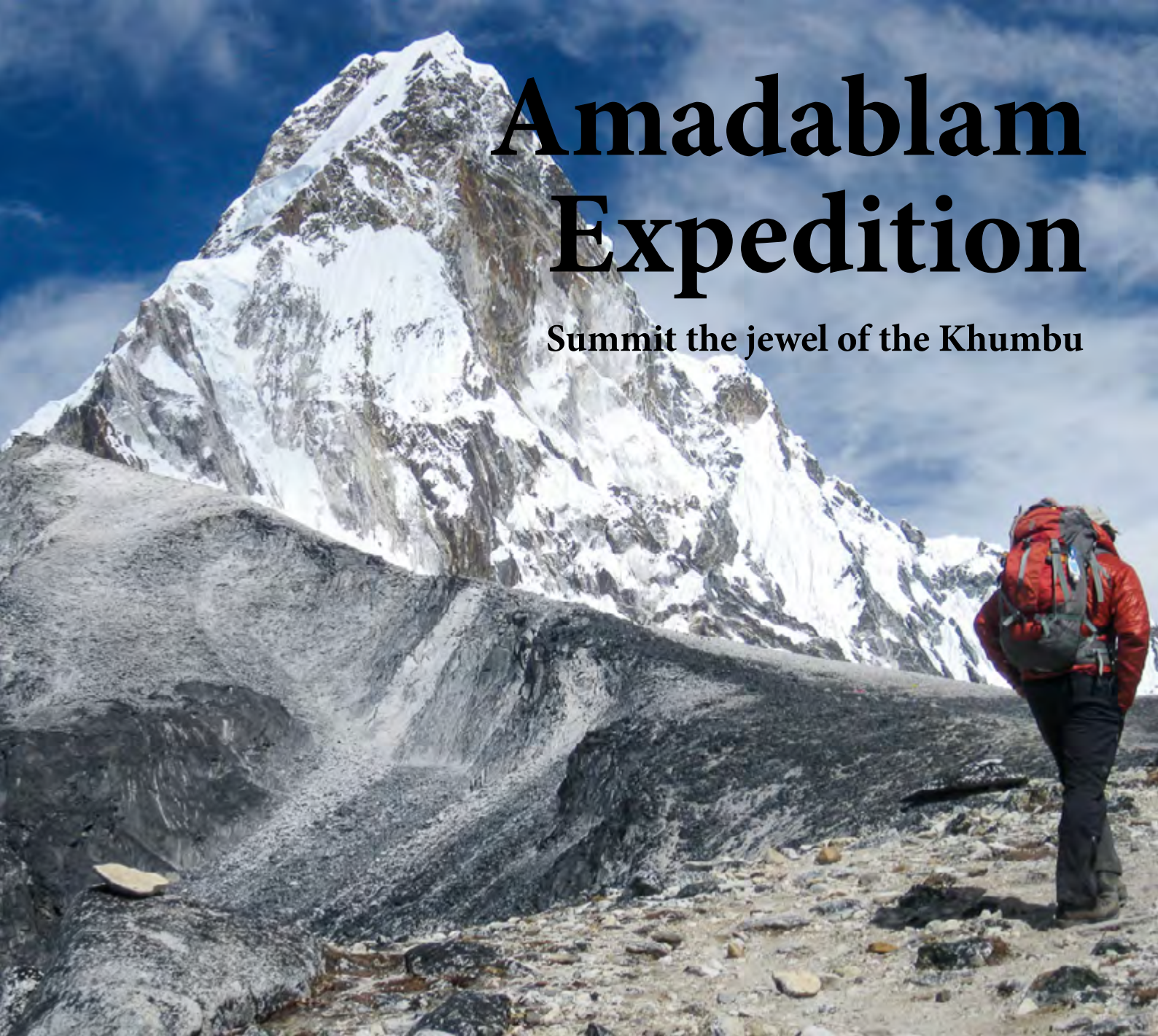


Amadablam Expedition

Summit the jewel of the Khumbu



HIGHLIGHTS:

