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Amadablam Base Camp and Everest Base Camp Trek - 17 Days

Embark on our Amadablam Base Camp and Everest Base camp Trek -17 days and spice up the regular traditional style trek to Everest base camp!

Trek to Everest Base Camp is the grandest walk but adding the less traveled Amadablam Base camp hike as a side trip to it makes it sensational.

We have a short but safe itinerary for the Everest Base Camp trek-14 days program for those who are timebound. But for those who have a bit more time and delight in exploring more of the Everest region while sticking only to the Everest base camp trail, Amadablam Base Camp and Everest base camp trek-17 days program is for them. We have rejuvenated this best trail walk in the world with the MongLa-Phortse route and a side trip to Amadablam base camp.

We spend about two weeks admiring the Himalayan panorama, looking for faunas in the Sagarmatha National Park, and learning about the spiritual perspective while spinning the prayer wheels, walking past the prayer inscribed mani walls, exploring ancient Buddhist monasteries, and while eating and sleeping at the Sherpa run teahouses. On day 17 of this trip, we will have the exhilaration of reaching the foot of the highest peak as well as the pride of being at the foot of the world's gorgeous mountain, Mt. Amadablam.

After a brief tour of Kathmandu, the trek starts with a scenic flight to Lukla. Amadablam base camp and Everest Base Camp Trek encompasses through lush green pine forests, rhododendron forests, crossing over numerous suspension bridges over raging Dudh Koshi river, steep and gradual ascends descends, up-close and panoramic views of the grand Himalayas including an insight to local culture, tradition, and rituals of Sherpa people. We trek through the prosperous village of Lukla, Phakding, Namche Bazaar, Mong-la, Phortse, and Pangboche. From Pangboche, we take a side trip to Amadablam base camp.

We ultimately reach our final destination, the Everest Base Camp and Kalapatthar and after enjoying 360-degree panoramic Himalayan views we backtrace our steps towards Pheriche, Tengboche, Namche, Lukla and board a flight back to Kathmandu with the overwhelming feeling of adventure and accomplishment.

Amadablam Base Camp and Everest base camp trek-17 days require endurance and a good level of physical fitness. Therefore, you are requested to do cardiovascular exercises like jogging, swimming, hiking, cycling, etc., before embarking on this trip to enjoy your adventure to the fullest.

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PRICE INCLUDES

- Airport pick ups/drops and hotel transfers in private vehicle
- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Round trip flight Kathmandu – Lukla– Kathmandu including departure taxes
- Meals (breakfast, lunch and dinner) during the trek with seasonal fruits
- Twin sharing accommodation in local lodge/teahouses during the trek (11 nights); we provide private bathrooms with hot shower at Phakding, Namche and Lukla
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers : 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Duffel bag, Down jacket and sleeping bag for use during the trek
- Icicles adventure treks & Tours T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- Sagarmatha National Park Permits fee
- TIMS Fee- Trekkers' Information Management System (Please bring 2 passport size photos for permit)
- Government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement (more on Nepal Visa Information)
- International airfares, excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- Beverages (drinking water, hot and cold drinks, alcoholic drinks)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Sightseeing and tour activities in Kathmandu
- Personal equipment and clothing
- Tips for guides and porters (tip is expected by staff)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,338 m/4,390 ft)

What a lovely day it would be landing at the capital city of Himalayan country Nepal. After your completion of custom and visa formalities at Tribhuvan International Airport, you will be met by our office representative who will transfer you to your respective pre-chosen hotel. He/she will also assist you in checking into a hotel and then leave you free for rest of the day.

You can now look into your trekking packing list and get/hire any if something is missing like sleeping bags, trekking shoes, trekking poles etc. Get refreshed at your hotel and be ready for tomorrow's domestic flight to Lukla from Kathmandu. Overnight stay at a hotel in Kathmandu.

Accommodation: Hotel.

Day 2: Kathmandu city tour and trek preparation

We will be doing sightseeing around Kathmandu valley around the UNESCO world heritage sites that includes Patan Durbar Square, Swoyambhunath Stupa, Boudhanath Stupa, and Pashupatinath temple too. This tour will provide you insights into centuries-old culture, craftsmanship, and architecture.

