



**AMA DABLAM Base Camp Trek
Climb ISLAND PEAK
KHUMBU Trek
Nepal 2006**

Trip Notes

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During the post-monsoon season of 2006 Adventure Consultants are offering a trekking trip that will accompany our Ama Dablam Expedition climbers to Ama Dablam Base Camp. We will then have the opportunity to climb Pokalde and Island Peak, referred to by the local Sherpa people as Imja Tse – an ‘island in a glacial sea’.

This trip offers exceptional views of the surrounding Himalayan giants of Nuptse, Lhotse, Lhotse Shar, Baruntse, Makalu and Ama Dablam.

An ascent of POKALDE followed by ISLAND PEAK is an ideal entry into Himalayan climbing.

We also cater to those wishing to experience the joys of the Khumbu valley trek without an ascent of Island Peak on the KHUMBU Trek option.

Trip outline

The 25 day trek will commence on 15th October 2006 departing from, and returning to Kathmandu. There is also the option to include a side trip to the Gokyo Valley.

Initially, the trekking group will join the Adventure Consultants Ama Dablam



Expedition climbers on their walk into the basecamp. This Base Camp is considered to be one of the most picturesque in the Himalaya nestled in grassy Yak meadows below one of the most photogenic mountains in the world.

Ama Dablam means 'mothers jewel box' to the Sherpa people who live beneath this grandiose monolith of snow and ice and the mountain has special religious significance.

After spending a day of rest with the expedition members we continue our trek towards Mt Everest Base Camp and the scenic viewpoint of Kalapatar. We sleep in the high Sherpa villages of Dingboche, Lobuche and Gorak Shep along the way.

After our 'Everest experience' we trek to the base camp for Island Peak via a high alpine pass, the Kongma La. From the top of the pass there is the option to climb Pokalde before continuing on to the village of Chukung. The pass crossing has some of the best high altitude views anywhere in the Himalaya! For those who would like a couple of easier trekking days the option is available to hike around to Chukung via Pheriche and Dingboche with a staff member.

In the Imjatse Valley, Island Peak enjoys spectacular views of the North Side of Ama Dablam and the sweeping flanks of Mt Nuptse and the world's 4th highest peak, Mt Lhotse. To climb Island Peak one needs to be fit and energetic however previous climbing experience, whilst being an advantage, is not compulsory. Your trip leaders of both experienced Western and Sherpa guides will ensure a safe passage on the journey providing the highest level of safety.

For group members not aspiring to climb Island peak, alternative trekking and sightseeing will be programmed while the climbers are making the ascent.

Our treks are designed to offer you the best of Nepal at reasonable prices. Our many years of Himalayan experience allows us to introduce you to the best food, accommodations, destinations and experiences that are available.

We provide the most affable and experienced western guides working in conjunction with our excellent Sherpa friends, to promise you an experience of a lifetime!

Itinerary

October 15 to November 8, 2006

- Oct 15 Arrive Kathmandu
- 16 Gear check, sightseeing Kathmandu Valley
- 17 Fly Kathmandu- Lukla, walk to Phukding (3hrs)
- 18 Walk Phukding to Namche (5hrs)
- 19 Rest day in Namche
- 20 Namche to Deboche (5hrs)
- 21 Deboche to Pangboche (2 hrs) -afternoon hike to higher altitude, descend to Pangboche
- 22 Pangboche to Ama Dablam Base Camp (5hrs)
- 23 Ama Dablam BC rest day
- 24 BC to Dingboche (3hrs)
- 25 Dingboche to Lobuche (4hrs)
- 26 Lobuche to Gorak Shep (3hrs), climb Kalapatar (5554m, 3 hrs)
- 27 Gorak Shep to Everest BC (5300m) to Lobuche
- 28 Lobuche to Kongma-La Pass (5535m); camping (7hrs)
- 29 Kongma-La to Chukhung (3 hrs) after optional ascent of Pokalde (5806m)
- 30* Chukhung to Island Peak BC (3hrs)
- 31* Base Camp to Island Peak summit (6173m) (5hrs)- return Base Camp (3 hrs)
- Nov 1* Island Peak BC to Pheriche (3 hours)
- 2 Pheriche to Deboche (4hrs)
- 3 Deboche to Namche Bazar (4hrs)
- 4 Namche Bazar to Lukla (5hrs)
- 5 Spare day

- 6 Spare day
- 7 Lukla-Kathmandu flight
- 8 Depart from Kathmandu

* KHUMBU trek option- there will be alternative activities available while the climbers are making the ascent.

