

Amadablam Base Camp Trekking

URL: <https://nepalalternativetreks.com/trip/amadablam-base-camp-trekking/>

Duration

10

Per Person Cost

USD 1120

Difficulty

Easy

Best Seasons

March, April, May, Sept, Oct,
Nov

Trip Highlights

- Explore the Amadablam Base Camp
- Enjoy the trek across the Sagarmatha National Park
- Visit the various Sherpa villages like Namche, Khumjung and Tengboche
- Relish the panorama of Everest Himalayas including Mt. Everest (8848m)

Trip Overview

Amadablam base camp trek starts with magnificent view after a short fly to Lukla. We trek to the Sherpa settlement of Namche bazaar through the dudh koshi valley. Hiking through lovely forest to the world well known and sacred monastery of Tyangboche is rewarded with the stunning views of Everest soaring behind Lhoste, Nuptse, Kangtega, tawache and Amadablam making a panoramic Himalayan vista. We ascend to the Amadablam base camp via Pangboche. You will visit the traditional Sherpa village of Khumjung shows you the Sherpa life style and yeti skull in a old monastery before you fly back to Kathmandu.

About Us

At **Nepal Alternative Treks and Expedition**, we put our efforts to create and operate trips to various parts of Nepal. We have a great team of skilled guides and porters to assist travelers. Thus, we provide our finest people and services to cater to your needs. Also, we allow you to easily change the itineraries as per your liking.

Day-to-day-Itinerary

Day Day 1: Fly to Lukla - Trek to Phakding

Amadablam Base Camp Trekking begins at Kathmandu. The day begins rather early as you pack your bags and drive to Tribhuvan International Airport. Embark on a domestic flight to Lukla. The scenic half-hour long flight takes you over the pristine forested hills and deep ravines towards Lukla. Upon arrival, you'll enjoy your breakfast and then embark on the first day of the trek. Enjoy a scenic trek along the pristine Dudh Koshi River to Phakding village.

Destination:	Accommodation	Altitude:
7km Uphill hike (Avg. 3 hours)	Luxury Lodge in Phakding	(2800m.) (2600m./8580ft.)

Day Day 2: Trek to Namche bazaar

Leaving Phakding, you'll begin trekking upstream along the Dudh Koshi River towards Monjo village. You'll walk past few scenic waterfalls en route. At Monjo, you'll get the permit for Sagarmatha National park. The trail continues through Jorsalle and crosses few suspension bridges en route to Namche Bazaar. Namche is the largest village in the entire Everest Region. Enjoy the majestic sight of Kongde Ri range from Namche Bazaar.

Destination:	Accommodation	Altitude:
14km Uphill hike (Avg. 5 hours)	Luxury Lodge in Namche Bazaar	(3440 m.11352ft.)

Day Day 3: Acclimatization day /Explore around

Today is a rest day, and you can undertake a scenic tour around the village. Later, you can also take a short hike to the Khumjung and Khunde villages. After exploring Namche Bazaar, you'll begin trekking uphill for an hour to reach Khumjung Monastery. A small Sherpa village of Khumjung is home to Khumjung Monastery, which has preserved the remains of Yeti, an abominable snowman. Walk past the scenic Syangboche Airport towards Khunde village. You can visit the equally beautiful Edmund Hillary School en route to Namche Bazaar.

Day Day 4: Trek to Tyangboche

Leaving Namche Bazaar, you'll begin trekking upstream along the Dudh Koshi River. A steep hike takes you towards Phunki Tenga village. The trail continues alongside the mesmerizing view of Ama Dablam (6856m) and climbs over 427 meters in altitude. Tengboche village is home to Tengboche Monastery, the largest monastery in the Everest Region. The 100-years old monastery celebrates the history of Tibetan-Buddhism. It also hosts the annual festival of Mani Rimdu in October. Overnight in Tengboche.

Destination:

14km Uphill hike
(Avg. 5 hours)

Accommodation

Luxury Lodge in
Tyangboche

Altitude:

(3870m./12771ft.)

Day Day 5: Trek to Pangboche

It is an easy and short trek to Pangboche. The trail leads past the tiny village of Devoche, crosses the Imja Khola and, after passing beautifully carved mani stones and a few chortens, we reach Pangboche. Ama Dablam dominates the skyline. Explore around in the afternoon and stay overnight at lodge.

