



AMA DABLAM

6,828M / 22,401FT

2025 EXPEDITION TRIP NOTES





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2025 EXPEDITION DETAILS

Dates: October 15 to November 11

Duration: 28 days

Departure: ex Kathmandu, Nepal

Price: US\$19,500 per person

▲ Spectacular scenery and classic alpine rock. Photo: Andrew Yasso.

Ama Dablam (6,828m/22,401ft) is recognised as one of the most beautiful peaks in the Himalaya and has special significance to the Sherpas in the Khumbu Valley. During the post-monsoon season of 2025, we will be operating our twenty-third expedition to climb this pre-eminent peak.

Ama Dablam's South West Ridge is not only incredibly picturesque but is a world-class alpine route due to its ease of access, sound rock and truly spectacular summit day on steep and exposed snow slopes. It is a climb that not only rewards climbers with its technical challenge but also its panoramic views of the Everest group, Makalu, Cho Oyu and a multitude of other peaks.

Prior to attempting Ama Dablam, our team warms up on the nearby 6,119m/20,075ft Lobuche East, giving climbers access to our private Base Camp facilities as well as time to refresh skills, acclimatise and prepare for the challenges ahead.

THE SOUTH WEST RIDGE

Ama Dablam was first climbed in 1961 by a New Zealand and American team and we follow their original route, the South West Ridge. A 7-day trek into Lobuche Base Camp (4,800m/15,750ft) through the Khumbu Valley provides great views of Ama Dablam

and we experience some of the culture and hospitality of the Sherpa people.

Once established in Base Camp, we undertake some refresher skills training before moving to Lobuche High Camp (5,400m/17,720ft) and attempting a climb of Lobuche East. This warm-up climb provides essential acclimatisation as well as the chance to practice skills required to climb Ama Dablam.

Before long, we turn towards our main objective and trek to Ama Dablam Base Camp. We move loads to Camp 1 (5,807m/19,052ft) via a long slope to the beginning of the South West Ridge proper. This is where the technical climbing begins as the route follows the spine of the rock ridge leading directly to Camp 2 (6,277m/20,594ft). The very exposed nature of the route makes for exciting climbing, yet the climbing is not as steep as one would imagine. Climbers with moderate technical experience can attempt this route.



▲ The magnificently aesthetic Ama Dablam. Photo: Caroline Ogle



▲ Climbers make their way above Camp 2. Photo: Andrew Yasso



▲ Climbing fixed ropes below Camp 2. Photo: Andrew Yasso

On summit day, the route weaves between the ice cliffs, then follows a snow arête directly onto the 6,828m/22,401ft summit.

HOW THE EXPEDITION OPERATES

From Kathmandu, we fly to the village of Lukla and follow the Khumbu Valley to Namche Bazaar. Acclimatising along the way and relishing the hospitality provided by our Sherpa friends, we reach Lobuche Base Camp (4,800m/15,750ft) and after some rest and preparation, we attempt an ascent of Lobuche East (6,119m/20,075ft).

Our Lobuche Base Camp offers team dining and camping facilities, with meal preparations undertaken by our experienced expedition cook team. At Ama Dablam Base Camp we will utilise a comfortable high altitude lodge where the meal preparations are supervised by our Sherpa cooks. We import a lot of high-quality Western food to supplement the fresh local produce available.

The guides and Sherpas will fix rope on Ama Dablam and stock the camps with provisions and equipment. By utilising fixed rope we can climb in average weather and if necessary, descend to Base Camp with little problem in the event of a major storm.

A small group of Climbing Sherpas will assist with the load carrying, but no more will be engaged in order to avoid clogging the route and spoiling the nature of the climb. When the fixed line is in place and the two camps are established and stocked we will make a bid for the summit.

Ample supplies will be available to support all members. Guides and Sherpas will carry all group gear but members are expected to carry their own personal gear. Lightweight hand-held radios will be used to coordinate the movements on the mountain and provide a safety back-up.

THE ADVENTURE CONSULTANTS TEAM

LOGISTICS

The 2025 expedition is being organised by Guy Cotter, the director of Adventure Consultants and a veteran of 30 years of Himalayan expedition guiding and organisation. With technology constantly evolving, Adventure Consultants has kept abreast of all the new techniques and equipment advancements—encompassing the latest in weather forecasting facilities, equipment innovations and communications systems.



