DESTINATION: AMA DABLAM BASE CAMP TREK

Everest Base Camp and Ama Dablam Base Camp *Trek*

14 Days

14 days Duration	**Kathmandu** Starts at		**Kathmandu** Ends at
September to May Best season	**5,545 m at Kala Patthar** Max altitude		**Strenuous** Difficulty
1 to 15 people Group size			

OVERVIEW

The trip

The Everest Base Camp and Ama Dablam Base Camp trek is a fourteen-day Khumbu circuit that reaches two of the region's great base camps in a single journey. From Lukla you follow the classic Everest trail through Namche Bazaar and Tengboche, branch up to the meadows beneath Ama Dablam (6,812 m) at 4,570 metres, then continue over Dingboche and Lobuche to Everest Base Camp at 5,364 metres and a dawn on Kala Patthar at 5,545 metres for the finest close view of Everest itself. It is graded strenuous, walked on well-worn teahouse trails with daily ascents of around 400 to 600 metres, and combines the most photographed peak in the Himalaya with the world's most famous base camp. This is a walking trek to both base camps; the climbing routes above them are for mountaineering expeditions only.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 5,545 m at Kala Patthar
- Difficulty: Strenuous
- Best season: September to May
- Walking: about 6 to 7 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
- Enter Sagarmatha National Park at Monjo
- Steep forested climb with a first glimpse of Everest on a clear day
- Overnight at 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 on a clear day
- Back down to Namche to sleep low after walking high

4 Trek to Tengboche

- Bridge 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

- Walk through rhododendron and birch forest at Deboche
- Cross the Imja Khola below Ama Dablam
- Overnight at Pangboche (3,930 m) and visit its old monastery

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 way back to Pangboche for the night

7 Trek to Dingboche

- Follow the Imja valley up above the treeline
- Reach the stone-walled fields of Dingboche at 4,410 m
- Overnight in a teahouse at Dingboche

8 Acclimatisation Day at Dingboche

- Rest day to help with the altitude
- Acclimatisation hike up towards Nangkartshang for views over the Imja valley
- Return to Dingboche for the night

9 Trek to Lobuche

- Climb gradually along the valley
- Pass the memorials at Thukla to climbers lost on Everest
- Continue up the moraine to Lobuche at 4,940 m

10 Trek to Everest Base Camp via Gorak Shep

- Walk the rocky trail beside the Khumbu Glacier to Gorak Shep
- Continue along the glacier to Everest Base Camp at 5,364 m
- Return to Gorak Shep for the night

11 Kala Patthar Sunrise and Descend to Pheriche

- Pre-dawn climb to Kala Patthar at 5,545 m for sunrise over Everest
- The closest, highest view of Everest on the trek
- Descend past Lobuche and Thukla to Pheriche for the night

12 Trek from Pheriche to Namche Bazaar

- Long descent down the valley past Pangboche
- Retrace the trail through Tengboche and across the river
- Climb back to Namche Bazaar (3,440 m) for the night

13 Trek to Lukla

- Descend the steep hill out of Namche
- Cross the suspension bridges and follow the Dudh Koshi
- Final walk back up to Lukla, the last night on the trail

14 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 fourteen days
- Thirteen 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 14, 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	$1,945 / person
2 people	$1,597 / person
3 people	$1,481 / person
4 people	$1,423 / person
5 people	$1,388 / person
6 people	$1,444 / person
7 people	$1,416 / person
8 people	$1,395 / person
9 people	$1,379 / person
10 people	$1,366 / person
11 people	$1,356 / person
12 people	$1,386 / person
13 people	$1,375 / person
14 people	$1,366 / person
15 people	$1,358 / 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

Operated by Zeta Tours and Travels Pvt. Ltd. · Effective 2 June 2026

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 timing:

- **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 chose 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.

uncover nepal

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.

View tour on web → | WhatsApp us

Call / WhatsApp: +977 9705413894
Email: contact@uncovernepal.com · New Baneshwor, Kathmandu, Nepal
Web: uncovernepal.com

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.