

# Ama Dablam

Nepal | 6,856m



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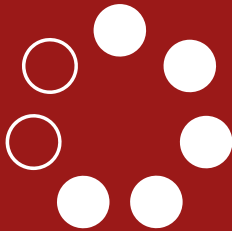
**Ama Dablam** (6,856m) is one of the most iconic mountains in **Nepal's Khumbu Valley**. The Matterhorn of the **Himalayas**, reaching its summit provides an exhilarating climbing experience and a skill-honing introduction to **technical high-altitude mountaineering**. We hear it every time we reach Namche Bazaar, the trading village where the action starts from. 'WHAT is that mountain!?' That mountain is Ama Dablam. The queen of the Khumbu – towering, extreme, striking. One look and you're captivated.

Graded Alpine Difficile this expedition involves every bit of skill, nerve and technique a climber can muster. Our chance of success is improved considerably by incredible Guide and Sherpa support and fixed lines safeguarding the technical sections. We can never guarantee you a summit but we can

guarantee you'll return having experienced the mountain and this unique part of the world to the fullest. And that, in the end, is what adventure is all about.

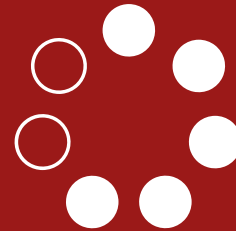
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## Physical – P5

Superlative fitness is called for. Regular, long and intense physical training is required for preparation. Expect long days on the hill of 10-15 hours in testing weather conditions (especially summit day) carrying up to 15-20kg in weight, and/or pulling a pulk with exceptional weight.



## Technical – T5

Competent Alpine climbing ability. Should be comfortable on Scottish Winter III ground or Alpine AD. Complete understanding and confidence in use of your technical kit will be required.

Please note that the grading system used is a rough guide only.



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## ITINERARY

### DAY 1 : Depart the UK

Today we'll depart the UK from London Heathrow Airport.

### DAY 2 : Arrive Kathmandu

We arrive in Kathmandu mid-afternoon and will transfer to our hotel, located in the heart of Kathmandu, where we are met by an amazing blend of cultures, religions and people. After we have settled in we will have a full 360 brief and kit check.

(D)

### DAY 3 : Free morning in Kathmandu, afternoon transfer to Mulkot

We have the morning to explore Kathmandu or to buy those last minute essentials. After our bag weight check we head to lunch before departing for Mulkot, approximately 5 hours drive. Here, we will spend the night ready for our early morning flight to Lukla from Ramechhap airport and the start of our trek tomorrow.

(BD)

### DAY 4 : Fly Ramechhap to Lukla (2,800m) to Phakding (2,610m)

We leave early for our transfer to Ramechhap (approx 40 minutes drive) for our morning flight into Lukla, from where we begin our trek into the Khumbu region. The views from the plane are amazing, providing dramatic scenes of terraced hills and the distant Himalayan giants. After landing we meet our ground crew, regroup with our kit and begin our undulating trek to Phakding (2,610m), our night's resting place. (3 – 4 hours)

(BLD)

### DAY 5 : Phakding to Namche Bazaar (3,440m)

Walking through a beautiful pine forest, we follow a gradual trail north up the valley of Benkar, trekking along the banks of the Dudh Kosi and crossing the roaring river on exciting suspension bridges.

As we enter the Sagamatha National Park, we begin the breathtaking climb to Namche Bazaar and may, if the clouds part, have our first glimpse of Everest. After a full day of trekking, we rest for the night in Namche Bazaar. (7 – 8 hours)

(BLD)

### DAY 6 : Acclimatisation Day - Namche Bazaar (3,440m)

Today we acclimatise in Namche Bazaar. Namche is the Sherpa capital and a bustling town crammed with markets, shops, cafes and traditional Sherpa houses. We head off for an early morning amble to the Sherpa museum where we hope to see views of Mt. Everest, Lhotse (the 4th highest peak in the world) and our objective, the beautiful Ama Dablam. The Sherpa Museum houses an exhibit of traditional Sherpa lifestyles and a fabulous photography display. We then head up to the Everest View Hotel which is 400m higher than our tea house in Namche. We stop for a hot drink and further acclimatisation before retracing our steps back to our tea house for lunch. The rest of the day is yours to enjoy Namche or rest up. (4 hours)

(BLD)

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## ITINERARY

### DAY 7 : Namche Bazaar to Deboche (3,620m)

From Namche Bazaar, we trek along the contours of the hills, with amazing views into the deep and lush valleys below and Ama Dablam in our sights for most of the day. Our route will take us through Tengboche (3,820m), the spiritual centre of the Khumbu and home of its famous monastery. Inside the monastery are incredibly ornate wall hangings, a giant sculpture of Buddha, and the musical instruments and robes of the Lamas. We may spend some time here before our trek continues downhill into rhododendron forests, taking us to our secluded accommodation at Deboche. Today is a day of big downs and big ups, all good for acclimatisation! (6 – 7 hours)

(BLD)

### DAY 8 : Deboche to Pangboche (3,985m) visit High Lama for blessing

As we leave Deboche behind, we follow a well-trodden path that winds its way through terraced fields and gradually leaves dense forests. The trail offers breathtaking views of towering peaks, including Ama Dablam, which stands prominently against the sky. Pangboche is a traditional Sherpa village known for its ancient monastery, Pangboche Gumpa, where we will have the traditional blessing from the High Lama. (3 hours)

(BLD)

### DAY 9 : Pangboche to Ama Dablam Base Camp (4,572m)

As we leave Pangboche we head off the main trail, crossing the river and climb up towards the open plains where Ama Dablam base camp is situated. Steep to begin with then becoming more gradual, our walk will highlight the ever thinning air as we trek towards the lower slopes of Ama Dablam. (3 hours)

(BLD)

### DAY 10 : Rest Day in Base Camp

An acclimatisation and rest day at base camp with a chance for a wander around, a chat with fellow climbers from other teams and time to settle in to our home for the next couple of weeks. You may even be able to have an afternoon nap in readiness for the next phase of our expedition, acclimatising at higher camps.

