

Ama Dablam Classic Climb

REGION	Khumbu · Everest region
DURATION	23 days
MAX ALTITUDE	6,812 m
GRADE	Expedition · TD
SEASON	Mar-May · Sep-Dec
FROM	from \$15,000

Overview

The Matterhorn of the Himalaya

The most beautiful peak in the Khumbu and one of the world's great technical objectives - Ama Dablam's exposed south-west ridge of rock, ice and the famous 'Dablam' hanging glacier is a serious, exhilarating climb for experienced mountaineers.

Ama Dablam (6,812 m) is renowned as one of the most beautiful and exposed Himalayan mountains in the Everest region, and one of the most sought-after peaks among climbing enthusiasts. Whether tackled before or after a larger expedition such as Everest, Ama Dablam stands as a serious mountaineering challenge in its own right - widely regarded by alpinists as a "must-do" climb.

Prerequisite Experience

Two or more 6,000 m ascents and multi-pitch climbing experience are required - for example, Lobuche East and Island Peak, Chulu West, the Khumbu Three Peaks expeditions, Cholatse, Aconcagua, or Mont Blanc (or comparable 4,000-6,000 m peaks), along with multi-pitch rock or ice climbing at grade 5.9 to 5.10 a/b/c.

History

Ama Dablam was first summited on 13 March 1961 by a Silver Hut scientific expedition led by Sir Edmund Hillary. The mountain has since become a dream objective for mountaineers worldwide, with its south-west ridge recognized as the safest line of ascent.

Highlights

- Ama Dablam summit completions in 2023, 2024, 2025, and Spring 2026, with an unbroken 100% safety record
- Alpine and fitness grade: TD / 5
- Signature 19-day and Classic 23-day guided climbing programs
- Shared helicopter transfers: Kathmandu-Lukla and Base Camp-Lukla-Kathmandu (Signature climb)
- 1:1 guide-to-client ratio, with an intimate team structure limited to a maximum of 8 client spots
- South-west ridge ascent via Camp 1 and Camp 2, with a possible Camp 2.9 or Camp 3 strategy
- 10 days at Ama Dablam Base Camp (4,570 m and above)
- 16-week altitude conditioning programs for 7,000 m peaks, delivered through Training Peaks
- About this climb

Itinerary

Day 1 - Arrival in Kathmandu (1,400 m)

Arrive at Tribhuvan International Airport and transfer to your hotel in Kathmandu. The rest of the day is free to rest, with a welcome dinner in the evening.

- Overnight in a hotel.

Day 2 - Equipment checks and induction with the Expedition Leader (1,400 m)

A full day of final preparations: a detailed briefing on the route and schedule from the Expedition Leader, and a thorough check of personal and technical climbing gear, with any last rentals sourced in Kathmandu.

- Overnight in a hotel.

Day 3 - Fly to Lukla; trek to Monjo (2,800 m)

A scenic 35-40 minutes flight to Lukla's Tenzing-Hillary Airport, followed by a 5-6 hour trekking day down the Dudh Koshi valley through pine forest to Monjo, on the edge of Sagarmatha National Park.

- Overnight in a lodge.

Day 4 - Namche Bazaar - arrival and acclimatization (3,440 m)

A steep climb out of the gorge leads to Namche Bazaar, the trading hub of the Khumbu. The afternoon is free to explore the town's shops, bakeries, and viewpoints.

- Overnight in a lodge.

Day 5 - Acclimatization day at Namche Bazaar (3,440 m / 3,880 m)

A rest-and-acclimatize day, with an optional 3-hour round-trip hike to around 3,880 m for early views of Everest, Lhotse, and Ama Dablam before returning to Namche to sleep.

- Overnight in a lodge.

Day 6 - Trek Namche Bazaar to Phortse (3,840 m)

The route leaves the main Everest trail for the quieter village of Phortse, roughly 6 hours of walking through forest with Ama Dablam increasingly prominent ahead.

- Overnight in a lodge.

Day 7 - Trek Phortse to Pangboche (3,985 m)

A shorter day, around 5-6 hours, to Pangboche village, home to one of the Khumbu's oldest monasteries and the last settlement before Base Camp.

- Overnight in a lodge.

Day 8 - Trek Pangboche to Ama Dablam Base Camp (4,570 m)

A steady climb to Ama Dablam Base Camp, set beneath the mountain's south-west ridge, where the expedition camp is established for the extended stay ahead.

- Overnight camping.

Day 9 - Puja ceremony and rest at Base Camp (4,570 m)

A traditional puja ceremony blesses the expedition and its climbing equipment ahead of the ascent, followed by a day of rest and acclimatization.

Day 10 - Climbing training and equipment check at Base Camp (4,570 m)

A training session on the terrain near camp covering rope work, jumaring, and movement on mixed rock and ice, alongside a full check of technical and oxygen equipment.

