

Ama Dablam Base Camp Trek - A Scenic Journey Beneath the Matterhorn of the Himalayas

Overview:

Dominating the skyline of the Khumbu Valley, Ama Dablam (6,812 m / 22,349 ft) is one of the most iconic mountains in the Himalayas. The Ama Dablam Base Camp Trek leads into the heart of the Everest region, following traditional Sherpa trails through deep valleys, ancient villages, and dramatic mountain scenery before reaching the base of this stunning peak.

The journey begins with a flight to Lukla (2,860 m / 9,383 ft), followed by trekking through the Dudh Koshi Valley to Namche Bazaar (3,440 m / 11,286 ft), the main hub of the Khumbu region. The trail continues through Tengboche (3,860 m / 12,664 ft), home to a famous monastery with wide Himalayan views, and then through Pangboche (3,985 m / 13,074 ft), one of the oldest Sherpa villages. The landscape gradually shifts from forested trails to open alpine terrain.

Leaving the main Everest Base Camp route behind, the path ascends to Ama Dablam Base Camp (4,600 m / 15,092 ft). From here, trekkers enjoy close views of Ama Dablam's dramatic south face along with Everest (8,848.86 m / 29,031 ft), Lhotse (8,516 m / 27,940 ft), Nuptse (7,861 m / 25,791 ft), and surrounding peaks.

Spanning around 12 days from Kathmandu to Kathmandu, including sightseeing in Kathmandu and acclimatization in Namche Bazaar, this trek offers a quieter and more intimate Himalayan experience. It is a journey through Sherpa culture, mountain landscapes, and high-altitude wilderness.

Quick facts:

Cost: USD 1450 per Person

Destinations: Lukla / Namche / Ama Dablam Base Camp / Monjo

Duration: 13 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Moderate

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 4,600 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel. Overnight stay at a hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead. Overnight stay at a hotel.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Phakding (2,610m): Walking distance: 8km | 3 – 4hours**

After an early breakfast, we will fly from Kathmandu (1,400 m / 4,600 ft) to Lukla (2,840 m / 9,317 ft). The short 35-minute flight offers spectacular views of the Himalayas, and landing on the hillside airstrip is an adventure in itself, with mountains towering on all sides and a steep drop at the end of the runway. The crisp mountain air and dramatic landscapes make it clear that we have entered the heart of the Everest region.

From Lukla, we will start our trek along a gentle trail towards Cheplung Village, enjoying the striking views of Mount Khumbila. The path then gradually descends through the Dudh Koshi River valley as we make our way to Phakding (2,610 m / 8,563 ft). Surrounded by lush hills and offering panoramic views of Kusum Kanguru, Phakding is a charming village with comfortable lodges that serve trekkers. The trek from Lukla to Phakding is approximately 8 km (5 miles) and takes around 3–4 hours, providing a relaxed start to acclimatize and soak in the Himalayan scenery. Overnight at a guesthouse in Phakding.

Note: The weather in Lukla is highly unpredictable. Occasionally, flights may be delayed or canceled due to adverse weather conditions. If a flight is canceled, you will need to return to your hotel in Kathmandu. Please note that transportation back to the hotel and accommodation for this night are not included. If the weather clears the next day, you will be accommodated on either the 3rd or 4th flight to Lukla. If conditions remain unfavorable, there is also an option to take a helicopter flight. The cost of a helicopter flight is not fixed and will be quoted by the airline on the same day. You should expect to pay an additional approx. 250 USD for the helicopter transfer from Kathmandu to Lukla. Although such situations are rare, we believe it is important to inform you in advance.

▣ **Day 4: Trek from Phakding to Namche Bazaar (3,440m) : Walking Distance: 9.4km: 5 – 6 hours**

We will start our trek from Phakding (2,610 m / 8,563 ft) and follow the trail along the Dudh Koshi River, passing through traditional Sherpa villages and suspension bridges. The trail gradually ascends through pine and rhododendron forests, offering beautiful views of the surrounding hills and mountains. We will cross several small settlements before reaching Monjo (2,835 m / 9,301 ft), where we may stop for a short break. Continuing uphill, we will climb steeply to Namche Bazaar (3,440 m / 11,286 ft), the main trading hub of the Khumbu region. The trek covers approximately 10 – 12 km and takes around 5–7 hours, making it a moderate to challenging day that helps with acclimatization. Along the way, we will enjoy panoramic views of Thamserku and Kongde Ri, and take in the lively atmosphere of Namche Bazaar, surrounded by dramatic Himalayan peaks. Overnight at a guesthouse in Namche Bazaar.