(BLD)

### DAY 11 : Climb to Yak Camp (5,180m) return to Base Camp

Today is an acclimatisation trek from Base Camp to Yak Camp. We hike along the moraine ridge accompanied by stunning views of the mountain and our route. We reach the Southwest Ridge which at this point is a large plateau, and follow it to Yak Camp before returning to Base Camp for the night. (timings depend on how long we rest at Yak Camp for however it will be the inside of a day)

(BLD)

### DAY 12 : Rest in Base Camp, review fixed line climbing techniques

An acclimatisation and rest day with refresher training on fixed line climbing techniques and general mountain skills. \*\* Our itinerary from here on in is very flexible and the details below are set out as a guide. We will review the weather and conditions on the mountain daily and make a plan suitable for our group.

(BLD)

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## ITINERARY

### DAY 13 : Move to Camp 1 (5,640m)

Carrying our sleeping and climbing gear, we retrace our steps to Yak Camp before heading up farther to Camp 1, our goal for the day and our camp for the night. This is a good climb and there may be a short section of fixed line which will bring you to the base of Camp 1. The terrain today is mixed from good paths to boulder weaving so be prepared for a day of variety. The views become even more spectacular as we ascend towards camp with Ama Dablam directly above us. (7 hours depending on pace)

(BLD)

### DAY 14 : Climb to Camp 2 (5,970m), sleep in Camp 1

Depending on conditions underfoot, we may pull on our high altitude boots before we start our climb up to Camp 2, the iconic camp perched on a rock pinnacle and accessed by vertical fixed lines. There are also fixed lines on the route to the climb so we will also be wearing our harnesses and helmets. It's a full on day, good for not only acclimatising us to the altitude but also to the exposure of the ridgeline and the climb up to Camp 2. We will spend a little time at our tiny camp before descending down the fixed lines back to Camp 1 where we spend our 2nd night. (time tbc dependent on number of groups also on the climb).

(BLD)

### DAY 15 : Descend to Base Camp

We may choose to stash some of our kit at Camp 1 to save bringing it back up on our summit push. Once we are sorted kit wise, we begin our descent back down to base camp, breathing in the ever thickening air and looking forward to the relative luxuries of our home from home.

(BLD)

### DAY 16 : Rest in Base Camp

Time to rest up, eat, sleep and repeat in readiness for our summit push.

(BLD)

### DAY 17-20 : Contingency Day

Our contingency days may be used throughout the expedition depending on weather, conditions on the mountain and group acclimatisation. They are added in to our itinerary so that we have the best chance to summit and are not chasing time or making decisions which are detrimental to our safety. However, if all the stars align, we will be able to move onto the summit phase of the expedition without using any of these days.

(BLD)

### DAY 21 : Climb to Camp 1 (5,640m)

Our final trek up to Camp 1 in readiness for our summit push. We take it nice and steady in order to save energy and are likely to have lighter loads as our kit is already stashed at our camp. We will find this climb easier than the first time due to good acclimatisation.

(BLD)

### DAY 22 : Climb to Camp 2 (5,970m)

Summit push is on and it's time to head up to Camp 2 for a short night's sleep. As the camp is very small, we may wait at Camp 1 for a short while until some space has become available but we will monitor the situation and move accordingly.

(BLD)

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## ITINERARY

### DAY 23 : Move to Camp 2.7 (6,265m)

Camp 2.7 is lesser used these days and we will once again monitor the mountain conditions to see whether it would serve our group better to climb to the summit directly from Camp 2 or move up to Camp 2.7. Flexibility is key here and we make decisions on the safety and ability of our entire group.

(BLD)

### DAY 24 : Summit Ama Dablam (6,812m) and back to Camp 1

Summit day is here at last! Whichever camp we start from, whether Camp 2 or 2.7, we will be wearing our full down gear, high altitude boots and all of our climbing equipment for the final time on our route up to the summit. There is much talk about the exposure and intensity of the climb however we will pick our way up the route, safely clipped in at all times, around the famous Dablam before we ascend on a steep snowslope to the summit plateau. Once we have had the obligatory summit photos, we will make our way steadily back to Camp 2, retrieving our gear before descending to Camp 1. It is likely that we will rest here for the night before exhaustion sets in but will make a decision on the day. (potentially a 16 hour day)

(BLD)

### DAY 25 : Return to Base Camp and Rest

Our final descent to base camp with all of our gear can be a tiring one but also hopefully a jubilant one too. Once back at base, we will have a chance to rest, repack our gear in readiness for our trek down to Namche tomorrow and have a celebration evening as well!

(BLD)

### DAY 26 : Trek to Namche Bazaar (3,440m)

With lighter packs, we head back to the relative metropolis of Namche Bazaar, enjoying the ever increasing amount of oxygen as we descend to lower altitudes. This is a long day with a variety of ups and downs but with more oxygen fuelling our bodies, increasing temperatures and more greenery, it's a good day's walk. (7 – 8 hours)

(BLD)

### DAY 27 : Trek to Lukla (2,800m)

Our final day of trekking which takes us back to Lukla, our final tea house and a night of celebration. Descending Namche Hill with a spring in our step, we head back into more forested terrain, weaving our way through Pheriche and the end of our trek in Lukla. (5 – 6 hours)

(BLD)

### DAY 28 : Fly Lukla to Ramechhap. Transfer to Kathmandu

An early start will see us in the hustle and bustle of Lukla airport for our flight back to Ramechhap and then our transfer onto Kathmandu. Once showered and changed in our hotel, we head out for a celebration dinner, a few beers before a good night's sleep.

(BD)

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## ITINERARY

### DAY 29 : Depart Kathmandu

Depending on the flights 360 have secured, you will either be departing Kathmandu this morning and arriving in the UK in the evening or departing Kathmandu in the afternoon and arriving in the UK tomorrow morning.

This will be dictated by flight routes, times and costs and if you tick "flights included", then 360 team will do their utmost to find the most appropriate flights, giving you the best options. Please do let the office team know at the time of booking if you have a preference, and we will always do our best to accommodate.

If you do have additional time in Kathmandu then you will have some more time to explore this vibrant town, pick up some final souvenirs, or simply enjoy some down time in this fascinating city.