Afterwards, an incharge of our trip from Icicles Adventure will visit us in our hotel for an introduction and trip discussion. We will get to know our trekking guide, we can get our gears checked, questions answered, etc. If anything is needed then we will get it done by the evening. And we need to pack our luggage (we will be provided with a down jacket, sleeping bag and a duffel bag to pack your things in).

Accommodation: Hotel. Meal: B

Day 3: Fly to Lukla (2,800 m/9,184 ft) & Trek to Phakding (2,652 m/8,700 ft): Flight: 35 minutes, walk: 8km/3-4 hours

We get up early in the morning, a little more early than earlier days, maybe due to excitement. Most probably, we board a morning flight from Kathmandu to Lukla airport. It shall be great experience to watch the best views of Everest and other Himalayan ranges at our eye level from aircraft.

Best Himalayan views are seen if you sit on the left side of the front-facing aircraft. It will be more or less 27 minutes of flight and after landing at Lukla airstrip, we meet our further porter friends who will arrange our baggage to carry towards the next stop. We will have a cup of tea/coffee and begin our hike towards Phakding via gradual ascents, enjoying much of the riverside walk along the hill crossing a suspension bridge couple of times. Stay overnight at Phakding. Accommodation: Local lodge, Meal: B, L, D.

Lukla Flights

The primary gateway to the Everest Base Camp Trek is via a flight to Lukla (2840m), which lands at one of the world's most extreme airports: Tenzing-Hillary Airport. Positioned on a narrow plateau above a steep cliff with a

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short and narrow runway, the flight itself is as thrilling as it is challenging. Weather conditions here are notoriously unpredictable, with visibility shifting rapidly, which adds a layer of excitement to the journey.

Ramechhap Airport

During the busy trekking seasons in spring (March, April) and autumn (October, November), Kathmandu Airport faces significant congestion, leading most flights to Lukla to operate from Manthali Airport in Ramechhap, approximately a 4-5 hour drive from Kathmandu. To avoid this drive, you can opt for a helicopter flight from Kathmandu, though this is an additional expense.

Weather

Flights to Lukla are dependent on clear weather and stable conditions. Delays or cancellations are common due to sudden shifts in weather, which may extend your trekking plans by a few days. We recommend adding buffer days to your itinerary to mitigate any disruptions to your return travel plans.

In the event of prolonged delays, a helicopter transfer to Lukla is an alternative, although this incurs additional costs and is not included in the standard trek package. While helicopters can operate in some conditions that planes cannot, extreme weather can ground them as well. In such cases, we will endeavor to arrange a helicopter charter, subject to availability and weather permitting. Please note, helicopter availability is limited and may lead to delays.

We ask for your flexibility and understanding in these situations. If weather conditions prevent flights for an extended period, an alternative is to drive to Tham Danda—a challenging 20-hour journey—and begin the trek from there. This route is prone to difficulties, especially in adverse weather, requiring extra days and considerable patience.

Should conditions make the Everest Base Camp Trek unfeasible, we can redirect to other treks such as Annapurna Base Camp or Langtang Gosainkunda. While these treks do not lead to Everest Base Camp, they offer stunning views and rewarding experiences.

Your cooperation and flexibility are crucial in navigating these complexities, ensuring a memorable and enjoyable trekking experience regardless of the route.

Day 4: Phakding - Namche Bazaar (3,440 m/11,283 ft): 10.5km/5-6 hours

We begin our day quite soon today as the weather seems to be nicer on mornings with clear views and the perfect temperature to hike across the hills i.e. not too hot and not too cold. We first see the nice view of Thamserku at the northern side across the hill and also we get to enjoy awesome views of landscapes and similar Sherpa cultural influences along the main trekking route.

We take in these beautiful views as the landscape is going to change dramatically over the week.

While making our way forward, we also enter via Sagarmatha National Park Entrance gate where our TIMS gets checked and encircling huge mani stone just next to the gate, we go mostly downhill until we reach river ground level next to Dudh Koshi river. Then-after we hike uphill, cross the beautiful iconic Hillary suspension bridge and finally

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arrive at Namche Bazaar later on the day. We stay overnight at one of the quality lodges in Namche Bazaar. Accommodation: Local lodge, Meal: B, L, D.

