

Ama Dablam Rapid Ascent Expedition

14 Days in Nepal / Skill Level: Advanced



Oct. 31 - Nov. 13, 2018

Land Costs **\$17,950**

*All costs included with the exception of alcohol, in-town meals

Difficulty Level: Advanced- Must be able to climb rock, ice, and mixed terrain, often with an alpine pack on your back. You should be comfortable with camp craft in high-altitude camps and be able to perform at a high level for multiple days in a row at altitude.

Overview

No mountain in the world captures alpine climbers' imaginations like (22,525' / 6866m) Ama Dablam. It stands alone in the Solu Khumbu (Everest Valley), towering almost (10,000' / 3050m) over the famous Sherpa villages of Thyangboche and Pangboche. With no easy route to its summit, climbing Ama Dablam is reserved for dedicated alpinists, who have built high altitude skills and experience. The successful climber will have solid multi-pitch climbing experience on rock and ice, and be comfortable climbing technical terrain with a pack on, taking care of themselves in very high alpine camps, and spending days at a time in exposed terrain.

This expedition is in many ways the culmination of Alpenglow Expeditions' teaching system and mission. On Ama Dablam our expectation is that each climber takes real responsibility for their own success and that of their teammates. Members of the team will assist in setting camps, carrying loads, cooking, and melting snow in high camps. Summiting the peak will be a success you have truly earned, and can be, if you choose, an ideal stepping stone to more independent expeditions on big Himalayan peaks.

On our expedition we climb the route of the mountain's first ascent, the Southwest Ridge. First climbed in 1961, the route is incredibly varied. It offers every type of climbing along the way to the summit, and from Camp 1 the route is continuously exposed and technical.

From Base Camp to Camp 1, we will climb up a long moderate morainal ridge, enjoying excellent views of our entire route.

From Camp 1 to 2 we encounter the route's crux rock climbing sections. There are interesting technical traverses combined with countless easy fifth class moves and some short harder pitches of up to 5.8 climbing. On all of this climbing, you will be truly climbing each move, using fixed ropes only to protect yourself. This is not a route of jug-hauling!

Camp 2 to 2.7 offers the route's most challenging ice climbing, with sustained pitches of steep ice and mixed terrain. The final section into Camp 2.7 is the famed mushroom ridge, a mostly horizontal traverse across cornices tenuously stuck to a knife-edge ridge.

From Camp 2.7 to the summit, the route lessons slightly in technical difficulty, climbing straightforward 50-70 degree ice and snow around the hanging glacier (the Dablam) and up the summit face.

An expedition to Ama Dablam will test all of your mountaineering skills, and a summit is one to be very proud of. Climbing this peak also provides a taste of true Himalayan expedition life. You will be supported by the best Sherpa staff in the Khumbu. After arriving in base camp we will have a full Puja blessing ceremony, and then settle into

life in a very comfortable basecamp, complete with cook, heated dining tent, individual sleeping tents, and a private bathroom tent with shower. We have found that these amenities are essential in having a well-rested and strong team of climbers during our summit push. We pride ourselves in our record of safety and success. Beware of operators who offer Ama Dablam climbs with less support!

By utilizing Hypoxico tents for 1 month prior to departure (this is required & the tent rental fee is included in cost of trip) and helicopters to and from Namche, we are able to complete this typically 4-week expedition in a mere 14 days. With extra sherpa support (also included in our pricing), you are able to climb with a moderate weight daypack, allowing you to maintain your comfort and strength. We have had great success with pre-acclimatization in the highest mountain ranges of the world and strongly suggest this method as a way of staying healthy and strong on would-be long expeditions and ultimately, having a greater chance of summit success.

Our Ama Dablam expedition will be guided by one or more of Alpenglow's AMGA certified lead guides. AMGA (American Mountain Guides Association) certification is the highest possible training available to guides, and only the most experienced and dedicated attain it. Our guides have been climbing in Nepal for more than a decade, and have led dozens of expeditions to Himalayan peaks (including 9 successful summits of Ama Dablam). Their knowledge of Sherpa culture as well as the mountains, combined with their passion for teaching mountaineering skills to others, guarantees that your experience will be one to remember.

Our climber to guide ratio is 4:1, and our climber to sherpa ratio is 1:1. This ensures that we have unparalleled support carrying loads, fixing ropes, and building camps. The guides climb with the members every day throughout the season. The sherpa also spend lots of time climbing with us, and on summit day will be with their climbing member at all times.

