



Amadablam Base Camp

This fascinating Amadablam Base Camp trek(trip) offers you the lifetime experience of enchanting Sherpa villages and traditions along with the beauty of the most beautiful mountain in the world, Mount Everest. If you are looking for a shorter trek and want to see the Mount Everest at the same time, this Amadablam Base Camp trek is a good option. An early flight from Kathmandu takes us to the most famous Everest region. We follow the trail to famous sherpa village of Namche and proceed fur



Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal "KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

Day 2: Explore Kathmandu

"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of it most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.

Day 3: Kathmandu – Lukla – Phakding

Early in the morning you head to the airport for your flight to Lukla. This is an approximately 45-minute flight with incredible mountain views north to the Himalayan Range. After meeting the crew in Lukla, you head up the Dudh Koshi River Valley on a well-marked trail to Phakding.

Day 4: Phakding – Namche Bazaar

This morning you continue north following the DudhKoshi river and on to Jorsale where you enter the Sagarmatha (Everest) National Park. From here it is a short walk to the confluence of two rivers, the ImjaDrangpa (ImjaKhola) and the NangpoTsangpo (BhoteKosi) where you cross once more on a suspension bridge. This is followed by a steep climb (for about 2hrs) up to Namche Bazaar, the main town in the Khumbu region. Namche is a prosperous Sherpa town and an important trading centre with a weekly Saturday market.

Day 5: Rest day

Today is for letting your bodies rest and acclimatize. If you are feeling good you could go for an acclimatization walk or explore the village. Namche Bazaar is tucked away between two ridges amongst the giant peaks of the Khumbu. Options for acclimatization walks include a visit to Khunde Hospital, or the one hour walk up to the Everest Hotel above Namche for the view of Ama Dablam, Nuptse, Lhotse and Everest, with many more in the mix as well.



Day 6: Namche – Tyangboche

From Namche, the trail contours around the side of the valley, high above the river and, as you go, you get great views of the great peaks of the Khumbu including Mt Everest, Lhotse, Nuptse and Ama Dablam. After dropping down steeply to the river at Phunki Tenga and having lunch, you have a long steep climb up through beautiful forest to tonight's lodge. Tyangboche is famous for its legendary monastery, the largest in the Khumbu and you will stay near this monastery with Everest, Lhotse and AmaDablam in full view.

Day 7: Tyangboche – Pangboche

After breakfast you head on the trail to Pangboche. Today is a short walking day. You first descend through stunning forest to Deboche then cross the river and have a short climb to Pangboche.

Day 8: Pangboche – Amadablam Base camp– Pangboche

Start with the downhill walk from pangboche up to river, after crossing the bridge its steep uphill for about 2 hrs and another 2 hours of gradual walk takes us to our destination of Amadablam Base camp which offer the spectacular view. Explore and capture base camp in your camera for your lifetime and retrace back to pangboche.

Day 9: Pangboche– Phortse

Today it's a gradual walk through mountain edge. Enjoy the Mountain View as well as changes to see some wild animal including mountain goat and barking Deer.



Day 10: Phortse– Namche Bazaar

From Phortse you descend to the bridge over the Dudh Kosi and from there you will steeply ascend to Mongla, after the descend and gradual walk back to Namche.

Day 11: Namche Bazaar– Lukla

From Namche Bazaar you will be amazed at how easy that steep trail is to go down (as opposed to the hard slog you had as you came up) as you descend back down to the village of Jorsale. Passing the villages of Phakding and Choplung, you arrive at Lukla.

Day 12: Lukla fly to Kathmandu

Early wake up to catch the morning flight to Kathmandu from Lukla. Arrival in Kathmandu and relax.

Day 13: Drive to Airport

Drive to airport and farewell.





HIGHLANDER
TREKKING
WHERE THE HIMALAYAN SPIRIT LIVES & BREATHES

Thamel, Kathmandu

+977-01-4700563, +977-01-4700066

Whatsapp: +977 9851167070

info@highlandernepal.com

www.highlandernepal.com