Stunning views of Everest, Lhotse, Nuptse, Makalu and Cho Oyu

Summit the best loved mountain of the Khumbu valley

Experience technical climbing under well protected conditions

Colourful Buddhist culture and spirited Sherpa people



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OVERVIEW

Towering over Tengboche monastery and the Sherpa village of Pangboche at a height of 6856m, Amadablam is one of the most iconic mountains in Nepal. The much-coveted South West ridge is one of the more popular routes in the Himalayas today, with climbers often using it as preparation for an expedition to one of the greater 8000m peaks (of course the mountain is by its own right a fantastic objective!). Comprising of steep ice and rock with exposed ridges, the technical nature of the route is somewhat lessened by the presence of fixed lines along the majority of the route.

The route above base camp consists of three camps, each precariously positioned on the ridge, which means you'll need to have a good head for heights. Our summit push will begin early in the morning from Camp 3 and hopefully you'll top out in great weather, as the summit affords spectacular views of numerous Himalayan giants, including Mount Everest, Lhotse and Makalu.

This month-long expedition is suited to strong rock climbers and technically-orientated mountaineers who have previous experience in the Himalayas or other lower technical peaks in Europe, North and South America or New Zealand.



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GRADE/FITNESS

The South West ridge route requires technical climbing over rock, snow and ice. Even though the route will mostly be fixed, you should be familiar and confident mixed climbing. Preferably experience at Alpine grade AD and rock climbing at a minimum AUS 16/ US 5.7 is recommended. Excellent fitness particularly endurance cardiovascular fitness is a must. Most climbing days will be strenuous over steep long sections. The route is very exposed at parts so you should feel comfortable and confident with heights.

The expedition will include some training time to practice using a jumar and abseiling devices. However, we recommend that you have some experience climbing on fixed lines. A previous experience on a Himalayan expedition is advised, but not essential if you are already an experienced climber.

INCLUDES:

4 nights Kathmandu accommodation, airport transfer to hotel and welcome dinner, all necessary climbing and trekking permits, experienced expedition leader, government liaison officer, return flights to Lukla, all meals and



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accommodation during trek to base camp and return, porter service to carry personal gear to base camp, fully serviced powered base camp, 2-way radio system for all guides to communicate between camps, team of Sherpa climbing guides to set up and stock all higher camps, all meals and tents above base camp, extensive high altitude wilderness first aid kit, porters to carry group equipment, all group climbing equipment, all other charges for route fixing and expedition duffels.

EXCLUDES:

international flights to Kathmandu, tourist visa fees, meals in Kathmandu (USD 10-15 per meal), aerated and alcoholic beverages, personal items (e.g. phone calls, internet, laundry), tips for trekking and base camp staff, summit bonuses for Sherpa guides, travel insurance (including early departure and mountain search/rescue) and personal climbing gear.

Helicopter transfer to Lukla and 1:1 guide service are available for an additional cost.



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ITINERARY

Day 1-2 Arrival and in Kathmandu

A Himalayan Ascent representative will collect you from the airport. Later in the evening, there will be a group briefing and welcome group dinner. The next day you'll check your gear with your guides. If needed, there's time to buy extra gear from local suppliers in town. You can then sight see for the rest of the day. Don't miss some of Kathmandu's world heritage sites (e.g. Boudhnath, Kathmandu and Patan Durbar Square).

Day 3 Fly to Lukla (2840m) and trek to Monjo (2840m) ~5 hrs

Our trip begins with an early morning 30 min flight to Lukla. Once in Lukla, we have

a short break to organise porters and gear before starting our day's walk to Monjo. This region is Buddhist so remember to walk clockwise or to the right of maniwalls and prayer flag poles. Monjo is a Sherpa village situated near the base of the hill up to Namche.

Day 4 Trek Monjo (2840m) to Namche (3440m) ~4 hrs

The trek to Namche crosses several steel suspension bridges covered with katas, white well-wishing scarves, and prayer flags. From the last bridge, it's a 2 hr hike up to Namche. On a clear day, you can catch your first view of Everest from a lookout about mid-way up the hill.