(B)

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## KIT LIST

### Bags & Packs

#### Kit bag

\*\* Please note that you have a strict 15kg weight limit which includes your duffel bag and contents, and day sack and contents. This is imposed for safety reasons for the flight to / from Lukla. Please bear this in mind when you are packing for the expedition and do a practice pack to weigh your kit (barring the clothes you will be trekking in). A kit check will be scheduled into your pre-trip admin whilst in Kathmandu and once this is completed we will weigh your kit before we depart to the airport (Ramecchap or Kathmandu) to check you are within the weight limit. \*\* Your technical climbing equipment will be combined in a separate group kit bag and is not included in the above weight limit. These items include your high-altitude boots, crampons, helmet, ice axe and climbing hardware which will travel in a separate group kit bag

#### Duffel bag 120ltr-140ltr

A 120-140L duffel bag to transport kit. A duffel bag is a strong, soft, weather resistant bag without wheels but with functional straps for carrying. Suitcases and wheeled bags are not suitable

#### Rucksack

A 70+litre rucksack. This needs to be big as you will be ferrying bulky items such as sleeping mats and sleeping bags between camps. Store in the bottom of your kit bag or use it as your daysack for the trek into AD base camp (this saves bringing a smaller rucksack).

#### Daysack

A 35-40L rucksack. For hand luggage on the flight to Nepal; to store additional items at hotel or for the trekking to BC (if not using your larger rucksack).

#### Small kit bag or light bag

Something small to keep your travel clothes and anything you are not taking on the expedition. This will be put into the hotel storage room before you leave.

#### Waterproof rucksack cover

To protect rucksack from rain

#### Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

#### Combination padlock

Must fit through zips (i.e.small). For use on your kit bag for travel / expedition and on the expedition plus one for your hotel bag

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## KIT LIST

### Sleeping Gear

#### 5 Season sleeping bag

5-season with a comfort rating to -25C is essential. Down is lighter but more expensive than synthetic and ratings vary between manufacturers

#### Sleeping bag compression sack

#### Sleeping bag liner

Silk is best for keeping the bag clean and you a little warmer

#### Thermarest

### Headwear

#### Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck or use a baseball cap and buff

#### Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

#### Bufs

Bring a variety to use as sun / dust protection as well as covering your mouth when it is cold. Good alternative to a balaclava as bufs are more versatile

#### Sunblock

Factor 50. One or two 50ml bottles will suffice for the expedition

### Lip salve

SPF in your lip salve is essential. The higher the SPF rating the better as lips will burn very easily in the sun at altitude if not protected.

### Sunglasses

Cat 4 or transitioning from Cat 2-4 with side shields. Julbo is our preferred supplier

### Goggles

Category 3 for days when it may be snowing and very windy. Very useful on summit day

### Upper Body

#### Light insulated jacket

A lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

#### Waterproof jacket

In case it rains

#### Down jacket

A warm jacket that will keep you warm down to around -25C with a couple of layers underneath, the higher the 'loft' the better. Our guides usually wear a lighter down or Primaloft jacket under their down jackets for greater layering flexibility

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## KIT LIST

### Soft Shell

Optional. These should be windproof (not all are) and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear.

### Base layer x 2

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

### Thermal top x 2

To keep you warm at colder temperatures. Merino is ideal

### Liner gloves

A thinner pair that fit under your larger gloves. Can also be used as stand-alone gloves

### Down mitts

Essential for higher altitudes to be worn with a liner glove underneath

### Gloves

Midweight mountaineering gloves with leather palm protection (not ski gloves). Be aware that your hands may swell at altitude so buy a size bigger than you would usually use. Tight gloves mean cold hands.

### Hand warmers

Hand warmers for summit day, useful to pop in the top of your boots too

## Lower Body

### Waterproof trousers

Like the jacket, an essential piece of kit to stay dry and should also be Goretex

### Down trousers

To be combined with down jacket for summit day (or full down climbing suit but this is less versatile)

### Midweight trousers

A second pair of trousers for lower on the mountain, up to camp 2. Can be used with thermals underneath for added warmth.

### Thermal leggings

Merino is ideal

### Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

### Underwear

Merino or wicking material, not cotton. How many pairs you take is entirely up to you. Sports bra for ladies, again merino is good for wicking as cotton is not suitable.

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## KIT LIST

### Feet

#### Boots / approach shoes

Comfy well-worn in boots or shoes for the trek into AD base camp and for use up to Camp 1.

#### Trekking socks x 4

Start with lighter socks lower down, working up to thicker pairs for higher up as it gets colder. Some people like a clean pair every day, others are happy to change every other day – that's a personal choice

#### Camp Shoes

Walking sandals / trainers / Crocs for use in the tea houses and in camp.

#### Warm mountaineering socks x 3

Keep one clean pair handy for the summit attempt

#### Gaiters

(Optional) To protect the tops of your footwear from harsh conditions and to provide some added insulation. If you are using 6000m boots, make sure you have tried the gaiters with your boots for a good fit before you leave the UK.

### High altitude boots

These boots are double or triple layered to offer the best insulation and the warmest feet up high. Either La Sportiva G2 SMs, Scarpa Phantom 6000s or 8,000m boots (if you plan to go higher in the future after Ama Dablam) are suitable. Make sure you can fit 2 pairs of socks for added warmth with room to wiggle your toes (one thick and one thin). Remember that your feet may well at altitude too. Most people go up a shoe size. Avoid trying to break in the boots by training in them, they will break you!

### Technical Equipment

#### Crampons

12 points with antiballing plates (more crampons come with these to stop snow from collecting under the boot)

#### Long heavy duty zip ties x 4

To use for fixing crampons if required

#### Light weight harness

Make sure it is large enough to fit over your summit clothing (down trousers and jacket).

#### Figure of eight descender

Easier to use than a belay plate on fixed lines

#### Jumar (ascender)

Available for hire, a 2nd jumar is highly recommended

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## KIT LIST

### Locking karabiners x 5

Large screw gate karabiners are easier to use whilst wearing big gloves

### Snap gate Karabiners

Useful for as spares or for using for gloves / water bottle

### Dynamic cord

4m length of 9mm dynamic cord for a variety of uses including making attachments for ice axe (easier to use than a leash), cows tail and jumars.

### Sling (120cm)

120cm sling x2

### Helmet

Make sure it fits nicely with a beanie or buff underneath

### Ice axe

Mountaineering ice axe. We are highly unlikely to need one as we will be on fixed lines whilst on the snow however it is best to take one, just in case.

