



COSMIC HIMALAYA
Safest • Meaningful • Experiential Journeys

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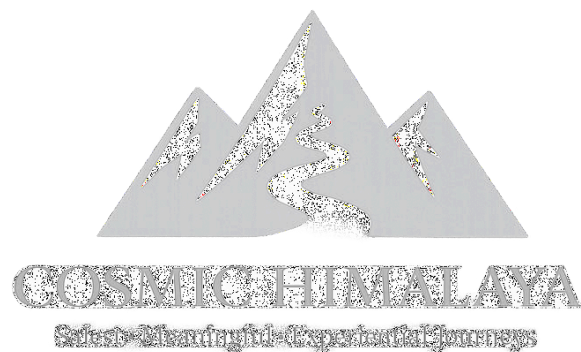
MT. AMA DABLAM EXPEDITION 2026 OFFICIAL DOSSIER



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1. OVERVIEW

Ama Dablam is acknowledged as a jewel of the Himalayas in Nepal. The awe-inspiring ice-coated granite pyramid-like mountain soars above the Dudh Kosi River valley. This unforgettable climb involves a cultural trek along with technical aspects of rock, snow, and ice climbing. The route provides a varied and sustained climb with a reasonable level of difficulty, offering panoramic views of Mt. Everest, Lhotse, and Makalu.

Max Altitude	6,812m / 22,355 ft
Duration	22 Days
Best Season	April-May / Oct-Nov
Expedition Dates	August 22 – September 12, 2026
Summit Bonus	\$500 USD

2. PREPARATION & TRAINING

RECOMMENDED PHYSICAL TRAINING

- Hiking once a week: 4 to 5 hours with a minimum 15 Kg backpack.
- Running a minimum of 3 to 5 km every morning.
- Cycling and swimming as your time permits.

TRAINING WE PROVIDE BEFORE ASCENT

Using Rappelling Devices, traverse, duck walk, flat-footing, ice climbing practice, fixed lines, and diagonal ascent/descent.

DETAILED EXPEDITION ITINERARY

Day	Destination	Altitude	Activity / Notes
01	Kathmandu	1,400m	Arrival, transfer to Home Guest House, briefing.
02	Lukla & Phakding	2,652m	Fly to Lukla; begin trek to Phakding.
03	Namche Bazaar	3,440m	Trek through Dudh Kosi valley.
04	Namche Bazaar	3,440m	Acclimatization Day: Active rest.
05	Pangboche	3,930m	Trek to the upper Khumbu region.
06	Ama Dablam BC	4,600m	Establish Base Camp.
07	Base Camp	4,600m	Puja Ceremony & Technical gear prep.
08-11	Rotation 1	5,900m	Load ferry and route scout to C1 & C2.
12-13	Base Camp	4,600m	Recovery and physical rest.
14	Camp 1	5,700m	Move to Camp 1 for summit push.
15	Camp 2	5,900m	Technical climb: Yellow Tower.
16	Camp 3	6,300m	Move to Mushroom Ridge.

17	SUMMIT	6,812m	Summit Push and descent to Camp 2.
18	Base Camp	4,600m	Full descent to BC.
19	Base Camp	4,600m	BC Cleaning (Mandatory for refund).
20	Namche Bazaar	3,440m	Trek back down to Namche.
21	Lukla	2,860m	Final trek day to Lukla.
22	Kathmandu	1,400m	Fly to KTM; Home Guest House; Debrief.

4. SERVICES & COSTING

What is Included

- Transportation: Airport pick-up/drop-off and KTM-Lukla-KTM flights.
- Accommodation: 2 Nights at Home Guest House (KTM) on B&B basis.
- Staff: 1 Professional Climbing Sherpa, Sirdar, Cook, and Porters (Optional/Chargeable).
- Food: All meals (B/L/D) and hot drinks during trek and climb.
- Base Camp Gear: Individual tent, mattress, and pillow; Dining/Kitchen/Toilet tents.
- High-Altitude Gear: Tents, Shovel, Rope, EPI Gas, and MSR Stoves.
- Safety: First aid kits, Walkie-Talkies, and Satellite phone (emergency use).

What is Not Included

- International airfare and Nepal Entry Visa.
- Personal Climbing Gear (refer to Gear List section).
- Insurance: Personal travel and high-altitude rescue insurance (Mandatory).
- Cost: \$2700 USD
- Summit Bonus (\$500 USD) and staff tips.
- Personal Expenses: WiFi, laundry, alcohol, and specialty coffee.

5. TECHNICAL CLIMBING GEAR LIST (>6500M)

Upper Body

- Climbing Helmet
- Headlamp (spare batteries)
- Down Insulated Jacket
- Gore-Tex Jacket
- Thermo/Midweight

Tops Lower Body

- Alpine Boots (G2SM/Equivalent)
- Crampons
- Trekking & Gore-Tex Pants
- Synthetic Insulated Pants
- Summit Socks

Technical Gear

- Harness
- Ice Axe (Semi-technical)
- Ascenders (Jumar)
- Belay Device (ATC/Figure 8)
- Carabiners (Lock/Unlock)
- Tape Slings

Hand & Head

- Heavy Mittens
- Wind-stopper Fleece Gloves
- Liner Gloves
- Balaclava
- Sun/Glacier Glasses (UV)

Camping

- Sleeping Bag (-30C)
- Thermarest Mattress

- Rucksack (45-55L)
- Duffel Bag
- Flask/Thermos

6. TERMS & CONDITIONS

- Payment: 20% non-refundable deposit required. Final balance due 30 days before start.
- Cancellation: No refund for unused days due to early summit or weather.
- Environmental: Strict Zero-Waste policy. Day 19 is mandatory camp cleaning.
- Authority: Climbing Sherpa has final decision on summit attempts based on safety.

Note: Itinerary may change accordingly due to Weather/ Political situation/ Human disaster

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