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Day 5 Acclimatisation in Namche

We spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. We will walk up to the Everest View Hotel to enjoy a panoramic view of your objective, Amadablam alongside Everest and Thamserku. It's just a taster for the spectacular scenery to come!

Day 6 Trek Namche (3440m) to Debuche (3710m) ~6 hrs

The trail behind Namche is a gentle track that traverses high above the Imja river with overlooking views of Thamserku and Amadablam. Along the way you can pop into the Tengboche monastery (the largest monastery in the Khumbu), which allows public viewings of its prayer

sessions.

Day 7 Trek Debuche (3710m) to Amadablam base camp (4600m) ~4.5 hrs

In the morning we head to Pangboche, then cross the Imja river and walk up the ridge opposite the village. It's a gentle ascent to this meadow base camp that sits at the foot of the mountain. With close up views of this Himalayan mastiff, it's one of the best camp sites in the Khumbu. Base camp consists of a dining tent, kitchen tent, shower tent and individual comfortable stand up tents for clients. You'll get a good sleep on your 8 inch sleeping mattress, critical for good rests after acclimatisation rounds on the mountain before the summit push.



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Day 8 Rest and puja in base camp

We take an easy day to give your body extra time to slowly acclimatise. We'll conduct a special puja (Buddhist ceremony) with the local lama to request the mountain spirits for safe passage. This is a highlight for many climbers.

Day 9 Training day at base camp

On a set up of fixed lines, we'll practice climbing up and traversing on fixed lines, and abseiling over knots. You should be confident using your gear whilst fully kitted up (gloves, climbing clothes). Please feel free to ask your guides if you have questions about safety and explanations about the route.

Day 10 Day trek to 5800m

The first round of acclimatisation trips on the mountain starts with a hike up to 5800m at the foot of the SW ridge route. From here the SW route can be clearly seen to give you a better idea of the challenges and fun ahead!

Day 11 Rest and gear preparation

Higher up you'll be carrying your sleeping bag, mat and personal items. Some climbers choose to bring 2 sets of sleeping bags so that 1 is left at base camp and 1 at a higher camp. This spares you from carrying your sleeping bag constantly up and down the mountain. Climbing Sherpas will head up today to set up the camps carrying tents, food and fuel.



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Day 12 Climb base camp (4600m) to Camp 1 (5900m)

We follow the ridge route up through the boulder field, over the slab, up the gully and then scramble further to the tent platform, or Camp 1. You'll be welcomed with a hot drink and will be able to rest in your tent before dinner.

Day 13 Climb Camp 1 (5900m) to Camp 2 (6100m), return to base camp

This is the first serious day of climbing. It begins with a hike up to 2 finger like rock projections, and a climb up to the ridge proper. It's a narrow ridge that leads to an exposed traverse on tension fixed lines. We jumar up to the ridge again and follow this to another face traverse, that takes us to the Yellow Tower. It's a 15m pitch around AUS 16/US 5.8/5b standard

to our camp. Camp 2 is an infamous site known for its precarious location with 360 degrees of surrounding exposure. Once we've touched this site we drop back down to base camp.

Day 14-15 Rest, contingency day and final Summit preparation

With our full rotation now complete and familiarity of the route and its challenges established, we rest and wait for our summit push. This is time to rest and eat! We plan an extra contingency day for weather.

Day 16-17 Climb to Camp 1 (5900m) and Camp 2 (6100m)

The final summit push! We follow the now familiar route up to Camp 1 and continue on to Camp 2. Get a good rest and sleep. The next 2 days will be



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challenging and rewarding!

Day 18 Climb Camp 2 (6100m) to Camp 3 (6400m)

This stage is considered to be the most difficult of the entire route. We traverse eastwards and ascend to the Grey Tower. We climb up alongside the Grey Tower using a steep rock gully that's approximately an 80m ascent over 3 pitches. Watch for rock fall here especially if there are other parties over head. We cross an exposed traverse that brings us to the West side of a large snow ridge (Mushroom ridge). From here it's a climb up on this steep and narrow ridge to Camp 3.