Day 5: Namche Bazaar: Acclimatization Day - Hike to Everest view hotel

It will be an acclimatization day today as proper acclimatization is necessary. During our rest day today, we will make it an active one by hiking to a higher altitude and later descending to a lower elevation at Namche for an overnight stay. This is a good strategy to avoid altitude sickness and make our body adapt according to changing situations. There are plenty of shops, restaurants, money transfers, and mainly hotels and lodges targeted for hikers, however, it would be a better idea to buy souvenirs in Namche while returning back from the top.

For acclimatization, we usually go towards Sagarmatha National Park headquarter from where we can see nice Himalayan panorama in all directions. Also, there is a big statue of legendary mountaineer Tenzing Norgay Sherpa. We also do visit the cultural museum over there that gives us more insights into the lifestyle of local Sherpa communities and their stories on climbing Everest Himalayas. Then, an hour steep hike to Syangboche and a further gradual ascend to Hotel Everest view is the way to go for tea/coffee enjoying the surrounding snow-capped Himalayas. In this way, we return to our teahouse for lunch and later enjoy free activities at the popular Sherpa town of Namche Bazaar. We stay overnight at the same tea house at Namche. Accommodation: Local lodge, Meal: B, L, D.

Day 6: Namche Bazaar to Mong La (3970m) to Phortse Village (3800m/12465ft): 9km/5-6 hours

We could have gone through the traditional trail via Tengboche but we have chosen the trail via MongLa and Phortse because the trail via Phortse is quieter and the views are incredible from the Mong La-Phortse trail. Phortse is an authentic Sherpa village that lies off the main traditional Everest Base Camp routes and offers a panoramic view of giant snow-capped Himalayas.

Leaving Namche Bazaar, the trading center of the Everest region, first, we walk a relatively flat and easy track. Then we climb a series of steep staircases, sometimes with big drop-offs to the right. Mount Everest is within our sight again. We also see several other beautiful mountains. We reach Mong La in about four hours. Mong La is one of the smallest and a scenic place sitting on a pinnacle of a ridge with a picturesque view of the mountains like Everest(8,848m), Ama Dablam(6,812m), Lhotse(8,516), Nuptse(7,861), Thamserku(6,623m), all Kongde Peak, Kusum Kangaru all around us. We have our lunch in Monga La.

We again trek down to Phortse Tenga and again climb up to the Phortse Village through the beautiful forest of rhododendron. At Phortse Village, you can also take a side trip to a ridge nearby for a beautiful view of Tengboche, Namche Bazaar, and of course the mountains.

Accommodation: Local lodge, Meal: B, L, D.

Day 7: Phortse - Pangboche (3930m/12890ft): 6km/3-4 hours

In the morning we see the beautiful view of Nuptse, Lhotse and Everest. After leisurely breakfast, we start our short day today.

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We climb to a ridge that gives us a beautiful view of Tengboche Monastery, Namche valley, and several snow-capped mountains.

The trail to Pangboche snakes its way past numerous cliffs that are being used for mountaineering training for to-be climbing guides by Khumbu Climbing Centre. The trail itself is narrow and steep with precipitous drop-offs down to the river far below.

As we get sight of fields and Chorten, we can guess Pangboche is approaching nearby. In Sherpa villages, Chortens are made at the entrance of every village with a faith of stopping the evil spirits entering the village reach Pangboche, the only biggest permanent settlement on the Everest Base camp trail. Pangboche has the oldest monastery in the Everest region. Accommodation: Local lodge, Meal: B, L, D.

Day 8: Trek to Ama Dablam Base Camp (4,600 m/15,091ft) and back to Pangboche: 12km/4-5 hours

Leaving Pangboche, we make a steep descent towards Imja Khola. We cross a suspension bridge over the river and we walk up for about two hours. The trail to Ama Dablam Base Camp is rarely visited by trekkers, thus it has remained an unspoiled side trip until now. Ama Dablam base camp is one of the exotic places of the Khumbu Valley. On our way here, we will see several magnificent peaks. Such as Lhotse, Nuptse, Lobuche, Thamserku, Cholatse, and many more.

We come to open yak pastures from where we walk towards a small lake. Following the paths and making gradual climbs. Ama Dablam will continue to become more and more prominent as we make our way along the trail and we begin to see the entire mountain.

We reach a big meadow which is Ama Dablam Base Camp. Standing on the base of the beautiful mountain fills us with joy and excitement. We can also see a stream flowing amid the meadow. We have our packed lunch, enjoy the place around.