We combine our western guides' and Sherpa experience with the local expertise of one of Nepal's best logistics operators, and the services of our good friend and local sirdar/guide, Dorji Sonam Sherpa. Dorji hails from the beautiful town of Phortse, and along with at least 6 ascents of Ama Dablam, he has summited Everest 15 times. His management of our local staff, knowledge of the Khumbu, and friendly personality will be essential in ensuring that you stay healthy, strong, and able to enjoy each component of this experience.

Ama Dablam Rapid Ascent Itinerary

Day 1	Arrive in Kathmandu, Nepal (4,600 feet / 1400m). We transfer to our hotel, and begin the process of getting over jetlag.
Day 2	Explore Kathmandu. Today we explore some of Kathmandu's most famous sites. These include Swyambunath (the Monkey Temple), Pashupati (Nepal's largest Hindu temple), Boudanath (Kathmandu's most important Buddhist temple) and the old city's original central square, Durbar. We also have our first team meeting, and organize our bags for the helicopter flight to Namche.
Day 3	Fly via helicopter to Namche (11,300 feet / 3444m), trek to Phortse (12,450 feet / 3840m). An absolutely beautiful helicopter ride delivers us to the legendary town of Namche Bazaar. From Namche we trek roughly 4 hours to Phortse (12,450 feet / 3840m).
Day 4	Climb to Ama Dablam Base Camp (15,000 feet / 4570m) This is our first test in the Himalaya as we hike for 10 - 12 hours until we reach our comfortable base camp.
Day 5	Rest in Base Camp After yesterday's trek, we'll need to rest our legs and allow the reality that we are about to climb sink in. Part of the day will be spent practicing high altitude skills.
Day 6	Climb to Yak Camp (17,000 feet / 5182m) After a big breakfast we begin hiking up along a morainal ridge with spectacular views of the mountain. We eventually join the beginning of the Southwest Ridge, at this point a large plateau, and follow it thirty minutes or so to our tents.
Day 7	Climb to Camp 1 (5639m) We pack our gear in Yak Camp and climb up the Southwest Ridge as it turns from a plateau to a true knife-edge. The climb begins on easy sandy trails, but quickly enters a large talus field, where we climb up and over huge granite boulders. The final few hundred feet (200 meters) are on fixed lines up a steep rock slab. The tents of Camp 1 are perched in an incredible airy position on rock platforms at the top of this slab.
Day 8	Climb from Camp 1 (18,500 feet / 5639m) to Camp 2.7 (20,800 feet / 6350m) Fun rock climbing from Camp 1 to Camp 2 as we continue on to new terrain. The climb from Camp 2 to Camp 2.7 is mostly ice and mixed climbing, and includes some of the toughest pitches of the whole climb, including the steep and difficult Grey Tower. Just before reaching Camp 2.7 we cross the mushroom ridge, a series of cornices and ice sculptures glued precipitously onto a knife-edge rock ridge. It is a section of climbing you will never forget! We build Camp 2.7 on the Mushroom Ridge in order to avoid any serac (icefall) danger from the Dablam that has endangered the traditional Camp 3 in previous years.
Day 9	Summit day! (22,525 feet / 6866m) The climb from Camp 2.7 to the summit is actually technically easier than anything prior to it. However, we will be dealing with extremely high altitude and cold temperatures. Generally we do not leave camp until daybreak, making things warm enough to climb the steep ice and snow to the summit. The views are staggering; we will be able to see six 8,000-meter peaks, including Everest, Lhotse, and Makalu. Depending on the team's strength we will descend to Camp 2.7, or all the way to Camp 1.

Day 10	Extra summit day. These are built in days that we can utilize for weather, extra acclimatization or any other reason we see fit.
Day 11	Extra summit day.
Day 12	Fly via Helicopter to Kathmandu We are greeted in base camp by a helicopter that will carry us quickly over the Khumbu Valley and back to civilization in Kathmandu.
Day 13	Extra day to explore Kathmandu further. This day is also built in to our itinerary if we need an extra weather day for the helicopter to fly. If we do end up in Kathmandu the prior day, this extra day can be used to explore Kathmandu even further.
Day 14	Depart Kathmandu. After a final group breakfast, return to the airport to catch international flights home.



