and down river banks of Dudh koshi and take a steep climb near the confluence of Bhotekoshi and Dudhkoshi and recross the Dudh Koshi bridge to arrive at Namche Bazaar. Views of Mt. Everest, Lhotse, Nuptse can be seen vividly. Overnight in Namche Bazaar.

Accommodation: Lodge
Meals: B/L/D
Duration: 3-4 hours Days

Day: 04 Acclimatization at Namche Bazer

Today you explore Namche village. The market is crowded on Saturday it has cafes' hotels, lodges, guesthouses and then hike up to the view point with incredible views of Everest (8848m), Lhotse (8516m),Lhotse shar(8382m), Nuptse (7879m), Ama Dablam (6856m)Kangtega (6783m), Cholatse (6335m) and Tabuche (6495m). Overnight in Namche bazaar.

Accommodation: Lodge
Meals: B/L/D
Duration: 1 dayDay

Day: 05 Namche to Tengboche

After breakfast in Namche, we head towards Tyanboche enjoying the outstanding view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and just in-front view of Thamserku. Along the way, we can spot wild lives like pheasant, musk deer, or a herd of Himalayan Thar. There might you will confuse on the junction of way to Gokyo valley and Everest Base Camp at sanasa. Then the track follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Kosi River, we reach Phunki Tenga, a small settlement with a couple of tea houses. After having a relaxed lunch at Phunki Tenga we start to climb steep up through the pine forests while before we reach Tengboche. Tengboche is a best place for near and clear views of Ama-Dablam, Nuptse, and Everest and it has the biggest Buddhist Monastery all over in the Khumbu region. overnight in Tengboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 06 Tyangboche to Cholungche

In this day trek goes through the forest with appearances of deer, birds and other wildlife animals, enjoy and appreciate the beautiful rhododendron, the river, and the views of Ama Dablam, Lhotse and other mountains. overnight in Cholungche.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 07 Cholungche to Amadablam Base camp

You choose a back country route away from the tourist trail, travelling through tiny yak herder settlements and over countless moraines as you circle around the base of Ama Dablam Base camp sits in a beautiful grassy area at 14,500 feet.overnight in Amadablam base camp.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 08 Amadablam base camp to Phortse

Today we head back to Phortse village. You climb past Pangboche monastery in Upper Pangboche region and to the village of Phortse. Overnight in Phortse.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 09 Phortse to Monju

Today you will drop down steeply to cross Phortse tenga bridge and get the last glimpse of Ama Dablam mountain and arrive at Namche Bazaar and cross Dudhkoshi river to Jorsale. Then again ascend and re -cross suspension bridge and climb up steeply to Monjo village. Overnight in Monjo.

Accommodation: Lodge
Meals: B/L/D
Duration: 7-8 hours Days

Day: 10 Monju to Lukla

Today you leave Monjo village and head along the banks of Dudh koshi river to arrive at Lukla. You pass by settlements of Chumoa, Benkar and Phakding villages and then arrive at Pasang Lhamu memorial gate and reach Lukla. Overnight in Lukla

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 11 Fly to Kathmandu - 35 min.

Today you catch an early flight from Lukla airport with mountain and valley floor views from seats of aircraft and reach the airport in Kathmandu. Then drive down to the hotel and Overnight in Kathmandu.

Accommodation: 3-star hotel
Meals: B/D
Duration: 35 min. Days

Day: 12 Departure day

Even though we would like to spend more unforgettable moment with you,we are compelled to say good bye see you, because of limitation of time and daily life routine. Our vehicle will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your have a fabulous journey and will reflect on the wonderful times we spent together. We hope to see you again someday .Namaste!

What are included?

Two way flight from Kathmandu to Lukla

All accommodations during the trek at hotels, lodges including breakfast

All meals (B/L/D) during the trek

Government license holder guide

Sagarmatha National Park entry permits fees

Souvenir of the trek

Guides expenses including meals, insurance, salary, lodging, transportation, flight

Snack and seasonal fruits

Porters service

Phasang Lhamu rural municipality fees

Farewell dinner

Certificate of Completion.

What are Not included?

International airfares

Nepal entry visa fees

All accommodation and meals in Kathmandu

All personal expenses like shopping, snacks, hot shower, hot and cold drinks, alcohol, telephone call, batteries

Travel insurance

Tips for guides and porters

Additional cost on delays out of Management control

All costs are not included in the “COST INCLUDES” section.