DESTINATION: AMA DABLAM BASE CAMP TREK

Ama Dablam Base Camp *Trek*

9 Days

9 days
Duration

Kathmandu
Starts at

Kathmandu
Ends at

September to May
Best season

4,570 m at Ama Dablam Base Camp
Max altitude

Moderate
Difficulty

1 to 15 people
Group size

OVERVIEW

The trip

The Ama Dablam Base Camp trek is a nine-day teahouse trek to the foot of Ama Dablam (6,812 m), the sharp, hanging-glacier peak that towers over the Everest trail and is often called the Matterhorn of the Himalaya. You fly into Lukla and walk the classic Khumbu route through Phakding, the Sherpa hub of Namche Bazaar and the monastery village of Tengboche, then branch up to the grassy meadows of the south base camp at 4,570 m for a face-to-face view of the mountain's fluted ice walls. It is graded moderate, walked on well-made trails with a comfortable lodge every night, and sits far below the crowds and extreme altitude of Everest Base Camp while still delivering Everest, Lhotse and Nuptse on the horizon. This is a walking trip to the base of the mountain; the climbing routes above are for mountaineering expeditions only.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 4,570 m at Ama Dablam Base Camp
- Difficulty: Moderate
- Best season: September to May
- Walking: about 5 to 6 hours a day

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

1 Fly to Lukla and Trek to Phakding

- Early mountain flight from Kathmandu to Lukla at 2,840 m
- Gentle first walk down the Dudh Koshi valley
- Overnight at Phakding (2,610 m)

2 Trek to Namche Bazaar

- Cross the Dudh Koshi on high suspension bridges into the national park
- Steep forested climb with a first glimpse of Everest on a clear day
- Arrive Namche Bazaar (3,440 m), the trading hub of the Khumbu

3 Acclimatisation Day at Namche Bazaar

- Acclimatisation hike to the Everest View Hotel
- Panorama of Everest, Lhotse, Nuptse and Ama Dablam
- Visit the Sherpa villages of Khumjung and Khunde

4 Trek to Tengboche

- Ridge trail with Ama Dablam growing ahead all day
- Descend to the river then climb to Tengboche (3,860 m)
- Visit the largest Buddhist monastery in the Khumbu

5 Trek to Pangboche and Explore the Village

- Walk through rhododendron and birch forest at Deboche
- Cross the Imja Khola below Ama Dablam's north face
- Reach Pangboche (3,930 m) and settle into the lodge
- Explore Pangboche and visit the old monastery above the village

6 Hike to Ama Dablam Base Camp and Return

- Climb the grassy moraine to Ama Dablam Base Camp at 4,570 m
- Close views of the peak's fluted ice and hanging glacier
- Descend the same route back to Pangboche for the night

7 Trek from Pangboche to Namche Bazaar

- Descend through Deboche and climb back up to Tengboche
- Drop to the river, then follow the high trail with Ama Dablam behind you
- Long but steady walk back to Namche Bazaar (3,440 m)
- Overnight in Namche

8 Trek from Namche Bazaar to Lukla

- Descend the steep hill out of Namche
- Recross the Dudh Koshi suspension bridges and pass the park gate at Monjo
- Final riverside walk through Sherpa farming villages
- Last climb up to Lukla (2,840 m), the last night on the trail

9 Fly to Kathmandu

- Morning mountain flight from Lukla back to Kathmandu, weather permitting
- In the busy months the flight may land at Ramechhap instead, with a drive on to Kathmandu
- Transfer to your hotel
- End of the trip

INCLUSIONS

What's included

Included

- ✓ Return flights, Kathmandu to Lukla
- ✓ Kathmandu airport transfers
- ✓ Licensed guide on all nine days
- ✓ Eight teahouse nights, meals on the trail
- ✓ Sagarmatha park entry and Khumbu local permit

Not included

- ✗ Jeep to Ramechhap airport, when flights leave from there
- ✗ Extra hotel night in Kathmandu if the flight moves
- ✗ Lunch on day 9, drinks and snacks
- ✗ Travel insurance
- ✗ Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for every group size we price. Bigger group? Ask us and we will price it.

GROUP SIZE	PRICE PER PERSON
1 person	$1,575 / person
2 people	$1,320 / person
3 people	$1,234 / person
4 people	$1,192 / person
5 people	$1,166 / person
6 people	$1,210 / person
7 people	$1,189 / person
8 people	$1,174 / person
9 people	$1,162 / person
10 people	$1,152 / person
11 people	$1,177 / person
12 people	$1,168 / person
13 people	$1,160 / person
14 people	$1,153 / person
15 people	$1,147 / person

Prices are per person, in US dollars. No card fee - no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

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PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation terms. These include:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- We process your refund within 4 to 7 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency. Your bank may take a few more days to show it.
- When you cancel, bank and transaction fees on both the original payment and the refund are borne by the traveller. If we cannot run the dates we confirmed with you, we refund every cent you paid, fees included.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

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Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

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Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
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This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.