

# Mount Ama Dablam Expedition in Nepal

## Quick Facts

<b>Duration:</b>	30
<b>Max Altitude:</b>	6812
<b>Best Season:</b>	Sept - Nov & March - May
<b>Group Size:</b>	25
<b>Accommodation:</b>	Tea House and Tent
<b>Route:</b>	Kathmandu to Kathmandu
<b>Difficulty:</b>	Challenging

## Trip Overview

Ama Dablam Expedition is one of the most technical and visually stunning climbs in Nepal, standing at 6,812 meters in the heart of the Khumbu region. Known as the “Matterhorn of the Himalayas,” this peak offers a challenging alpine climb combining rock, ice, and exposed ridge sections.

Unlike trekking peaks, Ama Dablam demands prior mountaineering experience, making it an ideal choice for climbers preparing for 7000m and 8000m expeditions. With its iconic Southwest Ridge route, breathtaking views of Everest, Lhotse, and Nuptse, and a high success rate among guided expeditions, it remains one of the most sought-after climbs in the Himalayas.

Our 30-day expeditions are especially designed for you if you want to experience the true raw beauty of the mountains without climbing and risky [Mount Everest expeditions](#) or any other peaks above 8000 meters.

If you want to have the technical climbing experience which requires the technical climb then this expedition is for you. You will navigate through the rock, snow, and ice sections alongside enjoying the beautiful views of the Everest, Lhotse, Nuptse, and the Cho Oyu.

If you are technical in mountaineering, then this climb will teach you everything that you may require to climb the high peaks. You will learn to use the ropes, crampons, and ice axes, and walk on the glaciers.

## Key facts about Ama Dablam Peak



Feature	Details
Elevation	6,812 m / 22,349 ft
Location	Everest Region (Khumbu), Nepal
Mountain Range	Himalayas
First Ascent	1961
First Climbers	Mike Gill, Barry Bishop, Mike Ward, Wally Romanes
Meaning of Name	“Mother’s Necklace” (Sherpa/Tibetan origin)
Difficulty Level	Technical Alpine Climb
Popular Route	Southwest Ridge
Best Climbing Seasons	Spring (Apr–May) & Autumn (Oct–Nov)
Permit Authority	Nepal Mountaineering Association
Nearby Peaks	Mount Everest, Lhotse
Nickname	“Matterhorn of the Himalayas”

## Why Shall I choose Ama Dablam for Expeditions?

Choosing Ama Dablam for climbing is your decision that combines adventure, challenge, incredible scenery with iconic and stunning peak. Ama Dablam is located at an altitude of **6,812 meters (22,349 ft)** which is often called as the Matterhorn of the Himalayas by the trekkers and climbers. As the mountain is sharp and elegant in shape.

The climbing is demanding but Achievable. Its perfect for you if you want to test your technical mountaineering skills or want to learn.

The summit takes part inside the Khumbu region which home to the sherpa community. So, this walk will also give you an opportunity to experience the Himalayan sherpa culture, traditional villages, traditional and local foods.

While walking you will feel the true deep sense of accomplishment. Unlike any other trekking peaks you will need to have a proper planning, skill, perseverance and the mindset. The peak is also the training expeditions for the [above 8000 meters peaks](#) due to the exposure of high altitude conditions, technical climbing, glaciers navigations, use of crampons, ropes and the axes.

## The Peak That Defied the World's Greatest Mountaineer

In 1959, Sir Edmund Hillary the first man to summit Everest looked at Ama Dablam and called it unclimbable. For two years the mountain stood untouched, sharp and defiant against the Khumbu sky.

Then on March 13, 1961, four scientists not professional mountaineers reached the summit and quietly rewrote what was possible in the Himalayas. Barry Bishop, Mike Gill, Wally Romanes, and Mike Ward proved that with the right preparation, the right team, and the right mindset, Ama Dablam could be climbed.



It has been climbed thousands of times since. The same Southwest Ridge. The same Yellow Tower. The same narrow summit ridge with the same breathtaking drop on either side.