Ama Dablam climbing is generally done in the spring months of April/May and in the fall months of October/November (mostly November), so we will see the activities of climbers at base camp during these months.

Do you know? You can also visit the advanced base camp of Mt. Ama Dablam. The trail from base camp (4600) to Advance Base Camp (5400) follows the smooth ridgeline directly above base camp and is an easy walk on relatively flat ground and it takes usually 2 hours and the view on the surrounding peaks including Kangtega and Thamserku is superb.

After enjoying the base camp atmosphere, we trek back to Pangboche relishing the views of Pangboche and Tengboche from our trail down.

Accommodation: Local lodge. Meals: B, L, D.

Day 9: Pangboche to Dingboche (4410 m/14464 ft): 7km/4-5 hours

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We leave leisurely after breakfast as the distance is short today. The stunning views of Everest, Lhotse, Kantega, Thamserku, Ama Dablam, and Nuptse are spectacular throughout our walk today. We face more small shrubs, rocky dust, and strong winds more and more as we get higher. One thing to never forget to bring while trekking at higher altitudes is a windproof jacket and full head mask to avoid a strong blast of air. The common sickness here is Khumbu cough and to avoid these illnesses, precautionary methods should be taken by well preparing for this trip. After we arrive at Dingboche, finally we step into a teahouse and stay overnight. Accommodation: Local lodge. Meals: B, L, D.

Day 10: Dingboche -Acclimatization Day- Side trip to Nangkartshang Peak (5100m/16728ft): 4km/3-4 hours

At Dingboche, we will have the second acclimatization day that helps us pushing forward without getting slowed down by elevating altitudes. Now while making this far away in our trip, we must know that acclimatization refers to the active days when we hike to a nearby higher place and return to a lower place for sleeping.

Therefore there are two options in front of us at Dingboche. Either we can hike up to Nangkartshang Peak or go further towards Chukkung Ri for excellent up-close views of Mt. Ama Dablam, Island Peak, Mt. Makalu, Mt. Lhotse, Mt. Thamserku, Awi peak, and many others at touching distance. We also get a glance of Pheriche valley from top.

However, the stone huts with snow capped Himalayas at backdrop would make anyone spellbound. In this way, after getting awesomely acclimatized, we return to our lodge at Dingboche and have our lunch. Free fun filled indoor or outdoor activities until end of the day. We stay overnight at same lodge. Walking time: 3 to 4 hours, Accommodation: Local lodge. Meals: B, L, D.

Day 11: Dingboche - Lobuche (4910m/16105ft): 12km/5-6 hours

Leaving behind our tea house at Dingboche, we take a steep ascent in the first hand to get over a hill on the southern side of the trail. From the top of which flattering prayer flags, small Chorten, and great views are seen. Then it will be a gradual comparatively easy hike to our lunch place called Thukla. There are a couple of rest house and bakeries over there. After having our lunch there, we again ascend to Chukpo Lari. It shall be kind of emotional for anyone where memorials of Everest climbers are built in their memory. Trekking further, we get an awesome view of Lobuche peak and even a few camps there during spring. After a while, we enter our teahouse at Lobuche and enjoy indoor activities at the kitchen or simply take a rest in our room. Walking time: 4 to 5 hours, Accommodation: Local lodge. Meals: B, L, D.

Day 12: Lobuche - Everest Base Camp (5364m/17594ft) and back to Gorekshep (5181m/16994ft): 11.5km/7-8 hours

Getting up early is recommended to start our long walking day even sooner in the morning. Our grueling hiking day begins with an ascent to Lobuche Pass. Slowly walking through a very unstable rocky path, after an hour or two, we arrive at Gorakshep. We check-in at our teahouse at Gorakshep.

At this point above 5000m altitude, getting a slight headache is common. So, If you feel the same you must take garlic soup and plenty of warm water. Drinking water is not easily available at Gorakshep and per bottle cost is highest at this altitude. Fill your water bottle with boiled water or even black tea in case of shortage. You need to take

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sips while walking up to and returning from Everest base camp.