Day 11 - Rotation to Camp 1 and back (5,700 m)

The first rotation onto the mountain, climbing fixed ropes to Camp 1 before returning to Base Camp to

recover - the team's initial test of the technical ground above camp.

Day 12 - Rest day at Base Camp (4,570 m)

A full recovery day after the first rotation, allowing the body to adapt before pushing higher.

Day 13 - Rotation to Camp 2 and back (6,000 m)

A longer rotation over steeper, more exposed terrain - including the Yellow Tower - to reach Camp 2, before descending back to Base Camp.

Day 14 - Rest day at Base Camp (4,570 m)

A further rest day to recover fully from the second rotation and rebuild strength for the summit push.

Day 15 - Contingency and weather-window day at Base Camp (4,570 m)

A buffer day built into the extended Classic schedule, used for extra rest, additional training, or simply to wait for a stable weather window before committing to the summit push.

Day 16 - Climb Base Camp to Camp 1 (5,700 m)

The summit push begins, climbing the fixed lines back to Camp 1 with oxygen and summit equipment carried for the days ahead.

Day 17 - Climb Camp 1 to Camp 2 (6,000 m+)

A demanding climb over mixed rock and ice to Camp 2, with a possible additional high camp depending on conditions and team pace, in preparation for an early alpine start on summit day.

Day 18 - Summit push and descent toward Base Camp (6,812 m)

Summit day. An early start follows the fixed line up the south-west ridge, over the Mushroom Ridge, to Ama Dablam's summit at 6,812 m, with sweeping views across the Khumbu. After a short time at the top, the descent begins, continuing down toward Camp 2 or Base Camp depending on conditions.

Day 19 - Descend fully to Base Camp; rest (4,570 m)

The team completes the descent to Base Camp, where the wider crew welcomes the summit team back for rest and a hot meal, closing out the extended Base Camp phase of the Classic itinerary.

Day 20 - Return trek to Namche Bazaar (3,440 m)

With the climb complete, Base Camp is struck and the team retraces the trail back down through Pangboche and Phortse to Namche Bazaar, roughly 6-7 hours of walking that feels markedly easier with lungs now well acclimatised.

- Overnight in a lodge.

Day 21 - Return trek to Lukla (2,860 m)

A final trekking day of around 6-7 hours back down the Dudh Koshi valley to Lukla, where the trek concludes with a celebratory dinner alongside the trekking and climbing crew.

- Overnight in a lodge.

Day 22 - Fly Lukla to Ramechhap; drive to Kathmandu (1,400 m)

A short 30-minute flight connects Lukla to Ramechhap, followed by a road transfer of roughly 4-6 hours back to Kathmandu, depending on traffic. The evening is free for a hot shower and a farewell dinner with the team.

- Overnight in a hotel.

Day 23 - Departure

Transfer to Tribhuvan International Airport for your onward flight home or extend your stay in Nepal independently.

What's included

- IFMGA or NMA certified expedition guide and leader
- Branded down jacket, cap, and buff
- Dedicated 1:1 Sherpa-to-client support ratio
- 16-week high-altitude training programme for 7,000 m peaks via Training Peaks
- Full-time kitchen crew, including head chef and two assistants (additional assistants added as team size increases)
- Emergency supplemental oxygen cylinder for emergencies; additional individual oxygen systems available at USD 550 per person (one bottle and one regulator)
- Two nights pre-expedition and one night post-expedition hotel accommodation in Kathmandu (clients returning early are responsible for any additional hotel nights)
- Khumbu Region Permit, TIMS, and all trekking and climbing permits
- All internal vehicle transport to the trek start point and back
- Solo tent at Base Camp, two-person tent at high-altitude camps
- 30 kg personal baggage allowance (additional weight requires a supplementary porter, at approximately USD 1,000 for 27-28 days)
- All three daily meals while climbing, with chicken, mushroom, or vegan options
- Mountain climbing equipment, including expedition burners
- Walkie-talkies and satellite phone communication
- Full meals throughout trekking and expedition days
- Quality teahouse lodge accommodation for the entire trekking period
- Dedicated porter per guest
- Airport arrival and departure transfer logistics
- All internal flights
- Basic first aid kit
- Welcome and summit-completion dinner ceremonies with the team

Not included

- International visas and travel insurance
- Summit bonus of USD 800 per team member
- Personal entertainment and dining in Kathmandu
- Bottled beverages and personal drinks
- Emergency evacuation costs (billed directly to the client)
- Single-occupancy supplement charges
- Laundry, personal phone usage, and other individual expenses
- Optional excursions and activities
- Tea breaks, personal snacks, and any meals outside the three daily standard meals
- Delays or cancellations caused by natural events or adverse weather
- International flights to and from Kathmandu