



# SNOWY HORIZON TREKS & EXPEDITION P. LTD.

P. O. Box- 11265, Satghumti Thamel, Kathmandu, Nepal

## Ama Dablam Expedition (6812m)

### Standard Itinerary Details of Ama Dablam Expedition

**Apr15/Day 01:** Arrival in Kathmandu and transfer to hotel (1340m)

**Apr16/Day 02:** Rest and prepare day for assignment & briefing.

**Apr17/Day 03:** Fly from Kathmandu to Lukla(2840m) and trek to Phakding (2800m approx 4 hrs walk)

**Apr18/Day 04:** Trek from Phakding to Namche Bazaar (3440m approx 6hrs walk)

**Apr19/Day 05:** Namche Bazaar rest day for acclimatization, you may walk to Everest view Hotel (3800m approx 2 hrs) seen Everest range mountain, back to Namche and visit Hilary and Sherpa museum.

**Apr20/Day 06:** Trek from Namche Bazaar to Tyangboche(3860m approx 5 hrs walk)and visit monastery.

**Apr21/Day 07:** Trek from Tyangboche to Ama Dablam Base camp (4400m Approx 4 hrs walk)

**Apr22/Day 08:** Base Camp preparation & rest day.

**Apr23/Day 09-25:** Climbing period (summit Ama Dablam 6,812m)

**May09/Day 26:** Trek from Ama Dablam base camp to Tengboche(3860M approx 6 hrs walk)

**May10/Day 27:** Trek from Tengboche to Manju (2800m approx 07 hrs walk)

**May11/Day 28:** Trek from Manju to Lukla(2840m approx 5 hrs walk)

**May12/Day 29:** Fly from Lukla to Kathmandu (35M) transfer to hotel sight seen major point in Kathmandu and Nepalese cultural program with farewell dinner in the evening

**Nov08/Day 30:** Final Departure or alternatively, join other activities.

### Itinerary Details of Ama Dablam Expedition with Everest Kalapatther Trek

**Apr10/Day 01:**Arrival in Kathmandu and transfer to hotel (1340m)

**Apr11/Day 02:** Rest and prepare day for assignment & briefing.

**Apr12/Day 03:** Fly from Kathmandu to Lukla(2840m) and trek to Phakding (2800m approx 4 hrs walk)





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**Apr13/Day 04:** Trek from Phakding to Namche Bazaar (3440m approx 6hrs walk)

**Apr14/Day 05:** Namche Bazaar rest day for acclimatization, you may walk to Everest view Hotel (3800m approx 2 hrs) seen Everest range mountain, back to Namche and visit Hilary and Sherpa museum.

**Apr15/Day 06:** Trek from Namche Bazaar to Tyangboche(3860m approx 5 hrs walk)and visit monastery.

**Apr16/Day 07:** Trek from Tengboche to Dingboche (4350M - Approx 4 hrs)

**Apr17/Day 08:** Rest day in Dingbotche, for acclimatization, Trek to Chhukung (4730m -approx 2 hours watch view of Ama Dablam, Island peak and back to Dingbotche.

**Apr18/Day 09:** Trek from dingbotche to Lobuche (5018M - Approx 4 hrs)

**Apr19/Day 10:** Trek from Lobuche to Gorakshep & Acclimatization (5170M - Approx 3 hrs )

**Apr20/Day 11:** Trek from Gorekshep to Kalapattar (5545M) watch view of Mountains & Trek back down to Pheriche (4280M - approx 6/7 hrs)

**Apr21/Day 12:** Trek from Pheriche to Ama Dablam Base camp(4400m) which takes about five and half hours.

**Apr22/Day 13-29:** Climbing period (summit Ama Dablam (6812m)

**May12/Day 30:** Trek from Ama Dablam base camp to Tengboche(3860M approx 6 hrs walk)

**May13/Day 31:** Trek from Tengboche to manju (2800m approx 07 hrs walk)

**May14/Day 32:** Trek from Manju to Lukla(2840m approx 5 hrs walk)

**May15/Day 33:** Fly from Lukla to Kathmandu (35M) transfer to hotel sight seen major point in Kathmandu and Nepalese cultural program with farewell dinner in the evening

**May16/Day 34:** Final Departure or alternatively, join other activities..



## [Itinerary Details of Ama Dablam Expedition with Island Peak Climbing](#)

**Apr13/Day 01:** Arrival in Kathmandu and transfer to hotel (1340m)

**Apr14/Day 02:** Rest and prepare day for assignment & briefing.

**Apr15/Day 03:** Fly from Kathmandu to Lukla(2840m) and trek to Phakding (2800m approx 4 hrs walk)

**Apr16/Day 04:** Trek from Phakding to Namche Bazaar (3440m approx 6hrs walk)



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**Apr17/Day 05:** Namche Bazaar rest day for acclimatization, you may walk to Everest view Hotel (3800m approx 2 hrs) seen Everest range mountain, back to Namche and visit Hilary and Sherpa museum.