## Hydration

### Water bottles

2x 1L water bottles plus a hydration bladder for trekking into AD base camp. Insulation covers for the water bottles are useful for higher altitudes, or use socks as insulation instead

### Water purification

Your guides will provide you with purification some prefer use purification tabs instead. Always good to have in your bag

## Toiletries

### Wash kit

Keep it simple on the mountain. Essentials are toothbrush, toothpaste, deodorant and a small bottle of shampoo or soap. Moisturiser is advisable, everything else is a luxury and eats into your weight limit

### Travel towel

Lightweight and quick drying travel towel from the likes of Lifesystems

### Wet wipes

(Optional) One pack. Biodegradable, these are great for washing when shower facilities are not available

### Foot powder

Optional

### Alcohol gel

A must have for good camp hygiene

### Multi vitamins

Optional

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## KIT LIST

### Toilet Paper and Nappy Sacks

You can buy toilet paper in Lukla and in tea houses en route to AD base camp. A few nappy sacks for use whilst out on the trail.

### Medications

#### Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on Expeditions so please come prepared with useful meds for yourself such as painkillers (Ibuprofen, if you can take it, and Paracetamol) plus zinc oxide tape, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

#### Personal medication

Keep this in your daysack

### Miscellaneous

#### Head torch

Bring spare or rechargeable batteries.

#### Multi-tool

#### Watch with alarm

#### Trekking poles

Recommended. These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

### Entertainment

Of course optional, but most trekkers like to bring an iPod, book, Kindle, cards etc for evening entertainment.

### Camera

Bring plenty of spare batteries and memory cards

### Solar Charger

These are useful to keep electricals charged but are a luxury rather than a necessity

### Insulated mug

Optional

### Pee Bottle (+ optional Shewee for the girls)

A good idea if you are storm bound at higher camps and for night-time pees in base camp. A 1ltr Nalgene bottle is a good option but do make sure you label it as your pee bottle!!

### Documentation

#### Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

#### Copy of passport

Just in case

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## KIT LIST

### Passport photos x 4

We need these to obtain your climbing and trekking permits

### Visa

Granted upon arrival (cost: \$50 USD for 1 month stay, \$125 USD for 3 month stay; subject to change, will need one of your passport photos to staple to your visa application form upon arrival or you can use the online service once in the arrivals/immigration hall)

### Dental check up

We recommend you have a dental check-up before your trip. New fillings can be an issue at altitude if there is an air pocket left in the gap

### Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We recommend looking into deals offered by the BMC, the Austrian Alpine Club or similar insurers. Team members should take out private insurance that covers you against cancellation due to medical or personal reasons and it is important that the insurance contains coverage for medical evacuations. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include: medical evacuation and coverage up to the maximum altitude of this trip and helicopter evacuation (please make sure you know the excess for heli rescue as they differ with insurance companies). Please contact the office if you have any queries on insurance for this expedition. We are happy to help.

### Money

How much you bring will depend on the size of the group as tipping is pooled and shared amongst our local team depending on their roles. As a guide, bring \$1300. \$700+ (generally \$1000) for summit bonus plus \$300 tips to be shared out between the crew who look after you on the expedition (includes Sirdar, cooks, porters) You may come home with some spare however it is best to have too much for tips than not enough.

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## FAQ'S

### Guides

#### **Who is the guiding team composed of (How many guides? Climber to guide ratio?)**

Our 360 Guides are some of the most experienced in the business. They spend many months a year climbing and trekking in the Himalaya. They have established a close rapport with our ground crew and run a very enjoyable expedition.

We have a 2:1 client/guide ration on the mountain. This expedition will run with a minimum of 2 clients (please see additional pricing information for a group of 2 compared to 3 or 4), your 360 guide will be co-piloted by our incredible team of Sherpa guides.

Generally your accompanying 360 Guide will be in charge of the expedition and he or she will be assisted by our expert Sherpa Guides.

If you prefer to have a dedicated Sherpa Guide for the summit push there is an additional cost of \$2000. Please discuss this with the office.

#### **Where do I meet my guides?**

There are a number of options surrounding the Ama Dablam climb. Depending on where you are joining the expedition depends on where you will meet your 360 guide. Some clients come acclimatised and others join us in Kathmandu and head out on Mera Peak or Everest BC before heading onto Ama Dablam. Naturally we will talk through all options with you before you join.

### Food and Water

#### **Where does water come from on the mountain?**

Drinking water for the trek in comes from tea houses or local hoses and is sterilised using the purification drops we provide to you. At AD base camp, water is collected from local streams and sterilised by boiling or sterilisation. Above base camp, ice is collected and boiled by the Sherpas for drinking and cooking.

#### **How often is fresh water available for replenishing during the day below Base Camp and higher on the mountain?**

You will not be short of water on your trek in as our route to AD base camp winds through villages. Above base camp you will need to carry your own drinking water for the day hence the need for 2+ltr capacity. You can replenish at higher camps with boiled water which is provided by your Sherpas.

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## FAQ'S

### What will the meals on the expedition be like?

Your meals for the trek into Ama Dablam base camp are provided by tea houses and you can choose off the menu for breakfast and dinner. We will provide a filling and energy giving lunch for you at a suitable tea house en route. Tea, coffee and popcorn/biscuits are provided at tea.

At base camp you will have a chef who cooks your meals and will provide a packed lunch when necessary. For camps 1 and 2 you will be fuelled by dehydrated meals which are perfect for the location and a climber's nutritional needs. All dietary requirements will be met.

You can provide your own snacks, which is recommended for your summit push, and these can either be bought from the UK, bought in Kathmandu (remember this will be included in the flight weight limit) or bought in Lukla and en route to AD base camp.

### Accommodation

#### Will I have to share a tent on this expedition?

Room share is always organised according to sex and where possible age groups. Obviously if you have joined this expedition with a friend or partner then you will share rooms with them. If you have joined the team by yourself then it is highly likely that you will be sharing a room with a pre-assigned room buddy.

You will be sharing hotel and tea house rooms, and will have a single tent at Ama Dablam base camp.

Tent space at C1 is limited and C2 extremely limited therefore you will need to share a tent at both camps.

#### If I want my own room/tent how much will this cost?

We can make the arrangements for you to sleep solo up to leaving Ama Dablam Base Camp, if that's what you'd prefer.

