



Ama Dablam Peak Climbing - Itinerary

1. Arrival in Kathmandu and hotel transfer

Arrival in Kathmandu and hotel transfer

2. Official formalities and expedition preparation

Official formalities and expedition preparation

3. Fly to Lukla and trek to Phakding

Fly to Lukla and trek to Phakding

4. Trek to Namchebazar

Trek to Namche bazaar and enjoy the amazing landscapes on the way

5. Rest day at Namche

Rest at Namche hiking and acclimatization

6. Trek to Tengboche

Trek to Tengboche monastery

7. Trek to Pangboche

Trek to Pangboche

8. Climbing period

Climbing period and training climb camp 1

9. Climbing period

Climbing period Climb Camp 2, camp 3

10. Trek back to base camp

Trek back to base camp

11. Trek to Lukla

Trek to Lukla

12. Fly to Kathmandu

Fly to Kathmandu

13. Free day in Kathmandu.

Free day in Kathmandu.

14. Departure to airport

Airport transfer for international flight.

INCLUSIONS

1. All airport pick and departure
 2. Standard hotel in Kathmandu with breakfast basis
 3. All transportation via car, jeep, deluxe bus during trips
 4. Whole accommodation in city trekking and climbing all during trips
 5. Daily 3 times hygienic meals (Breakfast, Lunch, and Dinner) during trekking and climbing period
 6. Annapurna Conservation area entry fees
 7. Especial expedition royalty and climbing permit
 8. Government appointed Liaison officer during climbing period
 9. Necessary fixed and dynamic ropes during climbing
 10. All our staff's salary, allowances types of equipment, medical and accidental insurances
 11. Sufficient Base camp and high camp climbing members and required staffs
 12. All necessary camping equipment Kitchen, dining, chairs, and tents
 13. First aid medical kits for the groups and guests
 14. Our service charges and government taxes
 15. Satellite phone for the group at Base camp but nominal charge to call
 16. Full camping trek arrangement (guide, cook, kitchen boy, porters, all meals, cooking, and camping equipment). Peak permit fee.
- High altitude tent, ropes, snow bars, gas (high fuel) & high food, etc.

EXCLUSIONS

1. Your international air ticket and visa fee
2. Extra meals and shopping in Kathmandu
3. Personal climbing gears
4. Your medical coverage and emergency rescues so insurance is mandatory
5. Gratuities for the staff.

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