

Ombigaichen Expedition (6,340 m) – A Technical Climb in the High Himalaya

Overview:

Ombigaichen (6,340 m / 20,801 ft) is a remote expedition peak in Nepal's upper Khumbu, offering a technical alpine ascent in one of the quieter corners of the Everest region. Unlike the heavily travelled routes leading to Everest and Island Peak, Ombigaichen sees relatively few climbing teams each season, making it an appealing objective for experienced mountaineers seeking a more secluded Himalayan expedition. The climb involves glacier travel, steep snow and ice slopes, exposed ridges, and sustained movement in high-altitude terrain where changing mountain conditions demand sound judgment and strong technical ability.

The approach follows the classic Everest trail through the Sherpa settlements of the Khumbu before leaving the main trekking corridor and entering the upper Imja Valley. As elevation increases, forests and cultivated landscapes give way to open alpine terrain, glacial moraines, and expansive icefields. Surrounded by some of the region's most impressive peaks, the route gradually transitions from trekking to expedition travel as the team moves deeper into the mountains.

A highlight of the approach is an overnight stay at Ama Dablam Base Camp (4,600 m / 15,092 ft). Set directly beneath Ama Dablam's imposing southwest face, the camp offers an exceptional perspective of one of the Himalaya's most iconic mountains. Throughout the day, shifting light across the granite walls, hanging glaciers, and ice formations reveals the mountain's striking character, making it one of the most memorable campsites in the Khumbu.

Beyond Ama Dablam Base Camp, the expedition enters increasingly rugged glaciated terrain on the approach to Ombigaichen Base Camp. From here, the focus turns entirely to climbing. Establishing higher camps, negotiating crevassed glaciers, ascending steep snow slopes, and moving efficiently on fixed ropes form the progression toward the summit. As altitude increases, every stage of the climb depends on weather conditions, snow stability, careful acclimatization, and coordinated teamwork.

Although overshadowed by several of the Khumbu's better-known peaks, Ombigaichen offers a rewarding objective for experienced climbers looking beyond the region's more popular expeditions. Its combination of technical climbing, remote mountain terrain, and a gradual approach through the Khumbu creates a well-rounded Himalayan expedition that rewards patience, preparation, and solid mountaineering skills.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Namche / Ama Dablam Base Camp / Ombigaichen Base Camp / Summit

Duration: 17 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Strenuous

Transportation: domestic flight

Accommodation: tea house, camp and tourist standard hotel in Kathmandu

Max altitude: 6,340 m

Activities: High-altitude trekking and Expedition Climbing

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
- 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 at the hotel.

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

After breakfast at the hotel, our guide will meet you for a detailed trip briefing covering the itinerary, route conditions, safety procedures, altitude considerations, and important preparations for the journey ahead. For peak climbing expeditions, the climbing guide will also check the required mountaineering equipment and provide guidance on any necessary gear adjustments before departure.

During the briefing, we will complete the required trekking and climbing formalities, including necessary permits and documentation. Afterward, we will explore some of Kathmandu Valley's cultural highlights, including 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.

The rest of the day is free for final preparations, including organizing trekking equipment, purchasing any last-minute essentials, and making final arrangements before heading into the Himalaya. Overnight at the 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: 10-12 km | 5 – 7 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 (6 miles) 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**

Today is an acclimatization day in Namche Bazaar (3,440 m / 11,286 ft), an important stop in the Khumbu region that allows the body to adjust to higher altitude before continuing deeper into the Himalaya.

We stay active with a short hike to higher viewpoints above Namche, following ridgelines that offer wide views of Everest, Lhotse, and the surrounding peaks. This “climb high, sleep low” approach helps improve acclimatization while keeping the body moving at a comfortable pace.

The rest of the day is spent exploring the village, preparing equipment, and resting in the lodge. Namche is the main trading hub of the Khumbu, so there is also time to visit bakeries, shops, and local markets, or simply relax and enjoy the mountain atmosphere. Overnight stay at a lodge in Namche Bazaar.

□ **Day 6: Trek from Namche Bazaar to Tengboche (3,867 m): Walking Distance: 9 – 10 km | 5 – 6 hours**

Setting out from Namche Bazaar (3,440 m / 11,286 ft), the trail climbs gently along the hillside with open views across the Dudh Koshi Valley and distant Himalayan peaks including Everest, Lhotse, and Ama Dablam. The path follows a natural contour before dropping steeply to the river at Phunki Tenga, where we pause briefly before the main ascent.