If you want a single room in Kathmandu only, it will cost £125 and if you'd like a single room/tent up to and including base camp it will cost £425.

# Ama Dablam

Nepal | 6,856m

## FAQ'S

### Health and Safety

**You advocate taking a small first aid kit, what should it have in it?**

We advocate a little bit of self-help on the climb. If you have a blister developing, for example, then please stop, take off your boot and treat it before it becomes a problem.

We would recommend your own first aid kit should contain:

Diamox, enough for the duration of the expedition; a basic blister kit which includes zinc oxide tape: plasters, antiseptic, sun protection, your own personal medication (your luggage might not get to camp before you and so you may not be able to take your medicine according to the regime you are used to), basic pain relief such as paracetamol, ibuprofen (if you are able to take it,) and a personal course of antibiotics – two different types are preferable, for gastric and respiratory infections. Foot powder in your socks every morning is great for preventing blisters.

Your 360 Expeditions guide will carry a comprehensive first aid kit that contains a wide range of supplies and medications. They are fully trained to use whatever is needed for any emergency that may arise.

### What vaccinations do I need?

The following vaccinations are recommended:

- Hepatitis A
- Typhoid
- Diphtheria
- Tetanus
- Polio

This list is not absolute and it is important you should see your GP, surgery or travel clinic for latest recommendations and to ensure you are up to date on necessary vaccinations.

# Ama Dablam

Nepal | 6,856m

## FAQ'S

### **Am I likely to suffer from altitude sickness on this expedition?**

Our itinerary sets out a good acclimatisation plan to ensure that everybody benefits from the best possible chance of reaching the summit and descending safely however altitude related problems can happen. AMS (Acute Mountain Sickness) is a range of symptoms which include headaches, nausea, lethargy, dizziness and vomiting. Prevention is much better than cure and we will advise you at the start of the expedition how to acclimatise slowly and safely which include drinking plenty of water, eating well, walking slowly and getting plenty of rest. Personal hygiene helps a great deal too and we are fastidious about hand washing and no double dipping in food.

Everyone will acclimatise at different rates, some more slowly than others but we need to respect the altitude we are at and heading to. Most people will have an occasional headache and may feel sick now and then or get dizzy when they stand up too quickly but it is the severity and longevity of these symptoms which we keep an eye on. This is all part and parcel of ascending a 6,000m peak for our Guides and we take it seriously. They monitor each client's personal situation carefully and give advice and medication when appropriate.

### **What can I do to help prevent AMS?**

As mentioned above, in most severe cases AMS can be avoided by doing the following: drink plenty of water, walking slowly, staying warm and eating well – and listening and talking to your guides.

We recommend that you familiarise yourself with the various effects that altitude can cause. During your pre-climb briefing, we will describe altitude sickness to you in detail, and advise you how to cope with it.

The most important thing is not to fear it, but to respect it and to know how to deal with it and more importantly tell your Guides how you feel. Honesty is your #1 priority. Our Guides have seen every condition that the mountain produces, and they will always know how to deal with problems which arise.

### **Is there a risk of getting HACE (High Altitude Cerebral Edema) and HAPE (High Altitude Pulmonary Edema) on the mountain?**

HACE and HAPE rarely occur on Ama Dablam and our guides are fully trained in recognition of the onset of these problems and will deal with them at the first sign of their development which will include descending to a lower elevation along with appropriate medication.

# Ama Dablam

Nepal | 6,856m

## FAQ'S

### Should I bring Diamox on the expedition with me?

We recommend you come armed with a course of Diamox on this expedition, though we do not recommend that take you these as a prophylactic during the trek or climb. We view Diamox as a treatment drug rather than a preventative medicine. Most adventure medics give similar advice, however we do appreciate this can be confusing, as many GPs (who aren't necessarily mountaineers) do suggest taking it as a prophylactic.

Here at 360 we pride ourselves on designing all our itineraries with acclimatisation front and centre and this expedition has been carefully designed to allow for your body to adjust to the altitude gradually, safely and comfortably. However, if you find that you are still having problems adjusting to the altitude (see our FAQ on Altitude Sickness) then your expedition leader or medic will recommend the correct course of action regarding taking Diamox.

### What happens if I need to leave the expedition early?

If a climber needs to leave early arrangements can be made with the assistance of our 360 Guide. Additional costs (transport, hotels flights etc.) will be incurred by the climber but our guides will be able to assist in every detail of your departure.

### What happens if there is a problem on the mountain?

All our guides are in communication with each other by radio. In the vast majority of cases of emergency rescue the problems can be attributed to slow acclimatisation or altitude and if so the solution is immediate descent to lower altitudes. Our 360 guide and local crew are very experienced in dealing with any problems that may arise. Our guides are either doctors or are qualified with the highest standard of wilderness first aid qualifications and can handle any emergency to the highest level of competency without assistance if necessary.

# Ama Dablam

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## FAQ'S

### Kit

#### Is there a luggage weight limit for the flight to and from Lukla?

\*\* Please note that you have a strict 15kg weight limit which includes your kit bag and contents, and day sack and contents. This is imposed for safety reasons for the flight to / from Lukla. Please bear this in mind when you are packing for the expedition and do a practice pack to weigh your kit (barring the clothes you will be trekking in). A kit check will be scheduled into your pre-trip admin whilst in Kathmandu and once this is completed we will weigh your kit before we depart to the airport (Ramachap or Kathmandu) to check you are within the weight limit.

\*\* Your technical climbing equipment will be combined in a separate group kit bag and is not included in the above weight limit. These items include your high-altitude boots, crampons, helmet, ice axe and climbing hardware which will travel in a separate group kit bag.

#### How much will my pack weigh during the climb?

During the trek into AD Base Camp and for the short climbs around the peak the contents of the rucksack will include:

Waterproof jacket and trousers

Warm hat / gloves / waterproof mitts  
50ml pot/tube SPF 50 and SPF lip salve

Head torch  
Small amount of toilet paper and nappy sacks

Water bottle / platypus  
Sun hat / Cat 4 sunglasses / buff or scarf

Lightweight down / fleece  
A couple of snacks (just for the day)

Camera / phone

Small first aid kit (painkillers, blister plasters)

Personal meds

Trekking poles  
Alcohol gel

Money (in waterproof bag)

Your day to day rucksack should weigh no more than 3 – 4 kg without water (2ltrs) and a rucksack of around 35 – 40 L capacity will more than suffice, unless you wish to use your larger rucksack for the entire expedition. Once the load carrying between camps starts you can swap to your larger expedition pack and the load weight will increase to around 15kg. For these carries the focus is on moving up as many supplies to the higher camps as possible and your personal equipment may be reduced to just a head torch and Gortex jacket until the

# Ama Dablam

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## FAQ'S

### What gear will I need?

Please review the equipment list. While all items are required there may be times when some of the items on the gear list may not be used (such as warm weather or changing conditions). The gear lists are created by the guides so that climbers are prepared to summit in any conditions.