Destination:

8km Uphill hike
(Avg. 3 hours)

Accommodation

Luxury Lodge in
Pangboche

Altitude:

(4020 m./13266ft.)

Day Day 6: Day Excursion to Amadablam Base camp

After early breakfast, we make our way up the ridge high in a sheltered valley. It means "Mother's necklace" the long ridges on each side like the arms of a mother (Ama) protecting her child, and the hanging glacier thought of as the dablam, the traditional double-pendant containing pictures of the gods, worn by Sherpa women. We will need to have pack lunch in the Base camp and walk back to Deboche along the main trail in the afternoon. A lot of up and down on this section, with another crossing of the Imja Khola on a steel suspension bridge. Stay overnight at same lodge

Destination:

14km Uphill hike
(Avg. 8 hours)

Accommodation

Luxury Lodge in
Pangboche

Altitude:

(4800 m./15840ft.)

Day Day 7: Trek to Phortse Tanga

If sky is clear, Tyangboche monastery and mountains on our way through are outstanding in distance. Everest, Lhotse and Nuptse are at the head of the valley, their line of sight flanked by Taweche on one side and Ama Dablam on the other. Almost above our head are Kanngtega and Thamserku. Completing a 360 degree panorama of mountains are Khumbliia and Kongde Ri which encircle us from across the valley. It is a comfortable day's walk, with time to explore these unique and more traditional villages. As we near the villages we pass through terraced fields that are home to a brightly colored pheasant, the Danphe Pheasant, , Thar, the national bird of Nepal. Stay overnight at lodge.

Destination:

10km Uphill hike
(Avg. 4 hours)

Accommodation

Luxury Lodge in
Phortse Tanga

Altitude:

(3600m./11880ft.)

Day Day 8: Trek to Khumjung

Today, We head to Khumjung. This is village where Sir Edmund Hillary built his “Schoolhouse In the Clouds” and the famed Khunde hospital is close by. There will generally be the opportunity for you to visit the hospital and school. We will also be able to visit the monastery at Khumjung where we may have the opportunity to see the “scalp of a yeti”. Stay overnight at lodge.

Destination:	Accommodation	Altitude:
12km Downhill hike (Avg. 5 hours)	Luxury Lodge in Khumjung	(3780m./12474ft.)

Day Day 9: Trek to Lukla

Leaving Khumjung, We descend through the forest towards the Dudh Kosi, and continue our return journey crossing and re-crossing the river. It will seem like a long time since we ascended through the villages on our first days of the trek, as we have witnessed many stunning views on our trek into the highest mountain range in the world. Retracing our steps along the valley, we pass through a variety of settlements and forests before a gentle climb to Lukla. We savor our final mountain sunsets of the trek as we complete this exhilarating journey. Our last evening of the trek is a good time to have a small party for all the team, especially the porters who will return to their villages from here. There is usually lots of music, dancing and singing. Stay overnight at lodge.

Destination:	Accommodation	Altitude:
22km Uphill hike (Avg. 8 hours)	Luxury Lodge in Lukla	(2800m./9240ft.)

Day Day 10: Fly to Kathmandu

Catch an early morning flight back to Kathmandu. Enjoy the beautiful mountainous panorama from the flight as you leave Lukla. Before landing at Kathmandu, you can catch a stunning aerial view of the entire city, including a few of the UNESCO World Heritage Sites. Drive to the hotel and enjoy the rest of the day as you wish Overnight in Kathmandu.

Destination:	Accommodation	Altitude:
35 minutes Flight	Luxury Hotel in Kathmandu	(1295./4273ft.)

What do you get in the Trip?

- Tribhuwan International Airport (Airport - Hotel - Airport) transfer in Kathmandu .
- Lodge (Twin share) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during trek.
- One experienced, well trained, fluent English speaking, friendly, specialized in Everest region and government authorized trekking guide and required porters (One porter for two persons).
- Guide and porter's food, accommodation, salary, insurance and transportation etc.
- Kathmandu/ Lukla/Kathmandu round trip by flight.
- Sagarmatha National Park fee and Pashang Lhamu Rural Municipality Entry fee.
- Overland transportation as per mentioned in itinerary.
- A trekking map, duffel bag, first aid kit box, Oxygen saturation check up everyday, water purification, company T-shirt and trekking completion certificate .
- Assistance for emergency rescue evacuation.
- All kind of service charges and government tax .
- Public Liability Insurance.

Excluded

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, hot shower, hot water, laundry, phone bill etc.
- Personal Travel insurance.
- Tips for guide and porters .(Highly suggested).

