

Ama Dablam Signature Climb

REGION	Khumbu · Everest region
DURATION	19 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

Itinerary

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

Arrive at Tribhuvan International Airport, where you are met and transferred to your five-star hotel in Kathmandu. The rest of the day is free to rest after your flight. In the evening, the team gathers for a welcome dinner.

- Overnight in a hotel.

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

A full day given over to final preparations. The Expedition Leader runs a detailed induction covering the route, schedule, and safety procedures, followed by a thorough personal equipment check against the technical gear list. Any last-minute rental or replacement gear is sourced in Kathmandu's trekking district.

- Overnight in a hotel.

Day 3 - Shared helicopter Kathmandu to Lukla; trek to Monjo (2,800 m)

A shared helicopter transfer lifts the team directly from Kathmandu to Lukla, saving a day against the standard fixed-wing approach and offering a spectacular aerial view of the Himalayan foothills. From Lukla, an initial trekking day of 5-7 hours follow the Dudh Koshi river valley down 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, switch backing climb out of the Dudh Koshi gorge leads to Namche Bazaar, the unofficial capital of the Khumbu and the region's main trading hub. The afternoon is free to explore the town's bakeries, gear shops, and viewpoints over Kongde Ri and Thamserku.

- Overnight in a lodge.

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

A dedicated rest-and-acclimatize day. A roughly 3-hour round-trip hike climbs to around 3,880 m - often to the Everest View Hotel or the Syangboche ridge - for a first close look at Everest, Lhotse, and Ama Dablam, before returning to sleep at Namche's lower altitude.

- Overnight in a lodge.

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

Leaving the main Everest Base Camp trail, the route breaks off toward Phortse, a quieter Sherpa village on the valley's west side, roughly 6 hours of walking through rhododendron forest with Ama Dablam's distinctive profile growing steadily closer.

- Overnight in a lodge.

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

A shorter day of around 5-6 hours descending to the Imja Khola and climbing back up to Pangboche, home to one of the oldest monasteries in the Khumbu and the last proper village before Base Camp.

- Overnight in a lodge.

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

The final trekking day of the approach climbs steadily to Ama Dablam Base Camp, set on a rocky shelf directly beneath the mountain's dramatic south-west ridge. Personal tents are pitched and the wider expedition camp - kitchen, mess tent, and communications - is established for the coming rotations.

- Overnight camping.

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

A traditional Buddhist puja ceremony is held, conducted by a lama or the climbing Sherpa team, to bless the expedition, the climbing gear, and ask for a safe ascent - an essential ritual observed before any climbing begins on the mountain. The remainder of the day is spent resting and settling into life at altitude.

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

A dedicated training session on the slopes near camp covering rope work, jumaring, rappelling, and movement on Ama Dablam's mixed rock and ice terrain, run by the 1:1 Sherpa climbing team. All technical gear, harnesses, and emergency oxygen systems are checked and fitted.

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

The first acclimatization rotation onto the mountain, climbing fixed ropes over exposed rock and scree to Camp 1 on the south-west ridge, before returning to Base Camp to recover. This is the team's first real test of the technical ground above Base Camp.

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

A full recovery day, with the schedule's built-in contingency allowing flexibility for weather, pace, or additional training as needed before pushing higher.

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

A longer, more technical rotation climbing steep, exposed rock sections - including the famous Yellow Tower - above Camp 1 to reach Camp 2, before descending back to Base Camp. This is typically the highest point reached before the summit push itself.

Day 14 - Rest and weather window review at Base Camp (4,570 m)

A further rest day to recover from the second rotation. The Expedition Leader reviews the latest forecast to identify a stable summit window and finalize the timing of the push.

Day 15 - Climb Base Camp to Camp 1 (5,700 m)

The summit push begins. The team climbs the now-familiar fixed lines to re-occupy Camp 1, moving more deliberately than on the acclimatization rotation, with oxygen and summit equipment carried and checked.

Day 16 - Climb Camp 1 to Camp 2 (with possible Camp 2.9 or Camp 3 strategy) (6,000 m+)

A demanding climb over mixed rock and ice to Camp 2, where, depending on conditions and team pace, the Expedition Leader may opt for an additional high camp - Camp 2.9 or Camp 3 - to shorten summit day. Gear is prepared for an early alpine start.

Day 17 - Summit push and descent to Base Camp (6,812 m)

Summit day. A pre-dawn start follows the fixed line up Ama Dablam's iconic south-west ridge, over the Mushroom Ridge and the final snow slopes to the summit at 6,812 m, with sweeping views across the Khumbu to Everest and Lhotse. After a brief time at the top, the team begins the long descent, continuing all the way back down to Base Camp the same day where conditions allow.

Day 18 - Shared helicopter Ama Dablam Base Camp to Lukla to Kathmandu (1,400 m)

With the climb complete, camp is struck and a shared helicopter lifts the team directly from Base Camp back to Lukla and on to Kathmandu, avoiding the multi-day trek back out. The evening is free for a hot shower and a well-earned post-expedition recovery massage, followed by a farewell dinner with the team.

- Overnight in a hotel.

Day 19 - Departure

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

independently.

What's included

- Expedition guide leader holding IFMGA or NMA certification and registration
- Shared helicopter transfers: Kathmandu-Lukla and Ama Dablam Base Camp-Lukla-Kathmandu
- Five-star hotel accommodation in Kathmandu, private single room - two nights pre-expedition and one night post-expedition (clients returning early are responsible for any additional hotel nights)
- Post-expedition 90-minute recovery massage at the Kathmandu hotel
- Gratuities for the porter team
- Branded expedition kit: down jacket, cap, and buff
- Dedicated 1:1 Sherpa-to-client support ratio
- 16-week altitude training programme for 7,000 m peaks via Training Peaks
- Full-time head chef and two kitchen assistants (additional kitchen support scales with team size)
- Emergency supplemental oxygen cylinder included; personal oxygen systems available at USD 550 per person (one bottle and one regulator)
- All trekking and climbing permits, including the Khumbu Region Permit and TIMS
- All internal ground transportation to and from the trekking start point
- Individual base camp tent, and shared two-person tents at higher-elevation camps
- 30 kg personal baggage allowance (additional weight requires a supplementary porter, at approximately USD 1,000 for 27-28 days)
- All camping-day meals, including vegetarian, vegan, or non-vegetarian (chicken) options
- Expedition burners and technical mountain climbing gear
- Walkie-talkies and satellite phones for communication
- Full-board meals throughout all trekking and expedition days
- Quality lodge accommodation on all trekking days
- Dedicated porter per guest
- Airport arrival and departure transfer logistics in Nepal
- All internal flights
- Comprehensive basic first aid kit
- Welcome and farewell group dinners in Kathmandu, on arrival and after the summit

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

Available departures

- 15 Mar 2026
- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026