▲ An AC Team celebrates on the Summit of Ama Dablam. Photo: Cristina Rogacean

The Himalayas are not the place to be with an organisation that is 'learning the ropes', there is too much at stake for that. Adventure Consultants expedition staff, along with the operations and logistics team at the head office in New Zealand, provide the highest level of backup and support to the climbing team to maximise chances of success. This is coupled with a very strong expedition guiding team and Sherpa contingent who, as you will come to see, are second-to-none in the industry.

EXPEDITION LEADER

The Expedition Leader will be scheduled approximately six months out from the trip start. All of our trip leaders have extensive experience at high altitude and a proven record of safety, success and compatibility.

The number of guides is determined by the team size but the normal ratio of guides to members is 1:3. You will find our guides companionable and strong expedition members with considerable power and willingness to see you achieve your goals.

SHERPAS

Our legendary group of Climbing Sherpas have an immense number of Himalayan summits between

them, including dozens of Everest summits. They work efficiently together as a team, operating in a harmonious atmosphere of cooperation and commitment to the expedition and its members. They are enthusiastic, motivated and regarded as the strongest and most cohesive group of Sherpas in the Khumbu.

We have been developing the personnel within our Sherpa team for 25 years and they are an integral part of the Adventure Consultants Team. It is indicative of the reputation that our Sherpa team has earned that Sherpas from other expeditions enthusiastically pursue a future position with the AC team.

A team of Climbing Sherpas will assist with load carrying on the mountain and we have a 1:1 Sherpa to climber ratio on the expedition.

ADDITIONAL SERVICES

ADDITIONAL SHERPA SUPPORT

We offer a service giving members the option to have their gear carried on 'camp moving' days, so all you have to carry is your jacket, water bottle and items required for the day. This option is popular with those who have difficulty recovering after a carrying a heavy load at altitude.



▲ Climbing below Camp 3. Photo: Alex Geary

PERSONAL SHERPA

This option provides you with the assistance of a very experienced and dedicated Sherpa who will support you for the duration of the expedition above Base Camp. Your Personal Sherpa will climb with you each day while you are climbing on the mountain as your climbing partner and generally assist you throughout the expedition all the way to the summit. Our Sherpa guides are very experienced with multiple Himalayan ascents under their belts, and are friendly and supportive companions along the way!

PRIVATE EXPEDITIONS

We are also able to offer Privately Guided Expeditions where you have the services of a top AC Western Guide, as well as your own Sherpa support team to work exclusively with you on the expedition to ensure your needs are best met. AC has been fortunate to work with many privately guided groups over the years with exceptional results.

You may also like to talk to us about other options such as personal communication systems or helicopter upgrade. For more information on these additional services, please contact our office for details.

PREREQUISITE EXPERIENCE

Ama Dablam is not a climb for novice mountaineers. It will require members to be comfortable ascending and descending steep terrain on fixed ropes.

A high technical standard is not mandatory because the guides will be primarily leading the climb and fixing the route. However, this is not a mountain to visit and then discover that you are not comfortable with exposure. We suggest that you gain experience and the required skills for travel on exposed technical ground before joining this expedition.

Membership will be restricted to climbers with a proven list of alpine ascents. A high standard of fitness is expected. It is advantageous to be able to move over rocky terrain efficiently.

TEAM SIZE

The team will have a minimum size of 3 members and 1 guide and a maximum size of 9 members and 3 guides. A ratio of one climbing Sherpa to climbing member will assist with the load carrying on the mountain.



▲ Trek through the Khumbu to the base of Ama Dablam. Photo: Dean Staples

ITINERARY

Dates: October 15 to November 11, 2025

Following is an ideal itinerary for our Ama Dablam Expedition:

Day 1	Meet Kathmandu, team briefing
Day 2	Gear checks, sightseeing in Kathmandu
Day 3	Fly by helicopter to Lukla, trek to Phakding
Day 4	Trek to Namche Bazaar
Day 5	Acclimatisation in Namche, day walk to Khunde/Khumjung
Day 6	Trek to Phortse via the Mong La
Day 7	Phortse to Pheriche (4,270m/14,009ft)
Day 8	Rest/acclimatisation day
Day 9	Pheriche to Lobuche Base Camp (4,800m/15,750ft)
Day 10	Rest at Lobuche Base Camp
Day 11	Training day at Lobuche Base Camp
Day 12	To High Camp on Lobuche East (5,400m/17,720ft)
Day 13	Summit Bid on Lobuche East (6,119m/20,075ft), return to Base Camp
Day 14	Lobuche Base Camp to Pheriche
Day 15	Move to Ama Dablam Base Camp
Day 16–21	Summit Period
Day 22	Return to Base Camp
Day 23	Contingency day
Day 24	Depart Base Camp to Pangboche
Day 25	Trek to Namche Bazaar
Day 26	Trek to Lukla
Day 27	Fly Lukla to Kathmandu
Day 28	Depart from Kathmandu

VISAS

Members will be required to obtain a 30-day entry visa into Nepal at the beginning of the expedition. This is easily procured at Kathmandu airport on arrival. The trekking and climbing permits are a separate matter dealt with by the expedition agent.