ESSENTIAL INFO

When to visit

The best time to do Amadablam Base Camp Trekking is during the spring and autumn seasons. During this time of the year, you will be able to see the beauty of the surrounding in clear visibility. Furthermore, during this season you will also be able to find proper accommodation for your stay. At this time of the year, the temperature is also moderate. Which will multiply your experience and fun during the trek.

The difficulty of this trek

It is always difficult to trek at high altitudes. Similarly, you will face a lot of difficulties. But, the most common of them all is altitude sickness. There are a lot of incidents where people fall victim to this sickness. If this sickness is not treated properly then this can lead to death as well. Similarly, other difficulties that you will face during the trek are its landscape and the remote nature of the trek. So, make sure that you are prepared for that. Similarly, if you travel here during the season you might find it difficult to book a suitable lodge facility. Likewise, during on-season, you might find it challenging to hire

capable guides or porters because they might already be hired by other tourists. Furthermore, if you travel here during the off-season then you might find bad weather and climate to trek on. So, you should visit in the spring and autumn seasons to find a suitable climate and the difficulties can be minimized.

Travel insurance

Your travel insurance is the most important thing that you should have on your trekking journey. Amadablam Base Camp Trekking is one of the hardest treks in Nepal. So, you need to have your insurance with you. Furthermore, make sure that your insurance policy is not expired. In addition, make sure that your insurance company has ticked all your trekking-related policies such as rescue missions, medical expenses, and loss of personal equipment. Therefore, if all these things are good then it will be easy for you to go on the trek with us.

Meals and Accommodation

We provide Meals and Accommodation facilities in Kathmandu. Similarly, we also don't provide any soft or hard drinks during the trek. But, we provide. Lodge accommodation (twin share basis) during the trekking. Most importantly, we provide meals 3 times a day which includes breakfast, lunch, and dinner facility as your wish. Likewise, we also provide food in sufficient quantities. In addition, we also provide healthy Nepali and western food during the trek with us. Likewise, the local food at higher altitudes is mostly cheaper than the western foods because most of the local dishes are produced from local farms. Whereas for western food, they have to import it from the cities which adds to the cost of the foods, So, western foods are slightly expensive. Furthermore, as you go higher up the altitude the price of the meals also increases. And, all kinds of hard and soft table drinks such as tea/coffee, mineral water, Coke, Fanta, alcoholic drinks, hot shower, laundry, phone bill, bar bill, hot water, etc are not provided. But, it can be adjusted according to our consumers' wishes. But, at higher altitudes Nepali and Western foods differ in price. Where western food is more expensive than local food.

Fitness and experience requirement

Amadablam Base Camp Trekking is a very long trek so you should be physically fit and mentally tough. In addition, you should have at least the experience of climbing small peaks. Not everyone can do this trek. Most importantly, you should be passionate about the trek. Furthermore, you should not have any heart or lung diseases. Most importantly, you should also not have any blood-related diseases. Furthermore, you should have confidence in yourself.

Climate and weather

Amadablam Base Camp Trekking is at a high altitude. So, the temperature of Nepal at high altitudes is mostly cold. So make sure you have warm clothes with you. But, the best time for you to travel is during the spring and monsoon seasons. These seasons provide you with the best scenery of the surrounding. Similarly, the temperature is also moderate. In addition, the temperature is also moderate. If you want to experience the perfect weather and climate these seasons are perfect. Similarly, if you travel here during this time then this can multiply your fun and trekking experience during the trek.

Safety and security

We are very reputed trekking and travel company who takes consumers' safety and security very seriously. It is the most important component of our company. Likewise, we take full care of our consumer and their property. Similarly, our trip constantly and carefully checks every area of our travel. So, you can feel free and enjoy your time trekking with us.

Required Permits

Sagarmatha National Park Fee : NPR. 3000 for foreigners and NPR 1500 for SAARC.

Pashang Lhamu Rural Municipality Entry Fee: NPR 2000

Note: Child below 10 years are free

Gear List

Gears required for the trek vary upon destination and season. A comprehensive list of gear for all activities is listed on our dedicated page of [Trekking Gear List](#)

Frequently Asked Questions

Is Amadablam Base Camp Trekking route safe for trekkers ?

Yes, Amadablam Base Camp Trekking is safe for tourists. This area has not been affected by the earthquake in 2015. Also, there is no burst of epidemics or viral diseases, or covid -19 in this region. The government and other respective bodies are continuously are trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of accommodation for tourists.

