



AMA DABLAM EXPRESS EXPEDITION

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Type: Expedition (All inclusive) *International flight not included*

Total no of days: 14 Days

Alpine grading / Difficulty: TD / 5

Price: \$17750 P/P + Hypoxic Equipment Rental Shipping cost (Global shipment)

Hypoxic equipment rentals for 5 weeks is included in the price

(Shared ) Ktm - Lukla - Namche - Base Camp - Lukla - Kathmandu

1:1 GUIDE/CLIMBER RATIO

Best season for Expedition: April - May (Spring), October - November (Autumn) & November - December (Early Winter)

OVERVIEW

Ama Dablam 6810M is renowned as one of the most beautiful and exposed Himalayan mountains in the Khumbu region. It is a highly sought-after mountain for climbing enthusiasts. Achieve this remarkable feat in **14 days or less**. Our express programs cater specifically to those individuals who harbor the profound desire to ascend Ama Dablam but face time constraints that prevent them from committing to the conventional 30-day itinerary. To embark on our express expedition, clients must first engage in a rigorous **4-5 weeks of at-home hypoxic acclimatization**. We provide the necessary hypoxic equipment rentals as part of the expedition package (*shipping cost applies*), ensuring you have all the tools needed for a successful climb. Whether you plan to tackle it before or after a bigger expedition like **Mt. Everest**, Ama Dablam is a mountaineering challenge on its own. Many alpinists and mountaineers consider a climb of Ama Dablam to be a "**must-do**" experience..

Pre-requisite requirements (2 or more 6000M + multi-pitch climbing skills): Lobuche East & Island Peak, Chulu West, Khumbu 3 Peak expeditions, Aconcagua, Mt, Blanc (Similar 4000M - 6000M peaks or higher), and multi-pitch climb (rock or ice), rock climbing grade up to 5-9+/- to 5.10 a,b,c

History: Ama Dablam was first summited on 13th March 1961, a Silver hut scientific expedition led by Sir Edmund Hillary. Ama Dablam's expedition has been a dream for many mountaineers. Its Southwest ridgeline is the safest route to climb this amazing peak.

NAMAS ADVENTURE

Expedition Highlights

- Ama Dablam 6810M summit in 14 Days or less. Express itinerary
- South-west ridge route, Camp 1 - 2 (possible camp 2.9 or 3) strategy
- 1:1 Guide/Climber ratio throughout the expedition
- 5 Weeks of hypoxic acclimatization equipment rental, programming, and initial training consultation.

Express climbing Methodology

- Personal Consultation with Namas Adventure & Altitude Centre London
- 4 - 5 weeks, Pre Hypoxic acclimatisation and training suggestion
- Strategic personal emergency supplemental oxygen
- Express schedule

Express Expedition Goals

At Namas Expedition, our mission extends beyond mere size or glamour. Our unwavering focus and top priorities revolve around three core principles:

1. **Summit Ama Dablam in 14 days or less:** We are committed to attaining the pinnacle of success in reaching the summit of Ama dablam, prioritizing not only speed but also the highest safety standards. Our dedicated team strives to create a remarkable and memorable climbing experience, fostering an environment of camaraderie, fulfillment, and personal growth.
2. In pursuit of these objectives, we consistently assemble and recruit the industry's **finest climbing guide leaders. 1 X Certified Guides are confirmed.** These exceptional individuals possess unrivaled expertise, experience, and a profound commitment to safety and client satisfaction. With their guidance and leadership, we ensure that every climber receives unparalleled support, mentorship, and the highest standards of professionalism.
3. **Embodying Responsible, Ethical, and Sustainable Practices:** We take great pride in being a beacon of responsible, ethical, and sustainable expedition operations. With a deep respect for the pristine natural environment of Ama Dablam and the communities that surround it, we diligently adhere to practices that minimize our ecological footprint, respect local cultures, and contribute to the preservation of the mountain's fragile ecosystem.