From here, the route climbs steadily through rhododendron and pine forest, gaining elevation on a well-defined but continuous uphill section toward Tengboche (3,867 m / 12,687 ft). This is the most demanding part of the day, though the changing landscape and mountain views help set a steady rhythm.

The trekking distance is approximately 9 – 10 km (5.5 – 6.2 miles), with a total walking time of around 5 – 6 hours depending on pace and conditions. The gradual transition from river valley to high ridge makes this one of the most scenic sections of the Everest region.

On arrival in Tengboche, we visit the renowned Tengboche Monastery, beautifully set beneath the dramatic face of Ama Dablam. Overnight stay at a local lodge in Tengboche.

▣ **Day 7: Trek from Tengboche to Ama Dablam Base Camp (4,600m): Walking**
Distance: 10 – 12 km | 5 – 6 hours

Leaving Tengboche (3,867 m / 12,687 ft), we descend through rhododendron forest to Debuche and cross the Imja Khola before beginning the steady climb into the upper Imja Valley. As we gain altitude, the landscape opens dramatically and the iconic pyramid shape of Ama Dablam dominates the skyline, marking our approach into one of the most spectacular valleys in the Khumbu.

We continue through Pangboche, one of the oldest Sherpa settlements in the region, before gradually leaving the main trekking trail. From here, the route becomes noticeably quieter and more alpine, with wide glacial views, moraine slopes, and the massive hanging glaciers of Ama Dablam coming into full view. The south-west ridge, our eventual climbing line, can often be seen clearly on the upper mountain.

The approach to base camp follows a steady ascent over rocky terrain and open alpine ground, with increasing exposure to wind and altitude as we move deeper into the valley. Ama Dablam, meaning “Mother’s Necklace,” is widely regarded as one of the most beautiful mountains in the Himalaya, known for its steep faces, elegant ridges, and dramatic hanging glacier that towers above the route.

We arrive at Ama Dablam Base Camp (4,600 m / 15,092 ft) after approximately 5 – 6 hours of trekking, covering around 10 – 12 km (6 – 7.5 miles), depending on pace and conditions.

On arrival, we settle into base camp directly beneath the peak’s south face, surrounded by glaciers, icefalls, and towering rock buttresses that define Ama Dablam’s reputation as one of the most striking expedition peaks in Nepal. Overnight stay at a tented camp.

▣ **Day 8: Trek from Ama Dablam Base Camp to Ombigaichen Base Camp**
(5,200 m): Walking Distance: 7 – 10 km | 4 – 6 hours

From Ama Dablam Base Camp (4,600 m / 15,092 ft), we begin our traverse deeper into the upper Imja Valley toward Ombigaichen Base Camp (5,200 m / 17,060 ft approx.), moving into a more remote and glaciated section of the Khumbu.

The route crosses moraine ridges, glacial debris, and broken alpine ground, with short ascents and descents linking the high basins above the valley. As we gain distance from the Ama Dablam massif, the landscape becomes increasingly isolated, with wide views gradually opening across the surrounding peaks and glaciers.

This section feels noticeably more alpine and expedition-focused, with rugged terrain underfoot and fewer signs of human presence. The movement is steady and deliberate as we enter a quieter basin system shaped by ice, rock, and high-altitude conditions.

The trek takes approximately 4 – 6 hours, covering around 7 – 10 km (4.3 – 6.2 miles), depending on route conditions and pace.

On arrival at Ombigaichen Base Camp, we establish camp in a remote high-altitude setting surrounded by steep ridges and glaciated terrain. Overnight stay at a tented camp.

▮ **Day 9: Acclimatization and Preparation day at Base Camp:**

A rest and acclimatization day at Ombigaichen Base Camp (5,200 m / 17,060 ft), allowing the body to adjust to the higher altitude and more demanding alpine environment.

The day is kept flexible with short, easy movements around camp and optional light hikes to nearby vantage points, following the “climb high, sleep low” principle where conditions allow. The focus remains on steady acclimatization rather than physical exertion, as the effects of altitude become more noticeable at this elevation.