What are the physical fitness and other health criteria required for this trek ?

Even though it is a moderate trek, The trail sometimes passes through the steep with climbs and ascents that can be demanding and tiresome, so it is beneficial for all travelers to exercise daily from a month before their trip. This helps the body get accustomed to the physical work required during the journey. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek and are advised to seek medical advice or consent from their doctors before the trek.

When is the best season ?

The best season to trek this route is during autumn (September to November) as the weather is stable,

dry, and clear. Also, the atmosphere is merry during these seasons, as autumn is the major festive season of the country. Another favorable season for trekking is during spring (March to May) as the trails become more vibrant and pleasing with the blooming of different wildflowers and Rhododendrons. The days are clear and perfect for trekking.

Is Travel Insurance compulsorily required ? Does your company pay for the Travel Insurance of guides and porters?

We do require you to have travel insurance that must cover medical and emergency helicopter rescue with evacuation expenses at 4800m. high altitudes for trekking members while booking a trek with us, just to be on the safe side. You should provide the insurance documents before you depart for the trek.

If you do not or cannot find an appropriate insurance policy, we will assist you with one. It will help you in potential altitude sickness and unforeseen events due to sudden weather changes.

Yes, we do pay for the insurance policy of our team members. Nepal Alternative Treks fund the expenses for insurance of all of its members along with their meals, salary, lodging, transportation, and other necessary equipment.

What is Acute Mountain Sickness? What chances to catch AMS in this route ? What happens if we fall sick?

As you ascend, the atmospheric pressure decreases. Hence, the amount of oxygen available also decreases. When your body is unable to acclimatize adequately to a rapid decrease in oxygen volume, altitude sickness occurs. Its symptoms are nausea, vomiting, headache, lack of appetite, exhaustion, muscle aches, rapid pulse even at rest (+/- 120 beats per minute), and insomnia.

To avoid AMS, our itineraries include acclimatization days in between. You should walk at a slow and steady pace, eat enough carbohydrates, and drink plenty of water. You could eat chocolates and toffee while walking and avoid alcohol and smoking.

You have some chances to get AMS on this trek as the trail ascends above 3000m in general. You may have a very little chance to feel a bit it won't be high risk as you will have enough acclimatization.

Our guides are well-trained to handle emergencies like AMS and other sicknesses. They know how to use an oxygen meter to monitor blood oxygen saturation levels at high altitudes. They can facilitate you with other medical kits (First Aid) and health check-up as per necessity.

If you happen to have symptoms of AMS or the feeling of being sick, you have to report it to your guide immediately. You must not ascend any further, take rest, and take medicines like acetazolamide or Diamox. If symptoms persist, you must descend to a lower altitude and visit a doctor immediately. If the condition seems to worsen, we shall coordinate with your insurance company for helicopter evacuation.

Can we change money along the trek ? Can we pay by credit card or foreign currency ?

Yes, you may be able to change money at Lukla and Namche but the exchange rate will be lower than in Kathmandu. We recommend changing money at Thamel. Credit cards and foreign currency are not

accepted along the route. You are better to take enough cash from Kathmandu.

Do you have other dates available that match my timing?

Even though this trekking package has pre-fixed group departure dates, we can tailor it to accommodate your specific requests and schedule. Please review our designated departure dates, and if they do not suit your timeframe, let us know your preferred timing so that we can manage your itinerary accordingly. We organize this trek as per your wishes and convenience.

As a single trekker, may I join fixed departure ? Will it be possible to get a separate room?

This trekking package is designed in such a way that they suit single travelers too. It is a great way to get to know new people with similar interests, and most people find that group dynamics are very friendly and comforting. Single trekkers will share accommodation with other individual trekkers of the same gender on our group journeys.

If you are a single traveler wishing for a private room, we can manage that as well, but you will have to inform us about it while booking the trip. Also, please note that you may have to pay some additional charges for single rooms.

What is the weight limit for porters ? and weight limit for Lukla flight ?

Usually, we arrange one porter for two trekkers, and one porter carries weights up to 20 kilograms. Hence, each trekker's luggage should weigh only up to 10 kilograms. However, if your essentials weigh more than that, we can provide you a personal porter with some additional costs.

You can carry a maximum 10Kg of luggage (two pieces) and a maximum of 5kg of hand-carry. You will have to pay \$ 1 around for excess baggage.