Day 19 Climb 3 (6400m) to Summit (6856m), return to Camp 2 (6100m)

We climb up the steep snow/ice slope behind Camp 3 and move towards the right side of the face to a small snow field. We cross a Bergschrund and climb up to an ice crest. This follows the summit ridge route to the large glorious snowfield summit top! From the summit there's unobstructed views of Everest and Lhotse. Further a field in other valleys, Cho Oyu and Malakhu. We climb and abseil down to Camp 3. Pack up camp and head to Camp 2 for the night. A well deserved rest awaits.



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Day 20 Climb 2 (6100m) to base camp (4600m)

We pack up Camp 2 and return to base camp. Showers and good food are waiting to welcome you “home”.

Day 21 Rest and pack up camp

It's been an exhausting last few days so we take an extra day to rest. Enjoy your last day soaking in the views from this tranquil camp site.

Day 22-23 Trek base camp to

Lukla (2840m)

We make the gradual descent back to Lukla and farewell the colourful Sherpa culture and landscape.

Day 24-25 Fly to Kathmandu and in Kathmandu

We head back to the melting pot of cultures in Kathmandu and rest from our summit success.

Day 26 Depart Kathmandu

Farewell until your next Himalayan adventure.



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WHY HIMALAYAN ASCENT?

Himalayan Ascent is a family owned business managed by local Nepali, Sumit Joshi, who has more than 20 years of guiding experience in Nepal, India, Pakistan, Tibet, Bhutan and Argentina for reputed international organisations.

Our guides have been raised in the outdoor wonderland of the Himalaya and they are passionate adventurers. The Himalayan Ascent difference is a guiding team of personnel who

actively enjoy the outdoors and love sharing the experience. The philosophy of Himalayan Ascent is simple: showcase the best of Nepali culture and landscape with comfortable service. From trekking in remote areas to high altitude 8000m expeditions, Himalayan Ascent has the experience to provide a type of service that's desired by international outdoor lovers.

WHY HIMALAYAN ASCENT TO AMADABLAM?

Himalayan Ascent runs small sized expeditions on Amadablam. You'll get to know your Sherpa guides and team mates personally. Building a good rapport with your team is critical for summit success. Our Sherpa guides are formally trained through the Nepal Mountain Guides Association and

some are internationally accredited. We have a reputation for having the best managed and most comfortable base camp, and a camp cook known for his excellent cooking skill. Want to speak to our past clients? Contact us for the contact details of our previous Amadablam clients.



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OTHER INFORMATION

Sleep and Food

Whilst on the trail you'll sleep in local friendly teahouses. These provide basic accommodation (twin-share), common toilets and a large common dining hall. Teahouse kitchens cater for international and local tastes, from pizzas/pastas to typical Nepali favourites. Other facilities including showers, internet, battery charging and laundry are sometimes available for an extra cost. Your Kathmandu accommodation is a midrange 3.5 star hotel, but we can adjust according to your budget (i.e. budget to 5-star). Note that meals in Kathmandu are not included in the cost. Plan for USD 10-15 per meal on these days.

Sherpa Culture

Known as "Eastern People" in Tibet, Sherpas were nomads who migrated and settled in the Solukhumbu region around 500 years ago from Tibet. With a culture deeply rooted in Buddhism, Sherpas have a strong respect for the mountains and its spirits. First employed as high

altitude porters on early Himalayan mountaineering expeditions, Sherpas are now by their own rights, well regarded accomplished climbers.

Health Tips

It's vitally important to protect your health on an Amadablam expedition, and Himalayan Ascent Director, Sumit Joshi, is an experienced high-altitude medical provider who has trained under legendary high-altitude practitioner, Dr. Jim Duff. Sumit's knowledge is an invaluable resource, especially higher up on the mountain, without such easy access to base camp ER facilities.