**The mountain that Edmund Hillary called impossible is waiting. The only question is whether you are ready.**

## Why Shall I Choose Summit 8000?

Summit 8000 is a Sherpa-owned expedition company based in Kathmandu with over a decade of guided climbs in the Khumbu region. Every expedition we run on Ama Dablam is led by Sherpas who have personally summited the peak multiple times and know the Southwest Ridge in every season and weather condition.

We handle everything from permit applications and logistics to acclimatization scheduling and emergency support so that you arrive focused entirely on your climb. Our team does not use a one-size-fits-all approach. Your itinerary, your rotation schedule, and your summit day timing are all adjusted to your fitness level and the live weather conditions on the mountain.

What sets us apart is not just the logistics. Our Sherpa guides genuinely care whether you summit safely. They will tell you honestly when to push and when to turn back. That honesty is why many of our clients who do not summit on their first attempt come back the following season and succeed with us.

## Ama Dablam Summit Success Rate

Ama Dablam has an overall industry summit success rate of approximately 60–70%, which is considered high for a technical Himalayan peak of its difficulty. However, at Summit 8000, our guided success rate exceeds the industry average due to our structured acclimatization rotations, an experienced Sherpa team, and informed weather window decisions.

**The most common reasons climbers do not summit Ama Dablam are:**

- Poor acclimatization, rushing the rotation schedule between camps.
- Unstable weather windows, particularly during the Yellow Tower and summit ridge push
- Insufficient technical preparation, underestimating the rock and mixed climbing sections
- Physical exhaustion from carrying loads between Camps I, II, and III

Our team does not push climbers beyond safe limits. If the weather or your physical condition on summit day is not right, we turn back. A safe return is always the priority over a summit photo. Many of our climbers who do not summit on their first attempt return the following season and succeed.

**What improves your chances:**

- Arriving with prior high-altitude experience (5,000m+)
- Completing all acclimatization rotations without skipping
- Trusting your Sherpa guide's judgment on weather and pace
- Starting physical training at least 6 months before departure



## Ama Dablam Peak climbing Camp Elevations Table

Camp	Altitude	Typical Stay	Key Challenge
Base Camp	4,570 m / 14,994 ft	3-4 days	Acclimatization
Camp I	5,800 m / 19,029 ft	1-2 days	Rock scrambling
Camp II	6,000 m / 19,685 ft	1-2 days	Fixed rope sections
Camp III	6,400 m / 20,997 ft	1 day	Exposure and extreme cold
Summit	6,812 m / 22,349 ft	1-2 hours	Yellow Tower push

## Ama Dablam Climbing Permit Cost and Requirements

Climbing Ama Dablam requires several official permits issued by the Nepal Mountaineering Association and government authorities. Below is a quick overview of the required permits, costs, and purposes.

Permit	Issued By	Cost (USD)	Valid For
Ama Dablam Climbing Permit	Nepal Mountaineering Association	\$400	One climbing season
Sagarmatha National Park Entry	Department of National Parks and Wildlife Conservation	\$22	Duration of trek
Khumbu Rural Municipality Fee	Khumbu Pasang Lhamu Rural Municipality	\$20-30	Duration of trek

Ama Dablam Climbing Permit Issued by the Nepal Mountaineering Association (NMA). The official government fee is USD \$400 per person for both the spring (March-May) and autumn (September-November) seasons. This is the primary permit that grants you legal access to attempt the summit.

Sagarmatha National Park Entry Permit: Ama Dablam is situated within Sagarmatha National Park, a UNESCO World Heritage Site. All climbers and trekkers entering the park are required to hold this permit. The current fee is approximately NPR 3,000 (around USD \$22) per person.

Khumbu Rural Municipality Permit A local government permit is required for all visitors entering the Khumbu region. The fee is approximately USD \$20-\$30 per person, depending on the season.

Total permit cost: approximately USD \$450-\$455 per person

These fees are set by the Government of Nepal and are non-negotiable regardless of which company you climb with. Be cautious of any operator quoting permit costs significantly below these figures, as it may indicate unregistered or illegal operations.