The guides will check your equipment whilst in Kathmandu or Base Camp (if joining from another expedition) and will advise as to what is suitable or not. A quick trip to the local gear shops may be needed to buy or rent the last essential items.

### What clothing should I wear on Ama Dablam?

Our guides usually start the trek wearing long, lightweight trekking trousers and wicking (non-cotton) shirts or tops. Long trousers are recommended as an insect deterrent and to act as sun protection.

Ensure that you apply sun cream frequently. Sunglasses are worn for most of the trek in as well as suitable sunhats as the UV rays become stronger the higher you go, you can burn even when it is cloudy.

Waterproofs are needed on hand at all times. It is not unusual to be caught in an afternoon snowstorm anywhere on the mountain. Waterproofs should be Gortex material or similar.

Over the top of your clothing you will wear a climbing harness and you will be attached to a rope when conditions dictate.

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## FAQ'S

### What clothing should I wear on the mountain during Summit day?

On summit day it gets cold and temperatures of -20C are not unusual and -30 in extremes.

Typically our guides wear 2 sets of base layers (long johns), a thick fleece layer (top and bottom) and then on the legs down trousers or salopettes. On the upper torso the same layers plus a down jacket are worn. On their hands they'll wear a glove liner with a thicker set of mountaineering gloves or down mitt over the top.

On summit day our Guides heads are covered by a thermal beanie hat and a buff and the hood of their down jackets. On their feet the Guides wear one pair of thin socks and one pair of thick inside their high-altitude boots.

Guides will also wear snow goggles on summit day and will have their Cat 4 sunglasses in the rucksack as a back-up.

### What is the best type of footwear to use for the trek to the Base Camp? And above Base Camp?

Well-worn in mid ankle supported walking boots are the best option however some trekkers prefer approach shoes, which ever you are most comfortable in and most used to wearing. The paths to base camp are well marked out but mostly uneven. Above base camp, the trails become rocky and you may be boulder hopping towards Camp 1 so your choice of footwear needs to take this into account.

Above Camp 1 you will wear your high-altitude boots so either La Sportiva G2SM / G2Evo or Scarpa Phantom 6000 or if you are likely to climb higher once you have completed this expedition then investing in La Sportiva Olympus Mons or Scarpa Phantom 8000 may financially wiser.

Temperatures high up the mountain are usually well below -20 and only this style of technical boots can withstand such conditions. Ensure that you have tried the boots on before you leave home and that you can wear a thin and a thick pair of socks in them and still be able to wriggle your toes, bearing in mind that your feet may swell a little due to altitude. Tight boots mean cold toes.

Crampons are worn when there has been lots of snowfall above Camp 2 and sometimes even above Camp 1. Your crampons are preferably of the easy "heel clip" variety (rather than the strap systems which are fiddly). It is necessary to use specialist technical climbing crampons as standard.

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## FAQ'S

### Are down jackets necessary?

They are essential and are worth their weight in gold on summit day. Our guides wear them on all evenings from the first camp up. We recommend a down jacket with at least 800 grams of down fill.

There are plenty of reviews online and down gear is becoming lighter so do your research to see what suits you best. Make sure you have accessible pockets inside and out so you can stash your water and snacks without having too much trouble getting at them.

### How warm does my sleeping bag need to be?

Sleeping bags should be rated within the -20C comfort zone. From the first camp upwards it is not unusual to experience frosty nights and a good night's sleep is important to giving you the best chance to climb this mountain. And ensure you get a sleeping bag that has this temperature rating at this comfort zone rather than at its extreme zone.

Our guides take sleeping bags rated to well below -20C to ensure that they are warm at night. A four to five season sleeping bag can be enhanced by using an inner silk or fleece bag (or similar). The idea is to be as comfortable and warm as possible for the night and therefore ensure plenty of sleep for the arduous days ahead. It is important to remember that down sleeping bags work by your own body heating the down that's inside the bag so sleeping with bare skin or long johns and a top allows your body heat to warm up the down which in turn will then keep you warm all night. Your body is the radiator, the down is the insulation. Going to bed with warm skin will aid this process. Cold skin and layers of clothes will mean a cold night.

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## FAQ'S

### Is it possible to rent equipment before I go?

Yes, it is possible to rent some equipment, please ask the office for more details. We do highly recommend that you bring gear which you are familiar with using, particularly your boots, harness, and helmet. You will also know the history of your climbing hardware if you bring your own.

### What clothing is suitable for when we come back from the mountain?

Casual dress is recommended for Kathmandu. Daytime temperatures are usually warm and shorts and t-shirts are fine. Evenings are generally cooler and a light fleece is recommended. A bag containing fresh clothes can be left in hotel storage ready for when you come back.

### How much kit can I bring with me?

As mentioned earlier, please bear in mind that the Kathmandu-Lukla flight has a 15kg baggage allowance including your daysack but excluding all climbing hardware. It is vital that you do a practice pack for weight before you leave the UK with everything you will be taking onto the expedition (don't pack the clothes you will be walking in as you will be wearing them on the flight). If you can get hold of hand scales these are far more accurate than weighing yourself and then holding your pack on the scales. As mentioned earlier, your mountain hardware will be bagged in a group holdall and sent separately.

## The Climb

### How does this expedition differ from other expeditions 360 offers:

Ama Dablam is one of the most technically demanding of all our expeditions. It is also seen as the most exposed due to its free-standing peak and the location of the 2 camps which are on its southwest ridge. Ama Dablam is regarded as one of the most beautiful mountains in the world. It offers some breathtaking summit views from the route up which include Everest, Lhotse, and Makalu. This expedition is all about Ama Dablam!