What kind of food will be provided during this trek?

Our package includes three meals per day, breakfast, lunch, and dinner. Dinner and lunch include the authentic Nepali Daal-Bhat (rice and lentils) along with seasonal vegetables, spinach, and pickle. If you do not like it, you can choose any item from the wide range of menu offered by the lodges.

Tea houses and lodges serve Nepalese, Asian, and Continental food, and even pizzas. The food is prepared hygienically, but the taste of western food might not meet your expectations as there are minimal resources available. We usually suggest eating vegetarian food to avoid falling ill. We ensure hygienic food and clean kitchen to avoid food poison and enough nutrition and immunity needed for the mountain walk.

How can drinking water be managed in the mountain ?

Bottled plastic water is readily available along route at USD 1 per liter however we recommend you carry your own water bottles. You can fill them up with filtered water or boiled water wherever possible and purify it using chlorine or iodine. We shall provide water purification drops and tablets.

How long will we have to hike each day ?

An average day of trekking involves around 4 to 6 hours of hiking, including breaks for meals as needed. The average distance covered depends on the terrain and altitude, but ranges from 10 to 15 kilometers on average.

Along the way, you will have many chances for photography and other personal interests such as bird watching and discovering local areas of interest like natural springs, hot water ponds, and even exploring flora and fauna.

What are the documents that we need to bring for this trek ?

You need to submit the following documents that should be sent via email :

- A copy of passport,
- Passport-sized photos,
- Flight details,
- Copy of travel insurance (it has to cover Heli rescue and medical evacuation) and other documents required to claim it.

What are the accommodation arrangements during the trek ?

In this trekking, the accommodation options are hotels and lodges . Nepal Alternative Treks generally manages your accommodation in the best available hotels/lodges that provide single or double rooms with bathrooms inside. The bed has a mattress, pillow, and blanket. Most lodges offer a room with a blanket provided by the teahouse alone will not be enough to withstand the cold. So, we provide a warm sleeping bag.

What kind of toilet facilities are there? Will we be able to take a shower in Mountain ?

Hotels/Lodges or teahouses on the trek route have excellent infrastructure and are likely to have western-style toilets, and sometimes even attached toilets. Usually, Nepal Alternative Treks arranges accommodation with proper shower facilities.

Can we hire trekking gears in Kathmandu ?

Yes, You can. There are plenty of shops around Thamel, that sell as well as rent all the necessary gear for trekking. These shops have great varieties of goods ranging based on their brand as well as price. We will help you with buying or hiring all the necessary equipment.

Is it possible to recharge batteries and electronics during the trek ?

Nowadays, all kinds of facilities, including recharging batteries and electronics, are available in this route and also have electricity and recharging facilities available for a minimal service charge.

Also, note that the Nepalese plugs are of Type D, and the voltage is about 220-240 V. So, make sure that your devices are chargeable. Otherwise, you shall require adapters and voltage stabilizers.

Is it possible to communicate with friends and family back home while on trek ?

There are mobile networks, internet data, and Wi-Fi available in the Everest region, and you can connect to your friends and family back home.

For mobile network and internet data, you will require a Nepalese SIM-Card. If you wish to buy a Nepalese SIM-Card, we will assist you in getting it. You can buy a SIM-Card from local distributors easily with some fees. We recommend **Namaste SIM** and **Everest Data** package to have better network coverage and 4G data uses.

What if the guide/porter leaves alone on the trail?

Guides and porters will always walk together with you, but, sometimes in case if there is no communication available to reserve lodge in advance, your porter may have to go ahead to book a room in an excellent lodge for the night. Our guides /porters will not leave you behind otherwise.

If by any chance such a circumstance occurs, you have to contact us immediately. We will then connect to our guides/porters and get back to you. We assure you.

What is the weather and temperature like we can expect during the trek?

The temperature could range around and above 25 degrees Celsius in summers and decrease below -10 degrees Celsius in winters. During autumn and spring, temperature ranges around 10 to 20 degrees Celsius, making it suitable for trekking purposes.

Do we need to tip my porter and guide ?

It is not mandatory to tip the porters and guides. It ultimately depends on your choice. As your porter and guide play a big role in the success of your trip, from guiding and carrying your necessities to being mindful of your safety, your tips reflect gratitude towards them. Hence, tipping is a recommended culture for porters and guides in Nepal as a gesture of thankfulness.

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