### Requirements to obtain the climbing permit:

- Valid passport with a minimum of 6 months' validity
- Nepal entry visa
- Passport-sized photographs
- Your expedition company handles all paperwork on your behalf.



At Summit 8000, we handle every permit application, submission, and collection so you arrive in Kathmandu and focus entirely on your preparation.

## Outline Itinerary for the Ama Dablam Peak Climbing

- Day 01:** Arrival in Kathmandu (1,350m / 4,429ft)
- Day 02:** Trip Preparation (1,350m / 4,429ft)
- Day 03:** Fly to Lukla, then trek to Phakding (2,800m / 9,187ft)
- Day 04:** Phakding to Namche Bazaar (3,438m / 11,280ft)
- Day 05:** Namche Bazaar – Acclimatization (3,438m / 11,280ft)
- Day 06:** Namche Bazaar to Debuche (3,700m / 12,140ft)
- Day 07:** Debuche to Pheriche (4,288m / 14,069ft)
- Day 08:** Acclimatization at Pheriche (4,288m / 14,069ft)
- Day 09:** Pheriche to Ama Dablam Base Camp (4,570m / 14,994ft)
- Day 10:** Acclimatization and Pre-climb Training at Ama Dablam Base Camp (4,570m / 14,994ft)
- Day 11-25:** Ascending and Descending Ama Dablam (6,812 m / 22,349 ft)
- Day 26-27:** Trek to Lukla (2,800m / 9,187ft)
- Day 28:** Fly back to Kathmandu (1,350m / 4,429ft)
- Day 29:** Leisure Day in Kathmandu (1,350m / 4,429ft)
- Day 30:** Final Departure

## Ama Dablam Season Comparison Table (Spring, Autumn, Winter and Monsoon)

The best seasons to climb Ama Dablam are spring and autumn, offering stable weather, better visibility, and higher summit success rates compared to winter and monsoon.

Season	Months	Temperature	Wind	Visibility	Crowd Level
Spring	Mar – May	Mild	Moderate	Good	High
Autumn	Sep – Nov	Cold	Stable	Excellent	Very High
Winter	Dec – Feb	Extreme	Very High	Poor	Very Low
Monsoon	Jun – Aug	Wet	Unpredictable	Poor	Very Low



## Physical Fitness and Experience Requirements for Ama Dablam

Ama Dablam is not a beginners climb. Before applying for this expedition you should honestly assess whether you meet the following requirements:

**Prior experience needed:** at least one previous high-altitude trek above 5,000m such as [Everest Base Camp](#) or [Island Peak](#), basic technical climbing skills including rope work, crampon use, and ice axe handling, and comfort with exposed ridge walking at altitude.

**Physical fitness benchmarks:** you should be able to hike 6 to 8 hours consecutively with a loaded pack, complete a 10km run comfortably, and have no underlying cardiovascular or respiratory conditions.

**Recommended preparation:** begin a structured training programme at least 6 months before departure combining cardio, strength training, and weekend hiking with a weighted pack. Prior guided climbs on peaks such as Island Peak or Lobuche East are strongly recommended as preparation.

If you are unsure whether you qualify, contact our team and we will assess your experience honestly.

## Ama Dablam Southwest Ridge Route Description

The Southwest Ridge is the standard and most popular route on Ama Dablam, first climbed in 1961 and used by virtually every guided expedition today. The route begins at base camp at 4,570m and follows a logical progression through three distinct technical sections before reaching the summit at 6,812m.

**The Lower Ridge (Base Camp to Camp I — 5,800m)** The climb begins with moderate rock scrambling and fixed rope sections leading from base camp up to Camp I. This section introduces climbers to the exposure and rhythm of Himalayan technical climbing. The terrain is rocky with some snow and ice patches depending on the season.

**The Middle Section (Camp I to Camp II — 6,000m)** Above Camp I the ridge narrows and the technical difficulty increases. Fixed ropes are in place throughout this section. Climbers move through mixed rock and ice terrain with increasing exposure on both sides of the ridge. Camp II sits on a small ledge with dramatic views of Everest and Lhotse directly across the valley.