It will be an extra special moment to step at the base camp of the highest Himalaya. We jump with the joy of successfully getting up to Everest base camp. We return back to Gorekshep with a sense of achievement and precious once-a-lifetime memory. From Everest Base Camp, Khumbu glacier and views of Pumori, Nuptse, Khumbutse is seen. Everest itself hides behind Nuptse, so the best views of the Everest are however best seen from Kalapatthar tomorrow morning. Accommodation: Local lodge. Meal: B, L, D.

Another option (only if the weather is clear) is to hike Kalapatthar today evening and target Everest base camp tomorrow morning. This gives chance to view awesome sunset views from Kalapatthar. If we do this, we will be hiking up steep in the afternoon sunlight and return to Gorekshep in the dusk. Our guide will plan and decide as per your interest looking at the weather condition at the moment. In any option, we will be staying overnight at Gorakshep.

Day 13: Hike to Kalapattar (5545m/18188ft) - Gorekshep - Pheriche (4210m/13809ft): 13km/7-8 hours

Most probably we shall be at the highest point of our Amadablam base camp and Everest base camp trek today at top of Kalapatthar at 5545m above sea level. As we hike up the black rocky hill, named Kalapatthar, we start to see excellent views of Nuptse in front and slowly Everest appears in front of us showing its magnificent beauty as we had only seen in images. Being there live is however completely different feeling.

We get ready very early before sunrise and hike in the complete dark at the steep trail, so, we need to prepare well with our head torch on. At the top of Kalapatthar, we can also see a weather station and a small stupa with prayer flags tied downwards. In this way, we accomplish our mission, and now after we return to where we started. We target to arrive at Pheriche today. Accommodation: Local lodge, Meal: B, L, D.

Day 14: Pheriche - Pangboche - Tengboche-Namche Bazaar: 14km/7-8 hours

We get ready early in the morning and start our hiking activity immediately after having our early meal. We can feel that breathing becomes much easier as we are descending to lower altitudes sharply.

We trek down from Pheriche through a new trail (the trail that we did not use before to trek up). We enjoy the walk walking through the village of Orsho, Shomare, and get to Pangboche where we lunch again in front of Ama Dablam.

Leaving Pangboche, we cross the Imja Khola and get into the traditional Everest base camp trail and reach Tengboche in about 2 hours.

Now, since shall probably focus more on local flora and fauna, landscape views and let go that urge to go at the top. However, we need to be more careful while walking downwards and have a strong leg grip, managing our shaky legs with a trekking pole is important. Finally after hiking for 5 to 6 hours we again arrive at Namche, and get some souvenirs. Buying local products promotes local tourism. We take good rest at a local lodge in Namche Bazaar. Accommodation: Local lodge, Meal: B, L, D.

Day 15: Namche Bazaar to Lukla: 18km/7-8 hours trek

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Surpassing the popular Namche Bazaar, we cross the same Hillary bridge but this time from another side of the hill that connects us to Jorsale. In this way, we exit from Sagaramatha National Park gate, walk through local village settlements, forests and leave behind Phakding. Crossing the suspension bridge couple of times over Dudh Koshi river finally takes us to Lukla. After arriving at Lukla, we celebrate our successful completion of the Everest base camp express trek in a total of just 14 days. It is an achievement in itself. At Lukla's nearby airport, we stay overnight at one of the local lodges. Walking time: 6 to 7 hours, Accommodation: Local lodge, Meal: B, L, D.

Day 16: Fly back to Kathmandu

As the sun rises today in the morning, it resembles happiness and feeling of a satisfaction among us. We pack our luggage, baggage and get ready to fly from Lukla to Kathmandu early in the morning. Due to uneven weather conditions in the afternoon, usually, flights will take off in the morning. After landing at Kathmandu and checking into your hotel, enjoy free time until the end of the day. You are recommended to go to the spa, take a short day trip to visit around UNESCO heritage sites, or simply take a rest at your hotel. Make the most of your trip to Nepal. Later overnight stay at hotel in Kathmandu. Flying time: 30 minutes, Accommodation: Local lodge, Meal: B, L, D.

Day 17: Farewell, airport drop

After accomplishing the Amadablam Base Camp and Everest Base Camp trek adventure, it's time to say goodbye to Nepal. You will be transferred to the international airport 3 hours before your scheduled international flight to your onward destination. We hope that we have offered you great memorable adventures around Everest Himalayas. See you soon. We hope you will remember and recommend us to your friends and kins for their trekking holiday in Nepal. Meal: Breakfast.