

Ama Dablam Peak Climbing - Itinerary

1. Day 1

Arrival in Kathmandu and hotel transfer

2. Day 2

Official formalities and expedition preparation

3. Day 3

Fly to Lukla and trek to Phakding

4. Day 4

Trek to Namche

5. Day 5

Rest at Namche

6. Day 6

Trek to Tengboche

7. Day 7

Trek to Pangboche

8. Day 8

Trek to Amadablam base camp

9. Day 9

Climbing period

10. Day 10

Climbing period

11. Day 11

Retrace to Tengboche

12. Day 12

Trek to Namche

13. Day 13

Trek to Lukla

14. Day 14

Fly to Kathmandu

15. Day 15

Free day in Kathmandu.

16. Day 16

Airport transfer for international flight.

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)