**The Upper Ridge (Camp II to Camp III — 6,400m)** This is where Ama Dablam reveals its true character. The ridge becomes sharply exposed and the climbing requires careful movement on fixed ropes across mixed terrain. Camp III is perched at 6,400m on one of the most dramatically positioned campsites in the Himalayas with near vertical drops on either side.

**The Yellow Tower (Camp III to Summit — 6,812m)** The Yellow Tower is the crux of the entire route. Located above Camp III at approximately 6,600m it is a steep rock band requiring UIAA Grade IV climbing ability. This is the



section that separates Ama Dablam from lower technical peaks and the reason prior climbing experience is non-negotiable.

Above the Yellow Tower the Grey Tower presents a second challenging mixed section before the final narrow summit ridge leads to the top.

Standing on the summit you have 360 degree views of the greatest concentration of high peaks on earth including Everest, Lhotse, Nuptse, Makalu, and Cho Oyu.

## How Does Ama Dablam Compare to Other Popular Himalayan Peaks?

Peak	Altitude	Difficulty	Technical Skill Required	Avg Cost (USD)	Days	Best For	Action
Ama Dablam	6,812 m	TD	High	\$7,500	30	Experienced climbers wanting technical challenge	<a href="#">View Details</a>
Island Peak	6,189 m	PD	Low-Medium	\$2500	17	First-time high altitude climbers	<a href="#">View Details</a>
Mera Peak	6,476 m	PD	Low	\$2700	17	Trekkers wanting their first summit	<a href="#">View Details</a>
Lobuche East	6,119 m	AD	Medium	\$2,500	14	Intermediate climbers building skills	<a href="#">View Details</a>
Baruntse	7,129 m	D	High	\$7500	32	Climbers preparing for 8000m peaks	<a href="#">View Details</a>
Everest	8,849 m	D	Very High	\$46,800	90	Elite climbers with full expedition experience	<a href="#">View Details</a>

## Detailed Itinerary

### Day 1: Arrival in Kathmandu

Namaste and we welcome you to the city of the temples, history, culture and traditions Kathmandu. You will be arriving at the Tribhuvan International Airport which is the gateway to Nepal. Upon your arrival you can complete the visa and immigration works. One of the Summit 8000 team member will be waiting for you at the arrival gate and after meeting he will drive you to the hotel in Thamel. In the evening you can have the stroll in the vibrant streets of Thamel and enjoy the delicious local foods that are available.

Accommodation: 1350

Meals: Welcome Dinner

### Day 2: Trip Preparation



Today you will be your trip preparation day. You will meet your guide who will brief you about the packing lists that will be required during the summit, climbing and trekking time. You will need to rent and buy the items required with your guide help. Your guide will also help you to get the permits from the Tourism Board Office. And if you have time you might visit to the Swayambhunath Stupa for the short hiking in the evening.

Accommodation: 1350

Meals: B, L, & D

### **Day 3: Fly to Lukla, then trek to Phakding**

Early in the morning, after the breakfast your driver with the expedition guide will come to pick you up at your hotel. After that you will drive to the airport and from there you will fly to Lukla. The flight time will be of 30 to 35 minutes. Upon arrival you will trek to Phakding. The gateway to the Everest region in Nepal.

Accommodation: 2800

Meals: B, L, & D

### **Day 4: Phakding to Namche Bazaar**

You will trek to the Namche Bazaar from the Phakding. The trek will be of 6 to 8 hours depending upon your pace and the hiking experience. The trail will be steep passing via the beautiful pine and Rhododendron forests. You will be crossing the several suspension bridges over the Dudh Koshi river. As you pass you will see the small village located on the backdrop of the big giant mountains which is also the main trading hub inside the Khumbu region.

Accommodation: 3440

Meals: B, L, & D

### **Day 5: Namche Bazaar - Acclimatization**

Acclimatization is very important part for the trekking and climbing peak so that your body can adopt the thin air of the high altitudes. In order to make it happen today will be acclimatization for you. You will hike to the Everest view hotel from where you can enjoy the beautiful mountain ranges of the world's highest mountain Mount Everest and its surrounding ranges. After that you can explore the local market in the Namche. Spend your time in the mountains were if you want you can do the meditations and yoga in the monastery or in your tea house as well.

