



Ama Dablam with Island Peak Climbing - 25 Days

Embarking on the combined expedition of Island Peak and Ama Dablam is not merely a climbing trip; it is a pilgrimage into the vertical heart of the Khumbu. At Ama Dablam Expeditions, we view this journey as a masterful progression of high-altitude artistry. We begin amidst the bustling energy of Namche Bazaar, winding through rhododendron forests and ancient monasteries, before setting our sights on the Chhukung Valley. This initial phase is designed to transform your body into a high-performance machine, allowing you to find your rhythm in the thin air while surrounded by the most iconic peaks on the planet.

The ascent of Island Peak (6,189m) serves as our "prologue," but don't let the name fool you—it is a formidable challenge in its own right. Crossing the snout of the Imja Glacier and navigating the steep snow slopes leading to the summit ridge offers a visceral thrill that few other peaks can match. Standing on that summit, with the massive south face of Lhotse looming directly overhead, you'll gain more than just a view; you'll gain the technical confidence and red-blood-cell count necessary for the main event. It is here, looking across the valley at the "Mother's Charm," that the true scale of your ambition begins to sink in.

Once we descend from Island Peak, our focus shifts entirely to the "Queen of the Himalayas." Ama Dablam (6,812m) is widely considered the most beautiful mountain in the world, and climbing it is a rite of passage for any serious alpinist. Our base camp is a lush, grassy oasis that feels like a sanctuary before the verticality begins. Unlike the sprawling massifs of its neighbors, Ama Dablam is a mountain of pure aesthetics—sharp lines, hanging glaciers, and exposed ridges that require a harmonious blend of physical grit and mental focus. On this mountain, every step is earned, and every view is a masterpiece.

The climb itself is a technical symphony, primarily following the legendary Southwest Ridge. You will find yourself dancing over granite slabs at Yellow Tower and navigating the airy, crystalline Mushroom Ridge. There is a specific kind of magic found in the exposure here; as you clip into the fixed lines, the world falls away beneath your boots, leaving only you, the rock, and the sky. Our expert Sherpa team, who treat this mountain as their own home, ensures that while the climbing is rigorous, your safety and support system are world-class, allowing you to focus entirely on the movement and the moment.

Reaching the summit of Ama Dablam is an emotional crescendo that stays with you for a lifetime. From the top, the 360-degree panorama of Everest, Lhotse, and Makalu feels close enough to touch, providing a perspective that few humans ever witness. But the true reward of an Ama Dablam Expeditions journey isn't just the summit photo; it's the camaraderie forged in the high camps, the shared tea in sub-zero temperatures, and the profound sense of self-discovery that comes from testing your limits against such a magnificent spire. You don't just climb Ama Dablam—you let it change you.

TRIP HIGHLIGHTS

- **Ama Dablam Summit - 6,812m:** Take on the spectacular summit of Ama Dablam, one of Nepal's most iconic technical climbing peaks.
- **Island Peak Summit - 6,189m:** Climb Island Peak first to gain valuable high-altitude and technical mountaineering experience.



- **Two Himalayan Summits:** Combine Island Peak and Ama Dablam in one extraordinary Himalayan expedition.
- **Classic Southwest Ridge:** Ascend Ama Dablam through its renowned Southwest Ridge with steep and exposed climbing sections.
- **Yellow Tower & Mushroom Ridge:** Challenge some of Ama Dablam's most famous technical rock and mixed-climbing sections.
- **Progressive Acclimatization:** Gradually adapt to increasing altitude through strategically planned trekking, rest and climbing days.
- **Island Peak Base Camp - 5,200m:** Prepare for the Island Peak summit while surrounded by spectacular Himalayan scenery.
- **Ama Dablam Base Camp - 4,600m:** Establish the expedition base beneath Ama Dablam and prepare for the technical ascent.
- **Traditional Puja Ceremony:** Participate in a traditional blessing ceremony at Ama Dablam Base Camp before beginning the climb.
- **High-Altitude Camps:** Experience Camp I at 5,700m and Camp II at 6,000m during the Ama Dablam climbing phase.
- **Technical Mountaineering:** Gain experience with crampons, fixed ropes, ascenders, glacier travel and high-altitude climbing techniques.
- **Experienced Sherpa Support:** Receive professional guidance and expedition support from an experienced Sherpa climbing team.
- **Khumbu Valley Exploration:** Trek through iconic Himalayan settlements including Namche Bazaar, Tengboche, Dingboche and Chhukung.
- **Spectacular Himalayan Views:** Enjoy magnificent views of Everest, Lhotse, Nuptse, Makalu, Ama Dablam and surrounding peaks.
- **Complete Himalayan Adventure:** Combine trekking, acclimatization, Island Peak climbing and Ama Dablam expedition into one unforgettable journey.