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## FAQ'S

### Can we get porters to help carry loads if we want them?

We will be working alongside our Sherpas Guides to divvy out loads however if you feel that your chances of summit success are increased by carrying lighter loads then you will be able to pay for a porter to carry gear up to Camp 1. Our Sherpas Guides will carry the majority of the camping gear up to Camp 2 and we will carry our own summit gear and sleeping equipment. It is therefore important to train with this in mind, incorporating increasingly heavy loads up to around 15kg in your training plan.

### Why are there so many contingency days in the itinerary?

We add in these contingency days in order to give us greater flexibility to make a safe and successful summit. It allows us to work around the weather and mountain conditions rather than having to be shoehorned into a specific summit day no matter what. They can be used as rest days, sick days and of course bad weather days!

If we do not use these days on the mountain, then we will most likely come back to Kathmandu and enjoy a bit of additional RnR. Any additional costs related to returning earlier (hotels, meals, rescheduling flights etc.) will be borne by the climber/trekker and need to be paid for in situ.

Flexibility is key to this expedition, and we will take it day by day and your guide will keep you fully informed of the options as you go.

### What happens to toilet waste?

All toilet waste is bagged and tagged in especially allocated "poo bags". We are required to carry down all toilet waste which is disposed of at Base Camp. Generally we carry the waste down in double plastic bags and early in the morning when it is still frozen.

A toilet tent with a short drop toilet is set up at AD base camp (a blue barrel with stone foot plates). At C1 and C2 we use WAG bags for poop which we will bring down the mountain and dispose of at AD BC and you pee behind specific rocks.

You may hear stories of Camp 2 being particularly fragrant and we aim not to add to the history of the mountain through our waste.

### How long is summit day?

Summit day will start in the early hours of the morning. From Camp 2 we head straight for the summit but there are some very steep (40+ degree) snow-ice sections. We have to then navigate past the Dablam, a notorious ice and snow section, and climb to the snow-capped summit. Timings can vary according to conditions underfoot, weather, number of climbers on the route and your own pace. Remember it is not a race and bistari we go (slowly). Once back at Camp 2 we will pack up our gear and head down to Camp 1. Summit day is full on and potentially 16 hours including descent to Camp 1 but most definitely worth it.

# Ama Dablam

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### What is the skill level of this climb?

Ama Dablam is a technical climb. You should be comfortable ascending and descending on fixed lines, using crampons and ice axes. It is recommended that climbers have rock and steep snow climbing experience on exposed terrain. To increase your chances of success, members should be in good physical condition. It is a huge advantage for climbers to be able to competently climb Scottish 3 and/or French AD+ alpine routes. The terrain on Ama Dablam is exposed and steep and being comfortable climbing in this type of terrain will make progress much easier. If you are unsure if your experience is sufficient for Ama Dablam, please have a chat with our office and we can give advice of climbs to achieve before heading out on this expedition.

### How fit do I need to be for this expedition?

Climbers are expected to be in good physical condition. The better your physical shape the more you will be able to handle the demands of climbing the peak. This expedition is more arduous and physically demanding than many other 360 Expeditions as load carrying is done by the climbers themselves. Having a good level of fitness will allow you to enjoy the expedition far more and increase your chances of reaching the summit. Summit day can be up to 16 hours long. Being strong is as important due to the load carrying so a combination of aerobic and strength training is vital.

### How many climbers are on this expedition?

Maximum group size for this expedition is 6.

### Can I contact the others on the climb? How about the guide?

You can always call our offices and one of guides will contact you, however they are quite often out on other expeditions so their response may be a little delayed. Generally, about one month before your departure we mail a list of other team members to you and set up a What's App group for you to chat. We will always ask you beforehand if you wish for your details to be shared, to comply with GDPR.

## The Weather

### How cold can it get?

The temperature at the top of the mountain can vary widely. Sometimes it is only a degree or two below freezing, but climbers should be prepared for possible temperatures as low as -30 Celsius, especially in conjunction with wind chill.

Low down on the mountain you can expect cold mornings (usually frosty) and hopefully sunny days. Be prepared for 4 seasons in one day!

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## FAQ'S

### **What is the best season to climb / which dates will have the most chance for success?**

Autumn is the best season to climb as the weather and conditions are most favourable. Late autumn (late October/November) is generally colder, clearer and more stable however we will work around the weather for the safety of our entire team.

## Travel

### **Do I need to book my own flights to Nepal?**

360 Expeditions will be booking flights on your behalf. We provide confirmation of flight times and departure terminal approximately eight weeks before your departure date. Please be aware that flight schedules are subject to change. Please ensure that you have checked flight details before setting out for your flight.

If you wish to book your own flights we deduct our flight budget (see dates and prices) from the cost of the expeditions. Please contact the office for further details.

### **What if I arrive early or depart late? Can you arrange extra nights' lodging? Is there a single room option for this expedition?**

We are happy to make any arrangements scheduled outside of the trek dates: these may include personalised tours, extra hotel rooms, private airport pick-ups or arranging private rooms. Please indicate that your requirements on your booking form and we will contact you for the relevant arrangements and additional costs.

### **Which airport do we fly to/from Lukla?**

The Civil Aviation Authority of Nepal announced in October 2022 that there were too many flights leaving Kathmandu to Lukla, and deemed it too dangerous to continue which means there are no longer flights between Lukla & Kathmandu during peak trekking season. Peak season is defined as Apr 1st – May 30th and October 1st – November 30th each year. This change affected all airlines and tour operators in Nepal and means the only option to travel to/from Lukla by plane is now from Manthali airport in Ramechhap.

This requires us to leave Kathmandu on the afternoon prior to the flight and drive the 5/6 hours to Mulkot, approx. 30 mins short of Ramechhap, and stay overnight. We then head to the airport early in the morning for first light and hopefully the first flight. As with any travel arrangements, flexibility is key as plans can change.

# Ama Dablam

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## FAQ'S

### Insurance

#### Do I need special insurance for the trip?

As with all expeditions, you must carry individual travel insurance to take part. We cannot let you start the trek without proof of insurance. It is your responsibility to ensure that you have the appropriate insurance for your intended trip to include mountain rescue, medical expenses and repatriation up to the maximum altitude of your intended summit, in this case 6812m.

