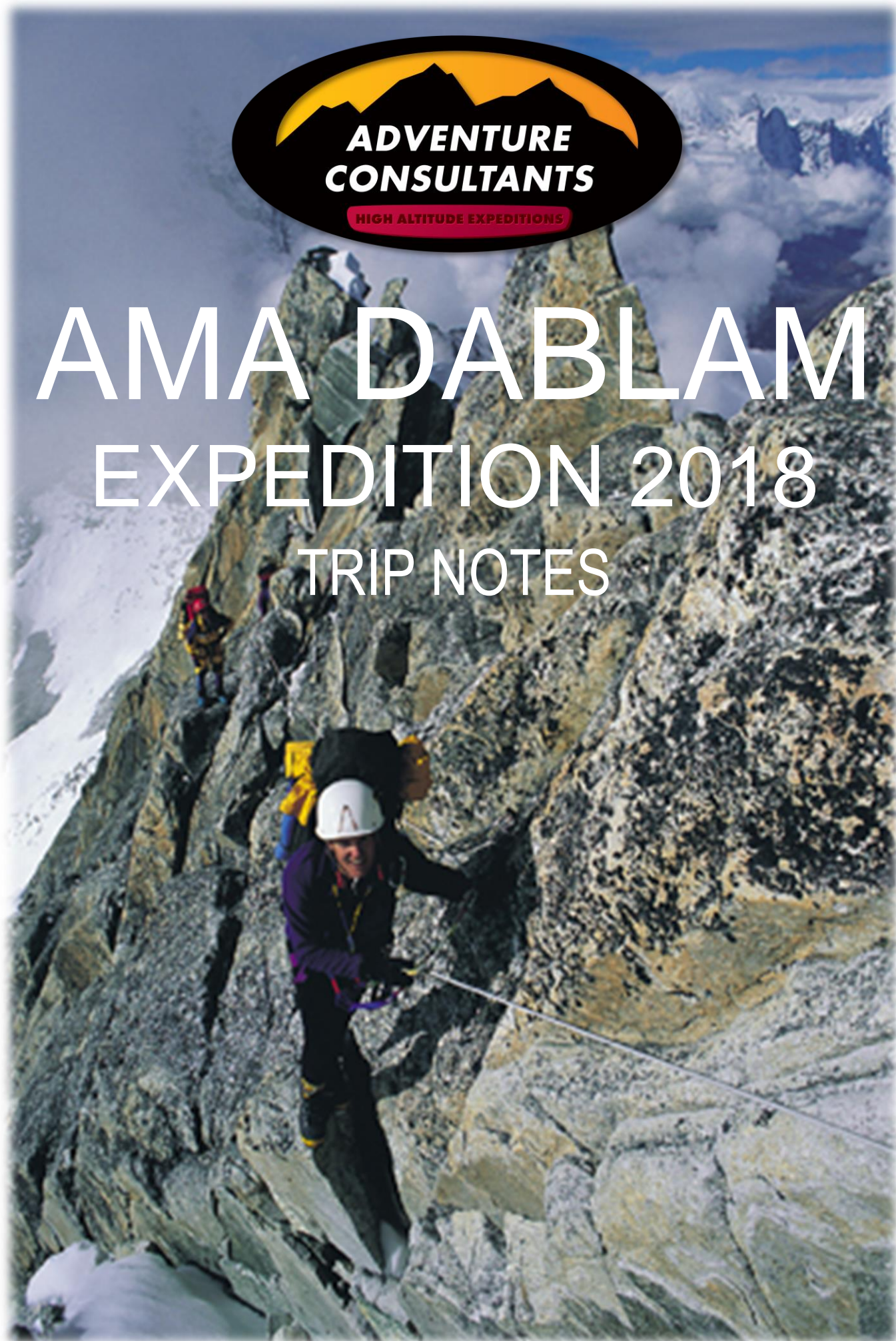




# AMA DABLAM EXPEDITION 2018 TRIP NOTES





## AMA DABLAM 2018

### Expedition Notes

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During the post-monsoon season of 2018, Adventure Consultants will be operating our twentieth expedition to the South-West Ridge of Ama Dablam (6,828m) in Nepal. Ama Dablam is recognised as one of the most beautiful peaks in the Himalaya and has special significance to the Sherpas in the Khumbu Valley.

The South-West Ridge is incredibly picturesque and a fine alpine route of world-class standard due to its ease of access, sound rock and a truly spectacular summit day on steep and exposed snow slopes.