Accommodation: 3440

Meals: B, L, & D

### **Day 6: Namche Bazaar to Debuche**

After acclimating yourself in the Namche you will head towards the Debuche which is a small village in the Khumbu region known for its peace surroundings and the beautiful views of the rhododendron forests. As you walk you will feel the cold air of the mountains and you will see the first glimpse of the Ama Dablam peak which you will be summiting.



Accommodation: 3700

Meals: B, L, & D

### **Day 7: Debuche to Pheriche**

After the local breakfast in the Debuche you will head towards the Pheriche. On the way you will visit the Pangboche village which is the oldest sherpa settlement inside the Everest region. As you walk above you will feel that the serene is changing from the lush green to alpine meadows and the peaks are dominating the skyline.

Accommodation: 4288

Meals: B, L, & D

### **Day 8: Acclimatization at Pheriche**

Today will be the acclimatization day for you after the Namche. As you will be approaching the Ama Dablam base camp its very important for you to acclimate yourself. You will be visiting the HRA medical post where you can learn about the high-altitude sickness, Acute mountain sickness and its symptoms along with its preventions. After that will hike to the nearby ridges to see the mountains views and in the mountains there is saying that if a person walks high and sleeps low his/ her body acclimates to the environment rapidly.

Accommodation: 4288

Meals: B, L, & D

### **Day 9: Pheriche to Ama Dablam Base Camp**

Finally, on the day 9th your dream will come true to walk to the Ama Dablam peak base camp. As you walk you will get the close-up views of the Ama Dablam Southwest face which is stunning and eye catching. You will walk via the glacier river which is known as the Imja khola. Upon reaching the base camp your true adventure will start. Your personality and mindset will be changed from the trekker to the climber.

Accommodation: 4570

Meals: B, L, & D

### **Day 10: Acclimatization and Pre-climb Training at Ama Dablam Base Camp**

You will be having the training as well the acclimatization so that you can make your dream come true. You will learn about the how to fix the rope, ice and rock-climbing techniques, use of crampons, ice axes and many more. Don't worry they will not teach everything in a single day. You will have some safety drills and team work so that you can co ordinate and our team can take you back to Kathmandu safely.

Accommodation: 4570

Meals: B, L, & D

### **Day 11 to 25: Ascending and Descending Ama Dablam**

From the day 11 to 25th your true spirit of the climber will start. You will learn about every safety drill, use of the gears and equipment. You will ascend and descend so that your body can adopt to the such high altitude. You will



ascend via the camp I, Camp II, III and various routes and again descend and again climb till the day you do the Ama Dablam summit. After summiting the peak you will have the sense of achievement and discipline which will shape the personality out of you.

Accommodation: 6812

Meals: B, L, & D

### **Day 26 to 27: Trek to Namche Bazar**

After climbing the Ama Dablam peak you will trek to the Pheriche and from Pheriche you will trek down to the Namche Bazar. As you descend you will have emotional connections with the mountains and its surroundings. You will gradually descend and feel the oxygen level is rising and you are able to breathe in the heavy air. You can celebrate your success with your expeditions teams in the Namche and share your stories and experience with them.

Accommodation: 3440

Meals: B, L, & D

### **Day 28: Trek down to Lukla and Fly back to Kathmandu**

Early in the morning, you will start your walk to Lukla. As you will need to fly from Lukla to Kathmandu. The descend from Namche to Lukla is easy and the trails will be known to you it would be easy for you to walk. You can click photographs and talk to the local and fellow travellers. Upon reaching Lukla you will fly from Lukla to Kathmandu in 30 minutes. After the long day walk, you can finally stay inside a good star hotel and relax yourself. You can do the Sauna and Spa to relax your muscles and take rest from the long day trek, and climb.