Time is also used for expedition preparation, including gear checks, rope and hardware organization, and reviewing the climbing plan for the upper mountain. Weather conditions and route strategy are assessed closely with the guide team as we move closer to the technical phase of the climb.

Surrounded by glaciated terrain and steep ridgelines, Ombigaichen Base Camp offers a true high-altitude expedition setting, marking an important staging point before progressing toward higher camps. Overnight stay at a tented camp.

▮ **Day 10: Trek from Base Camp to High Camp (5,700 m): Walking distance: 3 – 5 km | 4 – 6 hours**

From Ombigaichen Base Camp (5,200 m / 17,060 ft approx.), we move into the upper reaches of the route toward High Camp, entering a more technical and committing section of the expedition.

The terrain quickly shifts onto glaciated ground, where we navigate broken moraine, snow-covered sections, and potential crevasse zones. Progress is steady and controlled, with rope systems used where required as the angle increases and the route becomes more exposed. As we gain height, the surrounding landscape opens into a wide alpine amphitheatre of ice and rock, with increasingly dramatic views of the upper mountain.

This section demands focused movement and efficient crampon technique as we climb higher into thin air and more demanding conditions. Route finding and pace management become key as we establish ourselves for the final stage of the ascent.

The trek to High Camp covers approximately 3 – 5 km (1.9 – 3.1 miles) and takes around 3.5 – 5.5 hours, depending on snow conditions, route choice, and load carried.

On arrival at High Camp, we establish a strategically positioned camp beneath the upper slopes, preparing for the summit push. Overnight stay at a tented camp.

▮ **Day 11: Summit day: High Camp to Ombigaichen Summit (6,340 m) and Descend to Base Camp (5,200 m): Walking distance: 7 – 11 km: 8 – 12 hours**

From Ombigaichen High Camp (5,700 m / 18,700 ft), we start the summit push in the early morning hours, climbing into cold and demanding alpine conditions as the route steepens above camp.

The ascent follows a glaciated line of steep snow and mixed terrain, with fixed ropes used on exposed sections and crampons required throughout. As we gain height, the route becomes more committing, with thinner air and increasingly sustained climbing leading toward the upper mountain.

We continue steadily to the summit of Ombigaichen (6,340 m / 20,801 ft), where the ridge opens into wide Himalayan views. Conditions here are highly dependent on weather and snow stability, and movement is kept controlled and efficient.

After a short stop at the summit, we begin the descent back down the same route, carefully down-climbing and abseiling through steep snow and rope sections to return to High Camp. Following a brief rest, we continue further down to Ombigaichen Base Camp (5,200 m / 17,060 ft approx.).

The full round trip covers approximately 7 – 11 km (4.3 – 6.8 miles) and typically takes around 8 – 12 hours, depending on conditions and team pace. Overnight stay at Base Camp.

□ **Day 12: Contingency day :**

This day is reserved as a contingency or weather buffer for the summit attempt on Ombigaichen (6,340 m / 20,801 ft). In high-altitude alpine environments, weather and snow conditions can change quickly, and having flexibility in the schedule is essential for both safety and a successful summit push.

The contingency day may be used if conditions are not suitable for climbing, including strong winds, poor visibility, heavy snowfall, or unstable route conditions on the upper mountain. It also allows additional time for acclimatization, recovery, or adjustment of the climbing plan if required by the guide team.

If the summit has already been completed or conditions are favorable ahead of schedule, the day can be used for rest at base camp, equipment organization, or as a reserve day to accommodate any delays earlier in the expedition. This flexibility ensures the best possible use of the weather window and maintains a safe and controlled approach to the climb. Overnight stay at a tented camp.

□ **Day 13: Trek from Base Camp to Pangboche (3,985 m): Walking Distance: 12 – 16 hours | 7 – 9 hours**

As we begin our descent from Ombigaichen Base Camp (5,200 m / 17,060 ft approx.), the route gradually drops into the upper Imja Valley, leaving behind the high glaciated basin and reconnecting with the broader trekking corridors of the Khumbu.

The initial section crosses moraine ridges and broken alpine ground, where loose scree and uneven terrain require steady and careful movement. As we lose elevation, the valley slowly opens and the landscape becomes less severe, while Ama Dablam and the surrounding peaks remain in view for much of the journey.

