

Ama Dablam Base Camp Trek

Walk-in to Tok Tok & on to Ama Dablam



Day 1 Depart London Heathrow on overnight flight to Kathmandu

Depart London Heathrow this evening for o/nt flight to Delhi, arriving early next morning.

Day 2 Arrive Kathmandu, meet our staff and transfer to Camp

Connect from Delhi to Kathmandu. On arrival at Kathmandu Tribhuvan International Airport you will be transferred to a camping place at Dulikhel in the Kathmandu Valley, west of the city. This evening you will meet the local support team, and learn about the set up for meals and camping.

Day 3 Drive Kathmandu to Bhandar via Jiri

Today we take an early morning drive to Jiri, about 187 km north-east of Kathmandu. On the mountain roads, it takes around 6-7 hours to reach Jiri. From Jiri, we continue driving to Bhandar, our trek start point. Enjoy the views of Kosi River and panoramic views of the eastern Himalaya including Ganesh Himal, Langtang Lirung and Dorje Lakpa. Overnight at Bhandar.

Day 4 Bhandar to Goyam

Descend the trail from Bhandar through deep forests, crossing a few streams and passing the small settlements of Dokharpa and Baranda along the way. Climb through the forests winding down to the Surma Khola. Continue to Likhu Khola Valley, and then climb a ridge up to the small settlement of Kenja. Another steep ascent to Chimbu and continuing further we finally reach Goyam.

Day 5 Goyam to Ringbu

An uphill climb to Lamjura La through forests of pine, magnolia, maple, birch and rhododendrons. We pass the villages of Dagchu and Goyem en route. Lamjura La pass, at 3,530 meters, is the highest point between Jiri and Namche Bazar, and offers a panoramic view of the surrounding green mountains. Descend down the pass to Tragdobuk, Junbesi, and finally Ringbu.



Day 6 Ringbu to Khari Khola



Leaving Ringbu, we cross the stream beyond Junbesi and climb up a forest slope en route to Salung. After about an hour of trekking, expect a mesmerising view of the Himalayan mountains. The mountains that are visible include Everest, Lhotse, Nupte, Makalu, Thamseruku, Mera Peak, and many other of the greatest peaks. This is the first view of Everest on this trek, although the lower peaks look closer and higher than the distant 8,000m-high mountains. Continue the trail to Salung and then descend to Ringmo Khola. Ascend to Ringmo, cross the Trakshindo La pass and descend to Trashingdo. After another hour's descent through conifer and rhododendron forests and terraced fields, we arrive at Nuntala. Descend down the trail to the Dudh Koshi River. We follow the Dudh Koshi River as we head upward to Khumbu. Cross the bridge, climb to Jubing and continue straight to Churkha. Finally, climb the trail eastward to reach Kharikhola

Day 7 Kharikhola to Surke

Leaving Kharikhola, we soon come to a suspension bridge. Crossing the suspension bridge, we begin another steep climb to Bupsa, today's lunch stop. The trail from Bupsa rises through a forested stretch passing Kharte. From Kharte, an uphill climb takes us to Khari La pass. Enjoy the magnificent views of the Khari La pass of Gyachung Kang and Khumbila mountains, among others. Descend to Puiyan and continue to Surke along an undulating path.

Day 8 Surke to Tok Tok

From Surke, our trail climbs toward Chaurikharka. Initially, the trek moves up to Chhiplung, then the trail moves down to Tok Tok, where we join the original Everest Base Camp trail from Lukla and camp near Tok Tok.



Day 9 To Namche Bazaar (3450m), 5-6 hours

We continue trekking along the banks of the Dudh Kosi, crossing this roaring river on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply (be prepared for a height gain over 690ms.) and you can expect breathtaking views as you approach Namche Bazaar, the gateway to the Khumbu region.

Day 10 Everest Viewpoint (3660m) and short trek to Kyanguma (3550m)

Today is primarily a rest and acclimatisation day near to Namche Bazaar. We will trek first up to the Everest Viewpoint above Namche, where they are great views of Mt. Everest, Lhotse (the 4th highest peak in the world) and the beautiful Ama Dablam.

Then descend via Khunde village and continue a short way on the route to Everest Base Camp, until reaching a lovely camping place at Kyanguma.

The rest of the day is for relaxation and acclimatisation.



Day 11 To Deboche (3,820m), 4-5 hours



From Kyangjuma we trek along the contour of the hill and then down to the valley floor en route to Tangboche (3860m). The climb up to Tangboche is arduous and height gain will be around 600m. It will be a touch climb but you are rewarded with amazing views into the deep and lush valleys below.

Our route will take us through the spiritual centre of the Khumbu region. At Tangboche there is a famous monastery, inside of which are ornate wall hangings, a giant sculpture of Buddha, and the musical instruments and robes of the Lamas. After visiting the monastery, continue down to Deboche, which is about half an hour's distance, where we camp in the grounds of the Rhodendrun Lodge.

Day 12 To Pangboche and on to Ama Dablam BC (4,600m), 6-8 hours

Our trek continues along the roaring glacial waters of the Dudh Kosi with magnificent views of the mountains. Today we leave the temperate wooded zone and head into more barren uplands. The air is thinner as we climb so be prepared for the effects of altitude; you may feel breathless at times. We cross another exciting suspension bridge on the Imja Khola, and climb to Pangboche amongst thousands of Mani stones. After a break we head east to Ama Dablam Base Camp.



Day 13 To 5,000m viewpoint above Ama Dablam BC, then return to Pangboche

Today we start very early morning and continue the along trail above Ama Dablam BC until we reach a viewpoint at 5,000m. Take some time to admire the view and enjoy the satisfaction of having completed a tough trek, then return to Pangboche for lunch and finally descend to Kyanjuma for overnight camp.



Day 14 Through Namche Bazaar and on to Tok Tok

Today we return to the busy town of Namche, a dramatic contrast after several days in the uplands. We stay in Namche for an hour or so to shop and relax, then down the steep descent to the big suspension bridge far below Namche, and finally to Tok Tok where we camp.

Day 15 To Paiya, 8-9 hours

Today marks our last day on the Khumbu trail, as we hike from Tok tok to Paiya via our ascent route. We overnight in Paiya.

Day 16 To Nunthala, 8 hours

Today we set off early and continue back down the ascent trail to Nunthala, where we overnight. This is a long day, but we will take it at a steady pace, with plenty of time to stop and rest as needed.

Day 17 To Junbesi, 7-8 hours

We leave Nunthala and continue along the now familiar trail to Junbesi. Again, today will be a long day, but we will take it at a steady pace.

Day 18 To Kinja, 7 hours

Leaving Junbesi, we descend to Kinja. Today's trek is largely downhill. We will be walking for several hours, but as we descend further into warmer climes and a more hospitable altitude the walking should become much easier.

Day 19 Trek to Jiri via Bhandar

Today is our final day of trekking. Setting off early, we can hope to reach Bhandar early afternoon in good time for lunch. The rest of the afternoon is free to rest.

Day 20 Drive to Kathmandu

After breakfast, we set off for Kathmandu by private vehicle. Tonight the group will enjoy a celebratory meal in Kathmandu to mark their achievement. Well done!

Day 21 International flight home

Transfer to Kathmandu Tribhuvan International Airport this afternoon for your return flight home. This is a long day with around 10 hours of actual flying and 5 or more in between.