Your insurance details are requested on the booking form and although this can be arranged at a later date it is advisable to obtain travel insurance as soon as you have paid your deposit in case you need to cancel (please read the small print as to what you can claim for prior to leaving your home country). 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

### Entry into Country

#### Are there any entry or visa requirements?

Visas are compulsory for entry into Nepal for all foreign nationals. You can either apply for your visa on arrival in Nepal, or in the UK before you travel.

If you decide to apply before you go, you may be selected to attend the Nepalese Embassy to collect your visa. If this is the case, you'll be given a set day and time when you have to do this. If this happens and you can't make it to the embassy, there are a couple of options:

1. you can nominate someone to go on your behalf.
2. you can ignore the request to go to the embassy and sort your visa on arrival. There will be no issues getting your visa on arrival even if you've already started the process in the UK.

It is very easy to get your visa on arrival in Kathmandu and there are now electronic visa booths at the airport which take your photo, allow you to fill in all the relevant information and spit you out the completed visa application, or you can log onto the airport wifi and fill in the form online as you queue to pay for your visa before heading to the final booth.

A 30 day visa costs US\$50.

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## FAQ'S

### Training

**Any tips on how a climber can maximize their chances of success?**

The 360 Expedition training programs have been devised to be expedition specific. Use these as a guide but also feel free to contact us for individual advice on how to incorporate the best fitness program with your own lifestyle. High altitude mountaineering is about slack days of low activity followed by long days where every grain of stamina you have is called upon and every ounce of determination you process is necessary to reach your goal and being physically strong and fit not only prepares your body for the rigours of the expedition but also your mind.

The essential idea in order to prepare for a mountain such as Ama Dablam is to increase the intensity of the exercise you do by small increments over 4 to 6 months before you leave for the expedition.

A focused training plan will not only prepare your body to carry loads but will toughen your body and mind to deal with the big days on the mountain itself. We will send you a comprehensive training plan once you sign up.

### Finance

**When is the money due for this expedition?  
What kind of payment do you accept?**

Generally deposits are due when you book as we need in turn to book the international flights well in advance. The full amount should be paid four months prior to departure. However having said that, our aim is to get you to the top of this mountain and we understand that personal financial situations can vary. Please contact our friendly office crew to discuss a suitable payment plan should you find raising the funds to be difficult. We have been in your shoes after all and go by the motto of where there's a will there's a way.

**What is your cancellation policy? What is your refund policy?**

Please read 360 expeditions terms and conditions careful before you depart. 360 expeditions highly recommends trip cancellation insurance for all expeditions. Due to the nature and heavy costs of government and operator permits 360 expeditions must adhere to a stringent refund policy.

# Ama Dablam

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## FAQ'S

### How much do we tip our local crew?

Our local crew work extremely hard to assure that your expedition runs well. Although tipping is not compulsory once someone sees the hard work the crew provides tipping seems the least one can do to say thank you. How much you bring will depend on the size of the group as tipping is pooled and shared amongst our local team depending on their roles.

As a guide, bring \$1300. \$700+ (generally \$1000) for summit bonus plus \$300 tips to be shared out between the crew who look after you on the expedition (includes Sirdar, cooks, porters) You may come home with some spare however it is best to have too much for tips than not enough.

Tipping the 360 Guide is at your discretion.

### Money – how easy is it to change money?

As we are in the more popular Everest trekking region USD are more readily taken however local tea houses and shops do prefer you to pay in Rupees (Rs). We recommend you exchange some funds in Kathmandu before you leave for your expedition as you will gain the best exchange rate there however you are able to exchange USD for Rs in Lukla and Namche Bazaar.

Your tips can be given in USD.

### What additional spending money will we need?

The amount of money you will need depends on how many presents you wish to buy or how much you wish to drink when you come off the hill.

The amount of money you will need depends on how many presents you wish to buy or how much you wish to drink when you come off the hill.

As a basic rule of thumb \$200 USD should be more than adequate for any post expedition spending. The only cash you'll need to consider taking with you on the mountain is the local crew tips. (See tipping section above.) And for any additional snacks and soft drinks and toilet paper you wish to purchase before you arrive at base camp. As all goods are brought up the valley on yaks, mules or by porters items are not as cheap so please expect to spend the same for a Snickers bar in the Khumbu Valley as you would in the UK.

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### Can the trip run with less than 4 people?

If you are less than 4 we can still run the expedition however the cost will increase.

The 2024 prices below include flights (so take £650 off if you are booking your own flights):

Based on 2 pax joining: £10,450 pp

Based on 3 pax joining: £9,450 pp

Your final balance will reflect the number of people on the trip.

## Electronics

### Is there mobile phone reception on the climb?

There will be good mobile reception until you arrive at base camp. You are able to buy a local SIM card with data whilst in Kathmandu (approx. Rs1500) which you can use until Namche Bazaar. You will then need to buy local data via an Everest Link card (approx. Rs2000) which is purchased at our tea house in Namche Bazaar and will work up to Ama Dablam base camp where the signal drops out.

Your 360 Guide will have a satellite phone for emergencies but most clients and guides wander down towards Pangboche to obtain signal if they wish to use their phones in non-emergency situations.

# Ama Dablam

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CLICK TO:  
**BOOK NOW**

# Ama Dablam

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## TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

### MONTH 1

#### OPT 1

2 x 30 mins weekday walk  
1 x 1 hour weekend walk  
1 x 10 mins CVS

#### OPT 2

1 x 30 mins weekday walk  
2 x 1 hour weekend walk  
1 x 10 mins CVS

### MONTH 2

#### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

#### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

### MONTH 3

#### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

#### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

### MONTH 4

#### OPT 1

3 x 1 hour weekday walk  
1 x 4 hours weekend walk  
3 x 15 mins CVS

#### OPT 2

2 x 1 hour weekday walk  
2 x 4 hours weekend walk  
3 x 15 mins CVS

### MONTH 5

#### OPT 1

3 x 1.5 hours weekday walk  
1 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

#### OPT 2

2 x 1.5 hours weekday walk  
2 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

### MONTH 6

#### OPT 1

3 x 2 hours weekday walk  
1 x 6 hours weekend walk  
3 x 30 mins CVS

#### OPT 2

2 x 3 hours weekday walk  
2 x 6 hours weekend walk  
3 x 30 mins CVS



*"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "*

**Dream it. Plan it. Live it.**