**Apr18/Day 06:** Trek from Namche Bazaar to Tyangboche(3860m approx 5 hrs walk)and visit monastery.

**Apr19/Day 07:** Trek from Tengboche to Dingboche (4350M - Approx 4 hrs)

**Apr20/Day 08:** Rest day in Dingbotche, for acclimatization, Trek to Chhukung (4730m -approx 2 hours watch view of Ama Dablam, Island peak and back to Dingbotche.

**Apr21/Day 09:** Trek from Dingboche (4350m.) to Chhukung (4730m.) which it takes about two and a half hour.

**Apr22/Day 10:** Trek from Chhukung to Island Peak Base Camp (5087m) which it takes about three hours.

**Apr23/Day11–12:** Climb to Island Peak (6189m.)

**Apr25/Day 13:** Trek from Island Peak Base Camp to Dingboche, which takes about three hours.

**Apr26/Day 14:** Trek from Dingboche to Ama Dablam Base camp(4400m)

**Apr27/Day 15:** Base Camp preparation & rest day.

**Apr28/Day 16-31:** Climbing period (summit Ama Dablam (6812m)

**may12/Day32:** Trek from Ama Dablam base camp to Tengboche(3860M approx 6 hrs walk)

**May13/Day13:** Trek from Tengboche to manju (2800m approx 07 hrs walk)

**May14/Day34:** Trek from Manju to Lukla(2840m approx 5 hrs walk)

**May15/Day35:** Fly from Lukla to Kathmandu (35M) transfer to hotel sight seen major point in Kathmandu and Nepalese cultural program with farewell dinner in the evening.

**May16/Day 36:** Final Departure or alternatively, join other activities

## Note:

- the above itinerary is a guideline and standard suggested pattern chosen by majority of our customers. Your final itinerary will be customised according to your available time and requirements.
- the final itinerary duration and schedule may be reduced or extend depending on your time, budget, your fitness, class of service or any other preferences. The quote will be provided for you initial requirements and can be adjusted with mutual agreement should you require modifying these requirements.

## Full Board Service Cost Include

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# SNOWY HORIZON

## TREKS & EXPEDITION P. LTD.

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- All arrival and departure transfer services to and from Airport both Domestic and International with other necessary surface transport (by Non A/C Vehicles) as per itinerary.
- Assistance at the International airport by Snowy Horizon's representative while arriving and departing.
- 4 Nights accommodations at 4 Star hotels in Kathmandu on B/B basis.
- Necessary staffs including [experienced guides and porters](#) during the trekking and climbing.
- Flight Tickets for [Kathmandu-Lukla-Kathmandu](#) sector to all climbing member and Staff including airport tax.
- All trekking and camping equipments like camp furniture, kitchenware, dining tents, guest tents, etc.
- 3 meals a day (Breakfasts, Lunch and Dinners with tea or coffee) along with available accommodation at Hotel/ Lodge/ Guest Houses or tents for members and staffs during trek and climbing in twin sharing basis.
- Per person 40kg baggage allowance during trekking-up carrying by porter or Yak and 30kg baggage allowance while returning from Base Camp after climbing the Mt. Everest.
- Trekking Permit ([National Park entry fee](#)) and [TIMS card](#) (Trekking Information Management System).
- [Expedition Royalty and permit](#) of Nepal Government to climb Mt. Ama Dablam
- [Nepalese Government Royalty](#):
- One Experienced, Trained, Government Licensed, and 03 Times Everest Summiteer [Climbing/expedition Guide \(Sherpa\)](#) per client.
- All wages, equipments, medical and accidental Insurances for all involved staffs in trekking and expedition.
- First Aid medical kits for the Group and the staffs.
- Satellite phone carrying by Guide for communication and available for members with the cost of US\$ 4 per minute call.
- Appropriate food for high altitude and all climbing crew at base camp and above as required.
- Required fixed and dynamic rope during climbing period.
- Emergency Oxygen mask and regulator provided on requirement of guest with appropriate charge
- Each expedition member will have an individual tent available in the ABC.
- Solar panel for light and battery charger.
- All tents for camp 1, 2 and 3. Ice fall charges and Gamow Bags.
- We provide Sherpa's tents, food for climbing, and insurance
- Free assistance service for Cargo clearance and Duties.
- Our service charge and Government Taxes levied in Nepal.
- Complete pre-departure information, flight ticket reconfirmation and visa extension procedure services (if necessary)
- Farewell Dinner in a typical Nepali restaurant with domestic culture show in Kathmandu before departure.
- Snowy Horizon Special Gifts (T-shirt/Pashmina etc.)