The trail continues along the natural line of the valley toward Pangboche (3,985 m / 13,074 ft), transitioning from remote high-altitude terrain back into established trekking paths. The change in altitude is clearly felt as the air becomes thicker and walking conditions become progressively easier.

The trek takes approximately 7 – 9 hours and covers around 12 – 16 km (7.5 – 10 miles), depending on pace and conditions. Overnight stay at a lodge in Pangboche.

▣ **Day 14: Trek from Pangboche to Namche Bazaar (3,440 m): Walking**

Distance: 13 – 15 km | 6 – 8 hours

The morning begins in Pangboche (3,985 m / 13,074 ft), as we continue our descent through the upper Khumbu Valley toward Namche Bazaar (3,440 m / 11,286 ft), following one of the most varied sections of the return route.

The trail drops gently at first before crossing the Imja Khola and climbing steadily back up to Tengboche (3,867 m / 12,687 ft), where the monastery sits beneath the towering peak of Ama Dablam. From here, the route descends through rhododendron forest to Phunki Tenga, before beginning the final sustained climb back toward Namche.

Although the overall direction is downhill, the repeated ascents and descents make this a demanding day on tired legs after higher altitude trekking.

The journey takes approximately 6 – 8 hours and covers around 13 – 15 km (8 – 9.3 miles), depending on pace and conditions.

Arrival in Namche Bazaar marks a return to a more vibrant mountain settlement, with time to rest and recover. Overnight stay at a lodge in Namche Bazaar.

▣ **Day 15: Trek from Namche Bazaar to Lukla (2,860 m): Walking Distance: 18 – 20 km | 6 – 8 hours**

Today we leave Namche Bazaar (3,440 m / 11,286 ft) and continue down the Dudh Koshi Valley toward Lukla (2,860 m / 9,383 ft). The trail descends steadily through pine and rhododendron forests, crossing several suspension bridges and passing through traditional Sherpa villages along the way.

After the high alpine environment of the previous days, the warmer air and thicker vegetation make for a more relaxed day on the trail. We follow the familiar route through Monjo and Phakding, with a few short uphill sections before the final climb back to Lukla.

The walk takes around 6 – 8 hours and covers approximately 18 – 20 km (11.2 – 12.4 miles). Although the day is mostly downhill, the distance can still feel long on tired legs after the expedition.

Once in Lukla, there is time to rest, enjoy a proper meal, and celebrate the completion of the climb with the team. Overnight stay at a lodge in Lukla.

▣ **Day 16: Fly back to Kathmandu: 30 – 35 minutes**

We will begin the day with an early morning transfer to Tenzing-Hillary Airport, Lukla (2,860 m / 9,383 ft), where the short but scenic mountain flight back to Kathmandu awaits. Weather conditions in Lukla can change quickly, so departures are typically scheduled in the morning for better visibility and safer flying conditions.

The flight offers a final aerial perspective of the Khumbu region, with views of deep valleys, winding rivers, and the distant Himalayan peaks gradually fading into the horizon. As the aircraft descends toward the capital, the rugged alpine landscape transitions into the green hills and urban expanse of the Kathmandu Valley.

After approximately 30 – 35 minutes of flight time, we arrive at Tribhuvan International Airport, Kathmandu (1,400 m / 4,593 ft). From here, a short transfer takes us to the hotel, marking the return from the high Himalayas to the capital city.

□ **Day 17: Departure day:**

The expedition concludes in Kathmandu (1,400 m / 4,593 ft), marking the successful completion of the Ombigaichen(6,340 m / 20,801 ft) expedition in the Khumbu region.

The day is kept relaxed for rest, personal time, and final preparation for international departure. After time spent in remote alpine terrain, high camps, and technical climbing sections, returning to Kathmandu offers a comfortable shift back to city life. There is time to explore Thamel, enjoy local cuisine, or simply unwind at the hotel.

In the evening, a final farewell with the guide team brings the expedition to a close, reflecting on the journey through high-altitude camps, glacier travel, and the summit experience on Ombigaichen.

Airport transfer is arranged according to flight schedule. This marks the end of the expedition.

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 / camp)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide, Porter and Climbing Guide
- ☒ Royalty Fee and Climbing permits for Ombigaichen peak
- ☒ Garbage Deposit Fee
- ☒ 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
- ☒ Summit bonus to Climbing Sherpa Guide
- ☒ 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 Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.