Client Expectations and Timeline

90+ Days to Departure

Reserve Spot	Make your deposit to confirm registration - if you haven't already, head over to our website and click "Reserve Spot" and select your dates. The rest of the process is as easy as buying a book online. Make sure that you select to add an extension if you wish to extend any expedition.
Q&A	Q&A with Alpenglow - time to ask any question about travel, logistics, training and everything in between.
Application	Complete full application including medical questionnaire & travel information.
Reserve Rentals	Reserve rentals if needed within application. For our climbing schools, we have a small rental inventory of boots, ice axes crampons, helmets and harnesses. These are provided at no cost on a first come first serve basis. Please let us know what you plan on renting as soon as possible.

Within 90 Days to Departure

Complete Payment	Full Payment will be collected at the 90 day mark. Alpenglow will contact you prior to taking final payment and once you confirm we'll simply move your booking into the final stages. For international trips, a wire transaction is the best way to send payment. We also accept credit cards with transaction fee of 3% or you can pay by check.
Book Travel	We recommend reviewing flight options outside of 90 days and confirming with Alpenglow on travel times. Use us to guide you to the best flight schedules to make travel as easy as possible. Once you book your flights don't forget to share with the Alpenglow office so we pick you up on time from the airport.
Training	This is the hard part. The hours of training you put in directly correlates to your success in the mountains. Train hard and be ready for the adventure of a lifetime!
Equipment	Compile all equipment using the equipment list as a guide.
Purchase Insurance	Purchase travel and rescue insurance. We recommend Global Rescue and Travel Guard. Click here to find links to each.

General Trip Information

Payment

1. A deposit of \$1,000 is required for all private treks and expeditions. Deposits are due upon registration, and can be paid by check made out to "Alpenglow Expeditions, LLC". All payments should be mailed to Alpenglow Expeditions at P.O. Box 3122, Olympic Valley, CA 96146 or sent via wire transfer. If wiring payment, please contact us for bank details and be certain that you are covering ALL fees! We also accept credit cards with transaction fee of 3%. Deposits are non-refundable and non-transferable. This is not a flexible policy. Planning for our trips takes significant time and we have non-refundable costs.
2. Balances are due 90 days before the expedition departs from the United States. Payment should be made as described above.
3. The cost of your trip includes your land costs (excluding in-town meals). This includes: double occupancy lodging while in town, meals on the mountain, scheduled transportation while in the countries we are visiting, group camping and climbing equipment, individual technical climbing equipment (boots, ice axes, crampons, helmets, harnesses), and guides.
4. The cost of your trip does not include: flights to/from the city where the expedition begins, airport taxes, visas, in-town meals, immunizations, tips for guides or local staff, travel, rescue, or any other type of insurance, hospitalization or evacuation costs, single supplement charges, excess baggage charges, alcohol, or other personal expenses.
5. The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.

Cancellations

1. We reserve the right to cancel any trip at any time. Reasons for cancellation might include (but are not limited to) political instability, natural disasters, or inadequate enrollment. If we cancel a trip prior to its start for low enrollment, we fully refund your payments. If we cancel your trip prior to its start due to political instability, natural disasters, or other reasons of that nature, we will refund all but non-recoverable costs. Changes to a trip itinerary made by our guides for any reason do not constitute a cancellation, and no refunds will be made in this case.
2. If you cancel your trip more than 90 days prior to departure, Alpenglow Expeditions will refund your payment minus the non-refundable deposit. 60-89 days prior, Alpenglow Expeditions will refund 50% of your payment. Fewer than 60 days prior, there are no refunds or credits.
3. On any trip, our guides reserve the right to remove any person, for any reason. These reasons generally stem from a person jeopardizing the safety of themselves or another team member. This includes a person who is not physically able to climb at the level necessary for the chosen route. In all these cases, there are no refunds whatsoever, and the client will be responsible for any additional costs incurred in leaving the trip.

Flights

We recommend using Kayak.com as a primary source for finding low-fare airfares. If you prefer to work with a travel agent, we recommend Jane Chauvin at Penny Pitou travel:

(1-888-526-4488) or jane@pennypitoutravel.com. She is fast, efficient and affordable and intimately aware of the challenges of booking mountaineering trips.

****Please confirm your itinerary with Alpenglow Expeditions before you purchase it.****

Insurance

We require that all participants carry rescue insurance, travel insurance, and health insurance. Your policy numbers must be provided to us prior to leaving the USA. Homeowner/Renter's insurance is also recommended.