Our staff are also well-trained in all aspects of hygiene, to ensure that you don't come down with a stomach bug the day before you leave base camp for the summit. Having a smaller team also assists in this regard.

Climate

Immediately following monsoon or rainy season, autumn is a dry time



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and the forests are lush. Sometimes this can be broken by periods of cold and snow. The weather is dry in spring. Overall, it's pleasant walking temperature. Below Namche, temperatures can reach ~24°C in the day. Whilst, above 4000m, day temperatures can range 15°C-20°C. In base camp, day temperatures can range 10°C- 15°C. Between 6000m to 7000m, temperatures will range from -15°C to 15°C.

PACKING LIST

Familiarity and comfort using your personal equipment is paramount to summit success. We recommend that you test drive your equipment before joining this expedition, ideally on another Himalayan expedition. This is a list of recommended items you should bring with you. Please email us about specific brands or models we know works well on Amadablam. There are a number of branded mountaineering equipment stores now open in Kathmandu. To save some check-in luggage allowance, contact us about what's available locally for purchase.

Head:

- Baseball cap
- Balaclava (comfortable tight-fitting, which covers as much skin as possible)

- Warm polar fleece or wool hat (beanie)
- Glacier glasses (category 4 lens, must wrap around your face well)
- Ski goggles (snug fit with good ventilation and anti-fog)
- Headlamp X 2 (bright LED with powerful beam) and plenty of extra batteries
- Climbing helmet (adjustable, climbing-specific)

Hands:

- Gloves (snug fitting wind stopper, and a few pairs of thin liners)
- Big Mountain gloves (Gore Tex with removable liner, warmest available)

Upper Body:

- Base layers (breathable and moisture wicking, few different weights, e.g. silk weight, mid-weight and expedition weight)
- Warm jacket (fleece or polarguard)
- Softshell jacket (with wind stopping properties)
- Gore-Tex jacket (breathable waterproof with good hood that fits over a climbing helmet)
- Synthetic fill Jacket (e.g. primaloft)
- Down jacket (800 fill, lightweight with hood)

Legs:

- Base layer (breathable and moisture wicking, mid-weight and expedition weight)
- Soft shell pants (comfortable for



everyday wear)

- Gore-Tex pants (heavy duty with reinforced crampon patches and waterproof zippers)
- Insulated pants (down or primaloft)
- Shorts (quick dry)

Feet:

- Liner socks (4 pairs)
- Hiking socks (4 pairs)
- Warm mountain socks (4 pairs)
- Down booties
- Base camp shoes (comfortable, waterproof and warm)
- Hiking shoes (good low to mid- cut, Gore-Tex lined)
- Mid-weight mountaineering boots suitable for 7000m summits (e.g. plastic double boots)

Equipment:

- Small day pack for trekking and city use (comfortable, 15-20L)
- Backpack (50-70L, fitted for your back length and internal frame)
- Duffel bags to transport your gear to Nepal
- Sleeping pads (full length, insulated inflatable and closed cell foam pads with repair kit)
- Sleeping bag 1-2, -10°C to -20°C rated (800+ goose down fill, correct length for your height, one for base camp and one for higher camp)
- Harness (light weight alpine with belay loop and gear loop)
- Carabineers (4 screw gate and 4

snap gate)

- Belay device (easy to use and lightweight)
- Prussik cord (about 8 meters of 6mm and 5 meters of 4mm)
- Ice Axe (for alpine use and right length for your height)
- Crampons (semi auto with heel bail, good anti-balling system and steel)
- Jumar (large handle to fit your gloved hand)
- Trekking poles (lightweight with good snow basket)

PLUS: small personal first aid kit, water bottles, pee bottles, pocket knife, cigarette lighter, pad locks for the duffel, Ziplock bags, garbage bags to use as waterproof liner, different size stuff sacks, sunscreens (heavy duty), lip balms, toiletries, snacks to last one month and entertainment items (e.g. music, books, camera and phone with solar power charging system).

Travel documents: passport, visa (30 days), passport photos, copy of your travel insurance and photocopies of passport.



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