To enhance your 'Nepal experience' and provide more high altitude climbing we also offer additional climbing and trekking options after the Island Peak ascent:

- Ascent of Mt Lobuche (6105m) (add 6 days) and /or Crossing of Cho La Pass and explore Gokyo Valley (add 6 days). Call for details on these options.

The Expedition Fee

The cost of the Ama Dablam Base Camp/Island Peak expedition trek ex Kathmandu, Nepal is **US\$3,980 per person**.

The cost of the Khumbu Trek (without the Island Peak ascent) ex Kathmandu, Nepal is **US\$2,950 per person**

This is an inclusive cost and covers the following:

- Nepalese Government peak royalty fees
- All trek organisational requirements
- All trekking permits
- Airport Transfers in Kathmandu
- Air transport and accommodation in lodges or tents ex Kathmandu
- All group equipment for the trek and Island Peak climb (tents, ropes, kitchen etc.)
- All trek staff, including western and Sherpa guides, porter support
- Transport of 15kg of personal equipment
- All meals after departing Kathmandu and before arriving back in Kathmandu
- Back up Medical services

The trek fee does not include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water while on the trek, gifts or alcohol.
- Entry visas for Nepal (suggest getting 30 day tourist visa for Nepal on arrival into KTM)
- Personal clothing and equipment
- Personal travel / cancellation insurance
- Excess baggage charges for the flights to / from Lukla
- Any rescue costs

Deposit

A deposit of US\$500 is payable to secure a place on the expedition trek.

Balance

The balance of US\$3,480 (Island Peak) or US\$2450 (Khumbu Trek) is payable by **15 August 2006**.

Payments

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

**Bank of New Zealand
Offshore Branch
Wellington
New Zealand**

for the account of **Adventure Consultants Limited**

Account # 1000-594771-0000

The corresponding USA bank of the Bank of New Zealand is **Citibank**.

Or, we can accept a US Dollar bank check made out to Adventure Consultants Limited. We can also accept your deposit via credit card (Visa, Mastercard, Amex only) but the balance of payment must be via bank transfer of funds or bank check.

Please Note: All charges with bank transfers are for the remitters account.

Cancellation & Refund Policy

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

- A Prior to 15 August 2006, the deposit is retained.
- B After 15 August 2006, the deposit will be retained along with 50% of the 15 August payment.
- C After 15 September 2006 there will be no refunds.

Team members should take out private insurance if they wish to be covered against cancellation due to medical or personal reasons.

Group Size

For the Island Peak climb we will take a maximum of 12 people hence spaces are limited.

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\$30. (The trekking and climbing permits are a separate matter dealt with by the expedition agent.)

Food

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements. In the Khumbu Valley during the trek we will be dining in Lodges and at tent camps and Island Peak / Ama Dablam Base Camps we will be eating in the Adventure Consultants mess tent. Our base camp equipment and ample, nutritious meals are always the envy of other groups on the mountain!

Equipment List

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

Medical Examination

Expedition members will be provided with a medical questionnaire and asked to visit their family physician to receive a full medical examination. This information will be sighted only by the expedition doctor and treated with full confidentiality. Advice on immunisations will be provided at this time.

Documentation and Photographs

Expedition trek members will need to provide 3 passport-photographs for trekking permits and a copy of their passport bio-data page.

The advantages of trekking and climbing with us

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialized Expedition leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, 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.

How to join this expedition

If you would like to join the expedition please request an [Expedition Application Form](#) and forward along with your climbing résumé and the deposit for the trip.

If you require more information please contact us at;

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Adventure Consultants – is an IGO8000 founding member company, and also 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 perform to IFMGA standards and are world leaders in high altitude guiding.
