



AMA DABLAM 2010

Expedition Notes

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During the post-monsoon season of 2010 Adventure Consultants will be operating our fourteenth expedition to the South-west Ridge of Ama Dablam in Nepal. Ama Dablam is recognised as one of the most beautiful peaks in the Himalaya and has special significance to the Sherpas in the Khumbu Valley.

The South-West Ridge is incredibly picturesque and a fine alpine route of world class standard due to its ease of access, sound rock and a truly spectacular summit day on steep and exposed snow slopes.

Summiters are rewarded with panoramic views of the Everest group, Makalu, Cho Oyu and a multitude of lesser peaks.

The Expedition Leader

The expedition leader will be scheduled approximately six months out from the trip start. All of our trip leaders have extensive experience at high altitude and a proven record of safety, success and compatibility.

The number of guides is determined by the team size but the normal ratio of guides to members is 1:3. You will find our Guides companionable and strong expedition members with considerable power and willingness to see you achieve your goals.

The South-West Ridge of Ama Dablam

Ama Dablam was first climbed in 1961 by a New Zealand and American team, and we follow their same route, the SW Ridge. A six-day trek into base camp (4300 metres) via the Khumbu Valley provides great views of Ama Dablam and we experience some of the culture and hospitality of the Sherpa people.

Once established in BC we move loads to Camp 1 (5300m) via a long slope to the beginning of the SW Ridge proper. This is where the technical climbing begins and the route follows the spine of the rock ridge leading directly to the Camp III. The very exposed nature of the route makes for exciting climbing yet the climbing is not as steep as one would imagine. Climbers with moderate technical experience can attempt this route.

On summit day the route weaves between the ice cliffs then follows a snow arête directly onto the 6828m summit.

How the Expedition will operate

From Kathmandu we fly by helicopter or fixed wing plane directly to Lukla and follow the Khumbu Valley to Namche Bazar. Acclimatising along the way and relishing in the hospitality provided by our Sherpa friends we reach base camp (4300m) and after some rest and preparation we begin the ascent.

Base camp will be a collection of sleeping tents, as well as a large kitchen and dining tent. AC utilise the services of specially trained Sherpa cooks and we import a lot of high quality western food to supplement the local produce available.

The guides and Sherpas will fix rope on the route and stock the camps with provisions and equipment. By utilising fixed rope we can climb in average weather, and, if necessary descend to base camp with little problem in case of a major storm.

Two or three climbing Sherpas will assist with the load carrying but no more will be engaged in order to avoid clogging the route and spoiling the nature of the climb.

When the fixed line is in place, and the two camps are established and stocked, we will climb back up the ropes and make a bid for the summit. Ample supplies will be available to support all members. Guides and Sherpas will carry all group gear but members are expected to carry their own personal gear.

Lightweight hand-held radios will be used to co-ordinate the movements on the mountain and provide a safety back-up for the lead team.

It is reasonable to expect that a strong team can climb this route in around two weeks.

The level of experience required

This climb is not for novice mountaineers. It will require members to be comfortable ascending and descending steep terrain on fixed ropes.

A high technical standard is not mandatory because primarily the guides will be leading the climb and fixing the route. However, this is not a mountain to visit and then discover that you are not comfortable with exposure. We suggest that you gain experience and the required skills for travel on exposed technical ground before joining this expedition.

Membership will be restricted to climbers with a proven list of alpine ascents. A high standard of fitness is expected. It is advantageous to be able to move over rocky terrain efficiently.

The Expedition Fee

The cost of the expedition ex Kathmandu is US\$8,900.

This is an inclusive cost and covers the following:

- Nepalese government royalty fees
- All expedition organisational requirements
- All climbing and trekking permits
- Air transport within Nepal
- All team equipment
- All expedition staff, including qualified Western Guides and experienced Sherpa support
- All food whilst away from Kathmandu
- Portage of personal gear from BC to Yak camp
- All supplies necessary to make a safe and strong bid for the summit
- Access to AC's satellite communication facilities
- Regular expedition dispatches to our website for families and friends back home to follow the expedition's progress

The expedition fee **does not** include the following:

- Air travel to and from Nepal
- Nepalese airport entry visa
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water while on the trek, gifts, alcohol (we supply boiled water for drinking)
- Other charges at lodges/tea houses such as showers, internet access or battery re-charging
- Personal clothing and equipment
- Personal travel insurance /medical/trip cancellation/rescue insurance
- Any rescue costs or costs of early departure from the expedition
- Excess baggage charges over 40kg of personal luggage
- Any costs associated with early departure from the expedition
- Gratuities

Expedition itinerary

October 15 to November 11 2010

Day 1	Oct 15	Meet Kathmandu, team briefing
2	16	Gear checks, sightseeing in Kathmandu
3	17	Fly to Lukla, walk to Phakding
4	18	Trek to Namche Bazar
5	19	Acclimatisation in Namche – day walk to Kunde / Khumjung
6	20	Trek to Thyangboche, stay Deboche
7	21	Trek to Pangboche
8	22	Acclimatisation hike above Pangboche
9	23	Trek to Ama Dablam Base Camp
10	24	Set up base camp area – acclimatise / rest
11	25	Day trek to ABC / Yak Camp
12	26	Move to ABC / Yak Camp
13	27	Move to Camp I
14	28	Carry and Fix to Camp II
15-19	29-2 Nov	Summit bid

20	3	Move back down to Camp I
21	5	Return to Base Camp, party!
22	6	Spare Day
23	7	Depart from base camp to Pangboche
24	8	Trek to Namche Bazar
25	9	Trek to Lukla
26	10	Fly Lukla to Kathmandu
27	11	Depart from Kathmandu

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\$40 (the trekking and climbing permits are a separate matter dealt with by the expedition agent).

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

Swift Address: **BKNZNZ22**

Note: All bank transfer charges are for the remitters account.

Or, we can accept a US Dollar bank check made out to Adventure Consultants Limited.

We can accept your US\$1000 deposit via credit card, Visa, Mastercard, Amex. We can also accept your balance of payment via credit card plus a 3% transaction fee.

Deposit

A non-refundable deposit of US\$1,000 is payable to secure a place on the expedition.

Balance

The balance of **US\$7,900** is payable on 15 July 2010.

Cancellation & Refund Policy

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

- A Prior to 15 August 2010, a refund of 50% of 15 July 2010 payment.
- B After 15 August 2010 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. This is called Trip Cancellation Insurance and can be obtained from your normal travel agent.

Team Membership

The team will have a **minimum size of 4 members and 2 guides** and a **maximum size of 9 members and 3 guides**. The base camp will be staffed by our trusted expedition Sardar and Sherpa cooks. Two or three climbing Sherpas will assist with the load carrying on the mountain.

Food

Our well-trained Sherpa cooks prepare high quality 'western' food as well as popular Sherpa dishes. Please indicate any specific dietary requirements you may have on your application form.

Marketing

While the official name of the expedition will remain the "Adventure Consultants' Ama Dablam Expedition 2010", you can for personal marketing purposes use another name if it will assist you in any way. You will also be completely free to enter into personal agreements with sponsors or supporters if you wish.

Equipment List

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

Medical Examination

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

Documentation and Photographs

Expedition members will need to provide 6 passport photographs for various climbing and trekking permits and a copy of their passport bio-data page.

The advantages of climbing with us

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised 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 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/UIAGM standards and are world leaders in high altitude guiding.

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