Gokyo Lake and Ama Dablam Base Camp

Trip Overview

The Everest region has a lot to offer, and you know what it intends to pass on. Gokyo Lakes and Ama Dablam Base Camp in the heart of the Everest region offer magnificent views despite a challenging trek.

Ama Dablam Base Camp is at an elevation of 6,812 meters above sea level and has steep ascents and descents. A series of turquoise lakes in the Himalayan region of Gokyo can be seen at an altitude of 4800 meters.

The trek is physically demanding to some extent, but when you mentally prepare, you can cope with the cold, crisp air, high-altitude meadows, and potential challenges like altitude sickness. The trail can get steeper at times, but you will need preparation to capture the essence of the region's beauty, challenges, and contrasting altitude landscapes.

The journey continues the thrill and unveils the secrets of the Khumbu region, from the trek to Gokyo to Ama Dablam. Unfold what waits for you in the whispers of Everest. So, get booking for your trip and entrust Pure Adventure Nepal for an unforgettable adventure today!

Trip Itinerary

- 1 - Arrive in Kathmandu
- 2 - Sight seen Kathmandu Valley
- 3 - Fly to Lukla and Trek to Manju
- 4 - Trek To Namche Bazaar (3,445m)
- 5 - Acclimatization Day
- 6 - Trek to Khumjung village and Mong -La Dada
- 7 - Trek to Dole
- 8 - Trek to Machherma
- 9 - Trek to Gokyo
- 10 - Early morning Gokyo and 4th Lake Gokyo
- 11 - Trek to Dole / Macchrma
- 12 - Trek to Phortse
- 13 - Trek to Pangbouche
- 14 - Ama Dablam Base camp trek to Tengbouche
- 15 - Trek to Namche
- 16 - Trek to Phakding
- 17 - Trek to Lukla
- 18 - Fly to Kathmandu
- 19 - Departure

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Both way Flight to Lukla
- 3-star Hotel stays at Kathmandu night stay in twin sharing B.B plan
- Lodging and Tea house accommodation
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four

- A porter sharing for two trekkers each on the route
- Salary and Insurance Cost of Staff
- Pure Adventure Nepal T-Shirt/ trekking maps
- All necessary paperwork and permits (TIMS/ Conservation Fee)
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential packing Equipment
- Extra cost for booking domestic flight other than planned

Gears and equipment

- Clothing
    - Waterproof jackets and pants
    - Sweaters and down jackets
    - Lightweight trousers
    - Hiking shirts-long-sleeved
    - Hooded raincoat and Fleece jacket
    - Inner wears
    - Light and heavyweight winter gloves
    - Sun hat or scarf
    - Money belt
    - Cotton headscarf, bandana
    - Winter hat or insulating hat

- Extra items
    - First aid kit
    - Passport-sized photos and passport photocopies
    - Binoculars
    - Personal medications
    - 1 Swiss-type knife
    - Sleeping bags and sheets
    - Rucksack, backpack, and a small day pack
    - Water bottle
    - Water purification tablet solution

- Personal accessories
    - Headlights and extra batteries;
    - Face and body wipes
    - Sunscreen and sunglasses with UV protection
    - Money

- Toiletries
    - Medium-drying towels
    - Toothbrush and toothpaste
    - Washing kits, talcum powder, and toilet paper
    - Degradable soap and shampoo
    - Deodorant floss, nail clippers, and mirror

- Footwears
    - Hiking Boots
    - A pair of sports shoes
    - Heavy wool and light socks

- Mountaineering Gear
    - Crampons
    - Ice axes
    - Harnesses and ropes
    - Helmet

Faqs

1. **What is the elevation of Ama Dablam Base Camp?**

   Ama Dablam Base Camp is at an elevation of 4600 m above sea level, in the Khumbu region, along the Dudh Koshi River.

2. **How difficult are Gokyo Lake and Ama Dablam?**

   Rock climbing can be difficult on steep sections and requires switchbacks. With proper acclimatization, guidance from tour guides, and belief in yourself, you can conquer the Everest regions like Gokyo Lake and Ama Dablam.

3. **Can you see Everest from Gokyo and Ama Dablam?**

   Standing on the top of Gokyo Ri and Ama Dablam base camp, you can have views of Everest, which lies next to Lhotse, and the views are worth enduring.

4. **Is Ama Dablam and Gokyo Lake Trek beginner-friendly?**

If you want to summit Ama Dablam, it requires basic mountaineering skills. But as you prepare yourself accordingly to use crampons, ice axes, and fixed ropes, you can have a technical mountain climb in Ama Dablam. Comparatively, the Gokyo Lake trek is relatively beginner-friendly and offers scenery of turquoise lakes and a magnificent sunrise.

5. **How do I prepare for Ama Dablam?**

   Ama Dablam, aka Amai Dablang, is one of the easier peaks to compare in the Everest region. Located in the Mahalangur range, there are certain high-altitude challenges one needs to prepare for in terms of basic mountaineering skills, fitness level, and mental preparation for the same.