▣ **Day 5: Acclimatization day:**

This day is set aside for acclimatization in Namche Bazaar (3,440 m), allowing the body to adjust properly before moving higher into the Khumbu region. After breakfast, we set out on a short but steady hike above the village, gaining altitude gradually while following well-established trails that climb out of the main Namche bowl.

The route takes us up towards the higher ridgelines above Namche, where the air feels thinner but the views open up dramatically. From the top, we are rewarded with sweeping panoramas of Ama Dablam, Thamserku, Kongde Ri, and on a clear day even Everest appearing in the distance. It's a slow, steady climb, designed more for adaptation than distance.

After spending some time at the viewpoint, we descend back to Namche at an easy pace. The round trip takes around 2–3 hours depending on walking speed and conditions.

The rest of the day is free for rest, exploring the village, or simply enjoying the mountain atmosphere from one of Namche's cafés. Overnight stay at a teahouse.

▣ **Day 6: Trek from Namche Bazaar to Khumjung (3,790 m): Walking distance : 7 – 8 km : 3 – 5 hours**

We will begin our trek from Namche Bazaar (3,440 m / 11,286 ft), leaving behind the lively Sherpa town as we follow a gently ascending trail along the hillside above the Dudh Koshi Valley. The path offers a comfortable and scenic walk, with unfolding views of iconic Himalayan peaks such as Ama Dablam (6,812 m / 22,349 ft) and Thamserku (6,623 m / 21,729 ft). Passing through Syangboche (3,780 m / 12,402 ft), the landscape opens into wide yak pastures and quiet highland terrain.

After approximately 2–3 hours of trekking, covering around 3.5–4.5 km (2.2–2.8 miles), we will arrive at Khumjung (3,790 m / 12,434 ft), a serene Sherpa village nestled beneath the sacred peak of Khumbila (5,761 m / 18,901 ft). Here, we will have time to explore the village and take in the peaceful mountain atmosphere. Overnight at a guesthouse in Khumjung.

▯ **Day 7: Trek from Khumjung to Pangboche (3,985m): Walking distance: 10 – 12 km: 5 – 7 hours**

We will begin our trek from Khumjung (3,790 m / 12,434 ft), descending through quiet Sherpa villages and rejoining the main Everest trail near Namche Bazaar. The path then contours along the mountainside, offering breathtaking views of Ama Dablam (6,812 m / 22,349 ft) and Lhotse (8,516 m / 27,940 ft).

Continuing onward, we descend to Phunki Tenga (3,250 m / 10,663 ft) before a steady climb through forest to Tengboche (3,860 m / 12,664 ft), home to its renowned monastery. From here, the trail descends and gradually ascends along the Imja Valley.

After approximately 5 – 7 hours of trekking, covering around 10–12 km (6.2–7.5 miles), we will arrive at Pangboche (3,985 m / 13,074 ft), a traditional village set beneath the towering Ama Dablam, where we can relax and take in the alpine surroundings. Overnight at a guesthouse in Pangboche.

▯ **Day 8: Trek to Ama Dablam Base Camp (4,600 m) and return to Pangboche: Walking distance: 8 – 10 km: 5 – 6 hours**

From Pangboche, we set out on a steady climb towards Ama Dablam Base Camp, following a quiet alpine trail that quickly leaves the village behind and enters open high-altitude terrain. Ama Dablam stays in full view for much of the ascent, gradually revealing its dramatic scale as we move deeper into the valley.

The trail winds through yak pastures, rocky slopes, and glacial-fed streams, with the landscape becoming increasingly raw and expansive the higher we go. Away from the main Everest Base Camp route, this section feels peaceful and remote, offering a more intimate connection with the surrounding Himalayan environment.

At Ama Dablam Base Camp (4,600m), the setting opens into a spectacular natural amphitheatre beneath the mountain's towering southwest face. From here, Ama Dablam rises almost vertically above us, with hanging glaciers, ice cliffs, and sweeping views across the Khumbu Valley creating one of the most dramatic mountain scenes in the region. After spending time at base camp, we retrace our steps back to Pangboche.