PRICE INCLUDES

Transportation

- All the ground transfers (hotel and airport transfers, sightseeing) via private vehicle
- Kathmandu - Lukla - Kathmandu via domestic flight

Accommodation and Food

- Four nights in Kathmandu in a 3-star category hotel (Twin Sharing)
- Fifteen nights in the best available local lodge/ teahouse during the trek (Twin Sharing)
- Five nights (Including Contingency Day at Ama Dablam Camp II) at a tented camp during the climb (Above Base Camp)
- All standard meals [Breakfast, Lunch, and Dinner] throughout the trek and climb
- Available seasonal fruits throughout the trek/climb
- Breakfast in Kathmandu
- Farewell Dinner in Kathmandu

Staff

- A Government-licensed English-speaking trekking guide, including wages, meals, insurance, lodging, transportation, flight, and other necessary gear. 
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, flight, and other necessary gear.
- A porter for two trekkers/climbers, including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- A climbing guide (each climber will get a guide) during the climbing, including his accommodation, transportation, food, salary, transportation, and insurance.

Permits and Taxes

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entry Permit
- Island Peak Climbing Permit
- Ama Dablam Expedition Climbing Permit
- All other government, local taxes, and official expenses

Additional

- A Gore-Tex (100% Waterproof) Duffle bag to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance),
- A Complete map covering the entire Ama Dablam and Island Peak, t-shirt.
- Ama Dablam Appreciation Certificate after the successful trek
- A First Aid Medicine bag in each group (carried by the trekking/climbing leader)



PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, 01 USD per KG extra, can be paid directly to the airline.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottled water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery recharge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth.
- Summit Bonus for the Sherpa Guide (\$700) after the successful ascent.
- Tips for guides and porters (Tips are appreciated)





ITINERARY

Day 1: Arrival in Kathmandu (1338m/4390ft)

Day 2: Free Day in Kathmandu: Sightseeing and Trip Preparation

Day 3: Fly Kathmandu to Lukla (2,860 m/9,384 ft) and trek to Phakding (2,610m/8,562ft): 9 km/3-4 hours

Day 4: Trek Phakding (2,610m/8,562ft) to Namche Bazaar (3,440 m/11,283 ft): 12 km/5-6 hours

Day 5: Acclimatization Day in Namche Bazaar (3,440 m/11,283 ft) – Hike to Everest View Hotel

Day 6: Trek from Namche Bazaar (3,440 m/11,283 ft) to Tengboche (3860m/12660ft), Duration: 5-6 hours

Day 7: Trek from Tengboche (3860m/12660ft) to Dingboche (4410m/14464ft), Duration: 5 hours

Day 8: Acclimatization Day at Dingboche (4,360m / 14,290ft): Hike to Nagarjun Hill

Day 9: Trek from Dingboche (4,360m / 14,290ft) to Chhukung (4735m / 15,535ft) 3 Hours

Day 10: Trek from Chhukung (4735m / 15,535ft) to Island Peak Base Camp (5,200m / 17,050ft)

Day 11: Summit Island Peak (6,189 m/20,305 ft) and return to Chhukung (4735m / 15,535ft)

Day 12: Contingency Day in Case of Bad Weather Conditions

Day 13: Trek from Chhukung (4,730m /15,518ft) to Ama Dablam Base Camp (4,600m/15,100 ft)

Day 14: Rest Day and Worshipping Ceremony at Ama Dablam Base Camp (4,570m/14,994ft)

Day 15: Ama Dablam Base Camp (4,600m/15,100 ft) to Camp I (5,700m/18,700ft)

Day 16: Climb Camp I (5,700m/18,700ft) Camp II (6,000m/19,685ft)

Day 17: Summit Back to Camp II (6,000m/19,685ft)

Day 18: Contingency Day in Case of Bad Weather Conditions

Day 19: Contingency Day in Case of Bad Weather Conditions

Day 20: Descend Ama Dablam Camp II (6,000m/19,685ft) to Base Camp (4,600m/15,100 ft)

Day 21: Trek Ama Dablam Base Camp (4,600m/15,100 ft) to Namche Bazaar (3,440 m/11,283 ft)

Day 22: Trek Namche Bazaar (3,440 m/11,283 ft) to Lukla (2,860 m/9,384 ft)

Day 23: Fly Lukla (2,860 m/9,384 ft) to Kathmandu (1,338m/4,390ft)

Day 24: Rest Day at Kathmandu (1,338m/4,390ft)



Day 25: International Flight (Final Departure)





ESSENTIAL GEAR

Technical Climbing Equipment

- Climbing helmet
- Mountaineering harness
- 12-point crampons
- Mountaineering ice axe
- Ascender/Jumar
- Descender/rappel device
- Locking carabiners
- Non-locking carabiners
- Climbing slings
- Prusik/accessory cord
- Safety tether
- Trekking poles
- Snow gaiters

Footwear

- High-altitude mountaineering boots
- Insulated/double climbing boots
- Trekking boots
- Camp shoes or sandals
- Gaiters
- Warm wool/synthetic socks
- Lightweight liner socks
- Extra spare socks



