



AMA DABLAM 2012

The North Ridge

Expedition Trip Notes

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During the post-monsoon season of 2012 Adventure Consultants will be operating an expedition to climb the North 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 North Ridge is incredibly picturesque and a serious alpine route of world class standard. It has had few ascents as the climbing is both committing and exposed. This is a new Adventure Consultants expedition and is suited for experienced climbers.

We will taking a small team led by two Adventure Consultants Guides and four Sherpa Guides.

The North Ridge of Ama Dablam

The expedition starts with a ten day trek into base camp at 5200m. We trek in via the Khumbu Valley which provides spectacular views of Ama Dablam. Our trek takes us almost right around the mountain, and along the way we have the opportunity to experience some of the culture and hospitality of the Sherpa people.



The climb can be basically broken down into thirds. The first part of the expedition will be carrying loads and fixing rope to the High Camp at 5850m at the start of the mixed ground proper. We will return to base camp to rest then return to the mountain to attempt the summit semi-alpine style. We will fix ropes and move up the difficult mixed ground, with care being taken to avoid the unstable snow mushrooms. Progress will be slow and exposed, and partway along the ridge we get to the Captain Crunch bivvy site.

Captain Crunch, typified by scratching along in crampons over difficult mixed ground, was dubbed thus by the 1981 Australian expedition. It's a bivvy cave that sits at about 6100m on the left of the ridge inside a rock tower and can sustain two carefully placed tents. More difficult climbing follows and it will be slow progress on the middle third of the route. Because our expedition is scheduled for post monsoon we should find more snow on the rock, and not be scratching over the rock quite as much.

The climbing in the last third is all snow and ice and the beginning of this is reached by breaching the Guardian, a huge serac that demarks the summit snowfields from the technical ridge. From here easier travel will see you on the summit and returning to this camp.

The Expedition Guides

The expedition leader is senior AC guide and Operations Manager Mark Sedon. Mark, an IFMGA Mountain and Ski Guide has been on several expeditions to the Himalaya and has climbed on Ama Dablam's SW ridge 3 times. He has also guided Mt Everest, Cho Oyu, Lobuche East, Island Peak and Mera Peak in Nepal. He has also guided in Ecuador, Argentina, Alaska, Antarctica, Russia and France.



Mark is being assisted by our Chief Guide from New Zealand, Dean Staples, also a New Zealand based IFMGA Guide, who has successfully guided Shishapangma, Cho Oyu (3 times), Ama Dablam (twice) and Everest (six times) in the Himalayas as well.

All of our guides to Himalayan peaks have extensive experience at high altitude and have a proven record of safety, success and compatibility. You will find our guides companionable and strong expedition members with considerable power and willingness to see you achieve your goals.

We will use four of our strongest Sherpas to assist with load carrying, fixing of ropes and guiding duties while on the route.



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 Bazaar. Acclimatising along the way and relishing in the hospitality provided by our Sherpa friends we reach base camp (5200m) 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 some 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.

When the majority of the fixed line is in place, and the high camp is 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 much of the group gear but members are expected to carry some as well as 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 three 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 important to be able to move over rocky terrain efficiently in crampons with a moderately heavy pack.

The Expedition Fee

The cost of the expedition ex Kathmandu is US\$16,500 per person for a team/group size of six climbers.

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 Sherpa support
- All food whilst away from Kathmandu
- 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 web site for families and friends back home to watch the expedition's progress

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

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Nepalese airport entry visa
- Personal clothing and equipment
- Personal travel /medical/cancellation/rescue insurance
- Extra costs at lodges on the trek such as laundry, bottled drinks, battery re-charging, internet access and showers
- Any rescue costs or costs of early departure from the expedition
- Excess baggage charges over 40kg of personal luggage
- Gratuities

The operation of the expedition is subject to minimum team numbers being met.

Expedition itinerary

September 1 to October 15, 2012

Day 1	Sep 1	Meet Kathmandu – MOT briefing
2	2	Gear check, sightseeing in Kathmandu
3	3	Fly to Lukla, walk to Phakding (2610m)
4	4	Trek to Namche Bazaar (3440m)
5	5	Acclimatisation in Namche – day walk to Kunde / Khumjung
6	6	Trek to Thyangboche, stay Deboche (3820m)
7	7	Trek to Pangboche (3930m), acclimatisation hike above Pangboche
8	8	Trek to Dingbouché (4410m)
9	9	Rest Day / Acclimatisation hike
10	10	Trek to Chhukung (4730m)
11	11	Climb Chhukung Ri (5550m)
12	12	Trek to Ama Dablam North Ridge Base Camp
13	13	Set up base camp area – acclimatise / rest
14	14	Day trek above camp / load carry
15 to 37,	Sep 15 to Oct 7,	Summit Attempt
38	Oct 8	Clean up Base camp
39	9	Depart from base camp to Pangboche
40	10	Trek to Namche Bazaar
41	11	Trek to Lukla
42	12	Contingency day
43	13	Contingency day
44	14	Fly Lukla to Kathmandu
45	15	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 90-day visa costs US\$100. 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

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

Deposit

A non-refundable deposit of US\$2,000 is payable to secure a place on the expedition.

Balance

The balance of **US\$14,500** is payable on 1st June 2012.

Cancellation & Refund Policy

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

- A Prior to 1st July 2012, a refund of 50% of 1st June 2012 payment.
- B After 1st July 2012 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 and can be obtained from your normal travel agent.

Team Membership

The costing of US\$16,500 per person is for a team size of **4-6 members and 2 guides**. The base camp will be staffed by our trusted Sherpa cooks and four climbing Sherpa's will assist with the load carrying and fixing rope on the mountain.

Please contact for a quote for a smaller or larger team size.

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 North Ridge Expedition 2012", 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.

Endorsement Letter

For expeditions in Nepal, expedition members no longer need to provide an endorsement letter from their national climbing organisation.

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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Wanaka, 9343, New Zealand.

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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.