After approximately 5 – 6 hours of trekking, covering around 8 – 10 km, we return to Pangboche for an overnight stay. Overnight stay at a teahouse.

▯ **Day 9: Trek from Pangboche to Khumjung village (3,790 m) | Walking distance: 11 – 13 km | 5 – 6 hours**

Today's journey takes us from the high alpine landscapes of the upper Khumbu back towards the traditional Sherpa villages that have shaped life in this region for generations. The trail descends through open mountain terrain, offering magnificent views of Ama Dablam, Thamserku, and the surrounding Himalayan peaks.

Crossing the Dudh Koshi River and passing through Namche Bazaar, we leave the main Everest Base Camp trail behind and make a gradual climb towards Khumjung Village (3,790m), one of the most historic and culturally significant settlements in the Khumbu. Nestled beneath the sacred peak of Khumbila, the village is known for its traditional stone houses, ancient monastery, and rich Sherpa heritage.

Arriving in Khumjung, there is time to explore the village and experience a quieter side of the Everest region. Surrounded by mountain scenery and centuries-old traditions, Khumjung offers a memorable blend of culture, history, and Himalayan charm. Overnight stay at a teahouse.

▣ **Day 10: Trek from Khumjung Village to Monjo village (2,835 m): Walking distance: 10 – 12 km | 4 – 5 hours**

We begin our descent from Khumjung Village (3,790 m), leaving behind one of the most traditional Sherpa settlements in the Khumbu. The trail winds gently downhill through open hillsides and forested slopes, with continuous views of the surrounding Himalayan peaks as we gradually lose altitude.

The route continues through rhododendron and pine forests, passing small villages and cultivated fields along the way. We descend further towards Namche Bazaar, where we take a short break before continuing into the Dudh Koshi Valley. From here, the trail becomes greener and more sheltered, following riverside paths and suspension bridges.

After approximately 4 – 5 hours of trekking, covering around 10 – 12 km, we arrive at Monjo (2,835 m), a peaceful village located at the entrance of Sagarmatha National Park. Overnight stay at a teahouse.

▣ **Day 11: Trek from Monjo to Lukla (2,860 m) | Walking distance: 12 – 14 km | 5 – 6 hours**

We begin our final trekking day from Monjo (2,835 m), following the familiar trail along the Dudh Koshi River. The walk starts gently through forested paths and a series of suspension bridges, gradually descending deeper into the lower Khumbu Valley.

The route passes through Jorsalle and Phakding, where the valley opens up and the surroundings become noticeably greener and more settled. We continue along well-defined riverside trails, crossing suspension bridges and following the river downstream as the mountains slowly fade into the distance behind us.

After approximately 5 – 6 hours of trekking, covering around 12 – 14 km, we arrive at Lukla (2,860 m), where the trekking journey officially comes to an end. The evening is spent resting and celebrating the completion of the Everest region trek. Overnight stay at a teahouse.

▣ **Day 12: Fly to Kathmandu (1,440 m)**

We take an early morning flight from Lukla (2,860 m), marking the end of our trekking journey in the Everest region. After an early breakfast, we head to the airstrip, where weather conditions will determine the exact departure time, as mountain flights operate only during clear windows.

The short but spectacular flight back to Kathmandu offers sweeping aerial views of deep valleys, scattered settlements, and the Himalayan range fading into the distance. As we descend, the rugged mountain terrain gradually gives way to the busy landscapes of the Kathmandu Valley.

Upon arrival in Kathmandu, we transfer to the hotel. The rest of the day is free for rest, relaxation, or exploring the city at your own pace. Overnight stay at a hotel.

▯ **Day 13: Farewell and Final departure**

We conclude the journey in Kathmandu, where the final day is kept free for rest, reflection, or last-minute exploration of the city. Depending on your flight schedule, our team will assist with your transfer to the international airport for your onward journey.

As the trek comes to an end, we part ways with lasting memories of the Himalayas, the trails, and the people who shared the journey. Airport transfer is arranged as per flight schedule.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round-trip flights between Kathmandu and Lukla
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Sagarmatha National Park Entry Permit
- ☒ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.