Summiters are rewarded with panoramic views of the Everest group, Makalu, Cho Oyu and a multitude of lesser peaks.

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### The Expedition Leader

The Expedition Leader will be scheduled approximately six months out from the trip start. All of our trip leaders have extensive experience at high altitude and a proven record of safety, success and compatibility.

The number of guides is determined by the team size but the normal ratio of guides to members is 1:3. You will find our guides companionable and strong expedition members with considerable power and willingness to see you achieve your goals.

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### The South-West Ridge of Ama Dablam

Ama Dablam was first climbed in 1961 by a New Zealand and American team, and we follow their same route, the South-West Ridge. A six-day trek into Base Camp (4,529m) via the Khumbu Valley provides great views of Ama Dablam and we experience some of the culture and hospitality of the Sherpa people.

Once established in Base Camp, we move loads to Camp I (5,807m) via a long slope to the beginning of the SW Ridge proper. This is where the technical climbing begins and the route

follows the spine of the rock ridge leading directly to the Camp III (6,277m). The very exposed nature of the route makes for exciting climbing yet the climbing is not as steep as one would imagine. Climbers with moderate technical experience can attempt this route.

On summit day the route weaves between the ice cliffs, then follows a snow arête directly onto the 6,828m summit.

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## How the Expedition Operates

From Kathmandu, we fly by helicopter or fixed-wing plane directly to Lukla and follow the Khumbu Valley to Namche Bazaar. Acclimatising along the way and relishing in the hospitality provided by our Sherpa friends, we reach Base Camp (4,529m) and after some rest and preparation, we begin the ascent.



*Camped high on Ama Dablam. Photo Andrew Wexler*

Base Camp is now at a comfortable high altitude lodge where the meal preparations are supervised by our Sherpa cooks. Adventure Consultants import a lot of high-quality Western food to supplement the local produce available.

The guides and Sherpas will fix rope on the route and stock the camps with provisions and equipment. By utilising fixed rope we can climb in average weather and if necessary, descend to Base Camp with little problem in the case of a major storm.

Two or three Climbing Sherpas will assist with the load carrying, but no more will be engaged in order to avoid clogging the route and spoiling the nature of the climb. When the fixed line is in place and the two camps are established and stocked, we will climb back up the ropes and make a bid for the summit.

Ample supplies will be available to support all members. Guides and Sherpas will carry all group gear but members are expected to carry their own personal gear. Lightweight hand-held radios will be used to coordinate the movements on the mountain and provide a safety back-up for the lead team.



*Negotiating a section of fixed ropes. Photo Lydia Bradey*

It is reasonable to expect that a strong team can climb this route in around two weeks.

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## Level of Experience Required

This climb is not for novice mountaineers. It will require members to be comfortable ascending and descending steep terrain on fixed ropes.

A high technical standard is not mandatory because primarily the guides will be leading the climb and fixing the route. However, this is not a mountain to visit and then discover that you are not comfortable with exposure. We suggest that you gain experience and the required skills for travel on exposed technical ground before joining this expedition.

Membership will be restricted to climbers with a proven list of alpine ascents. A high standard of fitness is expected. It is advantageous to be able to move over rocky terrain efficiently.

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## Expedition Itinerary

**Dates: October 15 to November 11, 2018**

Day 1	Oct 15	Meet Kathmandu, team briefing
2	16	Gear checks, sightseeing in Kathmandu
3	17	Fly to Lukla, walk to Phakding
4	18	Trek to Namche Bazaar
5	19	Acclimatisation in Namche – day walk to Kunde / Khumjung
6	20	Trek to Deboche.
7	21	Trek to Pangboche, acclimatisation hike.
8	22	Trek to Ama Dablam Base Camp (4,529m)
9	23	Set up Base Camp area – acclimatise/rest
10	24	Day trek to Advanced Base Camp / Yak Camp (5,415m)
11	25	Move to ABC / Yak Camp
12	26	Move to Camp I (5,807m)
13	27	Carry and Fix to Camp II (6,064m)
14-20	28-3 Nov	Summit Bid
21	4	Move back down to Camp I
22	5	Return to Base Camp, party!
23	6	Spare / Contingency Day
24	7	Depart from Base Camp to Pangboche
25	8	Trek to Namche Bazaar
26	9	Trek to Lukla
27	10	Fly Lukla to Kathmandu
28	11	Depart from Kathmandu

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## Expedition Fee

**The cost of the expedition ex Kathmandu is US\$13,500 per person.**

This is an inclusive cost and covers the following:

- Nepalese government royalty fees
- All expedition organisational requirements
- Airport transfers

- All climbing and trekking permits
- Air transport within Nepal
- All team equipment
- All expedition staff, including qualified Western Guides and experienced Sherpa support
- Breakfast, lunch and dinner ex Kathmandu
- Portage of personal gear from Base Camp to Yak Camp
- All supplies necessary to make a safe and strong bid for the summit
- Access to AC's satellite communication facilities
- Regular expedition dispatches to our website for families and friends back home to follow the expedition's progress
- dZi Foundation support for their "revitalize a village" programme – likely to include support for a Nepalese child's education for a year

The expedition fee **does not** include the following:

- Air travel to and from Nepal
- Nepalese airport entry visa
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water while on the trek, gifts, alcohol (we supply boiled water for drinking)
- Other charges at lodges/tea houses such as showers, internet access or battery re-charging
- Personal clothing and equipment
- Personal travel insurance /medical/trip cancellation/rescue insurance
- Any rescue costs or costs of early departure from the expedition
- Excess baggage charges over 30kg of personal luggage
- Any costs associated with early departure from the expedition
- Gratuities

## Visas

Members will be required to obtain an entry visa into Nepal at the beginning of the expedition. This is easily procured at Kathmandu airport on arrival. Currently, a 30-day visa costs US\$40 (the trekking and climbing permits are a separate matter dealt with by the expedition agent).

## Payments

All payments should be made by bank transfer to the following bank and account:

**Bank of New Zealand  
Offshore Branch  
1 Willis Street  
Wellington  
New Zealand**

for the account of **Adventure Consultants Limited**

Account # **1000-594771-0000**

Account Type: **US Dollars**  
Swift Address: **BKNZTZ22**

Note: All bank transfer charges are for the **remitters account**.

We can also accept your deposit by credit card (Visa, Mastercard, Amex), and your balance payment by credit card plus a 3% credit card fee.

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### **Deposit**

**A non-refundable deposit of US\$1,000** is payable to secure a place on the expedition.

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### **Balance**

The balance is payable 90 days before the expedition start date.

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### **Cancellation and Refund Policy**

An expedition member may cancel his/her participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 89 - 60 days of the trip commencement date we reserve the right to retain 50% of the balance payment fee.
- For cancellations within 59 days of the departure date a cancellation fee of 100% of the full fee applies.

*Team members should take out private insurance if they wish to be covered against cancellation due to medical, personal or other reasons. This is called Trip Cancellation Insurance and can be obtained from your normal travel agent.*

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### **Team Membership**

The team will have a **minimum size of 3 members and 1 guide** and a **maximum size of 6 members and 2 guides**. Two or three climbing Sherpas will assist with the load carrying on the mountain.

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### **Food**

The well-trained Sherpa cooks prepare high quality 'Western' food as well as popular Sherpa dishes in the Base Camp Lodge. On the mountain, your guides will cook and a team environment means all efforts to assist with collecting snow for melting water and other

meal preparation tasks will be much appreciated. Please indicate any specific dietary requirements you may have on your application form.

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### **Equipment List**

Expedition members will be sent a list detailing all necessary individual clothing and equipment to be provided.

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### **Medical Examination**

Expedition members will be provided with pre-trip medical advice and a medical questionnaire and asked to visit their family physician and receive a full medical examination. This information will be sighted only by the expedition leader and our medical adviser and treated with full confidentiality.

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### **Documentation and Photographs**

Expedition members will need to provide 6 passport photographs for various climbing and trekking permits, and a copy of their passport biodata page.

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### **The Advantages of Climbing With Us**

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised Expedition Leaders and Sherpa staff, whom are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams and the best back-up and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

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### **How to Join this Expedition**

If you would like to join our Ama Dablam Expedition, please complete the application form <https://www.adventureconsultants.com/expeditions/himalayan-climbs/ama-dablam-south-west-ridge/book-now> and submit your trip deposit. Please also contact us if you'd like any further information or assistance in planning your trip:

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Ph + 64 3 443 8711 Fax + 64 3 443 8733

<https://www.adventureconsultants.com/contact-us/>

Email: [info@adventure.co.nz](mailto:info@adventure.co.nz)

Web [www.adventureconsultants.com](http://www.adventureconsultants.com)



*Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their ‘Revitalise a Village’ programs and of the Kilimanjaro Porters Assistance Project. Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.*

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