Clothing & Layering

- Moisture-wicking base layers
- Thermal underwear
- Trekking T-shirts
- Long-sleeve trekking shirts
- Fleece jacket
- Soft-shell jacket
- Soft-shell trekking pants
- Waterproof/windproof jacket
- Waterproof trousers
- Insulated/down jacket
- Expedition down parka
- Insulated/down pants
- High-altitude down suit



- Extra warm camp clothing
- Gloves & Head Protection

Lightweight liner gloves

- Fleece gloves
- Waterproof insulated gloves
- Expedition mittens
- Warm beanie
- Sun hat/cap
- Balaclava
- Buff/neck gaiter
- Face protection
- Glacier/sun glasses
- Spare sunglasses
- Snow/ski goggles

Bags & Storage

- 30-40L trekking daypack
- Large expedition duffel bag
- Waterproof pack liners
- Dry bags
- Compression/stuff sacks
- Backpack rain cover
- Duffel padlocks



Sleeping & Camping

- High-altitude sleeping bag
- Sleeping-bag liner
- Insulated sleeping mattress
- Foam or inflatable sleeping pad
- Camping pillow
- Sleeping-bag compression sack
- Warm camp booties

Hydration & Food

- Two 1L water bottles
- Insulated bottle covers
- Thermos/flask
- Water purification tablets or filter
- Hydration bladder



- Insulated mug
- Bowl
- Spoon/spork
- Energy bars and personal snacks
- Pee bottle for high camps

Electronics

- Headlamp
- Spare batteries
- Power bank
- Charging cables
- Mobile phone
- Camera
- Waterproof electronics pouch
- GPS/watch if required

Personal Medical & Safety

- Personal first-aid kit
- Prescription medicines
- Basic pain/fever medication
- Blister treatment
- Bandages and medical tape
- Antiseptic supplies
- Oral rehydration salts
- High-SPF sunscreen
- UV-protection lip balm
- Hand sanitizer
- Wet wipes
- Personal toiletries
- Earplugs
- Small repair/sewing kit
- Duct tape



Documents & Essentials

- Passport
- Nepal visa documents
- Travel insurance details
- Emergency evacuation insurance information
- Expedition permits/documents
- Passport-size photographs



- Emergency contact information
- Copies of important documents

Most Important for Ama Dablam with Island Peak Climbing

The most critical items include high-altitude boots, crampons, harness, helmet, ice axe, ascender, descender, technical gloves, glacier glasses, goggles, down suit, expedition parka, sleeping bag and reliable climbing layers.

Note: Equipment supplied by the expedition company can vary. Confirm which technical and group equipment is provided before purchasing or renting your gear.





FAQ

1. What is the Ama Dablam with Island Peak Climbing expedition?

The Ama Dablam with Island Peak Climbing expedition is a 25-day dual-peak Himalayan adventure combining Island Peak (6,189 m / 20,305 ft) with Ama Dablam (6,812 m / 22,349 ft) in Nepal's Khumbu region. The itinerary begins with trekking and acclimatization through Namche Bazaar, Tengboche, Dingboche, and Chhukung before climbing Island Peak. Afterward, climbers continue to Ama Dablam Base Camp and prepare for the more technical Ama Dablam summit.

2. How difficult is the Ama Dablam and Island Peak expedition?

The expedition is graded Difficult and combines high-altitude trekking with technical mountaineering. Island Peak involves glacier terrain, steep snow and climbing sections, while Ama Dablam requires movement on technical rock, snow and ice terrain with fixed-rope climbing. Climbers should have appropriate physical conditioning, high-altitude experience, and familiarity with essential mountaineering techniques and equipment.

3. Why climb Island Peak before Ama Dablam?

Climbing Island Peak before Ama Dablam creates a progressive expedition structure. Island Peak reaches 6,189 m, providing experience with high-altitude conditions and technical climbing before the Ama Dablam phase. The itinerary includes the Island Peak summit on Day 11, a contingency day, and then progression toward Ama Dablam Base Camp, followed by climbing through Camp I at 5,700 m and Camp II at 6,000 m. This progression can help climbers gain additional experience before the Ama Dablam summit attempt, although it does not replace the experience and skills required for Ama Dablam.

4. How long does the Ama Dablam with Island Peak expedition take?

The complete Ama Dablam with Island Peak Climbing expedition takes 25 days. The itinerary includes Kathmandu preparation, the Lukla flight, trekking and acclimatization in the Khumbu, Island Peak Base Camp and summit, contingency time, the approach to Ama Dablam Base Camp, climbing through higher camps, the Ama Dablam summit attempt, descent, and return to Kathmandu. Multiple contingency days are incorporated for potential bad weather during the climbing phases.

5. What is the best season for Ama Dablam and Island Peak climbing?

The expedition is scheduled for spring and autumn, which are the seasons listed on the official expedition page. The actual climbing and summit schedule remains dependent on weather, mountain conditions, route safety, and the climber's acclimatization. The itinerary therefore includes dedicated contingency days to provide flexibility when weather conditions affect summit plans.