EXPRESS ITINERARY

Day 1 Arrival and Gear Check day

Day 2 Kathmandu -  Lukla - Ama Dablam BC

Day 3 - 4 Rest and training refresher day

Day 5 Camp 1 Sleep

Day 6 Camp 2 touch and back to BC

Day 7 rest

Day 8 Camp 1

Day 9 Camp 2

Day 10 Summit Day and back to Camp 2 or 1

(Climbing days 4 - 12 can be adjusted if members prefer not to conduct rotations and climb straight with more contingency days)

Day 11-12 Contingency Days


Day 13 BC - Lukla - Kathmandu Via Helicharter

Day 14 Departure

Note: While this opens up exciting expedited possibilities, it's essential to maintain our focus on a well-rounded approach to climbing. Our goal isn't just speed; it's about combining all the essential elements of a safe and successful ascent, while also embracing the speed climbing factor. Safety remains our paramount concern during every expedited climb.

NAMAS ADVENTURE

WHAT'S INCLUDED

- IFMGA/NMA certified Guide leader
-  Helicopter Kathmandu - Lukla - Namche - Base Camp - Lukla - Kathmandu
- \$250 Individual tip pool. *(This is not summit bonus tips)* The tip pool will be fairly distributed among all Namas staff members. (Guides, porters, drivers, hotel security, and staff). Guest may personally hand in extra tips to our guides and porters)
- Namas Branded merchandise (Down Jacket, Cap, Buff)
- 1:1 Sherpa/client ratio. (Additional Sherpa Guide support can be arranged, extra charges apply)
- 1 upon arrival and 1 day before departure. Hotel in Kathmandu. *(Should clients return early from their expedition, clients will be responsible for their extra Kathmandu hotel bookings)*
- All trekking permits (Khumbu Region Permit and TIMS)
- All internal-local transportation to and from the trekking trailhead
- Breakfast, Lunch, and Dinner on trek days. (one meal order)
- Lodge accommodation during the trek
- Full porter support to/from Base Camp
- Fooding and camp lodging arrangements at Base Camp on a full board basis (this includes 3-course meals, services of cook crew, camping equipment, kitchen tent, dining tent, toilet tent, shower tent, kitchen items etc)
- 30 kgs personal weight
- Single tent for individual use at Base Camp or tea house room
- Solar charging at Base Camp (Comms will be given the first priority)
- Tents, pots, and pans for use on the mountain
- Expedition tents (2 or 1 person tents) Brands Salewa, Mountain Hardwear, Samaya equipment, Kailas
- Food and fuel above Ama Dablam Base Camp. Minimum choices from Camp I to Camp III.
- Meals and water at higher camps will be prepared by Namas guide member
- Training day with technical skills. This is not a course day and you should already be well familiar with abseiling and basic climbing techniques
- Ropes, climbing gear required for equipping the mountain, ice screws, snow stakes, etc
- Expedition 1st aid kit including antibiotics and medicines for use at altitude
- Insurance for Base Camp crew, climbing Sherpa
- Radio comms team at Base camp
- Frequent weather updates on expeditions
- Arrival pick-up and departure
- Welcome or Farewell Dinner

NAMAS ADVENTURE

WHAT'S NOT INCLUDED

- Visas and travel insurance
- Summit Bonus (\$700 per member)
- Entertainment and food (Kathmandu)
- Bottled drinks and beverages
- Evacuation (will be done in your account)
- Single supplement Charges
- Laundry, Phone services, Personal expenditure transactions
- Optional trips
- Tea breaks, chocolates or other snacks, and any meals besides breakfast, lunch, and dinner.
- Delay and cancellation because of natural phenomenon
- International flights to Kathmandu



LIVE YOUR STORY

NAMAS ADVENTURE

Why choose Namas Adventure team. (More on about us)

- Client safety is our primary focus and is implemented in all decision we make on our expeditions.
- We assemble best Sherpa, co-ordination and guiding team on all our expeditions.
- Use of highest quality gears and equipments on all treks and expeditions. (i.e. Tents, ropes, climbing gears, base camp essentials)
- Best experienced team to help you achieve your one of the greatest adventure.
- Creating a fun memorable experience and target successful summit on all our expeditions.