Accommodation: 1350

Meals: B, L, & D

### **Day 29: Leisure Day in Kathmandu**

As you have visited Nepal and you have completed your dream of climbing the 6000 meter above peak. It would be your leisure day in Kathmandu city. As Nepal is not only known for its peaks but it's also known for its history, cultures, traditions, foods and festivals. You can visit to the different places of Kathmandu like the Holy Pashupatinath temple, Boudhanath Stupa, Swayambhunath Stupa, Kathmandu Durbar Square, Bhaktapur durbar square and many more places according to your preference.

Accommodation: 1400

Meals: B, L, & D

### **Day 30: Final Departure**

After spending such a long time with you we don't want you to send you back. But we understand you will need to in order to continue your regular life. We hope we served you best out of us. We hope to see you again for the some other treks or tours. As per your schedule our team member will drop you to the airport where you can complete your



immigration process and head towards your next destinations.

Accommodation: 1400

Meals: Breakfast

## Gears Lists

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### Clothing

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#### Base Layers

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- Thermal tops and bottoms (merino wool or synthetic)
- Lightweight moisture-wicking t-shirts
- Lightweight long-sleeve shirts

#### Mid Layers

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- Fleece jackets or pullovers
- Down or synthetic insulated jacket
- Softshell jacket

#### Outer Layers

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- Waterproof and windproof shell jacket (Gore-Tex or equivalent)
- Waterproof pants
- Down suit (for summit push)

#### Climbing Clothing

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- Softshell climbing pants
- Gaiters (high-altitude)
- Climbing suit for extreme weather (optional)

#### Hands

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- Lightweight liner gloves
- Insulated gloves or mittens
- Waterproof over-gloves



## Feet

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- Mountaineering boots (double or triple layer recommended)
- Lightweight trekking socks
- Heavyweight insulated socks
- Gaiters (for snow protection)

## Headwear

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- Warm hat/beanie
- Balaclava
- Sun hat or cap
- Sunglasses (high UV protection, glacier glasses preferred)

## Climbing Gear

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- Climbing harness
- Helmet
- Crampons compatible with your boots
- Ice axe
- Ascenders and descenders
- Carabiners (locking and non-locking)
- Prusik cords / personal safety ropes
- Climbing rope
- Mountaineering backpack (40–60L for day climbs, 70–80L for base camp & carry loads)
- Trekking poles

## Camping & Sleeping

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- Sleeping bag (rated -20°C / -4°F or lower)
- Sleeping pad (insulated)
- Lightweight tent
- Stove and fuel

## Personal Items

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- Personal first aid kit
- Sunscreen (SPF 50+)
- Lip balm with SPF
- Water bottles or hydration system



- Water purification tablets or a filter
- Headlamp with extra batteries
- Personal toiletries
- Trekking towel
- Camera / phone / power bank
- Notebook and pen

## Optional / Extra

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- Hand warmers
- Foot warmers
- Extra carabiners or quickdraws
- Lightweight repair kit (duct tape, cord, etc.)
- Snacks / energy gels

## Cost Includes

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- 1.** All the required permits such as the (Ama Dablam climbing permit, Sagarmatha National Park permit, Tims Card)
- 2.** All applicable government and local taxes
- 3.** Domestic flights from Kathmandu to Lukla and return
- 4.** Airport pick up and drop by private car
- 5.** Hotels in Kathmandu during the stay
- 6.** Tea houses and tents stay
- 7.** Full board meals breakfast, lunch and dinner during the whole stay
- 8.** High altitude foods supplies and kitchen tents along with the support staff and cook
- 9.** Experienced climbing Sherpas and porters
- 10.** Medical kits and communication gears
- 11.** Group climbing gears such as the ropes, tents, axes, and the fixed ropes
- 12.** Medical insurance of the expedition team such as the guide, porter, cook and the support staff

## Cost Excludes

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- 1.** International Airfare to and from Nepal
- 2.** Nepal entry visa fees
- 3.** Travel insurance and the emergency evacuations or the high-altitude rescue
- 4.** Climbing gears such as the boots, harness, helmet, ice tools, crampons etc.
- 5.** Personal clothing and accessories
- 6.** Optional tours not mentioned in itinerary

## Route Map

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