COMMUNICATIONS

The expedition will be equipped with portable Thuraya satellite phone systems for the duration of the expedition. Limited satellite phone time can be purchased for reliable email and voice communication for business, media or personal use at the rate of US\$3.00 per minute.



▲ Additional Sherpa support options are available. Photo: Dean Staples



▲ Sunrise at Camp One. Photo: Alex Geary



▲ Climbers negotiate fixed lines. Photo: Dean Staples



▲ A challenging, fun and rewarding climb. Photo: Dean Staples

FOOD

Highly trained Sherpa cooks prepare high quality Western food as well as popular Sherpa dishes at Lobuche Base Camp and at the Ama Dablam Base Camp Lodge. On the mountain, your guides will cook and a team environment means all efforts to assist with collecting snow for melting water and other meal preparation tasks will be much appreciated.

Please indicate any specific dietary requirements you may have on your application form.

EQUIPMENT LIST & REFERENCE NOTES

Expedition members will be sent a list detailing all the necessary clothing and equipment to be individually provided, contained within a set of Expedition Reference Notes with all the details for the trip. These notes provide extensive information on everything from suggestions of what type of camera to bring to training advice for your expedition preparation.

MEDICAL EXAMINATION & INSURANCE

Expedition members will be provided with a medical questionnaire by the expedition doctor and asked to visit their family physician to receive a full medical examination. This information will be sighted only by our Medical Adviser and Expedition Leader and treated with full confidentiality. Advice on immunisations will be provided at this time. We also require members to have rescue insurance and we will consult with individual team members as to your insurance needs and solutions for coverage.

PASSPORT PHOTOGRAPHS

Expedition members will need to provide a digital passport photograph for climbing and trekking permits and a copy of their passport biodata page.

THE EXPEDITION FEE

The cost of the expedition, ex Kathmandu, is US\$19,500.



▲ Above the precariously positioned Camp 2. Photo: Dean Staples

This is an inclusive cost and covers the following:

- 1:3 Western guide ratio and 1:1 Sherpa to climber ratio
- Nepalese government royalty fees
- All expedition organisational requirements
- Airport transfers
- All climbing and trekking permits
- Helicopter air transport within Nepal
- All team equipment
- All expedition staff, including qualified Western guides and experienced Sherpa support
- Breakfast, lunch and dinner ex Kathmandu
- Portage of personal gear from Base Camp to ABC/ Yak Camp
- All supplies necessary to make a safe and strong bid for the summit
- Access to AC's satellite communication facilities
- Regular expedition dispatches to our website for families and friends back home to follow the expedition's progress
- dZi Foundation support for their "revitalize a village" programme—likely to include support for a Nepalese child's education for a year

The expedition fee **does not** include the following:

- Air travel to and from Nepal
- Nepalese airport entry visa

- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water (we supply boiled/treated water for drinking), gifts, alcohol
- Other charges at lodges/tea houses such as showers, internet access or battery re-charging
- Personal clothing and equipment
- Personal travel insurance/trip cancellation insurance/ rescue insurance
- Any rescue costs or costs of early departure from the expedition
- Additional services such as additional Sherpa support, private guide etc.
- Excess baggage charges over 30kg of personal luggage
- Actual satellite phone calls
- Gratuities

PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington, New Zealand



▲ Peaks glow in the evening sun above the clouds at Camp 3. Photo: Andrew Wexler

for the account of Adventure Consultants Limited.

Account Number: 1000-594771-0000

Account Type: US Dollars

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

DEPOSIT

A non-refundable deposit of US\$2,000 is payable to secure a place on the expedition.

BALANCE

The balance is payable 90 days prior to trip start date.

CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date.

An expedition member may then cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 90 days of the trip commencement date we reserve the right to retain 50% of the balance payment fee.

- For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS EXPEDITION

If you would like to join our Ama Dablam Expedition, please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/expeditions/himalayan-climbs/ama-dablam#DepartureBookingBlock>.

CONTACT US

If you require more information, please contact us at:

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▲ Mount Ama Dablam. Photo: Mark Sedon



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