Namaste - " Our soul recognises your soul "

At Namas, core mission is to invoke sense of adventure, exploration and inspire human spirit through outdoor adventure activities.

Our Moto - Live Your Story

Namas Adventure is a premier adventure activity service provider specialising in hand picked adventure activities with trekking, motocross and expeditions to the peaks. We aim to provide the best adventure tours around the globe. What makes us different is also our commitment to responsible, ethical and sustainable tourism. Our central aim is to help you attain your personal adventure/expeditions goals while experiencing the best of our planet, its unique cultures and environments. We aim to offer the highest quality adventure tours and expeditions at a great value while focusing on our primary goals: safety, success, and recreation. We hire only the best leaders and we don't cut corners on costs. Our adventures and expeditions strive to set the highest standards. We prioritize the wellbeing and safety of our teams, being responsible to the environments we operate in, respecting culture, contributing to local economies by employing regional partners and paying them higher than the industry standard or influencing higher pay when we feel the market has underpaid the working staffs and working in a self-sufficient and self-reliant way. We promote a sustainable/responsible approach to adventure travel by connecting people to the natural world and giving back to local communities. **(More on our about us website page)**

NAMAS ADVENTURE

ALPINE GRADING

1 or F: Easy These routes involve easy glacier travel and may require some rock scrambling. Except for the glacier sections, you can often climb rope less.

2 or PD: a little difficult. These routes involve some technical climbing sections and glaciers of higher difficulty. There may also be some short sections of steep terrain. They are good introductory climbs for beginners.

3 or AD : Fairly hard. These are physically demanding routes for experienced alpine climbers. They usually have steep and exposed climbing sections or snow/ice slopes over 50°. The descents are long and more complicated, and most of the route requires to be roped.

4 or D: Difficult. These routes involve sustained rock climbing, ice climbing or snow travel. They are considered a significant undertaking and demand a huge commitment.

5 or TD: Very difficult. Highly technical climbs that involve long distances, remote locations, and hard multi-pitch climbing sections. Besides, there are often other hazards like bad weather (extreme cold, strong winds) or poor protection on the routes.

6 or ED: Extremely difficult. These are extreme climbs (the most difficult in the world, actually!) with continuous difficulties. They take several days to be completed.

FITNESS GRADING

A - Fitness level to be able to enjoy multi day walks of 6-7 hours per day. Should be able to carry 5-8kg of weight during the activity days.

B - Good level of cardio-vascular fitness and strength fitness needed. Can train by running or cycling 30+ min 3/4 times a week combined with some gym session of endurance or lower body straightening. Should be able to carry 10kgs during the activity day.

C - High level of fitness level required both in strengthening and endurance fitness level. Should be able to carry 8 -12 kgs of load. Training or gym sessions are required to attain this level of fitness. Previous experience of multi-day hill walking is essential.

D - Exceptional level of all round fitness will be required to cope with the exceptionally strenuous nature of these expeditions. Experience is required to be able to take on tours of this physical grading.

E - Exceptional level of all round fitness coupled with ability to cope and resist in highest of the altitude. A resistance to extreme weather conditions over extended periods of time. Heavy loads over multiple days may need to be carried. Previous experience is highly crucial in order to prepare your body endure the high level of mental and physical toughness from both altitude and terrains.

Expedition Fitness

When it comes to expedition the more fitter you are and more stronger the better your chances of successfully climbing to the summit and most of all enjoying the expedition. The grading system gives you an indication of the level required for each expedition both technically and physically. It is very important that you train and build your level of fitness depending on your choice of expedition and whilst on expedition if your fitness is deemed to be inadequate our leaders would ask you to remain at camp. Please discuss with our guiding leaders on how you feel and weather you can actually make that push during all climbing/expedition, as we take your and staff safety seriously and would not want any unchecked incidents or miss out on your successful summit bid.

