

Vertical Frontiers – Ama Dablam Expedition 2012

Here's a draft itinerary for our Ama Dablam expedition. Subject to change at a moments notice! Seriously though, every trip needs a flexible itinerary and every trip ends up changing the programme at some point.

There's a number of "rest days" which are really acclimatisation days where sometimes means short walks around camp and other times involve some bigger days gaining some height before dropping back down to sleep at the same altitude, a good acclimatisation technique.

Lukla's airport sometimes getting closed due to the weather, so there's some spare days for that.

Depending on our acclimatization during the trek we have a two options: Island Peak or Chukung Ri. Both are good little peaks and will prepare us for Ama Dablam.

Check our main [Ama Dablam](#) page for more information and links.

Day 1 & 2 – Travel

The First two days of our expedition are taken up by our international flight to Kathmandu.

Here we are met by our experienced Sherpa Company who will meet us in the airport and provide a bus to our hotel. This is a 5min walk from Kathmandu's busy tourist centre "Thamel" and is a nice quiet Hotel with gardens and plenty of room.

Day 3 – In Kathmandu

We have a day in Kathmandu to prepare for our expedition. Starting of the day with a kit inspection and preparation talks from our British Leader, most people then opt for a guided tour of the city for an extra £10 before heading into town for last minute essentials. The Hotel is on a B & B basis so we normally walk into town for a good meal before an early night.

Day 4 – Flight and trek to Lukla

Our trek starts early with a morning flight into the Kumbu Valley landing at Lukla (2866m). Originally an emergency airstrip it is now a busy airport flying trekkers, Sherpa's and suppliers into the high valley. We trek for around 3hrs to Phakding (2640m) where we stay the night.

Day 5 – Phakding to Namche Bazaar

This is where the real trekking begins. We get into the rhythm of the expedition with a few spectacular bridges and a steady climb to Namche Bazaar (3440m) at the very heart of the solo Kumbu region. We are rewarded for our hard effort by an amazing panorama of big peaks and even Everest itself (if you know where to look...)

Day 6 – Namche Bazaar Rest day

We spend a rest day based in Namche Bazaar to aid our acclimatization and get some exploring around the local area. We normally head over to Khumjung (3790m) in the afternoon to visit their monastery and get the lungs used to working at a slightly higher altitude in preparation for the following day. Namche Bazaar has plenty of distractions in the form of Café's, Bakery's and gear shops for those that want a warmer jumper!

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Day 7 – Namche Bazaar to Pangboche

This section of our trek is one of the best, threading its way through rhododendron valleys, over bridges and past one of the most famous Monastery's in the Kumbu at Thyangboche. This is the first day where we walk all day although with plenty of stops for Sherpa tea, good photography spots and Lunch! It is important we take our time, a race this is not.

We stop for the night in the famous village of Pangboche 3985m below the awe inspiring Ama Dablam.

Day 8 – Pangboche to Dingboche

We spend a day walking in Ama Dablam's Shadow and break through the 4000m line. By this point we are well used to the pace of walking at altitude and letting the Sherpa's through with their heavy loads. Dingboche (4260m) is a very picturesque village and is at the foot of the mountains themselves.

Day 9 – Dingboche Acclimatization day

A day of acclimatization gives us some rest and preparation for the coming few days. We trek up to Chukung (4730m) for lunch before returning to our lodge in Dingboche in the early afternoon. There is also a hospital in nearby Pheriche which runs informative on high altitude medicine and AMS.

Day 10 – Dingboche Pangboche

A quick day back down the trail ready for the next day's walk to basecamp.

Day 14 Dingboche to Ama Dablam Basecamp

A short but steep pull up to basecamp, followed by equipment sorting for the following days.

Days 15 – 25 Ascent of Ama Dablam

Rather than setting out an itinerary, we take into account the team, weather and conditions on the mountain. We have enough days spare for bad weather or extra rest days.

Day 25 – Ama Dablam BC to Pangboche

Packing up basecamp takes a while, so we just wander down the hill in the afternoon back to Pangboche.

Day 26 – Pangboche – Namche Bazaar

A day trekking back along our route, snapping photos before a well earned beer at Namche.

Day 27 – Namche – Lukla

We have a relaxed day trekking down hill back to the Airstrip at Lukla.

Day 28 – Fly to Kathmandu

Back in the comfort of our Hotel, Showers and a beer!

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Day 29 – Kathmandu or spare day in case of bad weather or in Lukla.

We have a celebratory meal with our Sherpa's at a traditional restaurant in south Kathmandu.

Day 30 – International Flight to UK