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## Full Board Service Cost Exclude

- Lunch and Dinner during your stay in Kathmandu (except for the farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars or any other food consumed beyond the prescribed breakfast, lunch and dinner, etc.
- Items of personal nature, Laundry Expenses, Tips.
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone And Internet expenses
- Clothing, Packing Items or Bags, Personal Medical Kit, Camera/Video Fees or Trekking Gears
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc.
- Transportation is not on disposal basis. It is strictly as per the itinerary. Any extra distance travelled will be charged extra.
- Any additional staff other than specified.
- Rescue, Repatriation, Medicines, Medical Tests and Hospitalization expenses.
- Medical Insurance and emergency rescue evacuation if required.
- Travel Insurance and helicopter rescue.
- Walkie-talkies & Filming permit (if special camera).
- Personal climbing gears;
- Nepal custom duty for import of expedition goods.
- Tips, gifts, souvenirs.
- Any other item not included in "THE PACKAGE COST INCLUDES" SECTION.
- [Airfare of international flights.](#)
- [Nepal entry visa fee](#) (Visa issuance is easy at the arrival)
- Any extra services or products or offers or activities which are not mentioned in the itinerary



## Base Camp Service Cost Include

- All arrival and departure transfer services to and from Airport both Domestic and International with other necessary surface transport as per itinerary.
- Assistance at the International airport by Snowy Horizon's representative while arriving and departing.
- 4 nights 4 star Hotel accommodations in Kathmandu on B/B basis.
- Necessary staffs including experienced guides and porters during the trekking and climbing.
- Flight Tickets for [Kathmandu-Lukla-Kathmandu](#) sector to all climbing member and Staff.
- All trekking and camping equipments like camp furniture, kitchenware, dining tents, guest tents, etc.
- 3 meals a day (Breakfasts, Lunch and Dinners with tea or coffee) along with available accommodation at Hotel/Lodge/Guest Houses or tents for members and staffs during trek and climbing in twin sharing basis.
- Trekking Permit ([National Park entry fee](#)) and [TIMS card](#) (Trekking Information Management System).
- [Expedition Royalty and permit](#) of Nepal Government to climb Mt. Ama Dablam
- [Nepalese Government Royalty;](#)





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- Per person 30 kg baggage allowance during trekking-up carrying by porter or Yak and 20kg baggage allowance while returning from Base Camp after climbing the Mountain.
- All wages, equipments, medical and accidental Insurances for all involved staffs.
- First Aid medical kits for the Group and the staffs.
- Satellite phone carrying by Guide for communication and available for members with the cost of US\$ 4 per minute call.
- Appropriate food for high altitude and kitchen crew up to base camp.
- All necessary paper works, office Service charge and Government Taxes levied in Nepal.
- Free assistance service for Cargo clearance and Duties.
- Our service charge and Government Taxes levied in Nepal.
- Complete pre-departure information, flight ticket reconfirmation and visa extension procedure services (if necessary)
- Farewell Dinner in a typical Nepali restaurant with domestic culture show in Kathmandu before departure.
- Snowy Horizon Special Gifts (T-shirt/ Pashmina etc.)

## Base Camp Service Cost Exclude

- Lunch and Dinner during your stay in Kathmandu (except farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars
- Items of personal nature, Laundry Expenses, Tips
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phones And Internet expenses
- Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking Gears
- Any extra services or products or offers or activities which are not mentioned in the itinerary
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations,
- Any additional staff other than specified.
- Rescue, Repatriation, Medicines, Medical Tests and Hospitalization expenses.
- Medical Insurance and emergency rescue evacuation if required.
- Travel Insurance and helicopter rescue.
- Airfare of international flights.
- Climbing sherpa and High altitude food
- Tend above Base Camp
- Nepal entry visa fee (Visa issuance is easy at the arrival)
- Wake talkies & Filming permit.
- Personal climbing gears;
- Nepal custom duty for import of expedition goods;
- Government Licensed Climbing Guide(s)
- Appropriate food for high altitude.
- Any other item not included in “THE PACKAGE COST INCLUDES” SECTION
- Tips, gifts, souvenirs.