- Rescue Insurance- For US citizens, we recommend obtaining rescue insurance through American Alpine Club and upgrading that service via Global Rescue. Visit www.americanalpineclub.org to become a member and obtain the appropriate level of coverage based on the altitude of the peaks you will be climbing with us. Helicopter rescues in foreign countries, while unlikely, can cost up to \$20,000. International climbers have several options as well for rescue insurance. Our recommendation is Global Rescue as we have had great success with them in the past. Your insurance must not have a mountaineering exclusion and must cover up to your trip's highest altitude. This coverage is very important.
- Travel Insurance- Coverage should include lost/damaged baggage, unexpected delays, accident/life, and trip cancellation. Trip cancellation will cover you for non-refundable air and land costs should you need to cancel your trip due to an emergency. Since our costs are often not refundable, this coverage is very important as well, and should be purchased as soon as possible after registering for an expedition.
- Health Insurance- All members of our teams are required to have current health insurance. This insurance should cover emergency hospitalization abroad as well as domestically.
- Homeowner/Renter's Insurance- While unusual, thefts can occur while overseas. We recommend a policy to cover these losses.

Medical

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

Some of the medications you may consider carrying with you include:

1. Tylenol – a simple painkiller for headaches and minor pains.
2. Ibuprofen – mild altitude headaches, along with body aches and pains, are common.
3. A cold and flu remedy of your choice (strong decongestant).
4. Pepto Bismol - for minor stomach upset, best taken in caplet form.
5. Immodium AD – to control diarrhea, when necessary. Again, tablets are preferred.
6. Cough Drops – the air at altitude is very dry, and many climbers develop hacking coughs.
7. A laxative agent of your choice.

8. Dramamine (or equivalent) – an anti-motion sickness agent of your choice as bus/plane rides to our trailheads are often very bumpy.
9. Diamox (Acetazolomide) required – prescription medication often used prophylactically to prevent altitude sickness. You should have a large enough supply to take 250mg/day (best as scored tablets so you can take 125mg twice a day).
10. Z-pack required – a broad spectrum anti-biotic.

Also be sure to discuss vaccinations with your doctor. Often a travel clinic has the most up-to-date information on which shots are necessary for the country you are visiting. Be sure to mention that most of our trips explore only the highlands and capital cities. This might mean that you need fewer immunizations, and anti-malarials are often not necessary. Determine this with your doctor, and refer to your trip itinerary for the exact locations we will be visiting. At the very least, your tetanus shot should be up-to-date and you should have protection against Hepatitis A.

Aerobic Conditioning

We cannot stress enough the importance of being in excellent aerobic condition before arriving on your trip. Arriving fit will increase your safety on the trip and reduce the risk of medical issues. It will also dramatically increase your enjoyment and learning during your trek or expedition. At the minimum, we recommend an exercise regimen that includes a minimum of 3 one-hour workouts per week (biking, running, swimming) along with a few long days hiking as you get close to your departure date. Please call us if you would like to discuss a specific routine to fit your needs.

Money

The countries we visit can still be challenging places to use a credit card or find an ATM. While you may choose to bring these for backup, we recommend you bring enough cash for your planned spending. American dollars are still the easiest way to carry money. Be sure you carry clean, new bills and have some smaller denominations. Carry your money and important documents in a hidden waist pouch under your clothes.

The amount of money you need varies by how many presents you plan on bringing back! In addition to souvenirs and gifts, plan on spending on airport departure taxes, alcohol and snacks, and tips for local staff and your guides.

Additional Notes

- Single Supplement - If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this.
- Cameras – high quality point and shoot digital cameras are an excellent option. We have found that small pocket cameras are much better than big DSLRs for summit days. You need a simple light system, and the new generation of digitals take great photos. A guide favorite is the Sony RX 100.
- Be sure to create a data sheet of all of your essential information – passport, credit card numbers, airline ticket information, visa number (if applicable), etc. This sheet should then be photocopied and scattered amongst your luggage. If any of your documents are stolen, having this information will be essential.
- Rental Equipment - Alpenglow Expeditions offers a limited number of mountaineering boots, crampons, ice axes, helmets, harnesses, carabiners, perlon, and belay devices

for use by our clients. There is no additional charge for using this equipment, but please let us know as soon as possible if you intend to use Alpenglow Expeditions' equipment. Check your expedition's equipment list to see what technical climbing equipment is necessary for your climb or trek. Rental gear from Alpenglow is only available for shipment within the US. Rental gear must be taken home by the renter and shipped back to Alpenglow within two weeks of end of trip at the renter's expense.