Adventure Travel – Accuracy of Itinerary

It is on our best interest to operate our expeditions as printed in the itinerary but due to unseen circumstances it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. We would ask for your patience in this case as a lot of these can be out of our hands and we will best decide to plan alternatives. Our assigned leader is responsible for the overall safety of the whole team during the expedition and will encourage the use of safe climbing practises during the expedition. They will ensure that every opportunity is taken to fulfil the objectives described in the trip's outline itinerary, but have the freedom to modify any plans subject to weather, delays or unforeseen circumstances which are deemed to be out of the control of Namas Adventure. The leader will maintain a good team spirit and attempt to keep morale high for the whole group. Wherever possible the leader will keep the Namas Adventure office informed of team progress and any emergency situations that may arise.

Insurance

All our clients are required to have adequate insurance for their trip programs. When conducting research for insurance options, please look into the details of the policies covering the right requirements. Unexpected life events occur. Your travel plans might change due to illness while you are abroad or because of a family emergency even before you leave home. Our recommendation is that you protect your investment and welfare against these unexpected circumstances so you and your loved ones can prepare for your upcoming adventure with more peace of mind.

- **Cancellation or curtailment**
- **Helicopter rescue**
- **Repatriation**
- **The altitude that you are expected to attain**
- **Grade of trek/climb/expedition**
- **Medical cover**

Namas Adventure X Global Rescue

Who Is Global Rescue?

Travel Protection, Namas Adventure partners with Global Rescue to offer the world's leading travel protection services. Medical and security emergencies happen. When they do, we rely on Global Rescue to provide our clients with medical, security, travel risk, and crisis response services. Without a membership, an emergency evacuation could cost over \$100,000. More than one million members trust Global Rescue to get them home safely when the unexpected happens. We highly recommend our clients enroll with Global Rescue. (*Insurance link - [Click here](#)*)

IMG Signature Travel Insurance

IMG Signature travel insurance is the perfect add-on to a Global Rescue membership, providing coverage against a variety of unforeseen expenses while you're traveling, giving you the added comfort of knowing the value of your trip is protected in case you need it.

TRAVEL INSURANCE LINK

Namas Adventure is a Global Rescue Safe Travel Partner.

Namas Adventure is committed to excellence in every aspect of your trip experience, especially when it comes to safety.

That's why we are a **Global Rescue Safe Travel Partner**.

Global Rescue is an industry leader, providing medical and security advisory and evacuation services to travelers around the world. Global Rescue offers field rescue from the point of your injury or illness. With operations centers staffed 24/7/365 by experienced personnel, when you call Global Rescue you speak to a real person on the first call to get you the help you need.

Purchase a Global Rescue membership for your next adventure and travel with peace of mind. Single trip, annual and family options are available – just ask us to learn more. *[Click here]*

Few insurance provider which we recommend.

UK based clients

True Traveller: www.true traveller.com Treks upto 4500M (Check Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK) www.aacuk.org.uk (Expedition's mostly)

Snowcard: www.snowcard.co.uk

World Nomads: <https://www.worldnomads.co.uk/>

Dogtag: www.dogtag.co.uk

For non-UK based clients:

Ripcord: <http://www.ripcordrescuetravelinsurance.com/>

Travelex Ins. Services: www.travelexinsurance.com

True Traveller: www.true traveller.com (Check Extreme pack or Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK): www.aacuk.org.uk

These are some of the insurance companies that we trust but you are free to choose the one you have been using or trust during your travel. Please forward the details of your Insurance as soon as you have it: we need the insurance company's name, their 24 hour emergency telephone number and your insurance policy number –

namas@namasadventure.com



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